



WHO CC for Research and Training in Mental Health Trieste - Azienda Sanitaria Universitaria Integrata di Trieste

FRANCA AND FRANCO BASAGLIA INTERNATIONAL SCHOOL - THE PRACTICE OF FREEDOM

**The right [and opportunity]
to have a [whole]
life**

INTERNATIONAL SCHOOL & CONFERENCE
**Trieste,
15-18 November 2017**

Best practices for empowerment, self determination,
community resilience, wellbeing and human rights
www.triestementalhealth.org

ABSTRACT FORM

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Title of the contribution/Titolo del contributo	Masterclass: Self determination and self management. “Discovery partners and recovery houses”		
Objectives/Obiettivi	How to foster a change in thinking, practice, and organization? The workshop’s aim is to share some examples of how this is happening in the rich experience of recovery house in Trieste and Discovery Partners.		

Contents-text/Contenuto-testo:

“Discovery partners” work in partnership with individuals who have been using mental health services and want to make significant improvements to their mental health and their lives. They provide the essential time and space required for people to embark on their discovery journey.

The Discovery Partnership achieves this by focussing on peoples unique assets and circumstances and breaking the cycle of hopelessness, dependency and maintenance. We call it discovery, because “recovery” is often misunderstood and presumes getting something back that has been lost, whereas “discovery” means finding new ways to fulfill a better life for yourself and equipping you to do that.

This offer the opportunities for individual service users, their family members and co-workers commit to work together in new ways to examine their life stories and the importance of embarking on a recovery journey.

Trieste Mental Health Department, the International Mental Health Collaborating Network, local Cooperatives and Association, Peer Support Workers and Volunteers, Article 32, families, have been collaborating together in the development and establishment of the experience centred around a Recovery House in Trieste since 2015.

The key principle is that everybody involved is an equal and full partner in the process of development and implementation.

Individual service users are already receiving support and treatment from the Trieste Mental Health Services: many of them hears voices and experience other unusual states. It is fundamentally important that family members are fully involved in the programme from the beginning.

The work commences with sharing and understanding the clinical story and creating their own whole life story, from this foundation participants then create their whole life recovery plan based on their identified dreams and goals. This is then negotiated with the service and the family and social network