



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](http://www.triestementalhealth.org)

## ABSTRACT FORM

Name/Nome	Raffaella Pocobello (1) Tarek el Sehity (1,3) Carlo Minervini (2) Maddalena Guida (2) Luca Negro Collettivo Marco Cavallo (2)	Country/Paese	Italy
Affiliation/Organizzazione (University/Agency/NGO)/(Università/ Azienda/ONG)	1: ISTC-CNR, Rome 3. SFU-Wien 2. ASL Brindisi- Centro Marco Cavallo Latiano		
Address/Indirizzo	1. Via San Martino della Battaglia, 44 Rome 2. Via Caterina Scazzeri, Latiano (BR)		
Phone-mobile/Telefono	377 4477954	Fax	
E-mail	<a href="mailto:Raffaella.pocobello@gmail.com">Raffaella.pocobello@gmail.com</a> <a href="mailto:marco.cavallo2009@libero.it">marco.cavallo2009@libero.it</a>		
Title of the contribution/Titolo del contributo	Participation matter. Research and practice at the Marco Cavallo Experimental Center.		
Objectives/Obiettivi	introduction of the Marco Cavallo Center and its method presentation of the results of the center's research evaluation discuss the main research results		

Contents-text/Contenuto-testo:

Opened in 2008, the Marco Cavallo Center is a co-produced service located in the South of Italy. The citizen association "180amici" ran the center together with professionals of the public mental health center. The Association employs its members, mainly experts by experience, for the delivery of activities. The decision-making process of the Center is shared using the assembly as its core-method of work. In fact, the assembly promotes users' involvement and commitment in their recovery process as well as in the delivery of services. According to Basaglia's legacy, this involvement is key to overcome users' status of "a mentally

ill” and the claim of personhood and citizenship, with full rights and responsibilities.

In 2015, the association “180amici” has commissioned an evaluation research to the National Research Council. The research was conducted using a collaborative approach. Research design, outcomes, and research results were discussed in an open assembly at the Center, involving researchers, users, family members, and professionals. Significant differences between the Marco Cavallo Center and traditional day centers of the same region emerged concerning significant quantitative (users’ hospitalizations and use of medications) and qualitative dimensions (positive personal experiences of the Center). The research benefited from the collaborative research approach. Benefits include the choice of outcomes meaningful to Marco Cavallo’ stakeholders, better analysis and interpretation of data due to their inclusion in the research process.