



ABSTRACT FORM

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Title of the contribution/Titolo del contributo	Community Mental Health Center (CMHC) 24/7 operative manual		
Objectives/Obiettivi	To illustrate the aim, creation and implementation of CMHC operative manual in Trieste		

**Contents-text/Contenuto-testo:
Max. 400 parole/words**

The CMHC is the heart of the Department of Mental Health of Trieste and more generally of the Basaglia's psychiatric reform. The main features of a CMHC are 24/7 opening, open door and no restrain system, involvement and empowerment of users, family and social networks, interventions on the social context and on the community, therapeutic environment and social habitat, community approach (both for continuity and to crisis management), appropriate and evidence based interventions and promotion of anti-stigma culture.

The CMHC operative manual was born to collect, after 40 years from the Basaglia Law, all the good practices in use in the 4 CMHCs of Trieste: this practices made the Trieste model for Mental Health among the most studied and copied at world. The work made it possible to discuss the practices and grasp the possible differences between the 4 CMHCs, with a view to standardizing the most common procedures and building the path of the user within the services.

The drawing up of the manual involved the greatest possible number of professionals and operators of the DMH of Trieste, with frequent sharing of the contents with the head nurses, to

make the text as close as possible to daily practice. Then a specific 2-step training course was created: first at least 2 operators for each CMHC were trained, who will then act as trainers for colleagues, with specific training interventions within each individual service.