



**GOOD PRACTICE SERVICES:
PROMOTING HUMAN RIGHTS &
RECOVERY IN MENTAL HEALTH**
September 23-26, 2019 • Trieste

ABSTRACT FORM

Name/Nome	Federació Salut Mental Catalunya (Catalan Federation for Mental Health)	Country/ Paese	Spain
Affiliation/Organizzazione <i>(University/Agency/NGO)/(Università/Azienda/ONG)</i>	NGO		
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Title of the contribution/Titolo del contributo	<p><i>Activa't per la salut mental (Get Active for Mental Health), a shared national project in Catalonia that enhances recovery in the community</i></p> <p>Speakers:</p> <ul style="list-style-type: none"> - Maria Jesús San Pio, Manager of the project 'Activa't per la salut mental', Federació Salut Mental Catalunya. - Emilio Rojo Rodés, Departament de Salut Generalitat de Catalunya (Health Department of the Catalan Government) 		
Objectives/Obiettivi	To make people with mental health problems, or risk of suffering them, and their families become active agents in their own process of recovery or improvement of wellbeing.		

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

Some surveys made to services users and families in Catalonia reflected that there was a need in Mental Health Services to improve the care system in relation to: the right to information, the recovery and life project approach, empowerment and participation in care, social inclusion, and

families' interventions. Therefore the Catalan Government (departments of Health and Social Affairs), the Catalan Federation for Mental Health and Federation Veus of people with self-experience initiated in 2015 the pilot project "Activa't per la salut mental". It is included in the Integrated Plan for Mental Health and Addictions of the Catalan Government, in order to decide its inclusion to the public services portfolio.

"Activa't per la salut mental" is a multi-intervention project aimed at making people with mental health problems, and their families, become active agents in their own process of recovery and wellbeing enhancement.

Activities and interventions included are:

- Information and advice service "Espai Situa't",
- Psychoeducation training programs.
- Training for empowerment (Prospect program developed by EUFAMI),
- Peer Support groups
- training for volunteers in peer support activities (people with self experience and families)
- development of materials as: recovery training program and self-managed recovery plan, guides and training materials for peer support groups, information materials (videos, leaflets, and website).

Participation, dialogue and shared decision making are at the base of the project: Committees composed by professionals, people with self experience and family members have coordinated and validated all the initiatives undertaken, online and offline materials, and research.

The intervention has been implemented in 12 points of the Catalonia with a partnership of the local mental health public services and family and users associations, and supported in its pilot phase with public financing of municipalities and regions and private funds. More than 5.000 people have participated until July 2019.

Different evaluation methods have been used: an external impact evaluation (by Ivalua) consisting in a randomised controlled trail with 448 people, evaluation of the implementation with qualitative and quantitative methods, satisfaction questionnaires, surveys and focus groups.

The program leads to advances in the recovery process of people with a mental severe disorder; and more positive perception of the care experience of the participating relatives.

Evaluation has concluded as well on some improvements needed (length, flexibility, stakeholders' implication, changes in some activities' contents) and to reflections on possibilities for research

and ongoing evaluation.