



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

ABSTRACT FORM

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Title of the contribution/Titolo del contributo	The experience of Recovery House: recovery and empowerment pathways		
Objectives/Obiettivi	To illustrate the Trieste Recovery House principles and processes in supporting young adults with psychosis through the experience of a learning community.		

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

In 2015 the Trieste MHD developed the Recovery Community and Recovery House (RH) in co-production with the International Mental Health Collaborating Network and Social Cooperative Germano based in Trieste. The project is actively involving service users, families, workers from cooperatives and mental health centers (MHCs), students and local associations.

The RH is in the city and runs 24 hours a day, 7 days a week with a staff of 7 professionals and one peer support worker. Its purpose is to be a place where people can have the time and space to embark on their recovery journey. The work taking place is to include ways of supporting reflections on individual recovery; determining peoples' dreams, goals and pathways; working alongside families; building resilience in the face of personal and emotional difficulties; working with voices and other unusual states; developing and cementing autonomy from services; extending friendship and peer support networks; engaging in meaningful activities and work; developing circles of support within their own communities; also other agendas identified by individuals.

Participants are identified by MHCs workers alongside their families and are willing to undertake a program on self-reflection and recovery. Nowadays seven groups of young adults aged 18 to 35 who experienced complex mental health needs such as psychosis have successfully completed their pathways at the Recovery House.

Four people can stay at the Recovery House for up to six months. From the beginning of their staying they are encouraged to engage in a process of mutual growth and commitment in relation to their wellbeing, desired goals and relationships. The everyday life in the house is co-built and designed by guests with the help of the staff. During the stay every person chooses among the professionals those with which to start a personal journey with the use of specific tools (PATH, meetings with family members and with the staff from the Service). At the same time the project offers the possibility to share the personal experiences and interior states in group of peers.

The family members of those who are living the experience of RH are encouraged to take part in a group where the aim to work on their personal stories and finding strategies to deal with them.

A special feature of the project involves the possibility for the person (and their network) to continue the collaboration with the RH after the period of staying, with the aim of supporting the recovery paths there begun. Today, 14 former participants are in active contact with the RH as well as 10 family members which continue to take part at the family group.

References:

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