



THE PROJECT “MENS SANA IN CORPORE SANO”. IMPROVING TREATMENTS QUALITY FOR PEOPLE WITH SEVERE MENTAL DISORDER: HEALTH CARE AND LOCAL TERRITORY NETWORK ACCESSIBILITY

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The presence of a high comorbidity between mental disorders and organic disorders requires a deep consideration of the territorial service organisation for what concerns care and assistance, since the beginning of the treatment.

The MHD occupies a privileged position in facing these kind of problems and plays a strategical role in the relationship both with hospital and local healthcare Services and with other agencies of the community.

The Project “Mens sana” of MHD of Trieste is a process which has involved the enabling programs on several levels. The first one was the engagement and the motivation of the people with strict mental disorders. The second one was the engagement and motivation of the MHS operators, because the flow of information needs an ongoing and logical reinforcement for what concerns clinical practice and culture of Services. The third aspect was the partnership between MHD, GP and Healthcare Services, in order to improve the users’s treatment access (agreements, procedures or operating protocols between services).

Another relevant aspect has concerned health-risky lifestyles (physical and sport activities, socialization and diet care), by promoting informals, associative and friendly social networks, as well as the guidance to correct lifestyles and food consumption and the already scheduled CSM food service conversion.

In this poster we show data of the Project from 2016 to 2018.