Peer Support in Community Mental Health Centres

Bologna 2013-2017 program and current situation.

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Background

- 1998-2013 Spontaneous collaboration among service users, caregivers and professionals:
  - Front desk reception, Self help groups, recreational activities, personal support
  - Evaluation of quality in CMHCs
Objective

• Coordination / Formalization
Method

1. CMHCs Involved
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San Lazzaro
Inhabitants: 76,881
Service users: 1497
Professionals: 22

Mazzacorati
Inhabitants: 108,826
Service users: 1969
Professionals: 30

Budrio
Inhabitants: 60,119
Service users: 1340
Professionals: 24

Previous Collaborations

Individual support
Self-help groups
Sewing
Treking

Front Desk
“Filo di Arianna”
“Oggi si mangia”
Book crossing
Home support

CCM Project
“CMHCs Quality Assessment”
Method

2. Focus group

13 professionals
3 Service users
7 Care givers
Peer support program Plan

80% Professionals + 100% Peer-Supporters

Self-evaluation Chart

Peers Evaluation Committee

Results

Peer support definition

Peer Support Training Program
Training Program: Two sessions 40h

Trainers: Service users
caregivers
professional

Participants: Service Users 28
Caregivers 11
Professionals 70

Partnership: Associations and
the Department of Mental Health
Results

- 33 “Certified” Peer Supporters
- Paid with Voucher until 2018
- Co-produced Activities (recreational groups, support in service user’s treatment plans, housing and rehabilitation programs)
Results

CURRENT STATUS

- New labour market regulation
- 6 Peer Support Trainees
- Voluntiers
- Peer supporters in Personal Budgets
Conclusions

- Formalization - Planning
- How Peer Supporters can have stable role INSIDE the Institution?
THANK YOU

Questions?