

# RECOVERY HOUSE di TRIESTE



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# The Recovery House

## The Recovery House in Trieste: rational, participants, intervention as the “work”

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### **Abstract**

**Purpose** – Too often people with complex mental health needs do not find their way out of the mental health system or satisfactory solutions that enable them to live a full life. In 2015 the Mental Health Department (MHD) of Trieste established the Recovery House pilot project to address this concern. The paper aims to discuss these issues.

**Design/methodology/approach** – The Recovery House was co-created with and for people between 18 and 35 years old with diagnoses of psychosis and other complex mental health conditions. An integral part of the pilot was the organization of the “Recovery Community,” inspired by the Assembly model embraced by Franco Basaglia. The Recovery Community met regularly to both support and learn from the Recovery House and aimed to create a democratic and reflective space where power relationships, self-determination, responsibility and ownership by all the stakeholders, including family members, could be explored together.

**Findings** – Over a period of 31 months, four groups of people have successfully completed their residency at the Recovery House. In total, 89 percent of people who stayed at the Recovery House did so up to six months. After the period of staying at the Recovery House most of them moved to independent living or shared supported accommodation.

**Originality/value** – This initiative sheds light on the fact that democratic values, approaches and structures can improve both service functioning and the recovery outcomes for people with complex health needs. Further, the Recovery House has had a significant effect on the culture and practice of the MHD in adopting a comprehensive approach to emotional distress.

**Keywords** Democracy, Community, Coproduction, Psychosis, Discovery, Recovery House

**Paper type** Technical paper

# Participants 2015 - 2019

Group	Period of stay	Men	Woman	total	Average group age
I group	5/2015 – 12/2015	5	2	7	29
II group	01/2016 – 06/2016	6	0	6	30
III group	8/2016 – 4/2017	4	1	5	21
IV group	5/2017 – 3/2018	4	1	5	24
V group	3/2018 – 9/2018	4	0	4	25
VI group	11/2018 – 5/2019	3	1	4	24
VII group	6/19 - today	3	1	4	23
		29	6	35	

- **3 people dropped out of the project;**

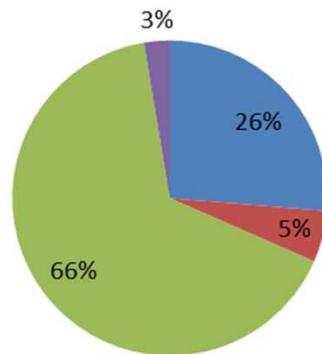
# Participants 2015 - 2019

Cluster ICD	No.	Description
<b>10</b>		
F20-29	21	Schizophrenia, schizotypal delusional and other non/mood psychotic disorders
F30-39	4	Mood affective disorders
F40-48	1	Anxiety, dissociative stress related somatoform and other nonpsychotic mental disorders
F50-59	1	Behavioural syndromes associated with physiological disturbances and physical factoros
F60-69	4	Disorders of adult personality and behaviour
F80-89	1	Other developmental disorders of speech and language
F90-98	2	Behavioural and emotional disorders with onset usually occurring in childhood and adolescence
No diagnosis	4	
	<b>38</b>	

# The Recovery House

## Accommodation before the RH

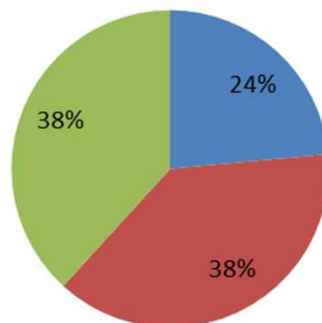
■ independent ■ Shared ■ Famil ■ Other



Sample groups I to VII (35 participants)

## Accommodation after the RH

■ independent ■ shared ■ family



Sample groups I to VI (31 participants)

# How we work

- **Individual Approach**

P.A.T.H.

Meetings with Services and Care-givers

- **Group Approach**

House meetings

W.R.A.P.- Peer activities

Family members group

- **Recovery Oriented Activities**

Post-recovery house



# Thank you for your attention

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