

COMMUNITY TRANSITION PROGRAM

*Programa de acompanyament al
trànsito a la comunitat*

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**Medium and long-term
stay units**

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**Social education in
mental health services**

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Preliminary results

MEDIUM AND LONG-TERM STAY UNITS (I)

UNITS B & C

UNIT A



MEDIUM AND LONG-TERM STAY UNITS (II)

A

•A

- No severe disruptive behaviour
- Functionally independent
- Community plan and prospect of housing

B

•B1

- Subacute Psychiatric Unit

•B2

- Specialized psychiatric care

Requirement → support measure (legal guardian)

C

•C1

- Reduced mobility
- Physical comorbidities

•C2

- Alternative Penal Measure

SOCIAL EDUCATION AND MENTAL HEALTH SERVICES



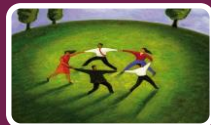
Social relationships

- Peer groups
- Social skills



Leisure

- Significant structure
- Self-management of free time



Community and social integration

- Community resources
- Social connections



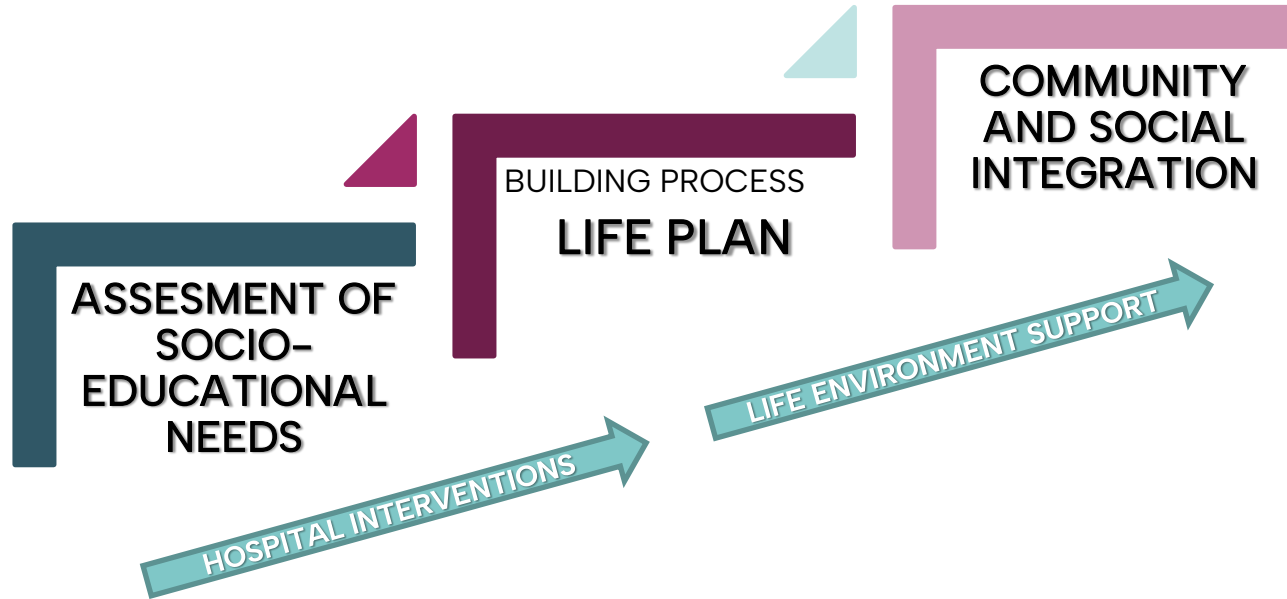
Life plan

- Employment and training/learning
- Holistic approach

COMMUNITY TRANSITION PROGRAM



GOALS

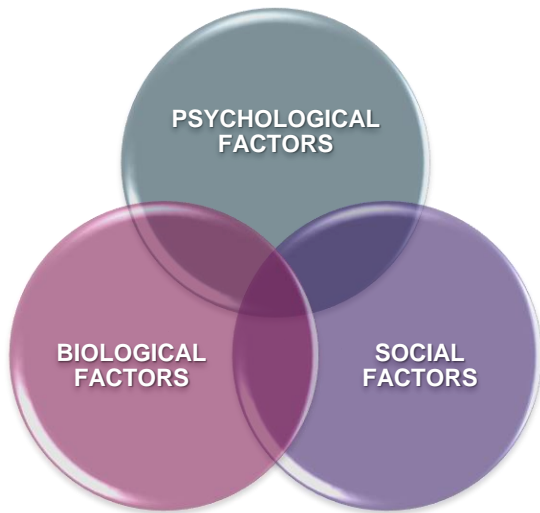


INCLUSION CRITERIA

- A. The will to change and commitment to the recovery process, although they may be ambivalent about it (contemplative stage)
- B. Priority of young patients with a high probability of reintegration given their just recent inclusion in the mental health system
- C. Absence of psychopathological decompensation and/or disturbing behavior attitude that interferes with the individual process or coexistence with the environment
- D. Other characteristics that are valued by the professional team of the referring unit

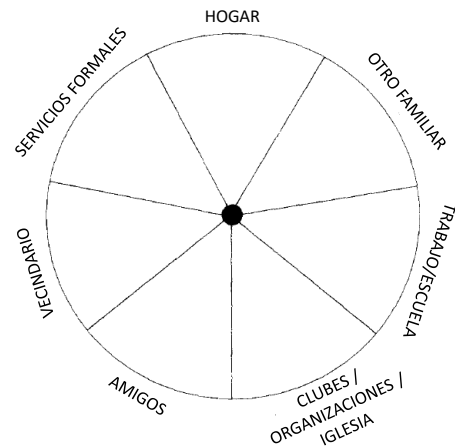
INTERVENTION METHODOLOGY (I)

BIOPSYCHOSOCIAL MODEL AND COMPLEXITY THINKING (E. Morin, 1990)



SOCIAL NETWORK MAP

Fecha: ____ / ____ / ____
Persona que responde: _____
Identificación: _____



Tracy, E. y Whittaker, J. (1999). *El mapa de la red social: Evaluación de apoyo social en la práctica clínica.*

INTERVENTION METHODOLOGY (II)



INTERVENTION METHODOLOGY (III)

HUMANISTIC EDUCATION APPROACH (C. Rogers, 1986) AND PRINCIPLE OF SOCIO-EDUCATIONAL ACTION



Trust and unconditional acceptance

Active and empathetic listening

Autonomy and empowerment

5. Principio de la acción socioeducativa.

El educador/a social es un profesional de la educación que tiene como función básica la creación de una relación educativa que facilite a la persona ser protagonista de su propia vida.

Además, el educador/a social en todas sus acciones socioeducativas, partirá del convencimiento y responsabilidad de que su tarea profesional es la de **acompañar a la persona**, al grupo y a la comunidad para que mejoren su calidad de vida, **de manera que no le corresponde el papel de protagonista en la relación socioeducativa**, suplantando a las personas, grupos o comunidades afectadas.

Por esto en sus acciones socioeducativas procurará siempre una aproximación directa hacia las personas con las que trabaja, favoreciendo en ellas aquellos procesos educativos que les permitan

25

Documentos profesionalizadores

un crecimiento personal positivo y una integración crítica en la comunidad a la que pertenecen.

INTERVENTION METHODOLOGY (IV)

INTENSITY AND VARIABILITY OF INTERVENTIONS

WEEKLY VISITS

TIME OF ATTACHMENT INDIVIDUALLY ADAPTED

- < 3 months (subacute users, quick release) → help to find some activities, social resources, organizations...
- 3-6 months → community and social integration, leisure and free time integrative approach.
- > 6 months → holistic approach on life plan.

SPORTS AND BODY MOVEMENT (I)

OCCUPATIONAL THERAPY AND COMMUNITY ACTIVITIES PROGRAM CARRIED OUT BY THE REHABILITATION ASSISTANTS

Since 2018



Community activities:

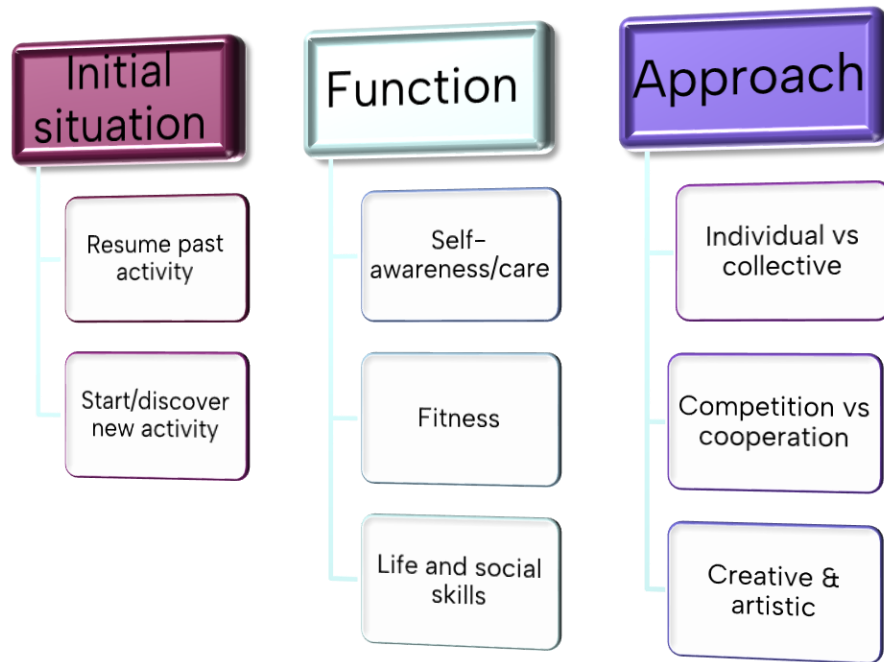
Nordic & soft walking

Aquagym & Fitness & Padel

- Promote healthy habits
- Psychomotorical activation
- Social interaction
- Social skills

SPORTS AND BODY MOVEMENT (II)

INDIVIDUAL HOLISTIC APPROACH IN VISITS

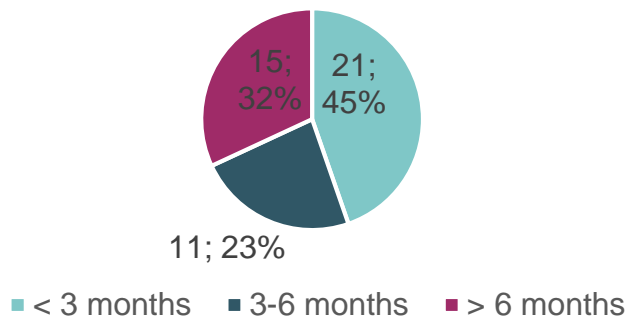


PRELIMINARY RESULTS

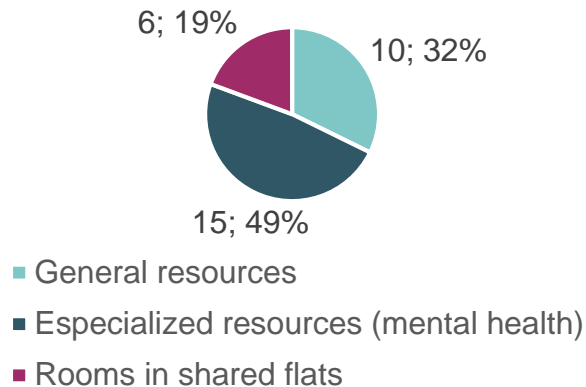
Period: 15 months (december 2023-february 2025)

Source: self-elaborated

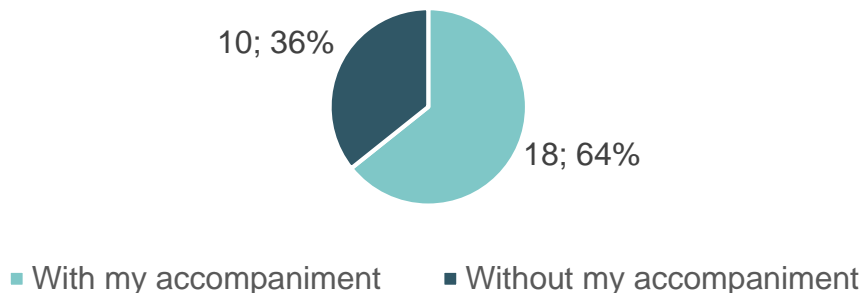
Time of attachment (N=47)



Accompaniment in the community (N=29)



Attachment to social resources concreted and sustained (N=28)



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Thank you!

