

# 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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**Community transition  
program**

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**Goals and inclusion  
criteria**

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**Intervention  
methodology**

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**Sports and body  
movement**

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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



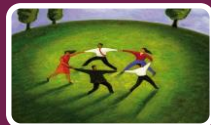
## Social relationships

- Peer groups
- Social skills



## Leisure

- Significant structure
- Self-management of free time



## Community and social integration

- Community resources
- Social connections



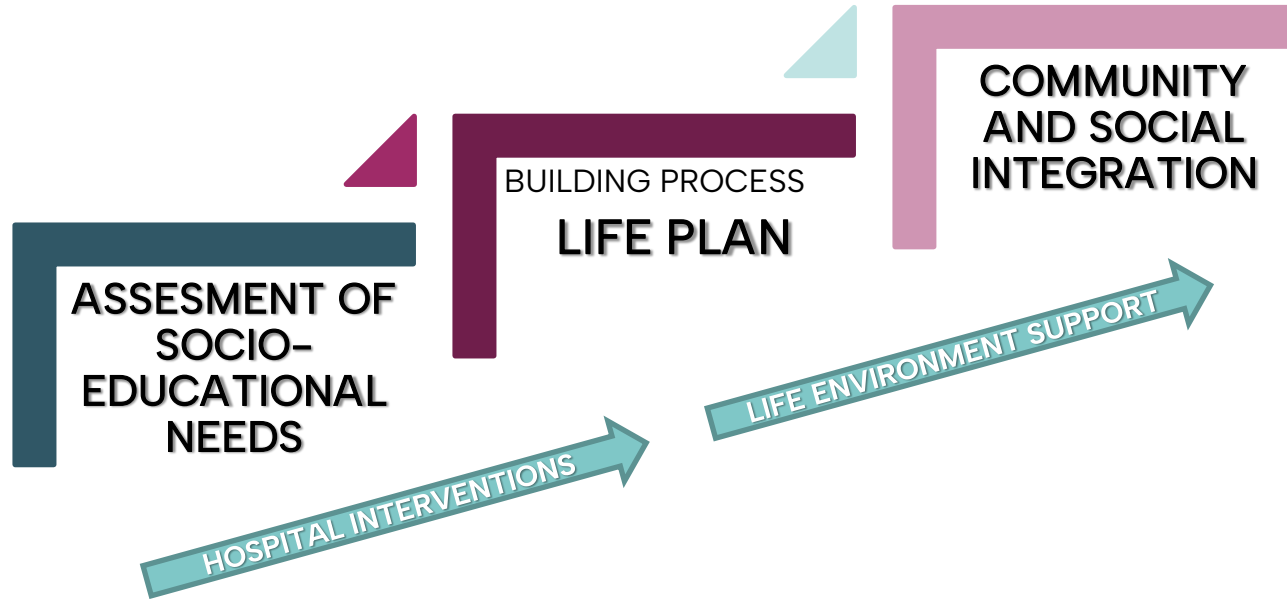
## Life plan

- Employment and training/learning
- Holistic approach

# COMMUNITY TRANSITION PROGRAM



# GOALS



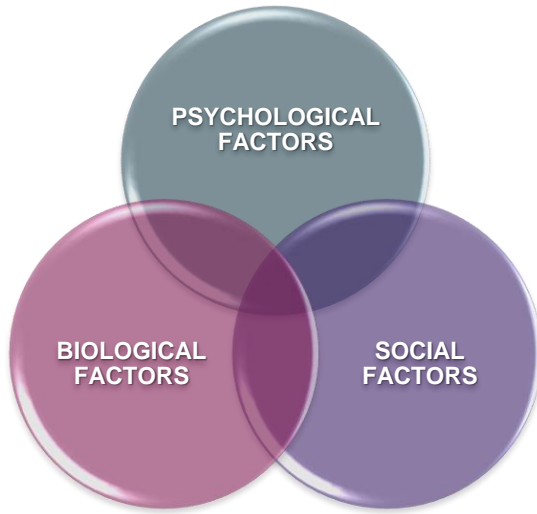
# INCLUSION CRITERIA

- 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



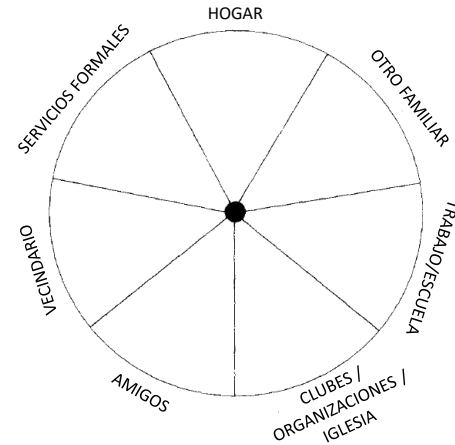
# INTERVENTION METHODOLOGY (I)

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

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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:

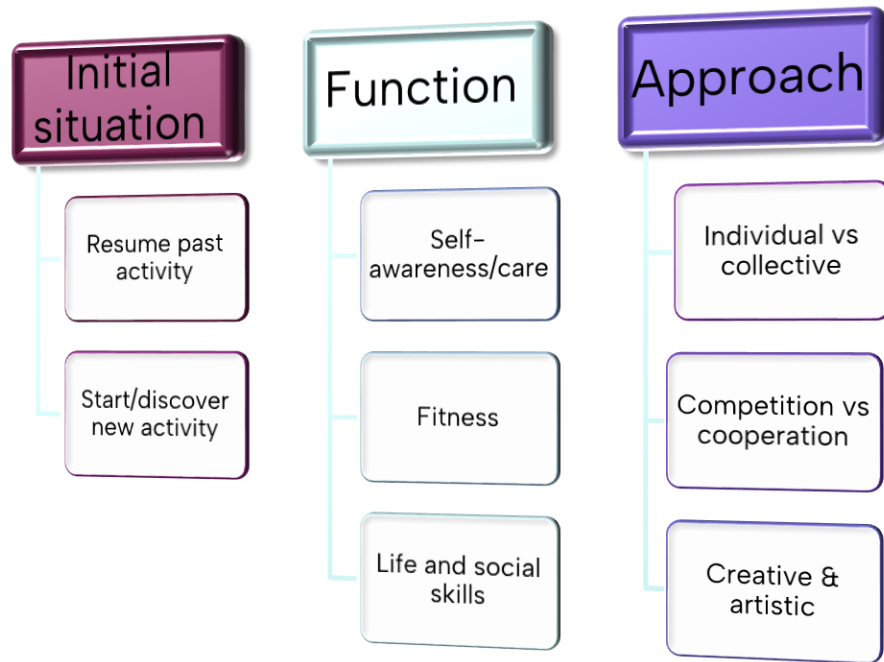
Nordic & soft walking

Aquagym & Fitness & Padel

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

# SPORTS AND BODY MOVEMENT (II)

INDIVIDUAL HOLISTIC APPROACH IN VISITS

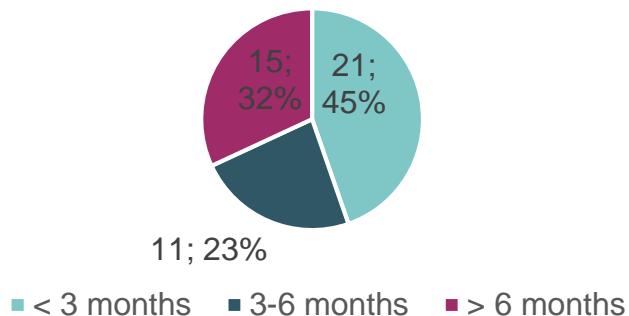


# PRELIMINARY RESULTS

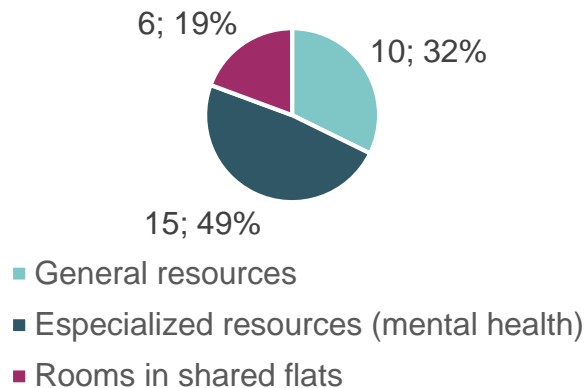
Period: 15 months (december 2023-february 2025)

Source: self-elaborated

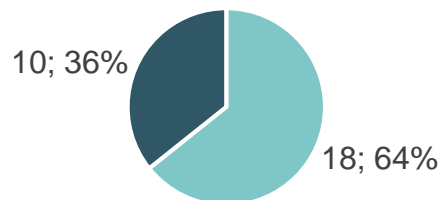
Time of attachment (N=47)



Accompaniment in the community (N=29)



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



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Thank you!

