



ASSOCIATION OF FAMILIES
FOR MENTAL HEALTH

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www.fasm.it

Lucca – World Conference on Art Therapy
The Intelligence of feelings – Thought of the heart
2011 September 21th – 24th

F.A.S.M. Presentation
2011 September 23th



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F.A.S.M. (Association of families for mental health) was founded in Lucca in 1992 February 28th.

Its main aim is to protect the rights of mentally disturbed people, being the spokesman with the Political Institutions about their discomforts and those of their families.



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In 2004 december 5th the Mental Health National Day has been instituted. Around that day every year, together with the local institutions, we successfully organize events with the name “To inform, to understand, to integrate”, and in the next december we will have its 8th edition.



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Mental Health National Day

2011 december 5th



The symbol of our events is the candle with this message:
“Light to illuminate minds”



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F.A.S.M.
works mainly on 2 aspects:

- to urge (or spur? or invite?) the Institutions to do what is within their scope

- to involve inhabitants in the social integration of people with mental illness



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First goal:

**to find a site for *F.A.S.M.*
and
to transfer “Progetto Lavoro”**



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F.A.S.M. site (mq 250)

Via F.Simonetti, 32

S.Vito – Lucca

**F.A.S.M. has been able
to successfully
integrate itself with the
citizens after the site
assignment of this
very nice place by
Lucca Municipality.**



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**F.A.S.M. and
Progetto Lavoro Site
Via F.Simonetti, 32
S.Vito – Lucca**



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F.A.S.M. site inside





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Multi-Functional Site:

F.A.S.M. and Progetto Lavoro Laboratories.
The laboratories are sponsored by Azienda USL 2 Lucca

After the end of the laboratories activities, every working day animation meetings and training courses are held.

There is a great attendance of citizens.



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**For *F.A.S.M.* 10th anniversary
we organized this congress**

**“Dal tunnel delle malattie mentali si può uscire”
“There is a way out to mental illness tunnel”**



**2003
March 29th
May 10th
June 7th
Lucca**



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**Italian Republic Constitution Art. 32
protects health as basic man right and
interest for common good, and ensures
free cares to destitutes.**

**Families and patients completely agree
with Mental Health Regione Toscana
Regulations, but these regulations are not
always applied as they should all over the
Region.**



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Congresses organized by Regione Toscana and by
Coordinamento Toscano delle Associazioni Salute Mentale



Piani di Salute integrati – Quali servizi per la Salute Mentale?
15 Novembre 2005

Quanto il paziente è al centro della sua cura ad un anno dal primo convegno
27 Novembre 2006

Quanto la persona è al centro della sua cura.
2° verifica sul funzionamento dei servizi integrati per la salute mentale
23 Novembre 2007

Quanto la persona è al centro della sua cura. 3° verifica sul funzionamento dei servizi integrati di salute mentale
28 novembre 2008

Quanto la persona è al centro della sua cura. 4° verifica sul funzionamento dei servizi integrati di salute mentale
1 dicembre 2009

Quanto la persona è al centro della sua cura. 6° convegno di programmazione e verifica sul funzionamento dei servizi integrati per la Salute Mentale
29 novembre 2010



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We are really satisfied of what we have achieved as Coordinamento with Regione Toscana, thanks to the contribution of all its Associations and to the mutual admiration relationship. The relation has been carried on by the new Regione Toscana Health Right Assessore, Daniela Scaramuccia, who appreciates our work and incourages us to go on our way with Regione.



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We met also the new **Regione Toscana Welfare and Politics for the house Assessore, Salvatore Allocca**, and we repeated to him how much is important accomodation in patients autonomy path. He ensured his availability to accept our suggestions.



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The Mental Health information received by Comuni reveal that they spend very few expect in some really rare cases.

We held some meetings with them where the lack of a common way of planning has come out, this mostly because there is few integration with social services.



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We need to commit ourselves together on this because without health and social service integration we will not achieved any results.

We hope that the new regulations on this subject will be applied by all the Tuscan territorial services.



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We assert that it's possible to completely recover or get well from mental illnesses, but as come out in the many congresses that we organized, the answer to mental problems is the integration of health and social services planned early and well coordinated at the same time and in the activation of Health Integrated Planslute, starting from Personalized Individual Project and from an accurate evaluation.



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Il Progetto individuale e personalizzato:

- necessita di una **diagnosi precisa**
(DSM IV TR ICD10)
- e di una **valutazione funzionale**
- è una **rilevazione dei bisogni**
- definisce a chi spettano **le competenze**
- prevede **interventi socio-sanitari, condivisi**
con l'utente e con la famiglia, mirati alla
riabilitazione e integrazione sociale e
lavorativa.



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**Punti principali per la realizzazione del
progetto individuale personalizzato che
vede la persona al centro e partecipe del
suo percorso di cura:**



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Offriamo:

SERVIZIO DI ASCOLTO
Strategia per far uscire
dall'isolamento la famiglia

GRUPPI DI AUTO-AIUTO
tra familiari



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IL GRUPPO DI AUTO - AIUTO TRA FAMILIARI

- **Sostegno emotivo e reciproco**
- **Fornire modelli da prendere ad esempio**
- **Riconquistare il ruolo di genitore e familiare**
- **Scambio di informazioni**
- **Accettare e non colpevolizzare**
- **Aiutando gli altri aiuti te stesso**
- **La relazione con gli altri facilita l'apertura**
- **Partecipando al gruppo si acquisisce il controllo**



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Offriamo, inoltre :

- Corsi di formazione per volontari
E' iniziato il nuovo corso di
formazione

**"La comunicazione e l'ascolto nella
relazione di aiuto. Il volontario nella
salute mentale"**

con il contributo del Cesvot



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- **Convegni**
- **Incontri di promozione alla Salute mentale**
- **Incontri di informazione sul disagio psichico**
 - **Informazione sugli aspetti giuridico legali relativi al disagio psichico**



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**Il progetto
“ESCI CON NOI”
è rivolto a persone
che per le loro
problematiche
tendono ad isolarsi.**



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**Il progetto
“ESCI CON NOI”
è realizzato con i
contributi delle**





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**Organizza: nell'ambito del
progetto
“ESCI CON NOI”
con famiglie, Volontari, Volontari
del servizio civile, momenti di
socializzazione nel tempo libero
in luoghi di aggregazione sport,
spettacoli, gite, escursioni,
cene, visita e shopping in città e
giochi vari.**



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**"ESCI CON
NOI" Young
volunteers
Group**



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"*ESCI CON NOI*" - TRIPS

Among the many experiences done until now, one or more days trips (in Italy and abroad) that we organize excite patients and citizens very much.

During these trips the association has been able to attract our guys both on artistical/cultural and landscape aspects of the seen places and on the socialization and integration created within the people attending the trips.



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"ESCI CON NOI - TRIPS"



**Villa
Taranto Gardens
Lago Maggiore**

with the economical
contribution





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"ESCI CON NOI - TRIPS"



**Madrid
Atocha Station**

with the economical
contribution





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"ESCI CON NOI - TRIPS"



Abruzzi National Park

with the economical
contribution





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“ESCI CON NOI - TRIPS”



**Saragozza - Spain
Our Lady of the Pillar
Cathedral**

with the economical
contribution





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"ESCI CON NOI – SHOWS"

**The group enjoys himself to
prepare the shows.**

**There is a great desire of
showing and communicating
the joy that animates our
meetings.**



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The group during
a performance in Giglio Theatre,
completely full of people (around 700).



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“ESCI CON NOI” group

in 2010 May 10th

presents

to Giglio Theatre

“Il mondo che ci piace”

“The world that we like”

**thoughts, feelings and
emotion told through
music and images.**





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Other activity:

Raccontiamoci

**2-monthly online and papery
magazine**

www.raccontiamoci.it



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The editorial staff

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Football and Volleyball Teams have been created with success and great attendance







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F.A.S.M.

***is open to everyone:
if you are interested,
you can become one of
our volunteers!***