

S8: NEW APPROACHES TO CHRONIC DISEASE – (RE)HABILITATION

Recovery Process of People with Mental Health Problems

Psychosocial rehabilitation, grounded on the recovery paradigm, is essential to encourage improvements in the functionality and effective social inclusion of people with mental health problems and contributes significantly to their well-being and life quality. Considering this, it is necessary to evolve in this field and it is intended in this symposium to contribute to the dissemination of some of the best practices that incorporate contemporary philosophy of recovery, illustrating the principles, values and promising trends in various areas of expertise. Following recent studies, we will present the guidelines for the implementation of peer support programs in Portugal. We will also illustrate the evolution in the use of mobile technologies supporting psychosocial rehabilitation and particularly the development of applications for smartphone for mental illness self-management. Regarding employment, the priority is the establishment of specialized responses in this area, so we will demonstrate the model recommended internationally - the Individual Placement and Support. Moreover, we will illustrate the results of our experience in supporting family members of people with mental health problems in ANARP and a study of characterization of needs that is taking place in the Porto Metropolitan Area.

Moderator: António Marques (ESTSP.IPP)

Implementation of a peer support program in mental illness

Filipa Campos¹, António Marques¹, Cristina Queirós²

¹Psychosocial Rehabilitation Laboratory of School of Allied Health Technologies, Porto Polytechnic Institute, Vila Nova de Gaia, Portugal

²Psychosocial Rehabilitation Laboratory of Faculty of Psychology and Educational Sciences, University of Porto, Portugal

Introduction: Peer support is a mutual aid system based on the belief that someone who faced/overcome adversity can provide support, encouragement and guidance to those who experience similar situations. Literature reveals that participation in peer support programs has benefits for people with mental illness, including increased self-esteem, self-confidence, empowerment and hope in their recovery.

Objectives: Implement and verify the effectiveness of a pre-experimental program in a group of people mental illness.

Materials and Methods: The sample (n=10) has 3 peer supporters and 8 users from a rehabilitation institution. Peers were trained and paid during the 9 months intervention program. The evaluation protocol includes: 1) pre and post-test methodology (assessing symptomatology and functionality); 2) interviews

conducted at the end of the program; 3) collection and analysis of several indicators of the implementation of the program, documented in a logbook (attendance, punctuality, participation).

Results and Discussion: The activities undertaken by peer workers include 3 main areas: support people who experience mental health problems; activities organization; combat stigma activities promoting recovery. Results showed adherence to the program, and better subjective perception of the participants about their functional performance with a strong similarity of results in peer workers and users. The interviews indicated that peer support is an intervention that promotes recovery, self-efficacy feelings, empowerment and hope by sharing similar experiences.

Conclusions: Peer support seems to be an intervention with benefits for both service providers, users and mental health and psychosocial rehabilitation organizations. Results gave crucial inputs, suggesting the need to develop and implement more peer support programs in psychosocial rehabilitation organizations, as a way to improve provided services and to contribute to the recovery process' quality.

The use of mobile technologies to support psychosocial rehabilitation of people with mental health problems

Raquel Simões de Almeida^{1,2,3}, António Marques², Cristina Queirós³

¹Faculty of Psychology and Educational Sciences, University of Porto, Porto, Portugal

²Psychosocial Rehabilitation Laboratory of School of Allied Health Technologies, Porto Polytechnic Institute, Vila Nova de Gaia, Portugal

³Psychosocial Rehabilitation Laboratory of Faculty of Psychology and Educational Sciences, University of Porto, Portugal

Introduction: An efficient psychosocial rehabilitation program is essential in order to achieve symptoms' remission and promote a functional and satisfying life for people with mental illness. The use of mobile technologies not only has become a prominent term within the practice of medicine, but also have great potential to improve the quality of services (Ben-Zeev, Drake & Brian, 2014; Tomlinson et al., 2013). There is some evidence concerning this topic and it is important to summarize it.

Objectives: To summarize evidence on mobile technologies for mental health and to characterize how these devices features are used to promote recovery.

Materials and Methods: A literature review was carried out in five databases covering literature published until 2015, trying to find scientific views about the use of mobile technologies'.

Results and Discussion: A total of 32 studies providing original data were included in this review. Analyses covered the aims of the studies (collection of psychological/ physiological data, psychoeducation and drug adherence), methods, outcome variables, and results. Several opportunities for its applications, as well as challenges faced when using the software, were identified. User involvement is crucial to the successful development of these technologies.