

# Studying Community Mental Health Based Programs to Foster Individual Capacity towards Recovery and Integration

Maria F. Jorge-Monteiro, MA & José Ornelas, PhD  
Instituto Superior de Psicologia Aplicada, ISPA-IU, Lisbon, Portugal



## Background

- The first mental health community based-organizations (MH-CBO), outside the public mental health system only emerged in Portugal in the late 80`s and through the 90`s. These community supports consisted on housing programs, training and supported employment programs which came to inspire, as well as the international recommendations, the new body of legislation and development of services in community. However, in many cases, “to stay” in the community does not mean to participate and to be included in community contexts. Therefore we consider relevant to evaluate how MH-CBO`s are delivering interventions towards the social integration of people with mental illness.

## Objectives

- To measure MH-CBO`s efficacy towards capabilities and community integration to mental health service users
- To compare the organizational characteristics of different MH-CBO settings and their interdependence with individual wellness, capabilities and empowerment outcomes
- To ecologically identify the capability and integration dimensions related with MH-CBO`s recovery and community orientation

## Sample

- The study participants are service users and mental health professionals from the different MH community sites collaborating in the research.

## Methods

- Participatory and pluralistic research, using quantitative measures and qualitative interviews, comparing the MH-CBO sites in a multi-level perspective.

## Intervention and Research Foundation

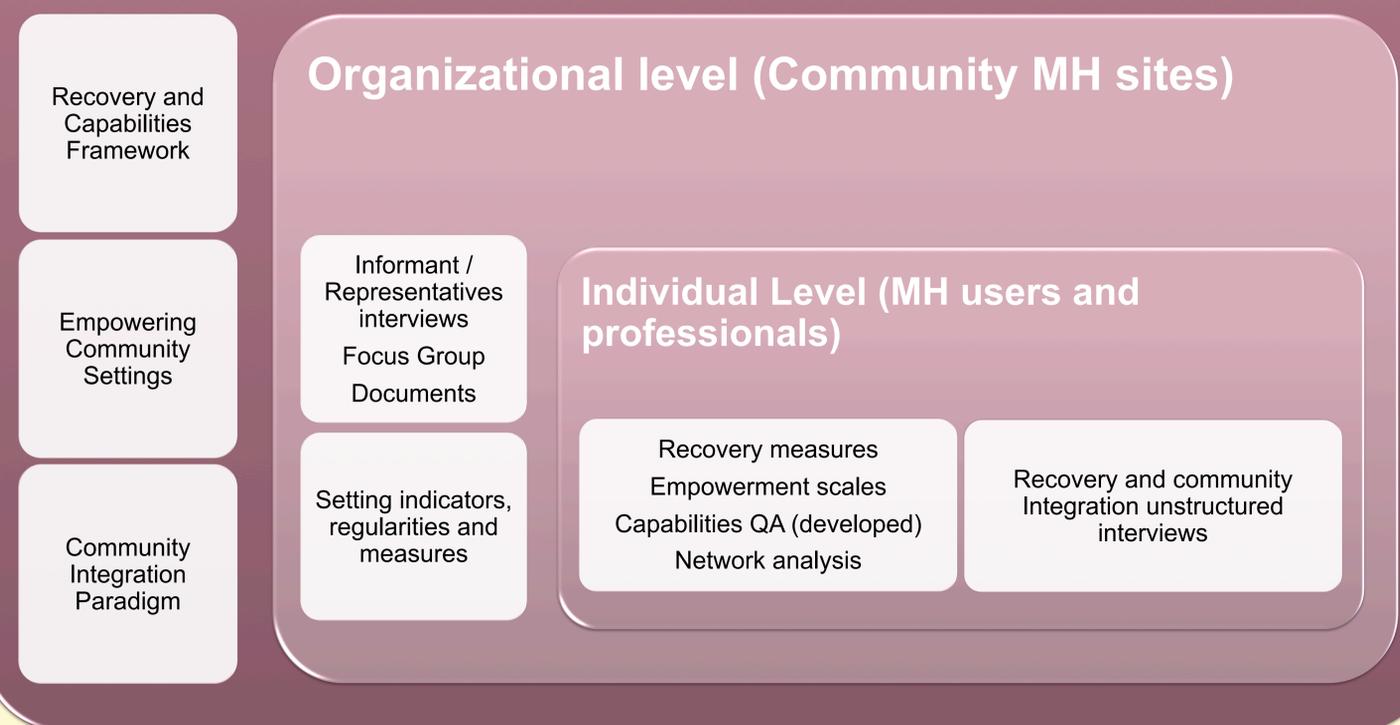
The problem this research intends to address is the creation and the study of mental health community oriented programs and supports, aimed at promoting effective social integration and participation of people experiencing severe mental illness. Studying local practices ecologically, is relevant to identify, learn and disseminate efficient interventions (Campbell et al., 2010, Miller & Shinn, 2005).

Based on the empowerment-community integration paradigm that focuses on the participation in community settings (eg. schools, houses and employment), in opposition to the segregation in an MH service system (Nelson et al., 2001), this study focuses on empowering community contexts dimensions and their relevance to define MH-CB recovery and integration orientation (Maton, 2008, Newberry & Strong, 2009).

The research also uses Nussbaum and Sen`s capabilities approach presented by Shinn (2009) and Davidson et al., (2009) as a challenging framework to evaluate citizenship and the promotion of integration by mental health community supports.

## The Current Study

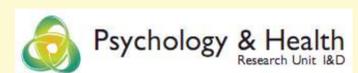
### Capabilities and Community Integration Practice-Based Evidence



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e-mail: maria\_monteiro@ispa.pt