



PLENARY SESSION 9	
Event Code: LEE22-00523 World Mental Health Congress London Mental Health a Global Priority, London, UK 28/06/2022-01/07/2022	
Your details (as you want them listed in the programme)	Roberto Mezzina, MD, Psychiatrist, Vice President (Programme Development, World Federation for Mental Health; Chair, International Mental Health Collaborating Network; former Director, Trieste MH Department and WHOCC.
Date and time of your plenary session	Friday 1 July 2022 08:30-10:10 hrs Overall Session Theme: Pathways to health
Duration	20 mins
Proposed title (please complete)	The person in the community: a paradigm for recovery and social inclusion after deinstitutionalization
Learning Objectives (please complete)	<ul style="list-style-type: none"> -To learn about the current debate for the realization of a whole system change, toward a community-based service, encompassing deinstitutionalization, human rights, recovery, community mental healthcare. -To be informed about the most important innovative principles and practices in this area -To understand what is the paradigm shift that is taking place.
Abstract (max 500 words)	<p><i>Trieste (and Franco Basaglia) anticipated more than 50 years ago the paradigm shift 'from illness to the whole person' that recovery movement proposes today, either from a theoretical or a practical point of view. Mental illness was also transformed into an artifact, shaped by the institution, as a double that conceals human experience. Hence de-institutionalization was enacted as main strategy to overturn the oppression of people with psychosocial disabilities, to mobilize resources for their recovery and social integration, and to create services and supports in the community. The passage from needs to citizenship rights, the social dimension of recovery, the empowerment issue, are mediated by the role of community based services. The 50-years-experience of Trieste is considered by the WHO a model of comprehensive network of services that offers a whole life, whole systems approach. Main questions, contradictions and dichotomies of this passage are discussed. In recent years, with the CRPD, the human rights perspective represents a new horizon whose full enforcement in the real world remains anyway problematical. Examples of innovation, providing a human rights and person-centered approach are here outlined. This novel paradigm shift in psychiatry stems from a number of practice-based evidences, whose ultimate outcome is a different experience of care and a true emancipation and freedom of the person:</i></p> <ul style="list-style-type: none"> <i>-from legal responsibilities for professionals to a broader concept of service responsibility and accountability toward a community</i> <i>-from specialized to holistic and 'comprehensive' services, built around the idea of the person as a unit, through 'life projects' rather than by fragmented therapeutic programs</i> <i>-from services delivered to options / opportunities of an individual path towards recovery and emancipation.</i>

	<p>-from formal rights, to human and social rights and to the concept of citizenship.</p>
<p>Key references or resources (maximum five)</p>	<p>INTERNATIONAL MENTAL HEALTH COLLABORATING NETWORK, 2017. <i>Whole life whole community whole systems approach</i>. www.IMHCN.org. Retrieved 20 June 2018.</p> <p>MEZZINA, R. 2005. Paradigm Shift in Psychiatry: Processes and Outcomes. In Ramon S and Williams JE (eds) <i>Mental Health at the Crossroads. The Promise of the Psychosocial Approach</i>. Hants, England: Ashgate.</p> <p>MEZZINA, R. 2014. Community mental healthcare in Trieste and beyond. An “open door-no restraint” system of care for recovery and citizenship. <i>The Journal of Nervous and Mental Disease</i> 202:440-5.</p> <p>MEZZINA, R, ROSEN, A, AMERING, M, JAVED, A. 2018. The Practice of Freedom: Human Rights and The Global Mental Health Agenda. In <i>Advances in psychiatry</i>, Fountoulakis KD, Javed A (eds), Springer: New York, 483-515.</p> <p>WORLD HEALTH ORGANIZATION, 2021. Guidance and technical packages on community mental health services: Promoting person-centred and rights-based approaches. 26 May 2021. https://www.who.int/publications/i/item/guidance-and-technical-packages-on-community-mental-health-services</p>