

A project for social volunteering in accompanying mental health patients (PVA) in a programme of psycho-social rehabilitation

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Introduction

The progressive loss of importance of the family structure and the definition of new forms of family has caused in many cases a depersonalization in the relationship between family members as well as lack of involvement in the care of close relatives.

This change has prompted us to start a volunteering project in the framework of a long and middle term stay hospitalization unit (MILLE) for people with serious mental illnesses (TMG) and those with special difficulties in personal and social autonomy in the process of Psycho-Social Rehabilitation.

Our goal is to enable these persons to be accompanied during the process of rehabilitation to enable them to improve their self-esteem and empowerment, creating a space where they may interact with the community to improve their social integration.

Methodology

1. Detecting patients in the different mental health units of the centre with lack or a limited socio-familiar network covering their affective needs.
2. Creating a group of social workers to develop a Project of volunteering that helps address this need
3. Create the role of reference Social Worker in the PVA
4. Creating the project outline.
 - Scope of volunteer action (Social Volunteering)
 - Criteria for including users in the PVA
 - Criteria for including volunteers in the PVA
 - The model for enrolling and selecting volunteers
 - The training program aimed at volunteers
 - The program to welcome new users to the center
 - Follow-up, coordination and assessment of the performance of volunteers
 - Where volunteers will be physically located in the center
 - A timeframe for deploying the plan

NAME	1st semester of 2014	2nd. Semester of 2014	1st Semester of 2015	2nd Semester of 2015	1st semester of 2016
Working group is created	JANUARY				
Bibliographic research and search for similar existing projects	JANUARY				
First contact with the Management of the center	JANUARY				
The working group reaches an agreement on the main guidelines of the project	JANUARY				
Design & specification of the volunteering project	JANUARY-FEBRUARY				
GVA is formalized	FEBRUARY/MAY				
Set up criteria for management and regulation	MAY/JUNE				
Create the protocol to onboard new volunteers	JUNE				
Enroll new volunteers		SEPTEMBER-NOVEMBER			
Interviews to assess new volunteers		OCTOBER- NOVEMBER			
Plan to integrate PVA into the dynamics of the different units		NOVEMBER			
Initial volunteer training		DECEMBER			
Monthly meetings programmed with the members of the volunteers' group		DECEMBER			
1st stage: implementing volunteering at H3 & H1			JANUARY-JUNE		
2nd stage: implementing volunteering at Llevant 3 & SRC				JUNE-OCTOBER	
3rd stage: Residence & Llevant 4				NOVEMBER-DECEMBER	
Final Assessment					JANUARY

Results

1. Management has agreed to the centre becoming part of the integral volunteering programme of the CAEMIL centres and to this being carried out in 2015
2. Management has recognized the importance of this type of support in contributing to integrating people with TMG back into their communities

Conclusion

The needs detected due to the social and familiar changes in present society when having to support accompanying people with long-term illnesses and the approval of the project by Service Management will help create an alternative to the lack of family or social referrals for people with TMG interned in the MILLE.