



Viti i X-të i Botimit, Nr.2,
Dhjetor 2019

DISCUSSION OF SELECTED BEST PRACTICES IN MENTAL HEALTH PROTECTION IN POLAND, 2004 - 2017

Petrit Dollani*, Angelika Jakubowska**

*Ph.D., Department of Management, Faculty of Economics, University of Tirana

**M.Sc. of Nursing, Department of Social Nursing and Health Promotion, Faculty of Health Sciences, Medical University of Gdansk

Adresë kontakti: petrit.dollani@unitir.edu.al; angelikajakubowska@gumed.edu.pl

DISKUTIM I PRAKTIKAVE MË TË MIRA TË ZGJEDHURA NË MBROJTJEN E SHËNDETIT MENDOR NË POLONI, 2004 - 2017

Përmbledhje

Qëllimi i këtij punimi është të identifikojë disa praktika më të mira në mbrojtjen e shëndetit mendor në Republikën e Polonisë, pas hyrjes së saj në BE. **Metodologjia e përdorur është hulumtim sekondar i bazuar në botimet ekzistuese, kryesisht në gjuhën polake. Autorët kanë arritur të kryejnë një klasifikim të praktikave më të mira polake, duke i ndarë ato në katër grupe kryesore. Kategoria e parë përshkruan veprimtarinë e suksesshme të disa organizatave joqeveritare, duke u përqendruar në shoqatën “Hapni dyert” në Krakow dhe Institutin Polak të Dialogut të Hapur në Wroclaw. Kategoria e dytë përfshin nisma akademike që përpiqen të adresojnë problemet mendore shëndetësore të studentëve të tyre dhe si të kapërcejnë krizën. Kategoria e tretë diskuton mundësitë e punësimit për individë me sëmundje mendore, përfshirë një shembull të sipërmarrjes sociale në Radom. Grupi i katërt i nismave përfshin disa shembuj të përpjekjeve të koordinuara midis institucioneve shëndetësore, qytetarëve dhe organizatave të ndryshme që synojnë trajtimin më të mirë dhe përmirësimin e kushteve të jetës së individëve me probleme mendore shëndetësore. Autorët argumentojnë se praktikrat e lartpërmendura mund të jenë të dobishme për t’u ndjekur dhe miratuar në vendet e Ballkanit, duke provuar reforma në sektorin e kujdesit shëndetësor dhe të përballen me sfida të ngjashme.**

Fjalë çelës: *praktika, mbrojtje, shëndet mendor, Poloni.*

Abstract

The purpose of this paper is to identify several best practices in the mental health protection in the Republic of Poland, after its access to EU. The methodology employed is secondary research based on existing publications, mainly in Polish language. The authors have managed to conduct a classification of Polish best practices, dividing them in four main groups. The first category describes the successful activity of some non-governmental organizations, focusing on the “Open the doors” Association in Krakow and Foundation Polish Institute of Open Dialogue in Wroclaw. The second category involves academic initiatives trying to address health mental problems of their students and how to overcome crisis. The third category discusses the possibilities of employment for individuals with mental illnesses, including a social entrepreneurship example in Radom. The fourth group of initiatives comprises of several examples of efforts coordinated between health institutions, citizens and different organizations aiming at better treatment and improvement of life conditions of individuals with health mental problems. The authors argue that above mentioned practices might be useful to follow and adopt in Balkan countries experiencing reforms in health care sector and facing similar challenges.

Keywords: *practices, protection, mental health, Polony.*

1. Best practices from NGO sector

a) “Open the Doors” Association is an element of environmental psychiatry grew out of the idea of Professor Antoni Kępiński, who based his axiology on the Christian system of values. He radically changed his approach to the patient treating them holistically and subjectively. In such a climate, the creation of this organization was possible. They bring together people with experience of the mental crisis, while supportive and honorary members may be those who support it materially or are especially meritorious in realizing the ideals of the Association. The general aims of the Association are: mutual self-help, activity against stigmatization of mentally ill people by initiating and participation in radio and television programs and in the press, aimed at raising the level of knowledge and understanding of the issues associated with mental disorders, cooperation with various national and foreign organizations targeted for job creation, housing acquisition, organization forms of rest and co-operation of activities against social exclusion, educational activities in the environment of patients, their families, in local communities and wider, domestic and foreign, protection of the rights and dignity of people suffering from mental illness. The association was constituted among people forming a support group, meeting at the day-care branch

at Sikorskiego square in Krakow. After registered in 2003 and obtained legal personality, members began to expand education that has been conducted for years initially among students. Joining the “Schizophrenia - Open the Doors” program, the association engaged also doctors, nurses, priests and clerics, employers, teachers, journalists and government officials in a short time. In recent years, for conducting statutory activities, they have used grants, applying together with educators from the Association for the Development of Psychiatry and Environmental Care (SRP). Since 2008, they have completed 10 educational grants for Krakow, Malopolska District and for the southern regions of Poland (Banas, 2014).

b) The Polish Open Dialog Institute Foundation in Wroclaw, being an initiative of Wroclaw families, works in the field of psychiatry from 2011. Our goal is to make every person experiencing difficulties in the field mental health, have a chance to recover. To make it possible, the current health care system, which is focused on the process of illness, based on hospitalization, isolation, stigmatization, trauma and fear of the future, should be replaced by a new process-oriented approach recovery. Based on cooperation with many European and American centers, we want to create environment in Wroclaw and in Lower Silesia, in which people with mental disorders, with the support of professionals, families and social network, will be able to: to strengthen the hope that recovery is possible, gain motivation to heal through the use of own resources, take important social roles, including serving your experience others, have long-term support in the process of recovery and building social relationship, in effective crises, undertake effective treatment with the participation of the family and social network, and if they need to use a small stationary treatment facility (guesthouses Crisis). The foundation co-organized the 2nd Forum of Environmental Psychiatry “Power of Family” (X/2012). This conference opened new horizons, among others thanks to getting to know the experiences of Finnish psychiatrists and psychotherapists (Prof. Jaakko Seikkula), who have been developing a psychoses treatment approach, for thirty years, called Open Dialog, focused on the family, assuming quick intervention in the early stages of the crisis, adjusting the treatment to the individual needs of the patient and his family, and the perception of treatment as a process using different therapeutic methods. As studies show, the effect of this method of treatment is much faster recovery (relapses in only 24% of patients compared to 71% in the treatment group traditionally) and full employment (81% compared to 43%). In 5 years as many as 86% of patients returned to previous activity, taking important social roles (Seikkula, 2013).

2. Academic initiatives

In 2009 at the University of Economics in Krakow, in the Office for Disabled People, an Intercollegiate

Center of Psychological Support was established (MCWP) - a project of psychological help for students with disability. This project enables cooperation in the field of activities for the protection and promotion of mental health between the Disabled Persons (BON) of five Krakow universities: the Mining & Smelter Academy, Cracow University of Technology, the aforementioned University of Economics, Pedagogical University and the Papal University John Pawel II. The MCWP offer includes individual consultations with a regular psychologist, psychological help (aimed at raising personal competences conducive to effective study), personal development workshops and training. From the beginning, this offer was addressed both to students and university employees, believing that the impact on the academic environment is an indispensable element of the proposed support. Training organized at Krakow's universities can be considered a unique initiative in Poland. The MCWP currently runs two training cycles. First, "University for students suffering from mental illness" intended for scientific and didactic staff, as well as administrative institutions, run from 2010 and second, "Health and mental illness" for students initiated two years later. Each of these cycles consists of three or four meetings. They include the necessary introduction to health issues psychological as well as separate meetings bringing the participants closer particular types of mental disorders or diseases: depression, anxiety-depressive and psychosis (Augustiniak, et al., 2014).

3. Employment possibilities

a) Since 2003, an activity facility has operated on the Krakow tourist market "U Pana Cogito" Guesthouse and Restaurant run by the Families Association "Mental Health", which employs 24 disabled people after mental crises. This is an elegant, professionally managed guest house, and employees are assessed by guests through the prism of offered quality services. The guesthouse has a three-star standard, offers guests 14 rooms, there is a restaurant serving Polish cuisine in which the restaurant is organized are occasional parties. The Pension's offer also includes training and study visits. People after psychological crises work in the Pension as receptionists, waiters, room, kitchen utensils, gardeners as well in accounting. The working time is from 0.55 full-time to 0.8 full-time and is selected based on the individual capabilities of each disabled person. The Cogito ltd. Laboratorium, which was established, has been operating since 2005 by the Association for the Development of Psychiatry and Community Care. The company employs 12 disabled people suffering from mental illness, runs hotel, catering and catering activities, organizes training and conferences. In the period from May 2010 to September 2013, it expanded activity for a place rented from the Governor of the Malopolska Center "Zielony Dol" in Krakow, which restored this place to splendour disabled people, own funds and sponsors. The Association "Development of Psychiatry and Environmental Care" has been running its business since 2010 employing mentally sick people (Lewonowska-Banach, 2014).

b) Social enterprise “Gospoda Jaskółeczka” operates in Radom market since 2007. It is the first in Mazovia, and so far the only enterprise providing employment for people with disabilities after mental crises. Thanks to its activity, it changes the image of people who are ill mentally in society, by serving high quality dishes, as well as engaging in activities for the residents of the housing estate Michalow, in close cooperation with the Local Activity Center and local Authorities City of Radom.

“Gospoda Jaskółeczka” was created thanks to its participation Association for Mental Health Protection Mutual Help in the program partner of the Krakow Initiative for Social Economy Cogito as part of the Community Initiative EQUAL financed from the European Social Fund. For the creation and functioning of the Social Enterprise “Gospoda Jaskółeczka” Mutual Assistance Association, the only owner is responsible company. It has been in Radom for nearly 20 years (it was established in 1994) and is associated in the Union of Family Associations of People with Mentally Ill Health Families based in Krakow. As part of its statutory activities, the Association runs an office, also acting as a Support Club, grants support for mentally ill people and their families, prepares trips for trips and rehabilitation camps, and also conducts activities aimed at to integrate people with disabilities into the local environment (Gierduszewska, 2014).

4. Coordinated efforts of stakeholders

Environmental Treatment (ZLŚ) was created at the Bielanski Hospital in Warsaw in February 2009. Interdisciplinary team conducts therapy in the environment for people with chronic mental disorders, demanding intensive socio-therapeutic, pharmacological and rehabilitation interactions, people experiencing serious problems in functioning environmental problems falling out of other forms of treatment. Patients’ families as the core of the natural social network, also require help. Currently, 140 patients are under the care of the team, which team consists of specialists in psychiatry, clinical psychologists, psychotherapists, therapists environmental, and nurses. The principle of the team’s work is multi-professionalism, combining medical interactions and psychosocial, interchangeability of roles and joint determination in the team individual patient’s therapeutic program, frequent contact with the patient, (on average 1-2 times a week), providing services in the place of residence patient (on average at least half of the total number of benefits). The team works in accordance with the widespread model of Active Environmental Therapy (Assertive Community Treatment, ACT). The following methods of work are used: psychiatric and psychological diagnosis, pharmacotherapy, monitoring mental and somatic state, psychotherapy, skills trainings personal and social, psychoeducation of the patient and family, psychological help, crisis interventions, mediations, club activities and cooperation with other units: units of psychiatric health (branch stationary, daily, mental health clinic) with other units health care, social welfare centers, non-governmental organizations, local government, units dealing with occupational re-adaptation (Zaryn, 2014).

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**SHKENCAT
E
APLIKUARA
DHE
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SEKSIONI 2

