

How do we work in the community model to help Patients recover?

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"You will find the resources within yourself - besides pain, sorrow, tragedy, you have pleasure, joy and comedy within you, but you may not be able to reach them" M.H. Ericsson

A patient is not just a disease entity, but a fully valuable human being comprising many aspects. Taking a holistic approach to mental problems is a challenge requiring a change in thinking, but the results can by far exceed the cost. Devoting attention to getting to know the patient as a whole being, not just as what can be observed from perspective of the disease, provides opportunities to tap into the vast resources available to the patient, as well as to each of us! There are external resources, originating outside the person (e.g., financial resources, people in institutions, having family, friends, etc.) and internal resources - directly related to personal qualities (e.g., characteristics, health, skills, knowledge, values upheld, etc.).

Reaching out of the hospital walls to help the patients outside allows us to learn about the environments in which the patients live and how they function. Through operating in the community, we have the opportunity to address the specific needs of specific people - ranging from medical support to nursing care, to psychologist's support to social worker's care - we can find a solution to almost any problem. However, in addition to a wide range of activities undertaken with the patient in the community, coordination of activities with the patient throughout his or her journey of recovery exerts the greatest impact.

Naturally, working in the community entails not only working with the patient. Owing to participation in the pilot program, not only do we have an opportunity to integrate with the community, but even to become part of the social structure of the residents of the Wrocław Psie Pole district. Integration with the community allows us to build extremely important and effective, and, above all, lasting relationships with institutions and organizations that carry out their tasks in the immediate environment of the people we support, which undoubtedly yields greater benefits owing to the synergy of activities. Such institutions include workplaces, schools, offices, MOPS (Municipal Social Assistance Centre), GPs, but also Local Activity Centers, foundations and associations. We have a special cooperation with the Opieka i Troska Foundation, which has been rendering social support for the residents of the Psie Pole district for nearly 20 years.

Dolnoślaskie Centrum Zdrowia Psychicznego Sp. z o.o. and the Mental Health Centre Wrocław Psie Pole also participate in local events - picnics and neighborhood festivities organised by the Różanka-Karłowice Residential Estate Council. However, we are also increasingly and willingly opening up our own facility to our neighbors - our immediate plans include modernizing our garden along with the playground and then successive shaping of the conditions that make them the most welcoming for our guests, owing to which, hopefully, we will continuously enhance the image of our organization

and build the awareness that we are a friendly place where they can always turn for help and support without any fear.