



NATIONAL ANPIS BEST PRACTICES

Legislative development.

The “Global Action Plan about physical activity for the years 2018/2030” approved by OMS starting from Lisbon Treaty at European Council of Nice of 2000 and from White Book on Sport of July 2007 that tackled social and economic aspects of Sport, it promotes policies to foster physical activity directed towards the reduction of the physical inactivity of the adult and teenagers of 15% within 2030.

OMS European Region Strategy for physical activity 2016-2025 (Regional Committee for Europe of September 2015) with 20 actions to be applied in all the countries, it considers physical activity as a driving factor for people wellbeing and health with particular attention to the incidence of chronic non transmissible diseases, connected with sedentary behaviours.

The Strategy aims at reducing the limited physical activity within 2025 and represents one of the goals foreseen by “Global Action Plan for chronic non transmissible diseases prevention and inspection 2013-2020” of OMS.

An increase in physical and motor activity helps to:

- Reducing of 25% premature mortality due to cardiovascular diseases, tumours, diabetes or chronic respiratory diseases;
- Reducing of 25% hypertension majority
- Stopping diabetes and obesity increase

Despite the European Rules aimed at promoting physical and motor activity in the whole Community, 1 adult out of 4 and 3 teenagers out of 4 (aged from 11 to 17) do not play a physical activity as recommended by OMS.

In some countries physical inactivity reaches 70% because of the effects of present highly technological age.

The policies Italy adopted are in line with the goals of the Action Plans promoted by OMS and UE policies. Italy is determined to increase physical and psychological wellbeing in all age brackets. National and Local promotional Strategies of physical and motor activity aim at realising actions for health promotion with an interdisciplinary perspective and an integrated approach as indicated in the Program coordinated by the Ministry for Health in Italy “To earn health: to make healthy choices easy” (DPCM MAY 4 2007) aimed at opposing the main risk factors of chronic diseases (wrong diet, physical inactivity, risky use of alcoholic drinks, nicotine).

Also the National Programme of Prevention 2014-2018 extended until 2019, makes use of an interdepartmental approach and promotes proper lifestyles, physical activity and sedentariness reduction in order to reduce the mortality and disability of chronic non transmissible diseases.

Physical activity promotion is a complex question and many actions of pathology prevention and health promotion undertaken for the stimulation of population physical activity had a sectional and disjointed nature without affecting the adoption of an active life style.

The Worktable instituted at the General Direction of Health Prevention of Ministry for Health provides with policy lines about the necessary actions to increase physical activity, by directing towards equity, inequalities overcoming and vulnerable subjects inclusion.

These policy lines have been adopted by the Regions to which the task of applying them in their contexts was transferred.

List of the most important laws at a European and National Level.

- 1) Treaty of Nice – Charter of Fundamental Rights (2007) G.U. C.E. C 80/3 of 10.03.2001;
- 2) White Book on Sport, Committee of European Commission Bruxelles, 11.07.2007 COM (2007) 391 final;
- 3) Treaty of Lisbon. G:U.C.E. , n. C 306 of 17.12.2007;
- 4) “Physical Activity Strategy for the WHO European Region 2016-2025”. OMS takes stock of current knowledges about physical activity effects on health;
- 5) Global Action Plan on Physical Activity 2018-2030: more active people for a healthier world. World Health Organization 2018;
- 6) DPCM May 4 2007. Programmatic Document “To Earn Health” G.U. n. 117-first part 22.05.2007
- 7) Ministry for Health. National Plan for Prevention 2014-2018
- 8) D.L. Lgs July 3 2017. Code of 3rd Sector of article 1, Comma 2, letter b, Law of June 6 2016, n. 106, Gaz. Uff. August 2 2017, n. 179, S.O.
- 9) Policy Lines concerning physical activity for different age brackets and with reference to physical and physiological and physiopathological situations and to specific subgroups of population. Ministry for Health. General Direction for Health Prevention 2018

List of Regional Laws and realization plans of the following 4 Regions:

PUGLIA REGION

Regional Law November 19 2012, n. 32 “Alterations and integrations regarding regional law December 4 2006, n. 33 (Rules for the development of Sport for all)”. BURP - n. 183 of 18-12-2012

Regional Law 4.12.2006, n. 33 “Rules for the development of Sport for All”. BURP n. 161 suppl. of 6.12.2006;

Resolution of regional Council June 18 2019, n. 1079 “L. R. n. 33/2006, as altered by Regional Law 32/2012 - Title I — art. 2bis -

“Guidelines for sport. Regional programming for motor and sport activities “2019-2021”. Approval BURP n. 77 del 9.7.2019;

Puglia Region – Councillorship of Sport – “Guidelines for Sport 2019-2021”.

LAZIO REGION

Regional Law of June 20 2002 – BUR 19- “Consolidation act regarding Sport”

Regional Law of April 6 2009- BUR 14 – “Interventions for the promotion, support and spreading of safety in Sport”

UMBRIA REGION

Regional Law of September 23 2009 n. 19 “Rules for the promotion and development of Sport, motor and recreational activities”

Regional Law regarding sport nr 5 June 2017, “promotion of sport and motor activities”

MARCHE REGION

Regional Law of April 2 2012 n. 5 “Regional Rules regarding Sport and Leisure”

“Regional Plan for the promotion of Sport, motor and recreational activities 2012/2015”

A) Identification of the most important social actors

The identified social actors in the 4 Regions involved in the project are public institutions and private organizations. They represent an active network of subjects who are regularly involved by different ANPIS in their sport activities with persons with mental disease. Public institutions (Regions, ASL, DSM (Department of Mental Health), Communes also are an important source of financing of social and sport activities organized by different territorial ANPIS.

PUGLIA REGION

Puglia Region

ASL Foggia – Bari-Lecce-Brindisi-Taranto

Communes in the territory of Mental Health Centre of Troia: Accadia, Alberona, Ascoli Satriano, Anzano di Puglia, Biccari, Bovino, Candela, Castelluccio dei Sauri, Castelluccio Valmaggiore, Celle San Vito, Deliceto, Faeto, Monteleone di Puglia, Orsara di Puglia, Panni, Rocchetta Sant’Antorio, Roseto Valfortore, Sant’Agata di Puglia, Troia. Day Centres “Itaca” of Troia and “Arcobaleno” of Deliceto.

Communes of Foggia, Giovinazzo and Bitonto

Association “Tutti in Volo”, Troia (FG);

Association “Tutti in Palla”, Foggia (FG);

Association L’Anatroccolo Bitonto(BA);

Association Gargano 2000 Giovinazzo (BA);

Association Elos Bitonto(BA);

UISP (Italian Union of Sport for All);

U.S. (Sport Union) Foggia;

ANPIS Puglia

LAZIO REGION

Lazio Region

ASL of Roma

Commune of Roma

DSM (Department of Mental Health) of Ciampino

Network of football teams of the Therapeutic Communities Gledhill, Castelluccia, Grande Montagna, Villa Costanza of Albano Marino and Roccapriora

ANPIS Lazio

Association Il Gabbiano

Association Ever Green

Association Alchimia

Volley Club of Lazio

UMBRIA REGION

Umbria Region

Province of Terni

Commune of Terni

Asl nr 2 Umbria.

Sport Associations:

Uisp Terni

Csi Terni

Paralympic Committee Umbria

Olympia Thyrus

Asd tabletennis of Campomaggiore

Colleluna Volley

Sports Club bowling Boccaporco

Sport Club Campitello

Ternana football

Association "Tutti in gioco"

Sports Club ternana

Terni Rugby

Oasi sport Libertas.

School Institutes: Marconi school, Art School Metelli, Casagrande School.

Voluntary Associations: Cesvol provinciale, Musicarte, i Pagliacci, banco alimentare, Arci e Caritas Terni, Accademia del tempo libero, Efebia, Pan Pot, Centro giovanile S.Efebo, coro Stranivari, Casa delle donne, centro sociale Valenza, Cai Terni, E se domani, il sogno di Rebecca, Palestra popolare, Musical Academy, associazione Progetto Mandela.

Parishes: S.Giovanni Bosco, S.Gabriele, Centro pastorale S.Chiera

MARCHE REGION

Marche Region

Commune of Ancona

Commune of Pesaro

Commune of Senigallia

ASL of Ancona

DSM of Ancona

Regional Association of the following Sport clubs:

Solidalea Pesaro

Alpha Pesaro

Sollievo Senigallia

Asiamente Jesi

Fuorigioco Ascoli

Sollievo Ancona

Lassata scoucur Ancona

Sollievo Falconara Marittimaa

B) Training opportunities

The operators of the different ANPIS at national level, mostly come from DSM (Department of Mental Health) and/or social cooperatives. Therefore their main training concerns the social field. They are: educators, community operators, nurses, social operators. Only few of them come from sport. Their sport training generally occurs at a later time and it is due to a personal interest and to the choice of using sport as a tool during their work with persons with mental disease. The most important training structures with innovative pedagogic approaches for the empowerment of persons with mental disease are the Universities of Medicine. They offer three years degree courses for: Health Professional Educator- Technician of Psychiatric Rehabilitation- School of Specialization in psychiatry – Psychosocial Rehabilitation.

They can find training opportunities concerning sport at:

University of Motor Sciences at a national level with particular reference to the following cities:

University of Urbino, University of Roma Tor Vergata, University of Roma Foro Italico, University of Perugia and at CSI (Italian Sport Centres). They offer a technical training that is technical competences for sport practice.

C) GOOD PRACTICES

EXAMPLE/MODEL OF GOOD PRACTICE PUGLIA REGION

Title	<p>Project title/initiative/programme/methodology</p> <p>10th edition. "Rimettiamoci in gioco.....sportivamente" ("Let's Get Back in The Game.....Sportingly.")</p> <p>Itinerant regional soccer tournament 2019</p> <p>"Rimettiamoci in gioco.....sportivamente" represents a project of regional soccer sports activities, organized by Anpis Puglia, which pursues the dual purpose of promoting a sports culture with paths of inclusion and social integration in favour of people with mental disabilities from different Mental Health Centres, Cooperatives and Associations belonging to the six provinces of Puglia with the active participation of health workers, sports technicians, family volunteers and citizens.</p> <p>The project, therefore, pursues an action to "all together" create a space dedicated to non-competitive sports activities, integrated with healthy fun and friendship dedicated to those whom were in some way not able to access the sport, with the intention of overcoming excessively sectorial approaches and seeking a reading, both of needs and responses, able to grasp the unity of the person.</p> <p>Sport practiced as a healthy competition, in which one experiences sacrifice, commitment, acceptance of defeat, expectations, recognition of the rules and their respect, is thus a tool to help people regain active social roles that are especially recognizable and recognized by the social context of belonging.</p> <p>"Rimettiamoci in gioco.....sportivamente" is an important event to raise awareness and fight discrimination with the involvement of civil society (School, University and citizens), to bring it closer to the life and daily needs of people with mental distress, during the various phases of the project (training, competitions, group meetings, sharing lunch and walks), where one <u>learns to "re-cognize"</u> the value of people with mental disorders <u>in normal contexts</u> and not only in contexts where the person is solely cured with health treatments.</p> <p>"Rimettiamoci in gioco.....sportivamente" is an event of extraordinary importance for the communities of our Region and a concrete demonstration of how we can contribute to improving mental health, both on the side of the victims of distress and on the side of society that, with its prejudices, omissions and repressive attitudes often pushes to chronicity and exclusion, in a spiral contrary to the principles of humanity, of respect for the dignity of the person, of solidarity and justice.</p>
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	<p>“Rimettiamoci in gioco.....sportivamente” is a communication action through the involvement of Internet networks and other information tools, for everything that is significant belongs to the design and experience of the association in this important area of mental health.</p> <p>In this way, communication is a channel of information and training and contributes to a wider dissemination of associative programmes by encouraging participation in planned events and encouraging cultural change on these issues.</p>
Place	<p>City, town: Foggia, Troia (FG), Ortanova (FG), Bitonto (BA), Giovinazzo (BA), Alessano (LE), Taurisano (LE), Latiano (BR)</p>
Organization/Institution	<p>Is the practice institutionalized? Which organisation(s) are applying it?</p> <p>Anpis Puglia is the promoter of the project with the collaboration of Coop. Anthropos (Bitonto) and the Technical Directorate of CSI Puglia (Regional Sports Centre). Now in its 10th edition, it is a true example of good practice for having in recent years started, albeit timidly, a process of cultural change to leave behind the still existing logic in our society seeking the institutionalization and segregation of people with mental disorders, through the strengthening of the system of networked services, bringing together health and social strategies so as to ensure, within personalized paths, the continuity of care and rehabilitation purposes. By contributing to interact and strengthen in our Region the network of Local Health Authority mental health services with other social services, strengthening the weak part of the system from "Taking Care intended as psychosocial interventions", compared to "Care intended as purely health treatments" in the logic of "community services" as the ultimate goal of this project shared and applied by sports groups, public and private institutions, non-profit organizations, voluntary associations and citizens in the various places involved in the region.</p>
Contacts	<p>Registered office: Via G. Gentile 95, CAP 71122, Foggia. Mobile phone: +39 335 7861109, e-mail: anpispuglia@gmail.com website: www.anpis.it FB page: anpispuglia</p>
Target Group/Context	<p>Who benefits from the method/good practice? How many people</p>

	<p>were involved/asked to apply it? In what context was the practice applied? (For example, what is the background of the beneficiaries? What are the target groups that take the courses? Etc. What is the rationale of good practice?)</p> <p>The beneficiaries are people suffering from mental distress belonging to the mental health centres of their Puglia territory, coming from different contexts such as: residential therapeutic communities, psychiatric welfare, Day Care Centres and family environments through voluntary associations.</p> <p>About 180 people are involved in the initiative.</p> <p>The practice of five-a-side football is applied in authorized municipal facilities, private amateur sports facilities, school gyms and parish sports facilities.</p> <p>Sport is often the first form of reintegration into civil society, an opportunity to recover one's role in society and one's right to active citizenship.</p> <p>Whether the practice of sport for the normally able is motivated by passion, for recreation or to improve or ensure physical and mental well-being, for some sections of the population sport is often one of the few opportunities to participate in collective life or to overcome social exclusion.</p> <p>For such purposes, this sports initiative was conceived with close interactions between mental health service athletes, social workers, users, their family members and and the general citizenry. The general rule of ANPIS is that in each tournament competition, teams must be made up of both users and social workers or volunteers. This allows athletes with mental disorders to feel on an equal footing and the workers to dilute their role as educators or rehabilitation technicians. In addition, in the sports project ANPIS makes every effort to involve students from local schools, trainees from the university from Physical Education and Nursing courses, also to pass on the idea that madness is a general condition of life and that the mentally disabled are citizens like everyone else, who should be helped to prevent them from sinking into chronicity and social exclusion.</p>
Content/Learning outcomes	<p>What is the content of the training/counselling activities? What are the skills developed? (For example, personal, social, etc.) Once the methodology/good practice is completed, what is expected from the participants regarding knowledge and know-how?</p> <p>Helping the person, through the practice of sport to regain skills, either lost due to illness or never possessed, to play an active role in their social and environmental context aimed at social inclusion by improving the quality of life, stimulating participation, socialization and recreation, reducing negative thoughts, whether of persecution, aggression or suicide, for instance, breaking out of immobility and stimulating competition, improving self-esteem, self-control, emotions and moods, reducing apathy, laziness, anxiety,</p>

	<p>agitation and sadness...</p> <p>Skills developed: The acquisition of some of the skills described. First of all, the ability to be with others, the ability to communicate coherently, the increase in self-esteem, the ability to live even leisure activities satisfactorily, taking care of oneself in terms of personal hygiene, attire, organic and mental health.</p>
<p>Process Description</p>	<p>Describe the methodology/good practice step by step</p> <p>The methodology includes the following actions:</p> <p>1) Meetings between project coordination partners: This is a first organizational phase in which it will be necessary to consolidate a synergy between the different locations, aimed at implementing the project. There is the creation of the working group, the operational organization of the interventions and their publicizing. In this phase, coordination meetings are also held between representatives of the individual associations, cooperatives, volunteers and sports technicians. These meetings are aimed at sharing points of view, situations, possibilities, skills and resources for the implementation of the actions promoted in the project and at the same time also training opportunities not only for professionals but also for technicians, referees, volunteers and citizens involved in the project that requires operators, educators, technicians and volunteers to "welcome" and not "select" the disabled person, even the most serious, through the enhancement of residual skills, also leading to the acquisition of important skills to promote an improvement of life aimed at social integration through sport.</p> <p>2) In/training activities: This action is aimed at all the realities involved in the project. The objective is to talk about mental disabilities in local schools in order to prevent and to spread knowledge about the difficulties mental disorders may bring about. To this end, several professionals are involved with the organization of film forums with the aim of documenting and leaving trace of experiences. Meetings consisting of 1 cycle of 4 meetings are held at the premises of partner institutions.</p> <p>3) Sporting activity: Preparatory courses for the tournament have been set up, with specialist visits to the sports medicine of the athletes taking part, to ensure their fitness for non-competitive activities, registration in case of accidents and civil liability towards third parties, followed by an athletic/technical preparation with two training sessions per week and then at the beginning of the tournament, in a systematic manner, a training session and a weekly championship competition in different contexts to promote integration and socialization processes. The sports activity (organized with a single Italian round with competitions</p>

	<p>of away and home games on a weekly basis) took place with a travelling itinerary (Foggia, Troia, Ortanova, Bitonto, Giovinazzo, Alessano, Taurisano, Latiano...)</p> <p>4) Walking activities : The sports groups, in addition to the five-a-side football matches scheduled in the various locations, have organized pre-arranged walks in the historic centres, sharing them with the hospitality offered by the home sports group and the lunches at local agritourism farmhouses and/or restaurants in the area.</p> <p>5)Promotion of the project and dissemination of the results: Following the conclusion of the championship organized a day entitled "Regional Round Table" 10th Edition "Rimettiamoci in gioco.....sportivamente", where the results of the project are presented along with the most significant experiences and awards are given to all participating athletes with the presence of the subjects involved in the project.</p>
Required resources	<p>Time, means, equipment, staff: trainers, counsellors, etc.</p> <p>Timeline: 1) preparation with project coordination partner meetings: 4 months 2) briefing/training activities: 4 days 3) sports activity over: 7 months 4) walks over: 5 months 5) time for promotion of the project and dissemination of results: 1 day</p> <p>Means Economic resources for carrying out the various actions of the project Equipment: vehicles, uniforms and bags, sports facility, PC, Internet connection, cups and medals, certificates, hall for training meetings and seminar.</p> <p>The staff: The staff, with respect to the context of origin, are partly health workers from the mental health centres and social/health cooperatives (educators, nurses and doctors), from voluntary associations (degree-level physical education technicians, psychologist sports technicians, FIGC technicians), experienced family members and citizens).</p>
Assessment of methodology/good practice	<p>What are the objectives? Have they been evaluated? How? What are the methods for monitoring the results? What learning outcomes have been achieved?</p> <p>Objectives The project "Rimettiamoci in gioco.....sportivamente" aims to implement and support sports practices for people with psychiatric disabilities, encouraging the presence of spaces and places of social integration, aimed at reducing marginalization and where practising sport becomes the leitmotif of every meeting. Sport, in fact, is the set of those activities, physical and mental, carried out in order to improve and maintain the human psycho-physical apparatus in a good condition; it is also considered that the means for supporting aggregative processes, having inherent in it a great educational and formative power that can promote the overcoming of those cultural barriers related to the fear of the "different"</p>

The regressive experiences and the growing awareness of the importance of sport in everyday life, as a promoter of well-being and a better quality of life, justify and legitimize the need to create a project in which the practice of sport enters loudly in the lives of people with mental disabilities, not as a supply of rehabilitative therapy, but as a tool for emancipation and growth. The project intends, therefore, to create a path against all forms of isolation and marginalization, through the positive values of sport, in the practice of football without competitive exasperation, to allow each individual to recognize themselves in well-defined roles and be protagonists of their own commitment, to share moments and strong emotions that help consolidate the relationship of trust between participants, on and off the pitch.

objectives envisaged:

- a) Cognitive: improvement of thought and reduction of negative thoughts such as those about persecution, suicide or aggression; improvement of memory and mental abilities, orientation in time and space;
- b) Behavioural: bodily relaxation, breaking staticity, reacquisition of rules to be respected, comparison with others, competition;
- c) Psychosocial: improvement of interpersonal skills, socialization interaction, leisure travel, social evenings in happiness.
- d) Psychological: acceptance of defeat, improvement of self-esteem, self-control and emotions, mood, reduction of apathy, laziness, anxiety, agitation, sadness, aggressiveness;
- e) Physical: increase in motor activity, exits, attraction to the environment; readjustment to fatigue to achieve success, lowering of LDL cholesterol values and increase in good cholesterol, improvement in blood pressure, strengthening of conditional capacities;
- f) Technical objectives: entrusting of manual and similar skills related to the manipulation of playing equipment, acquisition and improvement of new motor patterns, acquisition and improvement of the sport's fundamentals, acquisition of tactical sense, etc.

Assessment of results:

No scientifically validated tools were used to assess results.

EXAMPLE/MODEL OF GOOD PRACTICE LAZIO REGION

Title	“ TERZO TEMPO ” (“THIRD TIME”, the experience of volleyball within the project “Alchimia nelle scuole”)
Organization Institution	Frascati, (Rome) Lazio. Italy
Contacts	Anpis Lazio Anpis Lazio, Associazione Alchimia, Volley Club Frascati, Comune di Frascati, High Schools, CSM H1 ASL Roma 6
Target/group/context	<p>Who benefits from the method/good practice? A heterogeneous group of people aged between 22 and 60 years with schizophrenic or affective psychosis associated or not with cognitive impairment, their family members, ordinary citizens, students of secondary schools and social workers</p> <p>People involved 20 people including city users for an average of 16 people per meeting, family members and workers of the Day Centres of the H1 and H3 CSMs and 120 students.</p> <p>In what context was the practice applied? (background of the beneficiary) The project was applied to people with a long history of psychiatric disorders in treatment for many years with drug therapy and included in cultural, creative, sporting, musical, social-recreational rehabilitation activities with summer and winter stays. They live in a family context, some of them have experienced working activities and enjoy good autonomy while others remain in a situation of dependence on their families and institutions. The project involved 4th year students of 5 High School Institutes of Frascati, some coming from Rome and neighbouring municipalities and Day Centre workers of two H1 and H3 districts. (DSM ASL Roma 6), located in the territory south-east of the province of Rome and comprising a total of 9 municipalities (7 + 2).</p> <p>Logical basis of good practice Volleyball, sport culture for all: "it may be a second category sport (one for everyone), more mimed than practiced, but unchanged in its emotional potential. Without dreams of glory, without championship pollution, decidedly more playful than competitive, more socializing, more relaxing. The result is a different meaning of the term "to win", more human, more accessible to all". (Antonelli 1998). Sport, intended as a moment of aggregation, socializing, sensitizing and overcoming barriers through the sharing of experiences, emotions and shared goals. Sport as a good practice to "build together" knowledge, cohesion, invest in community places for cultural production and training, promoting healthy initiatives and shared policies.</p>
Contents/Results of Learning	<p>The purpose of the activity is to bring out the healthy parts, of Learning resources, group strategies, collaboration for a shared purpose, the acquisition of a range of skills and abilities, ensure a space for protagonism, initiate a change in the community by promoting a culture of Health and Social Inclusion. Research. Upon observation, the following were appreciated:</p> <p>Greater ability to tolerate failure</p> <p>Possibility to express oneself. Domination and control of one's aggression.</p> <p>Acquisition of self-confidence through participation in group life.</p> <p>Greater self-identification, through the acquisition of specific roles.</p> <p>Sense of social participation, resulting from the acceptance of common categories</p>

	<p>of values.</p> <p>Compensation of feelings of inferiority and greater adherence to reality, through the concrete effects resulting from the observance of the rules of the game...</p> <p>Participation of women in sports activities</p> <p>Increased motivation for physical activity</p> <p>Enjoyment</p> <p>Self-efficacy</p> <p>Acquisition of greater autonomy and ability to organize in group mode. Over time, there has been a growing interest in the local women's volleyball team. The initiatives put in place subsequently and initially supported by the operators, have given way to autonomous organizations on the part of the group, composed of users and citizens, which during the championship season became supporters of the Volley Frascati girls with a fierce support for a team which has not yet lost a home game.</p> <p>In this atmosphere of participation the group has shared the passage to members of the Volleyball Club facing the costs of membership and medical examinations, beginning a process of transformation that sees them more as citizens and less as users.</p> <p>Empowerment Development</p> <p>Raising young people's awareness of psychological problems and of stigma and prejudice</p> <p>Operators' growth</p> <p>Involvement of the institutions</p> <p>Data collection</p>
Description process	<p>4 meetings per month of 2 hours of training at the Palazzetto dello Sport Frascati, a multi-purpose municipal centre, with a coach provided by the Volleyball Club (Frascati)</p>
Methodology	<p>The training aims at acquiring a certain mastery of technique and respect for roles and fun.</p> <p>People with coordination difficulties are flanked by another player.</p> <p>The group is open to new elements and everyone participates with their own physical abilities.</p> <p>In particular, we work on the rule of three passes in the face of the tendency of players to get rid of the ball immediately by sending it to the other field.</p> <p>Saying "MINE" out loud before hitting the ball.</p> <p>This last point is an interesting element: as a word... a possessive adjective can move great energy and support self-assertion.</p> <p>The game is intended as a containing space in which confrontation and discussion are possible.</p> <p>Positive reinforcement of playing skills and strengths.</p> <p>Give space to the protagonism of people.</p> <p>Encourage and motivate the construction of the game through cooperation and the pursuit of a common goal by the team. Making strategy.</p> <p>Improving group autonomy through problem solving.</p> <p>The sporting rendezvous of the winter and summer Anpis stays were then increased by the experience of the "Terzo Tempo" (third time), the interregional volleyball tournament, organized by Anpis Lazio, CSM Frascati, Volleyball Club Frascati and the Associazione Alchimia, with the patronage of the City of Frascati and the National Olympic Committee (CONI). The initiative is in its fourth year of programming, the last appointment of the sports event taking place in April 2019.</p>

	<p>The experience reported here is that of the two-year period 2016/2017 .</p> <p>The tournament was held over two days in March 2016 and March 2017 and saw the participation of many associations, working in the field of mental health, from the regions of Marche, Umbria, Puglia and Lazio and the fourth year students of the 5 Higher Schools of Frascati.</p> <p>The sports initiative was the experiential part of a larger project that had the objective of promoting, disseminating mental health culture and reducing prejudice by providing students, through a series of meetings agreed with the heads of various schools, with ideas for reflection with the viewing of short films, encouraging discussions on issues related to the theme of madness.</p> <p>The involvement of users/experienced family members who narrated the invasive experience of mental illness and the path that led them to awareness and change (Recovery).</p> <p>The use of a questionnaire "Questionnaire on knowledge and attitudes towards mental illness" administered at the beginning of the meetings in 2017 and at the end of the experience always in the same year, (test/retest).</p> <p>Integrated team training. Prize-giving, lunch together and greetings.</p>
Requires resources	Budget for rehabilitation activities, means of transport, psychiatrist/educator, rehabilitation workers, family members, citizens, volleyball instructor, users/experienced family members
The assessment of methodology/good practices	<p>Operators of the Rehabilitation Team of the Frascati CSM who have supported people in the process of social inclusion, a long and complex process whose aim is "to be members of a society</p> <p>Meetings between the practitioners and the Responsible Psychiatrist of the Day Centre to reflect mainly on group dynamics.</p> <p>Meetings with users to share experiences of the game, the organization of the activity and to emphasize the strengths of the individual and the team.</p> <p>Questionnaire administered to students, developed within the national program of communication against stigma and prejudice against mental illness, on behalf of the Ministries of Health and of University, Education and Research</p>

EXAMPLE/MODEL OF GOOD PRACTICE UMBRIA REGION

Title	<p>POLISPORTIVA SOCIALE BARAONDA For the construction of paths of social inclusion through non-competitive sport Project and practice of rehabilitation and tertiary prevention for subjects with overt psychological distress</p>
Place	Terni, Italy
Organization/Institution	<ul style="list-style-type: none"> ○ The practice has been institutionalized through the establishment of a social sports centre dedicated mainly to people with mental distress. The Polisportiva was founded in 2001 as an integration between three institutions: <u>Cooperativa Sociale ACTL, the Municipality of Terni and Mental Health Department of the Umbria 2 Local Health Authority (Terni)</u>. Over time, further networked collaborations have been activated with the following associations (sporting and otherwise): <u>Olimpia Thyrus, Colleluna Volley, Polisportiva Boccaporco, ARCI, Caritas, Terni Rugby, ASDTT Tennis Tavolo Terni, CIP Umbria, UISP Terni, CSI Terni, ANPIS Umbria and ANPIS Italia</u> ○ It operates in the territory with subjects followed by the Department of Mental Health. ○ The activities are guaranteed by professional operators and educators of the ACTL social cooperative, with the collaboration of nursing staff from the Mental Health Centre of Terni. ○ Among the various activities/good practices initiated by Polisportiva in recent years (Football, volleyball, cycling, table tennis), here we choose the practice of table tennis, which was the last to begin in chronological order (in 2017)
Contacts	<p>Polisportiva Sociale Baraonda Onlus, Viale Aleardi 4, Terni. Polisportiva.baraonda@gmail.com tel. 333 5679502</p>
Target Group/Context	<ul style="list-style-type: none"> ○ <i>Who benefits from the method/good practice?</i> People with mental distress, of both sexes, between 18 and 60 years old ○ <i>People involved</i> Currently about 40 users are involved and engaged in the various sports disciplines. ○ <i>In what context was the practice applied? (background of beneficiaries)</i> Users followed by local psychiatric services, with psychotherapeutic and psychiatric drug treatments underway. All major pathologies are psychopathologically affected: schizophrenia, depression, personality disorder, neurotic spectrum disorders. All users follow integrated treatment and rehabilitation paths, in association with the local health services. Some users are also guests of approved private social residential intermediate facilities, while others live with their families. From the outset, families are involved in the practical activities as an indispensable support for their conduction. ○ <i>Target groups taking the courses</i> If we consider the last practice started - that of table tennis - the users who follow the courses are a small group of 15 subjects with mental distress and a long history of disease who have voluntarily chosen to participate in this new experience ○ <i>The Logical basis of good practice</i> Unlike other activities (soccer, volleyball) where the paths are primarily focused on integration within the

	<p>group, team spirit and a complete sharing of space, in table tennis we work mainly on individual characteristics such as self reinforcement and the activation of those characteristics such as readiness of reflexes, speed, attention, coordination and concentration, too often dormant in subjects under pharmacological treatment and even long-term illnesses</p>
<p>Content/Learning outcomes</p>	<p>Break-down of activities:</p> <ul style="list-style-type: none"> ○ Travel to the Palasport sports facility where the activities are carried out (users are initially accompanied and then supported in trying to reach it on their own) ○ Socialisation activities with other users and with non-user sports practitioners present at the site ○ Improvement of techniques with sports activities (table tennis) with clear recreational characteristics ○ Construction of some games with scoring that is entrusted to experienced users with teacher functions ○ Changing room and re-socialization. Return home ○ These activities are also accompanied by more purely social occasions (outings, dinners, meetings) managed through a dedicated chat group (WhatsApp). <p>The aim is to develop both social and, above all, individual skills:</p> <ul style="list-style-type: none"> ○ Motor coordination ○ Self-esteem ○ Rapidity of action and recovery of a greater elasticity/rapidity in train of thought ○ Finalization of the proceedings and strategic planning ○ Decreased negative symptomatology, stereotyping and adoption of more significant rituals ○ Compliance ○ Improvement of sociality ○ Compliance with rules <p>At the end of the Good Practice Programme, participants are expected to:</p> <ul style="list-style-type: none"> ○ Know and respect all the rules of the game ○ Participate in the activity on an ongoing basis ○ Improve compliance with therapies (relationship with the person's reference Service and related therapies) ○ Improve social relationships with others, users and not ○ Develop better reflexes and speed of implementation, also in relation to the train of thought ○ Decrease/abandon the most significant stereotypes and rituals
<p>Process Description Methodology</p>	<ul style="list-style-type: none"> ○ <u>T₀</u> - At the moment of inclusion in the activity, an entry form is completed for all participants with basic personal details, including their psychopathological indicators (therapy in progress, previous hospitalizations, their relationship with the local specialized service - frequency and type ...). The assessment forms used are also filled in at T₀ (see) ○ Subjects are instructed by professional operators and expert technicians of the sport on the rules of the game and on the first rudiments of the

	<p>technique. New subjects are flanked by experienced users with "peer-to-peer" support functions. The meetings, which last two hours, are held weekly and always include a free "play" session. Only in a later phase, when a subject has acquired a sufficient mastery of the technical means, does a dimension of free internal competition become active.</p> <ul style="list-style-type: none"> ○ T_1 - after six/eight months a first assessment is carried out, through the compilation at T_1 of the assessment forms for each user and the simultaneous assessment of the psychopathological indicators. ○ T_2 - The final assessment of the process is carried out after 12-18 months of activity and concerns those users who have nevertheless maintained an acceptable level of frequency and participation in the Programme (at least 70/80% of the total time dedicated to the activity).
Required resources	<ul style="list-style-type: none"> ○ Table Tennis is an activity that does not require much special equipment and this allows a simpler and initially less structured participation. The playing equipment (racket and sneakers) is acquired directly by the user and, in case of absolute unavailability, is made available by Polisportiva Baraonda, as are the balls for playing. ○ As far as the playing tables and the overall structure that hosts the activities are concerned, they are made available free of charge, thanks to the collaboration programme stipulated with Polisportiva Baraonda by ASDTT Tennis Tavolo Terni, which is the federal technical centre of national reference for table tennis. ○ As part of the European Research Programme, the resources (human and structural) needed to ensure the proper implementation of the Programme's specific assessment activities must be identified.
Assessment of methodology/good practice	<p>The main objectives have already been mentioned in the learning results, and are articulated in a more specific form for each user (personalized program) taking into account their pathology and its severity, their previous therapeutic-rehabilitative path, their psychopathological outcomes and the therapy in progress. The quality of life of the person and the outcomes of the process are assessed through some process and outcome indicators. A number of evaluation scales will be used for this purpose:</p> <ul style="list-style-type: none"> ○ The HoNOS (Health of the Nation Outcome Scales) scale ○ The CGI (Clinical Global Impression) ○ The LQL (Lancashire Quality of Life Profile) <p>As mentioned above, the information will be gathered upon joining the activity (point T_0) and subsequently after 6/8 months (point T_1). The last assessment is made after 12/18 months of activity (point T_2). These last two assessment steps will concern only those users who have participated in at least 80% of the activities</p> <p>Another result sought with regard to learning and training is the training of "experienced users" who in turn become teachers of other people who approach the activity. Users acquires a role (that of teacher) that clearly improves their self-esteem and allows for valid relationship levels between users, concretely demonstrating to newcomers the results this activity can provide.</p>

EXAMPLE/MODEL OF GOOD PRACTICE MARCHE REGION

Title	UNA VELA PER TUTTI (A SAIL FOR EVERYONE)
Place	Ancona, Marche, Italy
Organization/Institution	A.S.D. Four Sailing , A.S. D. Polisportiva Solidalea, A.N.P.I.S. Marche, L'Ancona Yacht Club, Asur Marche Area Vasta 2 Salute Mentale, Comune di Ancona; Regione Marche
Contacts	A.N.P.I.S. Marche robertogrelloni@yahoo.it gessica.grelloni@gmail
Target Group/Context	<p><i>Who benefits from the method/good practice?</i></p> <p>people between the ages of 18 and 60 who live in a state of psychological and/or social distress or who have a medium to light physical, mental and/or cognitive disability. Users' family members. Mental health service operators.</p> <ul style="list-style-type: none"> ○ <i>People involved</i> Actively about 30 people including operators, users and citizens ○ <i>In what context was the practice applied? (background of beneficiaries)</i> The project was applied with different methodologies and in separate groups to people with Down's Syndrome, those with autism and people <i>and operators related to Mental Health services</i> ○ <i>Logical basis of good practice</i> The boat is the protagonist of this experience. It has the power to further stimulate personal and group dynamics due to its peculiarities such as the restricted space, contact with nature and the group atmosphere that is created.
Content/Learning outcomes	<p>The aim of this course is to highlight the resources and skills of users with a view to integration and individual growth in autonomy.</p> <p>Specifically:</p> <ul style="list-style-type: none"> • to provide new and innovative therapeutic tools to social workers • to prevent the burnout of the workers and thus promote their psycho-physical well-being • helping families in the difficult path of their children • to acquire a better self-knowledge (limits, resources, expressive abilities) also through interaction with others • to provide as a tool, a pleasant experience able to bring out and develop individual potential in a perspective of psycho-social growth, giving users the opportunity to exercise their critical abilities and relational skills • to increase self-esteem • to broaden ideas and experiences by offering new ways of thinking • to foster socialisation and integration in mutual respect, in particularly through the experience of sailing • to favour the acquisition of tools for communication and integration with

	<p>the outside to ensure that a common thread is created between the reality of hardship and external society</p> <ul style="list-style-type: none"> • to promote the spread of a new culture of "diversity", not as a limit but as a resource • to foster the capacity for self and mutual help stimulated within a group dimension • to reconstruct an individual and social identity outside the usual roles and/or "labels", coming into contact with one's own potential and limits • to maintain and develop cognitive, orientation and motor coordination skills, aiming, precisely because of the way in which they are carried out in groups, to develop: <ul style="list-style-type: none"> ○ social aspects of the person ○ healthy interrelationships between the human being and everything that surrounds them (nature, people, things, sensations, actions and reactions) ○ the originality inherent in everyone, receiving continuous stimuli and cues. • to acquire skills such as: <ul style="list-style-type: none"> ○ personal hygiene ○ self-care ○ reorganization and cleanliness of the spaces ○ organisation and preparation of meals ○ healthy nutrition ○ planning and management of the day ○ appropriate lifestyle. • increase one's sense of self-efficacy • scientifically evaluate and study the effectiveness of interventions in improving the different aspects of health (mental, physical-motor, socio-relational) and the well-being of participants
<p>Process Description Methodology</p>	<p>The project is structured as follows: Training of Workers and Skipper, Theoretical-Practical Course and Autonomy.</p> <p>The "Operator and Skipper Training" module is aimed at creating a team that shares the same approach to psychiatric work, enhancing the specificity and quality of each participant. This first phase has the objective of bringing out and facing critical issues present, stimulating participants to work as a team in a pleasant context and proposing a new scenario in which to carry out educational projects in a bio-psycho-social perspective.</p> <p>The "Theoretical-Practical" module is true and proper sailing course, specifically designed for the type of users that is carried out by qualified instructors, where users and operators are to learn the basics of navigation. This allows participants to actively and equally experiment as crew members of a boat, thus fostering team spirit and integration. At the same time, it allows participants to live an important experience for self knowledge and research on a path that takes into account individual peculiarities and resources.</p> <p>In the "Autonomy" module, users will make a journey aimed at acquiring skills such as personal hygiene, self-care, reorganization and cleanliness of spaces,</p>

	<p>organization and preparation of meals, healthy eating, planning, day management and appropriate lifestyle. To this end, families and reference figures will also be involved, with the organisation of periodic multi-family meetings.</p> <p>The "Intensive Group Path", thanks to the sailing boat "tool", allows people to share their experiences and to rework them, to experience themselves within a group and become aware of their relational dynamics that, with the expert presence of a therapist, can be revisited and changed in order to achieve better levels of well-being.</p> <p>The group has a fundamental mirror function. Participants, through feedback and answers, help and are helped in acquiring a more accurate self-perception. The new awareness is the basis for a subsequent change in social interaction. Mustering courage in each other mobilizes optimism among participants and the feeling of being able to make it, thus giving birth to a seed of hope.</p> <p>Throughout the course, techniques of the following types will be used: analytical-transactional, meta-cognitive training, social skill training, psycho-education, team-building, problem solving, decision making and team working.</p>
<p>Required resources</p>	<p>Boats, skippers, sailing instructors, psychologist-psychotherapist expert in groups</p>
<p>Assessment of methodology/good practice</p>	<p>The whole project will be monitored through questionnaires and interviews in order to evaluate the benefits, effectiveness and sustainability of the different actions and the results obtained will be disseminated through conferences and/or publications.</p> <p>The psychologist - psychotherapist coordinating the project in collaboration with the head of the Area Vasta 2 Salute Mentale, will supervise and support the work of the team on a weekly basis and will assess and support the experience and perceptions of users and operators, so as to provide a "picture" of the strengths and weaknesses of the project.</p> <p>There will also be regular meetings with parents to share objectives and experiences, assess progress in the different activities and for a comparison and feedback on the experience of users and care givers in order to guide future projects.</p>