

BEST PRACTICES SUMMARY AND COMPARISON

Duration:

a) weekly: POLISPORTIVA SOCIALE BARAONDA (meetings last 2 hours), Buddy-Projekt, ESTUAR Foundation (Table Tennis/Social Center for the Day)

b) singular conducts: Growing Better Lives, 3 -day intensive experiential training course, “Rimettiamoci in gioco.....sportivamente (regional soccer sports activities, including a tournament), “TERZO TEMPO” (two-day tournament during a summer/winter stay)

c) longterm: Bringing Sport to Children with Special Needs

d) UNA VELA PER TUTTI

Target/Age Group

- Growing Better Lives: People with lived experience of mental health problems , specifically people with personality disorders
 - Bringing Sport to Children with Special Needs: people with special needs, children and adults
 - “Rimettiamoci in gioco.....sportivamente: people suffering from mental distress belonging to the mental health centres of the Puglia territory
 - “TERZO TEMPO”: 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
 - POLISPORTIVA SOCIALE BARAONDA: People with mental distress, of both sexes, between 18 and 60 years old
 - UNA VELA PER TUTTI: 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
 - Buddy-Projekt: target groups are students and employees (and potentially other locals who are not affiliated with the university), people with disabilities/ need for support who would not be able to do sports without assistance, and of people who want to assist them
 - ESTUAR Foundation (Table Tennis/Social Center for the Day): adults with problems of mental health; caregivers, the family persons with problems of mental health and other members of local community, various specialists involved in problems of mental health and the life of community
- ➔ 5 practices are targeted at people with mental health problems or disorders, 1 is targeted at people with special needs, 2 are targeted at people with mental health problems as well as people with special needs
 - ➔ 7 practices are for adults, 1 is for adults and children.
 - ➔ The target groups of many projects are not limited to the people who are in need of assistance, but intend to also support family members, mental health service operators, volunteers etc.

Content/Learning Outcomes:

- Growing Better Lives: working, planning, being together in supportive, therapeutic environments
-> contact with nature, emphasis on social relationships, preparing meals, walking, taking care of animals, gardening, and *sports* (non-competitive sport: promotes achievement)
- Bringing Sport to Children with Special Needs: the app enables a fast reaction and easier inclusion of special need children into any sports activities and at the same time reassures the teacher/trainer/coach and reduces their fear of involving special need children into sports activities
- “Rimettiamoci in gioco.....sportivamente: regain skills, either lost due to illness or never possessed, 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.
- “TERZO TEMPO”: 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
- POLISPORTIVA SOCIALE BARAONDA: develop social but, more importantly, individual skills
- UNA VELA PER TUTTI: highlight the resources and skills of users with a view to integration and individual growth in autonomy
- Buddy-Projekt: physical, communicative, social skills, doing sports in a team of differently abled people
- ESTUAR Foundation (Table Tennis/Social Center for the Day): the development of motor abilities, abilities to develop a relationship, built up of self-esteem and confidence, stimulating self initiative, expressing feelings in an adequate manner and built up the resistance to frustration
 - ➔ in general, the practices foster a broad range of skills, including communicative, social, physical and personal skills.
 - ➔ most projects take place in groups settings and make use of the benefits that come with a social setting, whereas a few projects predominantly aim at individual skills

Setting:

- Growing Better Lives: as natural as possible, away from consulting rooms
- “Rimettiamoci in gioco.....sportivamente: municipal facilities, private amateur sports facilities, school gyms and parish sports facilities.
- Bringing Sport to Children with Special Needs: app can be used in institutionalised settings but also in everyday life
- “TERZO TEMPO”: multi-purpose municipal centre
- POLISPORTIVA SOCIALE BARAONDA: social sports centre
- UNA VELA PER TUTTI : ? Sailing Club?
- Buddy-Projekt: sports facilities of the university
- ESTUAR Foundation (Table Tennis/Social Center for the Day): Social Center
 - ➔ most of the practices take place at social/public/educational centres, 2 require a setting in nature, 1 practice can also be applied in everyday life

Core principles/ developments:

- Growing Better Lives: healthy attachment to group, feeling of safety, mutual respect, communication, interdependence, relationships, ability to participate, need for reflection, balance, responsibility
- “Rimettiamoci in gioco.....sportivamente: implement and support sports practices for people with psychiatric disabilities, encouraging the presence of spaces and places of social integration, aimed at reducing marginalization
- “TERZO TEMPO”: The training aims at acquiring a certain mastery of technique and respect for roles and fun, confrontation and discussion, positive reinforcement, on a wider scope: promote mental health culture and reduce prejudices
- POLISPORTIVA SOCIALE BARAONDA: we work mainly on individual characteristics such as self reinforcement and the activation of those characteristics
- UNA VELA PER TUTTI: 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.
- Buddy-Projekt: both partners gain confidence by improving their abilities in different areas
- ESTUAR Foundation (Table Tennis/Social Center for the Day): Gives social services to adults with problems of mental health with the purpose of integrating them back in society.
 - ➔ generally, the projects aim at the inclusion of people with mental health problems or people with special needs into society and the reduction of stereotypes and marginalisation
 - ➔ many projects support the development of self-confidence of the participants
 - ➔ apart from these similarities, these exemplary core principles show different approaches

Resources Needed:

- Growing Better Lives: staff ration 3:10, facilities with suitable environment,
- Bringing Sport to Children with Special Needs: Android phone, downloaded application
- “Rimettiamoci in gioco.....sportivamente: Economic resources for carrying out the various actions of the project Equipment, health workers from the mental health centres and social/health cooperatives from voluntary associations
- “TERZO TEMPO”: Budget for rehabilitation activities, means of transport, psychiatrist/educator, rehabilitation workers, family members, citizens, volleyball instructor, users/experienced family members
- POLISPORTIVA SOCIALE BARAONDA: table-tennis playing equipment
- UNA VELA PER TUTTI: Boats, skippers, sailing instructors, psychologist-psychotherapist expert in groups
- Buddy-Projekt: depends on the sport the tandem chooses to do together
- ESTUAR Foundation (Table Tennis/Social Center for the Day): table-tennis playing equipment
 - ➔ the projects that revolve around a certain sport require the equipment for the sport: table-tennis equipment, boats etc.
 - ➔ although it is not always explicitly mentioned, most of the projects are in need of staff (health workers, psychiatrists, teachers, rehabilitation workers, sports instructors etc.) and appropriate facilities

Evaluations:

- Growing Better Lives: research + group meetings in the beginning and at the end of the day
- Bringing Sport to Children with Special Needs: quantitative assessment (paper questionnaires, written and oral evaluation of the materials, personal observation assessments, simple forms

made for special need children, report from parents), qualitative assessment (measurement of efficiency, economy, transparency, flexibility through observation, discussion, feedback and exchange)

- “Rimettiamoci in gioco.....sportivamente: No scientifically validated tools were used to assess results
 - “TERZO TEMPO”: questionnaires, share experiences
 - POLISPORTIVA SOCIALE BARAONDA: first assessment after 6 months, final assessment 12-18 months after activity, use of different evaluation scales
 - UNA VELA PER TUTTI: questionnaires and interviews, regular meetings with parents to share objectives and experiences
 - Buddy-Projekt: oral evaluation of a workshop has been conducted, an official evaluation will be carried out at the end of the semester
 - ESTUAR Foundation (Table Tennis/Social Center for the Day): straight observations, measurements
- ➡ the evaluations are not carried out uniformly
 - ➡ the majority of the projects apply some kinds of scientific research tools to evaluate the practices: measurements, questionnaires, interviews etc.
 - ➡ some projects conduct regular meetings in which participants/parents share experiences