INNOVATIVE COMPLEX INTEGRATIVE MODEL OF HEALTH AND SOCIAL SERVICES FOR MENTAL DISEASES AT THE MENTAL HEALTH CENTER - RUSSIA, BULGARIA

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ABSTRACT

This article presents an integrative model that has been applied for decades at the Mental Health Center with a hospital in Rousse, Bulgaria. Mental illness is considered bio psychosocial. From this perspective, mental illness is viewed as biological, physical, mental and social dysfunction of the sufferer himself. It is emphasized that the essence of outpatient rehabilitation is to develop creativity, dexterity and physical activity, which exerts its influence on mental functioning, which in turn influences the overall social functioning and improves the quality of life. The importance of out-of-hospital rehabilitation, namely the ability of these patients to be socially active after completing their hospital treatment, is outlined.

INTRODUCTION

People with mental illness are among the most vulnerable and vulnerable groups in the population. On the one hand, this is due to the long-term effects of the disease that lead to social exclusion, dependence on institutional support, lack of social skills, inability to work and derail from public life, and on the other hand, it implies severe and deepening deficits and marginalization. The functioning of the mentally ill is complicated by both combating the disease and its symptoms, as well as by stigma and prejudice. This hampers their social adaptation and integration, making them long-term dependent on various health and social services and their loved ones, and depriving them of the chance to live a full and autonomous life.

The long-awaited mental health reform does not offer Bulgarian psychiatric patients integrative community care. On the contrary, they continue to move between two worlds - that of institutions and that of home, with their family. Their inability to autonomize by leaving home and finding a job further deepens their social isolation. It is these, combined with the difficult “life with the disease” and the grave social stigma that easily lead to a new psychotic episode, re-

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improving social functioning, assimilation of socially acceptable behavior, enhancing personal competence, forming basic social and work skills and their subsequent realization. [5] The multidimensionality of the care and treatment provided determine the model applied as a benchmark for integrated community-based mental health services at the national level. Alongside its core activities, psychosocial rehabilitation is an integral part of the healing process and helps to reduce the incidence of severe re-hospitalization, providing ongoing monitoring, systematic treatment and therapeutic counseling for people with severe chronic mental illness. [6] Changing the existing institutionalized format of mental health care with that of a complex community-based integrated care system is a priority goal, foundation and long-term perspective on which this model operates.

The implementation of this innovative model addresses a wide range of needs and problems. [4] The center is the place where patients overcome social exclusion and have a place on the other side to realize themselves. In addition, working professionals there provide an opportunity for relatives and families to rationally resolve conflicts, help them learn to accept and care for them. Offended for the immediate care of the sick, the relatives are given a chance to improve, qualify and return to the labor market. The Center has easy access to social services due to the consultations of qualified specialists from multidisciplinary teams. By including various occupational therapy programs, people with mental illness recover without staying in institutions (hospitalizations in psychiatric hospitals or placement in specialized care homes).

In this way, they restore their social positions in society. [6] The psychosocial strategy of the model applied at the Center for Mental Health with a hospital - Rousse, Bulgaria relies mainly on occupational therapy activities. This is an integrative model. Psychiatric illness is biopsychosocial - biology, physics, human psyche are affected, and the social sphere is also affected. There are two occupational therapy workshops in which the persons are mainly engaged in landscaping the gardens, cleaning and maintaining hygiene in the area of the Center. There is also a group that deals with vegetable production and fruit growing, as well as a club "Tasty". The essence of outpatient rehabilitation is to develop creativity, skill, and physical activity. Persons attending outpatient rehabilitation have chronic mental disorders and wish to achieve full rehabilitation and reintegration in the community. A large part of the persons involved in outpatient rehabilitation are engaged in arttherapy - they prepare holiday decorations. Sewing and upholstery services have been developed. Throughout the activity is the determining potential of people. For those who are unable to work, there are disclosed activities that help them achieve a greater level of autonomy. Training programs are also included, as well as consultation with various specialists, including lawyers.

**CONCLUSION**

It should be understood that hospital admission for a certain period of time and administration of medication, subsequent improvement and discharge are not sufficient, because if the patient with chronic mental illness stops taking medication, he or she will again be admitted to the hospital due to worsening of the mental state. Through out-of-hospital rehabilitation, these people leave their homes, make social contacts, and medication is also monitored. The benefits of this model are many and they are increasingly being recognized by other psychiatric establishments on the territory of the Republic of Bulgaria. This model may be introduced throughout the country and serve as a standard for a complete and comprehensive care for the mentally ill.

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