Erasmus + Multilateral project

inTICgration: integrating ICT in the educational processes of people with severe mental illness and / or dual diagnosis.

The percentage of people affected both by addiction problems and serious mental illness (SMI) is rapidly increasing. Those pathologies are closely related. In particular, they affect people about 34 years old: young men without any qualification or only with the basic one, long-term unemployed or who have not even entered the labor market. Regarding this target group, it is worth mentioning that due to the economic crisis, they are experiencing more and more formative and socio-labor problems, being at risk of marginalization and social exclusion.

Hence, the welfare framework in dual pathology faces a double challenge. In the health field, this is due to the high morbidity (psychiatric, addictive and organic). In the social context, as ill persons suffer for an increasing level of marginalization and exclusion from the rest of society.

Furthermore, despite the experience shows that rehabilitation and social integration are widely complementary, at present there is not a consolidated, multidisciplinary and transversal care-approach. Such an approach would encompass clinical, psychological, social, educational and cultural aspects.

In this regard, it has to be noted that while there are many tools and sanitary protocols in order to address health problems, the educational and integration tools are not completely adequate to overcome all the social issues involved in the rehabilitation path. In other words, there are not too many instruments designed to re-integrate ill persons within society and, in particular, there is an important lack of ICT (information and communication technology) tools. Nowadays, there are only programs offered in the free market with a significant cost for the entities and, what is most important, a spatial and temporal restriction for users, who can only have access to them in the center where they are installed, the opposite to what ICT tools allow the rest of the people.

So, inTICgration intends to develop several ICT applications (apps) to various devices- smart phones, tablets, computers – with numerous operating systems- IOS, Android, Windows, macOS- both online and offline, with a management system with free software- php, MySQL – which brings to the users contrasted, updated, useful and motivating tools, that facilitate a better educational attention, more motivating, more updated, more appropriate to social uses and changes.

At any rate, ICT applications are not meant to substitute the personal relation between doctor and patient. On the contrary, they are intended as complementary tools. It follows that, first of all, not everyone will have to use them. Secondly, that they have to be employed only with some identified persons, with people for which they can be really useful. Furthermore, depending on the needs of the patient, their use can widely differ. For some people it will be enough a configuring agenda, reminding daily activities, while for others, it will be interesting to use cognitive rehabilitation tools or instruments designed to implement their social skills.

inTICgration is laid on the conviction that ICT applications, if used correctly, may provide further educational and integration opportunities to people affected by SMI and DP. The purpose is to offer them useful and motivating tools; instruments which can facilitate their integration and may offer them a more motivating, updated and appropriate educational attention. At the same time inTICgration is designed with a view to improving the educational tools of the professional involved in the therapeutic field.

Objectives

1) Improving the attention and educational opportunities to people with SMI and DP in Day Centres;

2) Developing several ICT applications (apps) to various devices- smart phones, tablets, computers – with numerous operating systems- IOS, Android, Windows, macOS- both online and offline, with a management system with free software- php, MySQL – which brings to the users contrasted, updated, useful and motivating tools, that facilitate a better educational attention, more motivating, more updated, more appropriate to social uses and changes.

3) Improving the training of professionals and educational tools at their disposal.

The **target group** of the project are people affected by addiction problems and serious mental illness and professionals working with this pathology.

Activities:

- Prepare a report about the situation and educational necessities of people with SMI and/ or DP, and suggestions and advices to foment the integration and participation in the society in general and according to education in standardized services, avoiding the institutionalization of the users in welfare or protected systems;
- Identify and compare the reference frameworks used in Day Centres and in Psychosocial Rehabilitation Services of users with SMI and/ or DP, in programs to create treatment adherence, develop or maintain basic competences, social skills, autonomy in daily life, cognitive stimulation and basic professional competences;
- Define the objectives, media, uses and feedback of ICTS tools.
- Prepare a list of activities and strategies to promote: the process of treatment adherence, the development of basic social skills and autonomy in daily life, the cognitive maintenance and a basic work-related formation;
- Design a guide for the educator- tutor;
- Prepare ICT tools with the lists prepared, to several devices – smart phones, tablet, and computer-, with various operating systems IOS, Android, and Windows, macOS-, online and / or offline depending on the necessities, and its management, using free software- php, MySQL-.
- Assess the tools with a group of target users and a group of educators.
- Improve the ICT competence of the professionals and the ICT competence of the users.
- Integrate ICT tools using the variety of media available in the educational activities of the users with SMI and/ or DP.
- Use the boost of the InTICgration project to promote the learning motivation and to transfer to other programs and users the benefits obtained, especially young people with low learning motivation, who abandon early their training processes, but who count on a great motivation and experience in the use of ICT.

Duration of the project: 24 months from 1st of September 2014

Partners

The partnership is composed by 5 organizations from 5 different European countries:

- FUNDACIÓN ADUNARE project coordinator - Spain
- Fundação COI - Portugal
- Università del Terzo Settore – Italy
- Bridge Research and Development – United Kingdom
- Zentrum für Psychiatrie Südwürttemberg - Germany