



4th International Conference on

Mental Health and Human Resilience

April 26-27, 2018 | Rome, Italy

Workshop

Day 1

Mental Health 2018

4th International Conference on

Mental Health and Human Resilience

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Yael Mazor

Amitim program, The Israel Association of Community Centers (IACC), Israel



Noga Shteiman

Amitim program, The Israel Association of Community Centers (IACC), Israel

The Amitim ('friends') program: An innovative model for social rehabilitation of people with serious mental illness in the community and the promotion of community resilience

The promotion of recovery is a central goal of public mental health systems. Recovery includes the pursuit of active living (i.e., enjoyable, expressive, and meaningful leisure experiences), and meaningful inter-personal relationships. While most social recreation programs for people with serious mental illness (SMI) are segregated, the Amitim program (by the Israeli Ministry of Health and the Israeli Association of Community Center) offers an innovative model of social and recreation oriented rehabilitation for people with SMI within the general community. Over the last decade Amitim program has reached 75 cities nationwide and gives service to 3000 people with SMI. Amitim aims to achieve two main goals: the promotion of personal recovery via meaningful leisure activities in the community; through (a) monthly meetings with a mental health professional within the community centre (non-stigmatic facility) and creating with the person with SMI a tailor made suit to comply with his personal social recovery objectives. In addition, the person with SMI takes part in (b) leisure and volunteering activities within the community, whereby he practices his social skills and participates in meaningful activities. Lastly, the person is entitled for (c) a leisure-oriented scholarship that enables him to reach his social-oriented aspirations. The second main goal of Amitim is the promotion of social change and community resilience with and by people with SMI, through lectures and workshops to the general community concerning mental disability and stigma, thus increasing partnership and resilience in the community. To the best of our knowledge, Amitim represents a "one of a kind" model that enables both social-oriented recovery for people with SMI in their community, alongside the promotion of community resilience and social change.

Recent Publications

1. Dor I A B and Savaya R (2007) Community rehabilitation for persons with psychiatric disabilities: Comparison of the effectiveness of segregated and integrated programs in Israel. *Psychiatric rehabilitation journal*. 31(2):139.
2. Halperin G and Boz-Mizrahi T (2008) The Amitim program: an innovative program for the social rehabilitation of people with mental illness in the community. *The Israel journal of psychiatry and related sciences*. 46(2):149-156.
3. Iwasaki Y Coyl C and Shank J (2010) Leisure as a context for active living, recovery, health, and life quality for persons with mental illness in a global context. *Health Promotion International* 25(4):483-494.
4. Iwasaki Y, Coyle C, Shank J, Messina E, Porter H, Salzer M and Ryan A (2014) Role of leisure in recovery from mental illness. *American Journal of Psychiatric Rehabilitation*. 17 (2):147-165.
5. Iwasaki Y, Messina E, Shank J and Coyle C (2015) Role of leisure in meaning-making for community-dwelling adults with mental illness: Inspiration for engaged life. *Journal of Leisure Research* 47(5):538-555.

Biography

Yael Mazor and Noga Shteiman are working at Israel Association of Community Centers (IACC), Haifa University, Israel.

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Scientific Tracks & Abstracts Day 1

Mental Health 2018

Sessions:

Day 1 April 26, 2018

Psychiatry & Mental Health Nursing | Mental Health | Stress the Root of Resilience | Women Mental Health

Session Chair

Javier Fiz Perez

European University of Rome, Italy

Session Chair

Sarah L Parry

Manchester Metropolitan University, UK

Session Introduction

Title: Capabilities-based interventions for autism spectrum disorders

Tahmineh Mousavi, Tehran University of Medical Sciences, Iran

Title: Sex differences in perpetration of low intensity intimate partner aggression in South Sudan

Karin Osterman, Abo Akademi University, Finland

Title: Mental health problems

Hope Virgo, Shaw Mind Foundation, UK

Title: Nurturing resilience: sharing stories from the inside

Sarah L Parry, Manchester Metropolitan University, UK

Title: Effectiveness of art-based interventions in reducing stress among mental health professionals working in a shared war reality

Dorit Segal-Engelchin, Ben-Gurion University of the Negev, Israel

Title: Recovery in mental health: a community based wellness group model

Suman Tyagi, Western Sydney Health, Australia

Title: Psychiatric sequelae and mental health aftercare experiences of women who had a life threatening event during pregnancy and those with uncomplicated pregnancies: an explorative-descriptive study

Nadira Khamker, University of Pretoria, South Africa

Title: Gender flexibility as a social factor in Nigerian male patients recovery from schizophrenia in Northern Nigeria

Bello Utoblo, Leeds Beckett University, UK

Title: Profiling recovery attitudes of ABI patients through a learned insight questionnaire

Janell Kwok, National Neuroscience Institute, Singapore

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Capabilities-based interventions for autism spectrum disorders

Tahmineh Mousavi

Tehran University of Medical Sciences, Iran

Autism Spectrum Disorders (ASD) is one of the most common disabilities that increased over the last two decades. The prevalence of ASD is between 1% and 2% for all racial groups. Different types of interventions for individuals with ASD were recommended from medical interventions to applied behavioral analysis, developmental and family-based interventions. The interventions have different goals, including improving communication and social skills to training to support family members. Individuals with ASD are more likely to experience failure in their basic capabilities, as described by Nussbaum (2006), including living a normal life expectancy, being healthy, being able to move freely from place to place, being able to experience self-expressive and creative activities, having attachments to people and things, being able to plan for one's life, being able to show concern for other human beings and engage in various forms of social life, being able to live with concern for and in relation to the world of nature, being able to laugh, play, to enjoy recreational activities, being able to participate effectively in political choices that govern their lives; having the right to political participation and having the right to seek employment on an equal basis with others. Individuals with ASD have needs in the areas covered by all the central human functional capabilities. The purpose of this study is to develop a conceptual model of capabilities-based interventions for individuals with ASD.

Recent Publications

1. Mousavi T (2017) Central human functional capabilities of children with autism spectrum disorders: a qualitative research. *Mental Health in Family Medicine* 13:495-501.
2. Nussbaum M (2000) *Women and human development: the capabilities approach*. Cambridge: Cambridge University Press. ISBN-13 978-0-511-33743-7.
3. Martha C Nussbaum (2003) Capabilities as fundamental entitlements: Sen and Social Justice. *Feminist Economics* 9(2-3):33-59.
4. Martha C Nussbaum (2006) *Frontiers of justice: disability, nationality, species membership*. Cambridge, MA: Harvard University Press. ISBN 9780674024106.

Biography

Tahmineh Mousavi has joined Tehran University of Medical Sciences (TUMS) as an Assistant Professor in the Department of Occupational Therapy in the School of Rehabilitation Sciences in February, 2017. Before joining to TUMS, she was a Postdoctoral Fellow at Cognitive Science and Technology Council of Iran and a Visiting Scholar at Centre for Relationship Based Care in the Department of Family Practice at University of British Columbia. She completed her PhD at University of British Columbia in Rehabilitation Sciences. Her research interests include Disability Studies, Health Care Ethics, Health Policy, Global Health, Social Justice, Occupational Therapy, Community Based Rehabilitation, Client Centered Practice, Mental Health, Autism Spectrum Disorders and Qualitative Research.

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Sex differences in perpetration of low intensity intimate partner aggression in South Sudan

Karin Osterman, Owen Ndoromo and Kaj Björkqvist
Åbo Akademi University, Finland

The aim of this study was to investigate sex differences in perpetration of low intensity intimate partner aggression in South Sudan, to compare levels of perpetration, victimization and further to test whether the revised gender symmetry theory (Archer, 2018) could be applicable in an African country. A questionnaire was filled in by 302 females and 118 males in South Sudan, the mean age was 22.5 years (SD 8.4) for women, and 25.6 years (SD 7.8) for men. Intimate partner aggression was measured with self-reports using both the perpetrator and the victim versions of the Direct Indirect Aggression Scales for Adults (DIAS-Adult; Österman & Björkqvist, 2009), which measures seven types of aggressive behaviours. The results showed no significant difference between females and males on perpetration of five out of seven types of aggression; physical, verbal and nonverbal aggression, as well as direct and indirect aggressive social manipulation. For females, levels of victimization and perpetration of aggression were equally high; this was the case for all seven types of aggression while, for males, victimization was significantly higher than perpetration on three types of aggression. The results provide support for the revised gender symmetry theory in an African developing country.

Recent Publications

1. Ndoromo O, Österman K and Björkqvist K (2017) Sex differences in victimization from low intensity intimate partner aggression in South Sudan. *European Journal of Social Sciences Education and Research*.
2. Nazar N, Österman K and Björkqvist K (2017) Religious tolerance, views on gender equality and bellicose attitudes: A study among Pakistani students from three types of schools. *European Journal of Social Sciences Education and Research*.
3. Khademi J, Björkqvist K and Österman K (2017) A study of mental wellbeing of imprisoned women in Iran. *European Journal of Social Sciences Education and Research*.
4. Banyanga J D, Björkqvist K and Österman K (2017) Trauma inflicted by genocide: Experiences of the Rwandan Diaspora in Finland. *Cogent Psychology*.
5. Ndoromo O, Österman K and Björkqvist K (2017) Domestic violence as a risk factor for children ending up sleeping in the streets of post-war South Sudan. *Journal of Child and Adolescent Behaviour*.

Biography

Karin Österman has completed her PhD in Developmental Psychology. She is an Associate Professor of Developmental Psychology at Åbo Akademi University and Adjunct Professor of Social Psychology at Helsinki University and a Licensed Psychologist. She is also the Director of Master's Degree Programme on Peace, Mediation and Conflict Research at Åbo Akademi University, Vasa, Finland. Her research includes studies on physical punishment of children, domestic aggression, child abuse, conflict resolutions and temper tantrums.

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Mental health problems

Hope Virgo

Shaw Mind Foundation, UK

For four years, author managed to keep it hidden, keeping dark secrets from friends and family. But then, on 17th November 2007, her world changed forever. She was admitted to a mental health hospital. Her skin was yellowing; her heart was failing. She was barely recognizable. Forced to leave her family and friends, the hospital became her home. Over the next year, at her lowest ebb, she faced the biggest challenge of her life. She had to find the courage to beat her anorexia. She will share her harrowing but inspiring story giving you an understanding of how she went from being in the grips of anorexia to gaining back control. She will tell us how she fought from rock bottom to beat the friend that had controlled and nearly destroyed her life. The story of her recovery will not only inspire countless others and give everyone hope that recovery is possible but it will help break mental health stigma further. She will offer insight into how we can improve the lives for people with eating disorders and other mental health problems. She will share her thoughts on the journey to diagnosis and what we can do practically as individuals and organizationally to support those suffering with eating disorders.

Biography

Hope Virgo suffered with anorexia for over 4 years, before being admitted to a Mental Health Hospital in 2007. She lived in the hospital for a year, fighting one of the hardest battles of her life. Since being discharged, she has fought to stay well. Hope Virgo now spends her time working with the NHS, in schools and across organisations to build up understanding of resilience. Hope does a huge amount of work to make sure that people feel empowered to recover from anorexia and other mental health problems giving them the coping mechanisms they need to survive.

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Nurturing resilience: sharing stories from the inside

Sarah L Parry

Manchester Metropolitan University, UK

Developing a personal compassionate framework for self-care has been an on-going endeavor of mine for some years. When the author started working in healthcare settings that could, at times, present multiple challenges to her own wellbeing, she became increasingly curious as to how to overcome these emotional hurdles. Talking with colleagues over the years and combining their experiences and coping strategies has been an important part of the journey. Equally, throughout her research with people who have experienced trauma, she saw how people developed new means to nurture their own resilience, even in the most challenging of circumstances. Together, listening to these stories provided her with ideas that she wanted to explore further, both in terms of how practitioners and researchers could nurture their own resilience and the potential for their work to be restorative; personally and professionally. She is a great believer in the power of stories, both in terms of helping us to see through the eyes of another, as well as giving us a mirror to hold up to our own experiences, helping us develop a deeper knowledge of ourselves. People in caring roles, in both personal and professional capacities, are often really good at caring for others and prioritizing other people's needs over their own. However, this is not sustainable over long periods and we all need to know how we can restore ourselves, take some down time and be kind and nurturing towards ourselves. Through her research into the restorative nature of compassionate practices for the development of resilient practitioners, the following four steps seems to be a key: A sense of purpose and of belonging; a safe and supportive space with colleagues or a supervisor for reflectively processing distressing events and information; feeling valued and wanted; self-kindness and acceptance. These can be helpful checkpoints for us in all aspects of our lives and will be the focus of our discussions.

Recent Publications

1. S Parry, M Lloyd and J Simpson (2017) It's not like you have PTSD with a touch of dissociation: Understanding dissociative identity disorder through first person accounts. *European Journal of Trauma and Dissociation*.
2. S L Parry and Z Malpus (2017) Reconnecting the mind and body: a pilot study of developing compassion for persistent pain. *Patient Experience Journal* 4(1):145-153.
3. S L Parry and M Lloyd (2017) Towards reconnecting: Creative formulation and understanding dissociation. *Mental Health Review Journal*. 22 (1): 28-39.
4. S Parry and J Simpson (2016) How do adult survivors of childhood sexual abuse experience formally delivered talking therapy? a systematic review. *Journal of Child Sexual Abuse*.

Biography

Sarah L Parry is a Clinical Psychologist registered in the United Kingdom and Senior Lecturer at Manchester Metropolitan University. Her research focusses on "Service developments for young people and adults who have experienced interpersonal trauma". Her research has been published in a number of international journals, including the *Journal of Child Sexual Abuse* and *Journal of Trauma & Dissociation*. She is also the Principle Investigator for International Young Voices Study, which is currently exploring new perspectives on voice hearing for young people and their parents/carers. She has a keen interest in Compassion Focused Therapy which facilitated the creation of a book with Jessica Kingsley Publishers in June 2017, entitled: "*Effective Self-Care and Resilience in Clinical Practice*".

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Effectiveness of art-based interventions in reducing stress among mental health professionals working in a shared war reality

Dorit Segal-Engelchin, Orly Sarid, Efrat Huss and Richard Isralowitz
Ben-Gurion University of the Negev, Israel

Statement of the Problem: Mental health professionals (MHPs) are among the first responders to address the needs of traumatized people following exposure to terrorist attacks and war-related stressors. In Southern Israel, MHPs encounter a double exposure to war-related trauma as community members and professionals providing service to terror victims. Research on MHPs exposed to a shared war reality show that they are subject to increased emotional pressure, family conflict and an increased risk for PTSD and vicarious symptoms. The aim of this study was to examine the effectiveness of an art-based intervention in reducing stress among Israeli MHPs who shared war-related stress with their clients during operation protective edge.

Methodology: The art-based intervention included drawing pictures that were later shared in small groups related to three topics: emotions and thoughts related to the war situation; resources that may help them cope with the war-related stressors and; integration of the stressful image and the resource picture. To examine the intervention effect, the Subjective Units of Distress (SUDs) values of 47 MHPs were measured using a pre-post design.

Findings: The study results indicate that MPHs' initial stress levels significantly decreased on completion of the intervention.

Conclusion & Significance: The study results show the efficacy of an easily implemented art-based tool for stress reduction among MHPs operating in shared war conditions. Implications for future research and for interventions designed for MHPs operating in additional shared disasters will be discussed.

Recent Publications

1. Baum N (2014) Professionals' double exposure in the shared traumatic reality of wartime: Contributions to professional growth and stress. *Brit J Soc Work* 44(8):2113-34.
2. Boscherino A J, Figley R C and Adams E R (2004) Compassion fatigue following the September 11 terrorist attack: a study of secondary trauma among New York city social workers. *Int J Emerg Ment Health* 6(2):57-66.
3. Craig C D, Sprang G (2010) Compassion satisfaction, compassion fatigue, and burnout in a national sample of trauma treatment therapists. *Anxiety Stress Coping* 23(3):319-39.
4. Finklestein M, Stein E, Greene T, Bronstein I and Solomon Z (2015) Posttraumatic stress disorder and vicarious trauma in mental health professionals. *Health Soc Work* 40(2): e25-e31.
5. Huss E, Sarid O and Cwikel J (2010) Using art as a self-regulating tool in a war situation: A model for social workers. *Health Soc Wor.* 35(3):201-209.

Biography

Dorit Segal-Engelchin is an Associate Professor. She is the Head of Spitzer department of Social Work and Co-director of the Center for Women's Health Studies and Promotion, Ben-Gurion University of the Negev. Her research interests include "Diverse aspects of women's health and well-being, stress and coping, and evaluation of art-based interventions designed to reduce stress among people exposed to disasters".

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Recovery in mental health: a community based wellness group model

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Background: The wellness group program assists with early discharges from acute setting, early intervention preventing relapse for mental health consumers who are at moderate to high risk. Based on relapse data for participants as opposed to non-participants and average length of stay the Wellness Program annually saves more than 300 acute bed days and save the service more than half a million dollars in bed costs. The mental health (MH) wellbeing program is an existing holistic therapeutic program to assist older consumers in their recovery journey and assist them to keep well in the community. It acts as a bridge on discharge from hospital setting and assist with community reintegration. The wellness group also works as a preventative vehicle and to minimize relapse in their recovery journey.

Aim: To provide support, psycho-education, MH promotion, in order to assist with older person's overall wellbeing, relapse prevention and quality of life in the community. The wellness group encourages the mental health and a sense of wellness amongst recently discharged consumers. The group provides specialist services to consumers with MH problems due to complex psychosocial circumstances and social isolation.

Rationale: One of the key strategies to address ongoing bed shortage and readmission is effectively to support consumers' recovery outside the hospital setting through the provision of the community based wellness group program so that the consumers are assisted during their recovery process.

Membership of Wellness Group: The wellness group is open to all who are present with mental health issues and suitable for recovery and psychiatric rehabilitation.

Outcomes and Evaluation: The program has managed over 120 consumers since it was started 15 years ago. Despite complex and high risk profile of participants, the readmission rate of this patent has been consistently below 20% against standard rate of 50%.

Recent Publications

1. Suman Tyagi (1983) Intangibles in Marketing, Indian Institute of Management Journal Vikalpa 8(1):20.
2. J E Cooper et al. (1985) Effects of female sterilization: one year follow up in a prospective controlled study of psychological and psychiatric outcome (S Tyagi as one of the WHO collaborative project investigators). Journal of Psychodynamic Research 29(1):13-22.

Biography

Suman Tyagi is a PhD qualified psychiatric social work clinician with over two decades of recognized, rich and diverse specialist experience within acute hospital and community setting. She is a proven coach, supervisor and a passionate educator who is regularly invited to deliver training programs, lectures and awareness-raising seminars by organizations in the mental health fields. She is a member of Clinical Advisory Committee, Older Person Mental Health (OPMH) Policy Unit-Ministry of Health and a Chair Person of External Advisory Committee for applied mental health studies, Higher Education Training Institute (HETI) and NSW Institute of Psychiatry. She is a committed social work clinician, recognized as an expert who believes in evidence based best clinical practice and promotes the mental health agenda for the consumers and careers by active participation at high-level government committees, through participation at various industry events and engagement with public platforms including the media

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Psychiatric sequelae and mental health aftercare experiences of women who had a life threatening event during pregnancy and those with uncomplicated pregnancies: an explorative-descriptive study

Nadira Khamker

University of Pretoria, South Africa

Statement of the Problem: Maternal mortality is a major public health problem with 86% of deaths occurring in developing countries. Recognition of severe complications is important as these can have adverse consequences for women's health physically and mentally. Mental health is a neglected topic and that of women's mental health even more so. Limited attention is paid to these women in the South African public health sector. The purpose of the study was to describe experiences of women with a life-threatening event in pregnancy compared to women with uncomplicated pregnancies, to determine the risk of developing psychiatric complications and the impact of severe obstetric complications on the postpartum mental health.

Methodology: A mixed method study is conducted in a parallel convergent manner. Women were interviewed at four time intervals; after delivery, six weeks, three months and six months postpartum. The study consisted of a quantitative arm which entailed completion of self-rating questionnaires, relevant psychiatric scales and the WHO disability assessment schedule. The qualitative arm consisted of case studies of 16 purposefully sampled participants from both groups.

Results: 89 participants were enrolled. Psychiatric complications were self-limiting; those with life-threatening complications did not experience post-traumatic stress disorder and women presented with atypical symptoms including somatic, sleep and memory disturbances. Live experiences included, fear of impending death, guilt feelings, loss, fear of rejection and abandonment. A gradual acceptance of their situations, the will to survive and ability to cope in spite of adversity, a strong belief in god and an unwavering faith was prominent. Women displayed the ability to cope and adapt despite experiencing adversity, with religious practice and belief expressed by the participants contributing to resilience.

Conclusion: Maternal mental health is multifaceted and the presence of psychiatric pathology can not only be viewed from a biological perspective as psychosocial elements form an integral part of presentation. Women display various coping mechanisms to deal with adversity.

Recent Publications

1. Ribeiro P S, Jacobson K H, Mathers C D and Garcia-Moreno C (2008) Priorities for women's health from the global burden of disease study. *International Journal of Gynecology and Obstetrics* 102:82-90.
2. Shen C and Williamson J B (1999) Maternal mortality, women's status and economic dependency in less developed countries: a cross-national analysis. *Social Science and Medicine* 49(2):197-214.
3. Miranda J J and Patel V (2005) Achieving the millennium development goals: Does mental health play a role? *PLOS*.
4. Filippi V, Goufodji S, Sismandis C, Kanhonou L, Fottrell E et al. (2010) Effects of severe obstetric complications on women's health and infant mortality in Benin. *Tropical Medicine and International Health* 15(6):733-42.

Biography

Nadira Khamker is a Psychiatrist in Adult Mental Health at University of Pretoria, South Africa. She has a special interest in prevention, treatment and education of women's mental health. Currently, she is pursuing her PhD which included a mixed method study entitled: "Psychiatric sequelae and mental health aftercare experiences of women who had a life threatening event during pregnancy and those with uncomplicated pregnancies: an explorative-descriptive study."

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Gender flexibility as a social factor in Nigerian male patients recovery from schizophrenia in Northern Nigeria

Bello Utoblo

Leeds Beckett University, UK

Statement of the Problem: Schizophrenia is a chronic and severe mental illness that affects over 12 million males worldwide. In Nigeria, estimates indicate that there are more males than females living with schizophrenia. Although, there have been studies on men and health in Nigeria, these studies have focused on sexual health. In contrast, men's experience of schizophrenia and the role of gender in influencing their beliefs about recovery have not been studied. The purpose of this study is to explore the factors influencing men's recovery from schizophrenia in Northern Nigeria.

Methodology: Qualitative data obtained through in-depth interviews with, 30 male outpatients and 10 mental health professionals recruited through Nigerian psychiatric hospital outpatient clinics. Data were analyzed for themes.

Findings: The presence of gender flexibility within household members, where their contributions changed over time, was associated with household poverty reduction, which was seen as influencing the men's ability to become involved in recovery from the mental distress. In particular, providing for the family needs becomes a shared responsibility, where the departure from traditional gender expectations imposes fewer family hardships. This was reported as having a bearing on the men's willingness to access mental healthcare.

Conclusions & Significance: The influence of gender flexibility demonstrated in this study has implications for understanding men's management of recovery from schizophrenia. Recommendations are made for gender transformative programs for the men and mental health professional that would help engage participants in discussions relevant to facilitate change in gender expectations. Future research is needed to further explore what aspects of gender can impact on men's mental health within the Nigerian and wider African context.

Recent Publications

1. Afolayan J A, Peter I O and Amasueba A N (2010) Prevalence of schizophrenia among patients admitted into neuro-psychiatric hospital Nigeria. *Continental Journal of Nursing Science*.
2. Esan O and Fawole O (2013) Comparison of the profile of patients with acute and transient psychotic disorder and schizophrenia in a Nigerian Teaching Hospital. *The Journal of Neuropsychiatry and Clinical Neurosciences*.
3. Odimegwu C and Okemgbo C (2008) Men's perception of masculinities and sexual health risks in Igboland Nigeria. *International Journal of Men's Health* 7(1):21-39.
4. Braun V and Clarke V (2006) Using thematic analysis in psychology. *Qualitative Research in Psychology*.

Biography

Bello Utoblo has studied mental healthcare and completed PhD in Mental Health from School of Health and Community Studies-Leeds Beckett University, UK. He is keen on developing the understanding of the cause of schizophrenia and approaches to its recovery. He has built this current approach through exploration of the experiences of male service users and their mental healthcare professionals within a community in Northern Nigeria. This approach highlights the occurrence of a transformation in men and women roles in contemporary Nigeria and provides insights into the link between gender as a social factor and men's management of their recovery in modern African context.

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Profiling recovery attitudes of ABI patients through a learned insight questionnaire

Janell Kwok, C Lock and NC Keong

National Neuroscience Institute, Singapore

Introduction: Acute Brain Injury (ABI) patients have to learn new adaptation skills during recovery. Literature on stroke survivors differs in effectiveness of interventions as they are not comprehensive enough to address this complex neurological condition. However, recovery can potentially promote development of insight skills to effectively cope with post-injury deficits. We developed a learned insight questionnaire (LIQ) to understand post-ABI patients through characterisation of attitudinal and adaptation trends in recovery.

Methodology: We administered the LIQ, Hospital Anxiety and Depression Scale (HADS), and the Post-Traumatic Growth Inventory (PTGI) to 15 post-ABI patients in a pilot study. Patients were high-functioning, attending an enhanced clinic, and were previously diagnosed with spontaneous brain haemorrhage between 2014-2017. The average age was 53.8 years old (10 females and five males). Reliability analysis showed $\alpha = .814$ for 44 items on the LIQ. We ran a principal component analysis and coefficient values of 0.6 were suppressed. 11 components were extracted, accounting for 95.54% of the dataset.

Findings: Extracted LIQ components illustrated several latent variables in this cohort: new possibilities, internal locus of control, anxiety regulation, and social emphasis, positive outlook towards faith, increased optimism, and flexibility in changing perspective, ambiguity tolerance and willingness for disclosure. Specific items also significantly correlated with HADS and PTGI factors.

Results & Conclusion: Results show three specific characteristics of this patient cohort: proactive self-management (new possibilities and perspective change); dependence on social community, and faith. Increased quality of life studies show presence of similar factors which support these results, such as development of coping strategies, increased social engagement and decreased depressive symptoms. Further research is required to test different ABI cohorts and validate the learned insight questionnaire.

Recent Publications

1. Cheng H Y, Chair S Y and Chau J P-C (2014) The effectiveness of psychosocial interventions for stroke family caregivers and stroke survivors: a systematic review and meta-analysis. *Patient Education and Counselling*. 95 (1):30-44.
2. Mierlo M, Van Heugten, C, Post M W M, Hoekstra T and Visser-Meily A (2017) Trajectories of health-related quality of life after stroke: results from a one-year prospective cohort study. *Disability and Rehabilitation* 40(9): 997-1006.
3. Tielemans N S, Schepers V P, Visser-Meily J M, Post M W and Van Heugten C M (2015) Associations of proactive coping and self-efficacy with psychosocial outcomes in individuals after stroke. *Archives of Physical Medicine and Rehabilitation*. 96(8):1484-1491.
4. Tse T, Yusoff S Z B, Churilov L, Ma H, Davis S, Donnan G A and Carey L M (2017) Increased work and social engagement is associated with increased stroke specific quality of life in stroke survivors at 3 months and 12 months post-stroke: A longitudinal study of an Australian stroke cohort. *Topics in Stroke Rehabilitation*. 24(6):405-414.
5. Visser M M, Heijenbrok-Kal M H, Spijker A V, Oostra K M, Busschbach J J and Ribbers G M (2015) Coping, problem solving, depression, and health-related quality of life in patients receiving outpatient stroke rehabilitation. *Archives of Physical Medicine and Rehabilitation* 96(8):1492-8.

Biography

Janell Kwok has research experience in the field of Psychology, Neurosurgery and Communication. She works closely with both medical and allied health professionals to improve patient care management and has international research collaborations. Her interests include clinical neuropsychology, neuroimaging, and cognitive rehabilitation after trauma or injury.

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Video Presentation

Day 1

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Modulating effect of hardiness in the development of emotional trauma in firefighters trapped in forest fire

Jaime Senabre

University of Alicante, Spain

Some authors have pointed out that the individuals with resistant personality deal with stressful situations in an active and committed way, perceiving them as less threatening. Also, we know that stress acts as a mediator in the predisposition, precipitation or exacerbation of the disease. Emergency services professionals are often confronted with numerous critical incidents that are likely to break into their lives and cause them to suffer, often because of their surprising nature. The traumatic experience is pointed out as one of the most revealing sources of deep discomfort. The aim of this study is to determine if the resistant personality or hardiness plays a role as a modulator of the stress experience and, more specifically, the development of posttraumatic stress. To this end, we evaluated a sample of firefighters, who were surprised by the fire in an entrapment situation during the extinction of a forest fire in the province of Alicante (Spain) and that had a fatal outcome for some of the emergency device personnel. The results indicate that 37.5% of the sample developed posttraumatic stress disorder (PTSD) at the clinical level after the month of the incident and 25% some type of posttraumatic symptomatology (PTSD sub-syndrome); the remaining 37.5% were not emotionally affected by that stress experience. On the other hand, the dispersion analysis shows a tendency to the appearance of PTSD as the hardiness decreases (figure 1). These results support the idea that resistant personality can play a modulating role in the development of emotional trauma. The dimensions of the construct, implication and challenge, seem to have a greater role in this stress modulating process, being the influence of control more contained. In the discussion, emphasis is given on the need for specialized evaluation and follow up after the experience of a critical incident of these characteristics, as well as the design of training actions aimed at the development of knowledge, skills, abilities and psychological skills in professionals belonging to the different emergency services, and more specifically, firefighters.

Recent Publications

1. Senabre J (2018) Forest fires from the perspective of environmental psychology. *Climate Change* 4(13):58-68.
2. Senabre J (2017) Wildland fires, climate change and society. *J Earth Sci Clim Change* 8(10).
3. Senabre J (2016) Wildland fires and climate change. *J Earth Sci Clim Change* 7(5).

Biography

Jaime Senabre is Psychologist and Master in Psychopathology and Health. He completed Doctoral studies in Department of Personality, Evaluation and Psychological Treatment of UNED, related to stress and the immune system, post-traumatic stress disorder and mobbing. He is a Chief of Brigade in the Forest Fire Service of the Generalitat Valenciana, with more than 20 years of experience. As a Psychologist, he collaborates with several private clinical centers. He is Professor at University of Valencia. He is part of the editorial board of several international scientific journals and published numerous articles on forest fires, stress, psychosocial risks and emotional trauma, mainly in relation to emergency services and natural disasters.

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Notes:



4th International Conference on

Mental Health and Human Resilience

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Scientific Tracks & Abstracts Day 2

Mental Health 2018

Sessions:

Day 2 April 27, 2018

Human Resilience | Mental health | Mental Health Rehabilitation | Psychiatry & Mental health Nursing

Session Chair
Kaj Björkqvist
Abo Akademi, Finland

Session Co-Chair
Paulette Sides Sasser
Duquesne University School of Nursing, USA

Session Introduction

- Title: Post-traumatic growth after ABI: a pilot study in a Singaporean cohort**
Christine Lock, National Neuroscience Institute, Singapore
- Title: Pathways of resilience: roles of positive psychology in the relationship between resilience and mental health in UK social work students**
Yasuhiro Kotera, University of Derby, UK
- Title: Labour market inclusion, long-term employment and career development using the integrative model at Shekulo Tov Group, Israel**
Irad Eichler, Shekulo Tov Group, Israel
- Title: Psychiatric drug withdrawal: A psychotherapeutic affair**
Anders Sørensen, Nordic Cochrane Centre, Denmark
- Title: An exploration of the value of Marte Meo therapy in improving resilience and attachment relationships between caregivers and their children**
Geraldine Maughan, Limerick Institute of Technology, Ireland
- Title: Exploring resilience among adolescents: analysis of three case vignettes**
Vaidehi Chilwarwar, Tata Institute of Social Sciences, India
- Title: Reconstructing a story from a therapeutic narrative to a narrative for social change; an innovative model for social change with people who cope with serious mental illness in the community**
Inbar adler -ben dor & Noa Gal-Or Teperberg, Amitim program, The Israel Association of Community Centers (IACC), Israel

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Post-traumatic growth after ABI: a pilot study in a Singaporean cohort

Christine Lock, J Kwok and N C Keong
National Neuroscience Institute, Singapore

Introduction: Acute Brain Injury (ABI) is often perceived as both a physically and psychologically traumatic event. The multiple deficits as a result of brain injury can change perceptions of self, relationships and general life outlook. Positively overcoming this adversity whilst assigning meaning to this struggle leads to the potential for post-traumatic growth. Cultural differences may influence coping processes, and post-traumatic growth after ABI has not been widely studied in Southeast Asian populations. We used two validated questionnaires on high-functioning stroke patients.

Methodology: We administered the Hospital Anxiety and Depression Scale (HADS) and Post-Traumatic Growth Inventory (PTGI) to nine Singaporean ABI patients diagnosed with spontaneous brain haemorrhage between 2014-2017. Participants consisted of eight females and one male, with an average age of 54.2 years. The PTGI consisted of five factors: relating to others; new possibilities; personal strength; spiritual change and; appreciation of life.

Findings: Appreciation of life and relating to others were the highest rated factors on the PTGI. Depression on the HADS displayed significant negative correlations with new possibilities ($r=-.814$, $p<.01$) and Personal strength ($r=-.748$, $p=.02$) on the PTGI. Within the PTGI, New possibilities was positively correlated to personal strength ($r=.895$, $p<.01$) and relating to others ($r=.736$, $p=.024$). Relating to others significantly correlated to personal strength ($r=.723$, $p=.028$).

Conclusion & Significance: In this pilot study of high-functioning stroke patients, we found that a renewed appreciation for life and social support were important factors contributing to post-stroke recovery and growth. Results also suggest that the development of new possibilities and perceived self-efficacy are related to fewer depressive symptoms. Further research can look into increasing sample size, and cross-correlations of multiple quality of life questionnaires for patient's post-ABI.

Recent Publications:

1. Calhoun L G and Tedeschi R G (2009) Handbook of posttraumatic growth: research and practice. Mahwah, NJ: Lawrence Erlbaum Associates. (Vol. 1).
2. Kuenemund A, Zwick S, Rief W and Exner C (2016) (Re-) defining the self – enhanced posttraumatic growth and event centrality in stroke survivors: A mixed-method approach and control comparison study. *Journal of Health Psychology* 21(5):679-689.
3. Mack J, Herrberg M, Hetzel A, Wallesch C W, Bengel J, Schulz M and Schönberger M (2015) The factorial and discriminant validity of the German version of the Post-traumatic Growth Inventory in stroke patients. *Neuropsychological Rehabilitation* 25 (2):216-232.
4. Rana M, Bullinger M and Rana M (2015) coping with stroke: A prospective comparative cross-cultural research. *Journal of Religion & Health*. 54 (1):173-186.
5. Splevins K, Cohen K, Bowley J and Joseph S (2010) Theories of posttraumatic growth: Cross-cultural perspectives. *Journal of Loss and Trauma* 15(3):259-277.

Biography

Christine Lock has research experience in behavioural science analysis and neurosurgical research. She has worked with governmental organisations concentrating on individual motivation and crisis response, and is currently doing clinical research specifically in patients with brain injury. Her research interests include improving general mental health through systematic reviews of cognitive assessments and intervention efficacy.

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Pathways of resilience: roles of positive psychology in the relationship between resilience and mental health in UK social work students

Yasuhiro Kotera

University of Derby, UK

Statement of the Problem: As awareness of mental health has been increasing internationally, a need for psychological care for mental health professionals and trainees has been highlighted. UK social work students suffer from high rates of mental health symptoms, and emotional resilience has become a required capacity in recent social work policies. Despite their high shame about mental health symptoms, research on positive psychological approaches to their mental health has been limited. Accordingly, this study aimed to investigate the relationships between mental health symptoms, resilience, self-compassion, motivation, and engagement; identify independent predictors for mental health symptoms, and; examine positive psychological independent predictors as indirect pathways linking mental health symptoms and resilience.

Methodology & Theoretical Orientation: 116 UK social work students completed five measures about those constructs. Correlation analysis, multiple regression analysis, and path analyses were conducted in order to address research aims of this study.

Findings: Mental health symptoms were associated with resilience, self-compassion, and engagement. Self-compassion was a negative independent predictor, and intrinsic motivation was a positive independent predictor of mental health symptoms. Path analyses revealed that while the direct effect of resilience on mental health symptoms was not significant, the indirect and total effects were significant; self-compassion was an independent predictor. Additional analyses confirmed that self-compassion directly predicted both mental health symptoms and resilience.

Conclusion & Significance: This is the first ever investigation into the mechanism of how resilience reduces mental health symptoms from positive psychological perspectives in this population. The findings can inform social work educators, practitioners, and researchers of the importance of self-compassion, and can help develop better approaches to the challenging mental health of UK social work students. The research paper is currently under review.

Biography

Yasuhiro Kotera has his expertise in Mental Health and Positive Psychology. As an accredited Counsellor/Psychotherapist, and having worked with various populations internationally, his research areas include occupational mental health, positive psychology for mental health, organisational applications of coaching/ neuro-linguistic programming, and cross-cultural comparison. His Japanese blog, Kokoro no Rikutsu (logic of psyche) that introduces new psychological findings have 2,000 accesses every day. His recent project aims to develop a short psycholinguistic intervention to augment resilience, which would be suited for various workplaces.

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Labour market inclusion, long-term employment and career development using the integrative model at Shekulo Tov Group, Israel

Irad Eichler

Shekulo Tov Group, Israel

Statement of the Problem: Literature indicates that the extent of employment mobility among people with psychiatric disabilities is low, even though most of them want and can work. Furthermore, while supported employment has significantly improve competitive work outcomes throughout the world, it leads to sustained work in only 25-35% of persons with psychiatric disabilities, while most persons loss jobs within a few weeks/months after beginning them or never obtain competitive work.

Methodology & Theoretical Orientation: Shekulo Tov is a non-profit organization and a service supplier for the Israeli Ministry of Health for more than 3,000 service users. Shekulo Tov's integrative model represents an essential change of perception vis-à-vis vocational rehabilitation. It is a formative shift from the two sequential approaches of "train, then place" or "place then train" to a simultaneous approach of "train and place". The model's continued development led to the formation of the Shekulo Tov Group which operates in large number of businesses and organizations as integrative units based in the community, who all embedded the model among Shekulo Tov Group businesses: Rebooks (second hand bookshops), Good Coffee (social cafes), and God Dog (dog walkers).

Findings: The integrative model has successfully transitioned more than 25% of service users from vocational rehabilitation to open labour market placements. Furthermore, the model has reduced service users' preparative vocational training for open labour market placement from 4 years to 20 months.

Conclusion & Significance: Along on-going support, job applicants are offered vocational rehabilitation, skills and career development, training programs and are provided with necessary preparation and support to measure their vocational progress. This gives them a security net, especially in cases; they did not hold their job in the free market. In these cases, service users can temporally return to vocational rehabilitation while looking for a new job in the free market.

Recent Publications:

1. Becker D, Whitley R, Bailey E L, Drake and RE (2007) Long-term employment trajectories among participants with severe mental illness in supported employment. *Psychiatric Services* (58):922-928.
2. Hartnett HP, Stuart H, Thurman H, Loy B and Batiste LC (2011) Employers' perceptions of the benefits of workplace accommodations: reasons to hire retain and promote people with disabilities. *J Vocat Rehabil.* (34):17-23.
3. Kaye H S, Jans L H and Jones E C (2011) Why don't employers hire and retain workers with disabilities? *Journal of occupational rehabilitation* (21):526-536.
4. Mattila-Holappa P, Joensuu M, Ahola K, Vahtera J and Virtanen M (2016) Attachment to employment and education before work disability pension due to a mental disorder among young adults. *BMC Psychiatry* (16):143-155.
5. Kuznetsova Y, Yalcin B and Priestley M (2017) Labour market integration and equality for disables people: A comparative analysis of Nordic and Baltic Countries. *Social Policy Administration.* (51):577-597.

Biography

Irad Eichler founded Shekulo Tov Group in 2005 and is the Group Chairman ever since. Shekulo Tov Group is a leading Israel organization for vocational recovery. He and his mental health professional at Shekulo Tov Group, such as CRO Hagar Aloush, developed integrative model in cooperation with Israeli Ministry of Health. His integrative model was awarded "Project Zero" prize for impactful social enterprises in early 2017, categorized under innovative practice 2017 on employment, work and vocational education and training. In addition, he is the founder of seven chairs, a platform for text support groups and the founder of Israeli social business school, an Israeli third age festival and a podcaster. He is a serial social entrepreneur and was announced by world economic forum as a social entrepreneur of the year 2008.

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Psychiatric drug withdrawal: A psychotherapeutic affair

Anders Sorensen

The Nordic Cochrane Centre, Kingdom of Denmark

Because of withdrawal symptoms, there is reason to believe that many patients continue psychiatric drugs long-term not because they are effective in treating their disorder, but because they cannot get off them. Numerous medicated patients report harms so debilitating that their quality of life is substantially impaired. Combined with the compelling research showing that psychiatric drugs can indeed cause iatrogenic “mental illness” (drug-induced conditions that mimic the symptoms of genuine mental illness), we hypothesized that the route to wellbeing for long-term patients may go through discontinuation of the drugs, thus qualifying withdrawal as a clinical intervention. We investigate this in a cohort of patients allegedly labeled “chronic patients in need of life-long drug treatment” by their doctor – primarily because withdrawal symptoms were misinterpreted as relapse. We prove them wrong by providing individualized psychotherapy-assisted gradual tapering for as long as needed, explaining the nature of withdrawal symptoms and helping to get through the emotional pain by teaching emotion regulation skills. In the process we measure quality of life, withdrawal symptoms and the patients’ experiences of going through withdrawal. With this procedure, we (preliminarily) find that: reaching complete cessation is indeed possible, even for long-term and poly-pharmacy patients that this transition to a medicine-free life is accompanied by a substantial improvement in quality of life, and; that withdrawal can get so long-lasting and emotionally difficult that it qualifies as a genuine psychotherapeutic affair, thus making withdrawal of psychiatric drugs an intervention in itself. Therefore, patients cannot be expected to go through it alone, and we should make it a priority in mental health to comply with rather than oppose these patients’ legitimate wishes for coming off psychiatric drugs, as this – when done in the right way – can improve quality of life.

Recent Publications:

1. Moncrieff J (2006) Why is it so difficult to stop psychiatric drug treatment? It may be nothing to do with the original problem. *Medical Hypothesis* 67(3):517-23.
2. Jakobsen J C, Katakam K K, Schou A, Hellmuth S G, Stallknecht S R and Leth-Møller K, et al (2017) Selective serotonin reuptake inhibitors versus placebo in patients with major depressive disorder. A systematic review with meta-analysis and trial sequential analysis. *BMC Psychiatry* 17(1):58.
3. Nielsen M, Hansen E H and Gøtzsche P C (2012) What is the difference between dependence and withdrawal reactions? A comparison of benzodiazepines and selective serotonin re-uptake inhibitors. *Addiction* 107(5):900-8.
4. Rosenbaum J F, Fava M, Hoog S L, Ascroft R C and Krebs W B (1998) Selective serotonin reuptake inhibitor discontinuation syndrome: a randomized clinical trial. *Society of Biological Psychiatry* 44(2):77-87.
5. Leo J R and Lacasse J (2005) Serotonin and depression: A disconnect between the advertisements and the scientific literature. *PLoS Medicine* 2(12):1211-16.

Biography

Anders Sorensen is a Clinical Psychologist and Researcher at Cochrane Collaboration, has recently (article underway) scrutinized the research literature on psychiatric drug withdrawal. He is working in close collaboration with the psychiatrists, doctors and pharmacists considered experts in the field, providing him with medical knowledge which, in combination with his background in clinical psychology, enables him to help long-term psychiatric patients withdraw and reach a medicine-free life. By his experience, this transition is without exception always beneficial when done in the right way, at the right pace and with the appropriate psychotherapeutic help, which primarily centers on teaching emotion regulation skills, the lack of which makes the sedated, drug-induced state emotionally attractive. He never uses the diagnostic system, but consistently evaluates his patients’ wellbeing (or the lack thereof) by in-depth interviews on the goals and values that matter to the patient, formally measured as quality of life; which improves after withdrawal.

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An exploration of the value of Marte Meo therapy in improving resilience and attachment relationships between caregivers and their children

Geraldine Maughan and Carmel Bracken
Limerick Institute of Technology, Ireland

Aim: The purpose of this qualitative study was to explore the value of Marte Meo therapy in establishing, re-establishing and supporting attachment and resilient relationships between caregivers and their children. These researches examined previous works on attachment theory and suggest ways in which the Marte Meo method may provide a practical application of this theory.

Methods: There was a brief history of attachment theory and a review of relevant literature which includes such theorists as Bowlby, Ainsworth, Main, Stern, Schore and Aarts and makes reference to others in the area of attachment. A qualitative approach was decided upon whereby the methods chosen were as follows; two focus groups and three interviews were convened. Applying an interpretive approach, thematic analysis led to a number of themes to emerge. Direct quotes authenticated the research and gave it an experiential aspect.

Results: The findings suggest that Marte Meo therapy clearly supports caregivers to form attachments with their children throughout the developing therapeutic relationship between caregiver and therapist, through the information given to caregivers from the analysis of their film and through the selection of pictures which allow caregivers to see their child, often for the first time.

Conclusions: In light of this research, it would seem Marte Meo Therapy should not be assimilated into attachment theory or any other theories, its effectiveness may lie in its practical nature and concreteness. Research participants suggested Marte Meo therapy as an intervention is sometimes overlooked because it has not been researched or written about in a significant way..

Biography

Geraldine Maughan has received certificate in Counseling, Psychology and Psychotherapy. She became an accredited Marte Meo Therapist (improving communication and relationships between caregiver's and young people). She completed MA in Therapeutic Child Care. She is currently pursuing her PhD study at Trinity College Dublin. She is the Founder and Director of ASCEND which is a recent development in LIT research group.

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Notes:

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Exploring resilience among adolescents: analysis of three case vignettes

Vaidehi Chilwarwar and Rajani Konantambigi
Tata Institute of Social Sciences, India

This paper explores the life journey of adolescents to comprehend the construct of resilience. The phenomenon of resilience was explored from three adolescents residing at a socially and economically deprived neighborhood of Janta Nagar, in Mumbai, India. A phenomenological approach was adopted to understand resilience as a subjective experience shaped by a shared identity of deprived adolescents. Purposive and snowball sampling was used to select participants. Focused group discussions were held to investigate the risk conditions among adolescents of the community. In-depth interviews were conducted to collect data that elicited information on the subjective positive outcomes. The narratives of one female and two males aged 12, 13 and 14 years were analyzed thematically. Mother's illness, physical injury and life-threat (kidnap) were the crucial risk conditions in the lives of these adolescents, respectively. Being responsible, courageous and having aspirations were found as predominant resilient processes among the three adolescents, respectively. Individual traits of optimism, assertiveness, self-confidence, empathy and gratitude, community elements like family, bystander, and neighbors were found as crucial elements for promoting resilience factors. As a phenomenon, resilience was argued to be culturally and contextually embedded.

Recent Publications:

1. Masten A S (2001) Ordinary magic: Resilience processes in development, *American Psychologist* 56(3):227-238.
2. Reis S M, Colbert R D and Hébert T P (2004) Understanding resilience in diverse, talented students in an urban high school. *Roeper Review* 27(2):110-120.
3. Ungar M (2008) Resilience across Cultures. *The British Journal of Social Work*, Oxford University Press. 38(2):218-235.
4. Ungar M (2011) The social ecology of resilience: addressing contextual and cultural ambiguity of a nascent construct. *American Journal of Orthopsychiatry* 81(1):1-17.
5. Ungar M and Liebenberg L (2011) Assessing resilience across cultures using mixed methods: construction of the child and youth resilience measure. *Journal of Mixed Methods* 5(2):126-149.

Biography

Vaidehi Chilwarwar is a Research Scholar; pursuing PhD at School of Social Sciences-Tata Institute of Social Sciences. She is currently involved with studies related to resilience among adolescents. She is a Clinical Psychologist and completed Master of Philosophy from TISS in the year 2017.

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Reconstructing a story from a therapeutic narrative to a narrative for social change; an innovative model for social change with people who cope with serious mental illness in the community

Inbar Adler-ben Dor and Noa Gal-Or Teperberg

Amitim program, The Israel Association of Community Centers (IACC), Israel

The approach of therapeutic narrative suggests that people will re-tell their story to themselves and then re-tell it to others in their environment. In contrast to this approach, we aim to present a model of narrative reconstruction for social change in people with serious mental illness (SMI), aiming to combine a reduction in self-stigma and in social stigma. The model we shall present is part of the Amitim program (by the Israeli Ministry of Health and the Israeli Association of Community Center), which offers social rehabilitation services in the community for people with SMI, and the promotion of personal recovery and social change. Over the last decade Amitim program has reached 75 cities nationwide and gives service to 3000 people with SMI. Amitim's story reconstruction model includes several dimensions: first, the narrative is approached through several baseline questions: who is the audience, what is the purpose, and what is the message we want to convey by telling the recovery story. The story is then externalized to a text, and the narrators (i.e., people with SMI) learn to tell it in a way that enables listeners to accept it, and to promote social change. This, in turn, causes the narrators to build a new identity and learn to mediate their story to both themselves and their environment, i.e., the manner in which they re-build their story for the audience, enables them to reconstruct it within themselves. In the proposed workshop, we aim to delineate different formats for using this model with people with SMI, while discussing the dilemmas that arise and providing examples based on video interviews with participants.

Recent Publications:

1. Carlson T D and Erickson M J (2001) Honoring and privileging personal experience and knowledge: Ideas for a narrative therapy approach to the training and supervision of new therapists. *Contemporary Family Therapy* 23(2):199-220.
2. Green M C and Brock T C (2000) the role of transportation in the persuasiveness of public narratives. *Journal of personality and social psychology* 79(5):701-721.
3. Halperin G and Boz-Mizrahi T (2008) The Amitim program: an innovative program for the social rehabilitation of people with mental illness in the community. *The Israel journal of psychiatry and related sciences* 46(2):149-156.
4. Roe D and Davidson L (2005) self and narrative in schizophrenia: time to author a new story. *Medical Humanities* 31(2):89-94.
5. Roe D, Hasson-Ohayon I, Mashiach-Eizenberg M, Derhy O, Lysaker P H and Yanos P T (2014) Narrative enhancement and cognitive therapy (NECT) effectiveness: A quasi-experimental study. *Journal of clinical psychology*. 70(4):303-312.

Biography

Inbar Adler-ben Dor and Noa Gal-Or Teperberg are working at Israel Association of Community Centers (IACC), Haifa University, Israel.

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