



**Abstract Nr:** 246  
**Internet ID:** 572

**Type of Presentation:** Symposium

**The challenges and opportunities of implementing psychological and social interventions with adult people suffering from severe mental distress**

Matteo Mazzariol, Fergus Callagy, Sean Foy, Michael McGeough  
Mayo University Hospital, CASTLEBAR, Ireland

**Learning Goal:**

The symposium will help staff from different disciplines and service users to engage in a constructive discussion and reflection regarding the real and concrete challenges and opportunities of implementing psychological and social interventions for people with severe and enduring mental distress in any catchment area.

**Abstract Text:**

Over the last years the service in which I currently work as Consultant Psychiatrist, a Rehabilitation and Recovery Service in Castlebar, co Mayo, Ireland, has undergone a decisive swift towards a recovery approach, implementing new psychological and social interventions for people suffering from severe and enduring mental distress. As it happened in many different parts of the world, such a swift is not happening without a series of challenges and opportunities, which involve different aspect of our practice: the difficulty on behalf of the existing staff to modify the previous therapeutic style, mostly bio-medical, which was applied for many years; the difficulty of creating a constructive and productive multidisciplinary collaboration among workers with different roles; the difficulty of shaping a coherent and cohesive psychological and social approach with workers coming from different trainings inside the same discipline; the difficulty of establishing a collaborative net and a good coordination among all agencies, public and private, involved in the prevention, cure and maintenance of mental health in our catchment area. From our own observation and experience it appears evident that a proper implementation of psychological and social interventions necessarily encompasses the development of an inclusive culture which cannot be limited to the tertiary services represented by Mental Health Units but must involve the whole community in which people are living. Specific agencies like schools, training centres, cultural, sportive and leisure facilities, that traditionally have been kept outside the realm of mental health, need also to reconsider their position and become part of a much wider net in which the psychiatric tertiary services can principally play a role of coordinator and facilitator.

These are the main topics which we will discuss in our symposium from a multidisciplinary perspective, hopefully engaging in a constructive and interactive dialogue with the public.

**ON THE HEALING POWER  
OF HUMAN RECONNECTION**