



SISTEMA SANITARIO REGIONALE

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# CIVIC

COMPETENT INHABITANTS TO VALORISE INCLUSIVE COMMUNITIES

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**Klinika za psihijatriju Vrapče**  
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CIVIC project is a bridge between the training Curriculum for social inclusion of people with experience of severe mental issues, produced by the "HERO. Housing: an educational European ROad towards civil rights "[n. 2016-1 - IT02 - KA204-024078] - and the development of increasingly inclusive communities.

In CIVIC "Housing" is intended as a system of social facilities in a network of human relations in a safe neighbourhood. It is a community-based strategy used to allow the transition from aid to inclusion.

Recently the prestigious magazine The Lancet (2020) by virtue of the expiry of WHO Mental Health Action Plan 2013-2020, again wrote: "Community empowerment is the route to mental health promotion".

Since October 2018, The Lancet Commission on Global Mental Health and Sustainable Development has drawn the attention of the scientific community to the indicators for mental health and grouped them into three areas, Mental health: 1. determinants (neighbourhood, social/cultural) 2. systems and services (availability, access) 3. outcomes and risks protection.

The selected HERO indicators perfectly comply with Lancet indications: the Curriculum is based on them and so is CIVIC.

In 2019, with the Handbook "Quality Rights materials for training, guidance and transformation", WHO took a step forward in reiterating the connection among human rights, community empowerment and mental health.

CIVIC will connect housing indicators and human rights:

- following WHO's suggestion, as it educates communities in housing and thus promotes the protection of rights, the development of social skills for inclusion.
- expanding the diffusion of the Curriculum developed by HERO, by comparing it with other experiences and good practices, making it available to groups at high risk of social exclusion
- strengthening social inclusion through housing training.



CIVIC aims to make the access to education on Housing easier for Local Communities.

CIVIC's main goals are:

- Expanding and supporting the diffusion of the training Curriculum on housing and mental health, for local communities.
- Increasing networks for non-formal learning in supported Housing
- Identifying social and civic skills in housing pathways
- Collecting and sharing solutions for housing problems

By sharing good practices and the training carried out in CIVIC, we will produce two outputs:

1. Tutorial of the HERO training Curriculum for inclusive local communities
2. Booklet "What to do in case of ..." providing ideas, suggestions, solutions for housing.

CIVIC will be implemented through a synergic work of 5 partners from 5 EU countries. All organizations have housing experience in active inclusion processes and protection of rights, in both national and international networks. Four target groups, which represent local communities were identified: 1. mental health service users and their families, 2. mental health service professionals, 3. professionals from other agencies (schools, employment offices) 4. citizens (neighbours, volunteers).

225 people from the target groups will be involved by the partnership and will make their direct contribution to CIVIC



CIVIC will be implemented through:

- **Meetings** for sharing objectives, information on housing, updating activities (TPM). They'll start with an Introductory Session, to which the hosting partner will invite 3-5 people from the target groups, to share housing stories by those directly involved.
- **Training/learning activities** among the partners(C1-C2): milestones for the CIVIC outputs. The first on the training Curriculum, developed in the previous HERO project. The second, on solutions to housing problems. Each partner will train the others to deal with specific housing issues starting by their knowhow on supported housing, mental health, community based approach, human rights, non-formal education, social skills.
- Each partner will be engaged in **information and dissemination activities**, in the fine-tuning of outputs, reporting and monitoring activities, throughout the life of the project. The project is based on the exchange of good “housing and inclusion” practices, on comparison of problems faced and solutions implemented, on work methodologies such as: goal- setting, coproduction, storytelling, brainstorming, learning by experience.

Supported housing is a process already started and funded by EU or by separate countries, to help people with mental health issues and at risk of social exclusion, to manage their life. Although its aims are shared, it has several forms in different EU countries.

Finalizing effective housing projects, through in-depth studies and exchange of practices among EU countries, means above all, promoting and sharing the fundamental EU values of inclusion, protection of rights and lifelong learning.

CIVIC is a palindrome and evokes circularity. A circularity that becomes a resource: a continuously renewed exchange from individual to community and vice versa.