

MENTAL HEALTH & SOCIAL REINTEGRATION

The path after prison

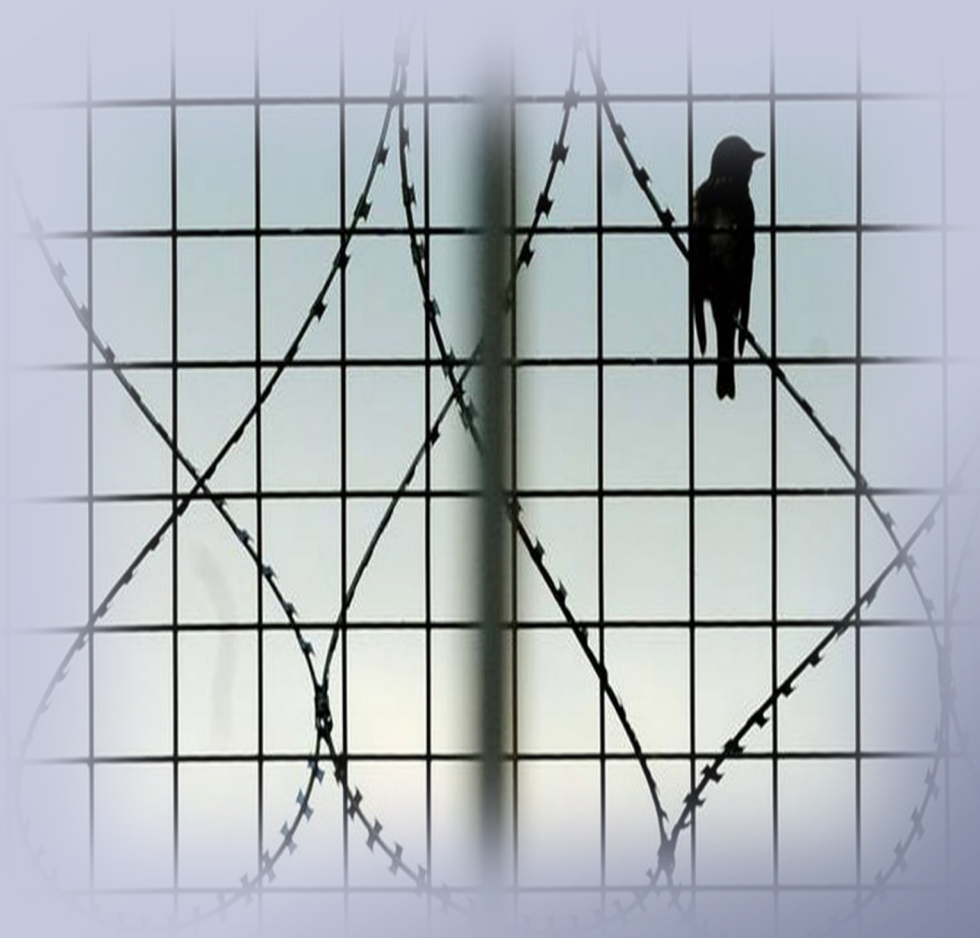


Myrto Aravani
Social Worker/ Psychoterapist
EPANODOS, 07/10/2020
Webinar AWARE Project

MENTAL HEALTH(WHO)

- Mental health = a state of well-being in which the individual responds to his or her potential, can cope with the expected stresses of life, works productively and fruitfully in the community and is able to contribute
- Wellness
- Functionality within society
- Poor mental health = symptoms (eg tension, anxiety) or more serious conditions and conditions (eg schizophrenia, depression) and reduced functionality

REINTEGRATION

- 
- On the one hand, the right of citizens to equal opportunities for reintegration
 - On the other hand, and above all, the obligation of the state to ensure those conditions that allow the social reintegration of prisoners to rebuild their family, work and social relations.

REINTEGRATION

Practical Responsibility of the State

Consulting

Rehab

Health Care System

Psychosocial Support

Services

Education

Training

Employment

Nourishment

Accommodation

Financial help



THE PROFILE OF RELEASED PEOPLE IN GREECE

Research of EKKE, in 2015, in the archives of Epanodos, in a sample of 857 beneficiaries of the organization:

GENDER	NATIONALITY	AGE
Men (758) 95%	Greece (56%) Middle East Albania Balkan Countries Post-Soviet States	18 – 55%



THE PROFILE OF RELEASED PEOPLE IN GREECE

MARITAL STATUS	CHILDREN	EDUCATIONAL LEVEL
Single 56%	NO 54,6%	<ul style="list-style-type: none">• Some classes or graduates of compulsory education 34,2%• Secondary education 10,3%• Technical Education 7%• Higher Education 5,5%
Divorced/ Legally separated 19%	YES 36%	
Married 17%		



THE PROFILE OF RELEASED PEOPLE IN GREECE

PATHOLOGICAL ISSUES	SEXUALLY TRANSMITTED DISEASES	DRUG ADDICTION	PSYCHIATRIC & MENTAL DISORDERS
26%	HEPATITIS 20% AIDS 3%	Use of illegal substances 27,3% Alcoholism 6%	15%

EX PRISONERS' MENTAL HEALTH



EX PRISONERS' MENTAL HEALTH

2017 (277 beneficiaries)

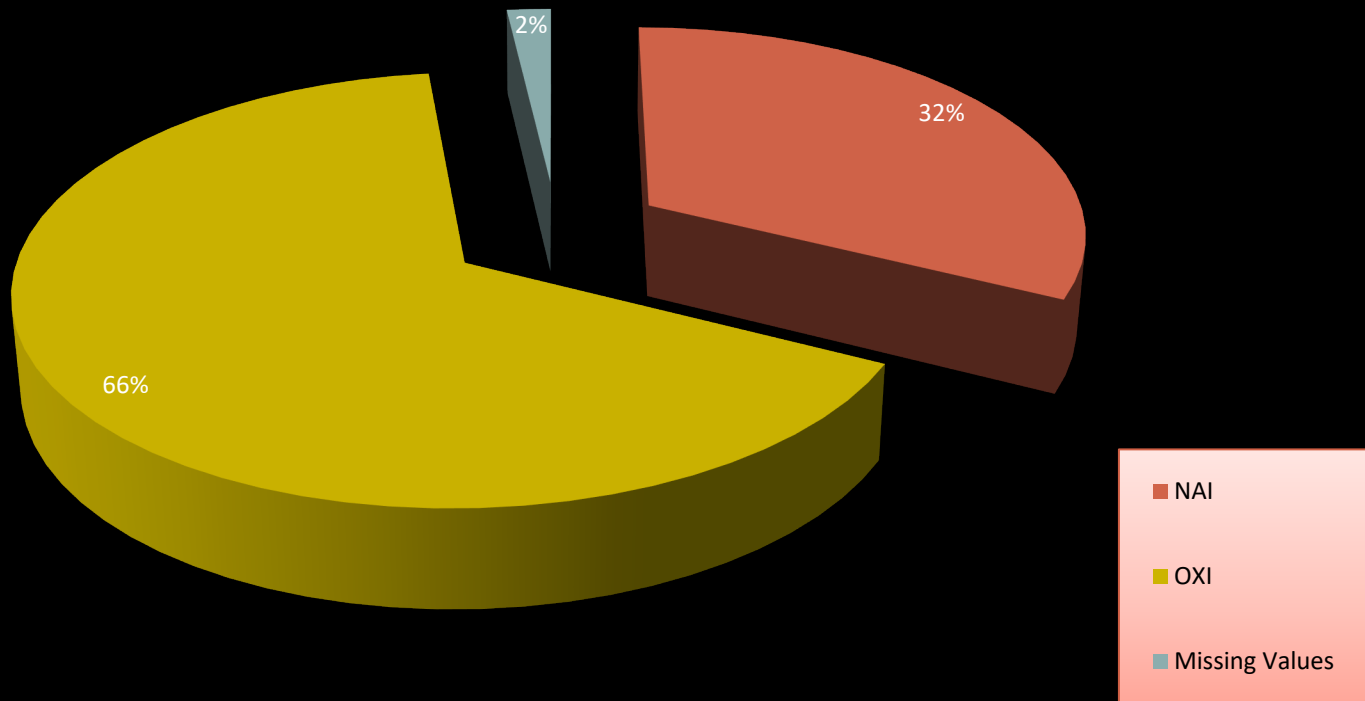
- 12 out of 86 suffered from mental illness **4,3%**
- 25 out of 86 used psychotropic substances/ addictions **6%**

2018 (299 beneficiaries)

- 8 out of 56 suffered from mental illness **2,6%**
- 18 out of 56 used psychotropic substances/ addictions **6%**

EX PRISONERS' MENTAL HEALTH

HEALTHS' PROBLEMS 2019



EX PRISONERS' MENTAL HEALTH

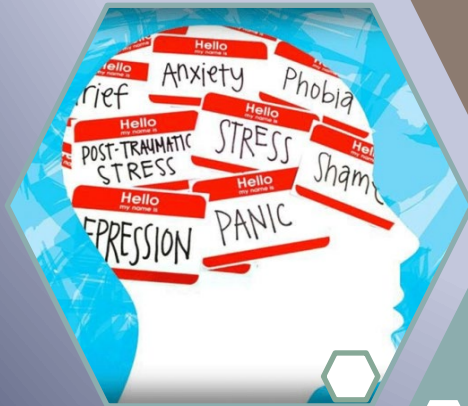
ΠΡΟΒΛΗΜΑΤΑ ΥΓΕΙΑΣ



MENTAL DISORDERS IN PRISONS



MENTAL DISORDERS IN PRISONS

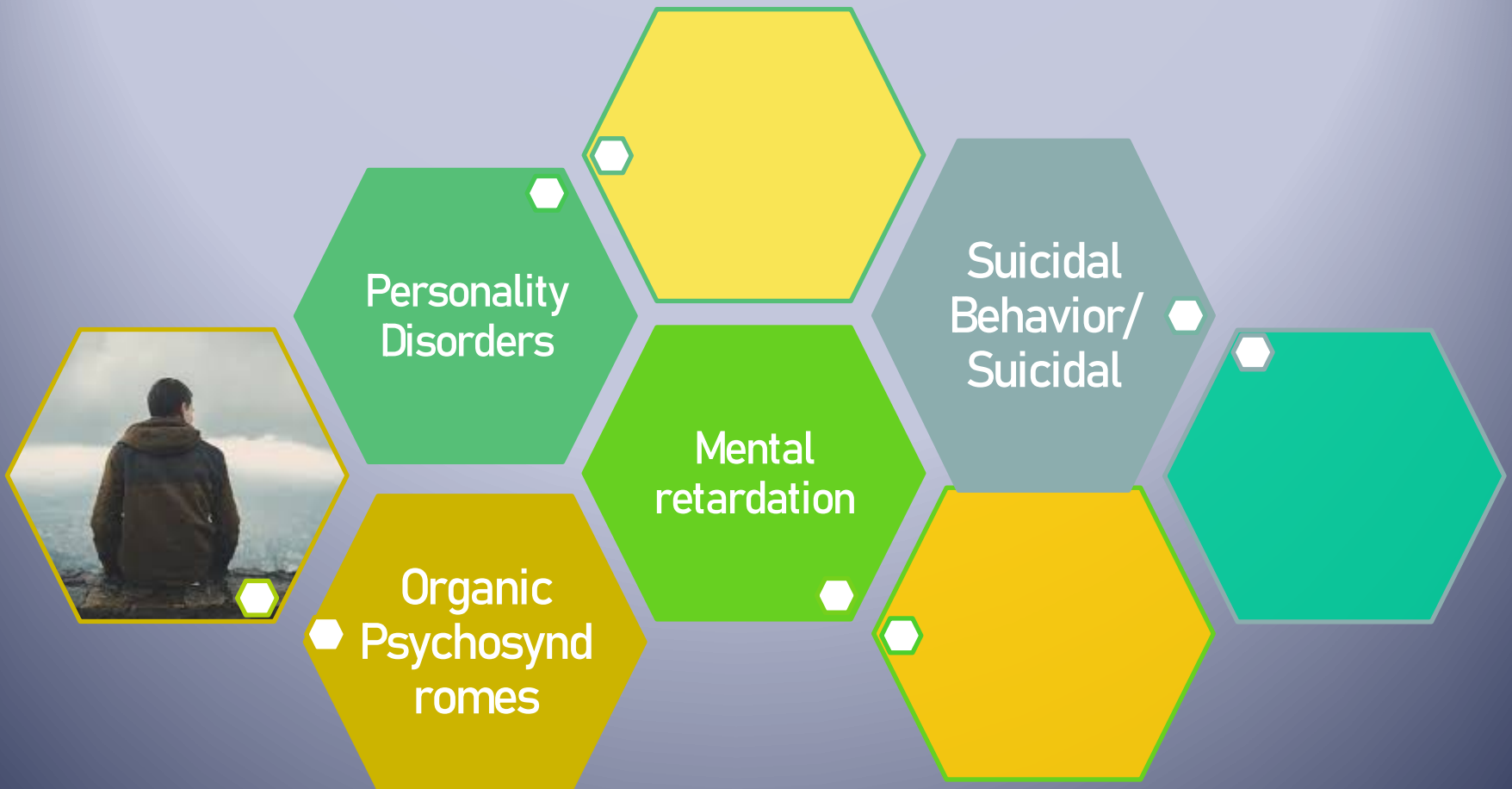


Sleep Disorders,
Eat Disorders

Disorders
Related to the
use of
Psychoactive
Substances

Sexual
Disorders,
Paraphilias,
Gender
Identity
Disorder

MENTAL DISORDERS IN PRISONS



EX PRISONERS:



Encounter multiple discrimination

Have elements of institutionalization

Are undocumented and unskilled

Are deprived of core goods

Ignore current conditions

Experience fear and avoid interpersonal relations

Experience flat affect

Adopt roles of toughness/survival

Display self-destructive tendencies

EX PRISONERS:

need to:

- Build a relationship of trust
- Promote their self-esteem
- Assert then what they are entitled to – self-actualization
- Ultimate objective/ success
- Self-sufficiency
- Self-management

MENTALLY ILL EX PRISONERS



Encounter problems of:

Housing

Feeding

Networking

Receiving Medical Services

MENTALLY ILL EX PRISONERS

Suffer **secondary trauma** due to economic malaise and a lack of essential resources for subsistence

- Feelings of anger, exasperation, rage
- Feelings of uncertainty, frustration, despair
- Difficulty in extracting feelings of satisfaction and joy
- Lowering of self-esteem
- Aggressive behavior and social isolation



INTERVENTIONS - PREVENTION

■ Primary Prevention

timely intervention to reduce prevalence

- ✓ programs aimed at informing, sensitizing and educating on mental health's issues
- ✓ creative activity programs
- ✓ education
- ✓ employment
- ✓ incentives
- ✓ making the most of leisure time

INTERVENTIONS - PREVENTION

- **Secondary Prevention:**

Providing treatment and cure for persons already ill, care,
prevention

- **Tertiary Prevention:**

Rehabilitation and psychosocial reintegration

SOCIAL REINTEGRATION COUNSELLING

- **Psychosocial support**
- **Legal counselling**
- **Employment and entrepreneurial counselling**

SOCIAL REINTEGRATION COUNSELLING

- Educational counselling
- Intercultural counselling
- Motivation for substance abuse treatment
- Participation to cultural events and volunteering activities

SOCIAL REINTEGRATION COUNSELLING

- Developing a relationship
- Gathering information (intake)
- Assessing the situation
- Making the core intervention
- Evaluating
- Interrupting or completing the procedure

DEVELOPMENTS TAKING PLACE:

- Building a relationship with the counselor
- Lessening the feeling of isolation
- Developing critical thinking
- Enhancing self-image and self-esteem
- Developing new skills and abilities
- Understanding social problems
- Establishing social relationships
- Reintegrating socially

*Thank you very much for
your kind attention!*