

Brazilian Experiences of Money Income Workshops in Mental Health Settings

IAO LUSSI, MS HAHN, TS MATSUKURA

Universidade Federal de São Carlos, São Carlos- São Paulo, Brazil

One of the big challenges for mental health interventions is the difficulty of engagement of the service users in productive and profitable life. Despite all progress, changes in the paradigm and practices in psychosocial rehabilitation, the inclusion in the working life still is an important barrier to be transposed, with the objective of achieving better life quality levels and more concrete conditions of social inclusion. Historically psychiatry and mental health included the value of work/labor as a way of intervention. In the same context, occupational therapy may also show this implication in the development of techniques and reflections about the use of these means since a therapeutic instrument to a more modern concept in which work/labor is a way of earning money, promoting self esteem and may provide interchanges and built social networks which diminishes the stigma related to mental health. The present study had the purpose to identify the most important demands, challenges, difficulties and opportunities considered by professionals who have practices with money income workshops and/or cooperatives. From the mapping and finding of practices in the state of São Paulo, five experiences were selected. Through visits and interviews with the responsible professionals of the workshops a characterization of the places is shown with the identification of the opportunities and difficulties selected by themselves. A diagnoses and contextualized analysis was made based on the perspectives, difficulties and demands of each place through an interview and experience of these professionals. A great potential in the Brazilian reality was identified, which reinforces more the commitment and investment in actions to turnout feasible the practices of work insertion, money generation and social inclusion. Although the experiences are showing inclusive realities, it is necessary to be critic about how much these experiences need to be increased in the direction of autonomy and development of real citizenship. The reflections about this theme are considered relevant in the actual and general context of mental health and for occupational therapy in particular.

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