

Deinstitutionalization and psychosocial rehabilitation of people with a history of psychiatric institutionalization

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Deinstitutionalization is a key issue for public policy on mental health aimed at building community/territorial-based care and the protection of the rights of people with mental disorders. This requires an interdisciplinary approach and further reflection in different fields, among which, occupational therapy. In Brazil, a federal law determined the establishment of policies specifically related to discharge and rehabilitation of people who have been institutionalized for long periods of time; the national policy on mental health's program *Back Home* was created and the psychosocial rehabilitation benefit was also instituted by federal law. In the State of São Paulo, the State Health Department set up a multidisciplinary Working Group, in which we take part, with the aim of formulating proposals for the deinstitutionalization of people with long-term internment in the psychiatric hospitals of the State. To development a situational diagnosis, the Working Group performed a census-like study of people interned, for a year or more, in State psychiatric hospitals, adopting November 2007 as a baseline. This study presents a summary of the main results of the psychosocial census that characterized 6,349 people admitted to 56 psychiatric hospitals, focusing, especially, on the resources, possibilities and needs for the deinstitutionalization projects. Among the various challenges for the realization of the proposals and based on the theoretical framework which considers deinstitutionalization and "rehabilitation as citizenship" (Saraceno, 1995), this work discusses: the need to build interventions to overcome the use of work and occupation as a form of normatization/discipline which is still present in some asylums; and the importance, during rehabilitation, to work with concepts of "inhabit", "exchanging identities", "producing and exchanging goods and values" (Saraceno, 1995) for the production of singular therapeutic projects aimed at promoting autonomy and the exercise of rights. This work considers that the understanding of the asylum model, the recognition of the needs of the institutionalized people, and the study of deinstitutionalization strategies oriented towards full social participation are fundamental themes for the training of health professionals in general, and occupational therapy in particular.

SARACENO, B. **La fine dell'intrattenimento**. Manuale di riabilitazione psichiatrica. Milano: ETASLIBRI/RCS Medicina, 1995. 132p.