



PERMIND



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PERMIND ISSUE I

Care of land

Sustainability is possible, respect for the land is needed

Care of people

Specially those with psychic discomfort

Fare share

Social cooperatives that can change the world

Being connected

Digital platform and mobile app for adult learning



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PERMIND





Editor's note

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When we started the PERMIND project in September 2017, none of the partners participating in it had met face-to-face. After the first meeting that we held in Tenerife (Spain) in October, we really felt that we are a family. This is the power of permaculture.

Permaculture is so simple, natural and sustainable that there is a risk to think that it is not going to work. But it really works. And it has a power of attraction difficult to ignore, even for those who are not attracted by other training activities, as those living with psychic discomfort.

Motivation is always an issue for people with this kind of disability. Keeping their attention, making them feeling as they are making something useful, giving the activities a sense of meaning... it is not easy. However, PERMIND tackles this challenge with the feeling that permaculture is going to change not only the way that we understand our relation with the nature, but also the way that the society understands mental illness.

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PERMIND project at a glance

According to Wikipedia, permaculture is a system of agricultural and social design principles centered on simulating or directly utilizing the patterns and features observed in natural ecosystems.

But PERMIND is more than this. PERMIND is an opportunity for adults with psychic discomfort to learn from the nature, to increase their autonomy, to know new people, to break the digital gap, to be respectful with the environment... very ambitious? YES! But realistic.

PERMIND is an eLearning platform - www.permind.eu (construction in progress) - addressed to the professionals working for people with severe and prolonged mental problems so they can teach them how to create a therapeutic garden following the principles of the permaculture. Training sessions, tips, advices about establishing farming cooperatives, successful stories... everything related to PERMIND will be available in the online platform. Moreover, a mobile app will be developed to allow the students interact and being an active part of their learning process. They will upload photos, videos, interviews, etc. aiming to be the students' book of the 21st century.

Five pilot experiences involving around 50 people will be organized in Spain, Slovenia, Greece and Sweden

next year during twelve months, thus having the opportunity to learn how to work the land in the four sessions of the year.

The idea of the PERMIND training course is not only to teach a sustainable way to work the land, but also to train transversal competencies useful for social and labour integration of people with psychic discomfort, as for instance team working, commitment, resilience, organizational skills, communication, problems solving, etc.

Integration is a two-ways work, we can prepare vulnerable groups to enter/re-enter the society but a great effort must be done to make general society aware about the mental illness to normalize the situation. The mobile app will be also a useful tool to achieve that: the students will use it to interact with the nearest community by collecting organic wastes and selling the green vegetables. Thus, permaculture and mental illness, two concepts that can be totally unknown for the society will be friendlier and, even, a new part of their life.

PERMIND is a unique opportunity to change, to re-think about our environment, about the people around us, about our own competencies. PERMIND opens a door to new relationships and perspectives in a constructive, sustainable and creative way, please come in!



Knowing the organizations behind PERMIND



Five European organizations are making possible the PERMIND project, their experience, know-how, cooperative spirit and their aim to continue learning are crucial to achieve the objectives of this initiative.

Fundación INTRAS, the Spanish organization that coordinates the PERMIND project, is a private foundation founded in 1994 dedicated to high quality research and intervention in the mental health field. It runs more than ten different centres (prelaboural workshops, day centres, residential homes, supervised flats, psycho rehabilitation centres, etc.) where around 1100 people are attended each year. A team of 157 professional staff (psychiatrists, psychologists and professionals from social and educational fields carrying out research, training and clinical practice) are in charge of providing people with psychic discomfort with the necessary tools so they can improve their quality of life.

INTRAS focusses its work on the recovery approach, thus empowering the users to live a self-determined and self-confident life through reflecting their potential wishes and providing them with vocational training and employability programs accordingly. This foundation develops activities and offer different services for our target groups such as psychosocial and labour rehabilitation programs, occupational and vocational training, pre-labour workshops as well as counseling and professional guidance/coaching.

The main aim of its work is to achieve an own life project with an appropriate level of quality of life, despite that some symptoms of the mental illness may persist. For that, INTRAS pays special attention and listen to the voice of our target groups demanding new programs and activities, in order to provide services taking into account the possibilities of each person and providing people with resources to empower them to be the protagonist of their recovery process and thus of their own life.



INTRAS offers training and educational opportunities to people with psychic discomfort as a way to facilitate labour integration as a key part of the social integration.

Unfortunately, most of the clients INTRAS works with, did not finish their studies due to their illness and many even haven't worked before, so training becomes even more important when talking about this target group. However, following a conventional training course can be very difficult for them, as they lack many social and transversal abilities that are not trained in a conventional course. That is why every day INTRAS makes a big effort to provide our target group with adapted training programs, so they can make the most of their abilities in the most appropriated circumstances. Here is where PERMIND plays a special role.

The Association for the Development of Permaculture (ADP) is a non-for profit organization that was born in Tacoronte (Tenerife-Spain) in 2001 and was declared of public utility in 2011. The ADP was recognized as a good practice of the UN (Habitat programme) in 2012 with the aim of disseminate the principles of permaculture thus promoting the socio-laboral integration of people with mental illness, the biodiversity and the participation of social volunteers. The ADP run a shelter employment center during eleven years (2002-2013).

The farm "El Mato Tinto", the headquarters of the ADP, started its permacultural adventure in 1996, thus becoming an inspiration based on the patterns of nature through a deep observation and reflection. The permaculture achieves a sustainable environment and gives benefits to the whole community. Twenty-one years learning by doing through trial-error. From the very first moment, the therapeutic method applied has been the setting up of the farm. Its modus operandi is the direct contact with the soil, with the biodiversity and with the permacultural design. Using the land as an educative and therapeutic tool, allows us to work the responsibility, empathy, respect, job training opportunities, tolerance, collaboration and the well-done work.

Nowadays, the ADP keeps a wide training offer within different fields: primary schools, secondary education, vocational training, university (degree, apprenticeships, end-of-degree project, inter and transdisciplinary training courses), labour and pre-labour insertion (mental health therapy), farmer to farmer, horizontal knowledge (farmer ↔ expert) and rural extension (public administrations).

ŠENT, The Slovenian Association for Mental Health, is a non-profit, non-governmental humanitarian organization established in 1993 to aid individuals with mental health issues, those in temporary mental distress, as well as their relatives and anyone else interested in mental health.

The Association is active in the fields of social welfare, health, education, employment and others. It holds the status of a humanitarian organization granted by the Ministry of Labour, Family and Social Affairs based on its humanitarian activities. Its programs and activities include:

► Psychosocial rehabilitation of people with mental health problems: consisting of two sub-programs, Day Centers and Residential Housing, offering to their users:

- Psychosocial rehabilitation workshops (social skills training, interactional exercises etc.),
- Self-help groups for relatives and users.
- Educational workshops (foreign languages, computer courses, cooking workshops etc.).
- Creative workshops (music workshop, handwork, working with clay, painting workshop etc.).
- Free-time workshops (board games, exercising etc.).
- Trips, camps, holidays, hikes.
- Lectures and round tables.
- Visits to exhibitions, events, and shows...

ŠENT's experts also offer users individual counselling, informative and relief discussions and individual planning. Participation is voluntary and free of charge.

► Improvement of social situation: ŠENT runs an advocacy program intended to protect the rights of people with mental health problems and their relatives. They are offered with free counselling and help with solving every-day problems inferring from interpersonal relations.

ŠENT organizes yearly expert meetings, consultations, round tables and conferences with current content from the field of mental health.

Six times a year, ŠENT publishes the bulletin "ŠENT", presenting articles by external associates, experts from ŠENT and users.

► Creating opportunities for independent and quality living: employment is an important part of rehabilitation for people with mental health problems and affects the quality of life of all people. ŠENT offers the possibility of integration into various programs of active employment policy (on-the-job training, public work) and programs of social inclusion.

For the execution of programs in the fields of employment rehabilitation, work training, and employment of people with mental health problems ŠENT founded the social enterprise Dobrovita plus d.o.o., employment centres (Dlan, Karso, and Šentplavž), ŠENTPRIMA – Institute for employment rehabilitation execution and supported employment, and the institute Premiki – Institute for counselling, promotion, and development of accessible tourism Ljubljana.



The **Society of Social Psychiatry and Mental Health** (S.S.P & M.H.) is a non-profit, scientific organization founded in Greece in 1981 by professor Panayiotis Sakellaropoulos.

The S.S.P.& M.H. has made a significant contribution to the psychiatric reform of the country based on the principles of social psychiatry with all its psychosocial prevention services being offered within the community. Particular emphasis is placed on the provision of out of hospital treatment to avoid hospitalization and institutionalization.

The S.S.P.& M.H. runs a pre and vocational-training program in Alexandroupolis, northern Greece, for long-term mentally ill persons or individuals with psychosocial difficulties. The program is designed to teach them skills, to offer psychosocial support and raise awareness in the community with a view to achieve their social and vocational inclusion with minimum supervision by professionals.

Changemaker AB is a provider of education and a change agency for individuals, professional groups and organizations. Its incentives and intentions is to create change, participation, sustainability, joy and creativity.

The Universe of Changemaker contains a variety of business categories. Changemaker Agency is a change management agency managing and cooperating in projects promoting societal change and integration, both on national and international levels. We do it on commission or in cooperation with enterprises in the private, public and NGO sector.

Changemaker Educations have an attention on computer games, filmmaking, web development, urban development and innovation. Bar Sociál is an NGO that promotes social entrepreneurship. The universe of Changemaker also contains news sites, urban activism, writing, meet-ups, beer production, makerspaces. The main part of the company's revenue is reinvested to enable creation of new platforms, business models and long term sustainability.

Our projects for a sustainable development of the society and integration of people to labour market, is mainly governed by the Changemaker Agency. We are working together with other enterprises and organizations on national and EU levels. We are also partly a consultant agency with a core competence in organizational change and development.

Foodmaker – Urban Activism

www.foodmaker.se: During the last years, in the area of food production, supply and service, food activism and social movements we have established the company in Gothenburg. Under the theme Urban Activism the concept of Foodmaker have created folk high school educations, started developmental projects, managed the network Food Lab West, developed new concepts, implemented events and workshops in the subject matter.

During last years, Changemaker's participation and work continues in three EU-projects (Creative Europe, Erasmus+, Interreg). The focus is on innovation, education, digitalization, enhanced influence for citizens and sustainable food production.



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process of people with mental illness

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