

# New Application

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Application

## Basic Info

<b>Application No</b>	6662
<b>Application Name</b>	Veni, Vidi, I learnt: A Full Immersion in the Basaglia Experience
<b>Application Summary</b>	A delegation from the Solidarity Association for Schizophrenia Patients and Their Families (Şizofreni Hastaları ve Yakınları Dayanışma Derneği) will travel to Trieste, Italy, for a collaboration with the Conferenza Permanente per la Salute Mentale Franco Basaglia (ConfBasaglia), an organization that gives consultancy and technical assistance to socially inclusive initiatives for mental health worldwide (www.confbasaglia.org). A patient, a supervisor, two mental health professionals and two activists will shadow their Italian counterparts at social cooperatives and at mental health centers to experience the Basaglia method first hand and apply what they learnt back in Turkey. We intend to collaborate on a long term formative exchange program with ConfBasaglia. Through a possible memorandum between ConfBasaglia and the Association, we would like to host members of ConfBasaglia in Turkey in the near future.
<b>Application Category</b>	Mobility and Networking Support
<b>Start Date</b>	04-02-2018
<b>End Date</b>	11-02-2018
<b>Duration</b>	1 week
<b>Thematic Field</b>	Struggle against discrimination, Economic-Social Rights, Disability Rights, Disabled Rights, Human Rights, Health Rights, Other (Civil Society (In general))
<b>Application Country</b>	Turkey
<b>Application City</b>	ANKARA, İSTANBUL
<b>Applicant</b>	Ayşegül Selenga Taşkent
<b>On Whose Behalf?</b>	On behalf of a CSO
<b>CSO Title</b>	Şizofreni Hastaları ve Yakınları Dayanışma Derneği / Solidarity Association for Schizophrenia Patients and Their Families
<b>CSO Category</b>	Association

## Answers

### 1. Why do you request this support, what are the outcomes you wish to achieve?

The Solidarity Association for Schizophrenia Patients and Their Families (Şizofreni Hastaları ve Yakınları Dayanışma Derneği) socially supports people with mental health problems and their families in Turkey. In June 2017, a delegation visited the Conferenza Permanente per la Salute Mentale Franco Basaglia (ConfBasaglia) in Trieste to learn more about the wonderful work Prof. Basaglia and his team have done over the past forty years for the social inclusion of the mentally ill. With the aim of adapting the Basaglia method to Turkey, where

stigma and social exclusion are still deeply rooted at all society levels, as a delegation we would like to collaborate with ConfBasaglia experts in Trieste for 1 week. The delegation will consist of patients, mental health professionals and activists, who will shadow their Italian counterparts to experience the Basaglia method first hand and use what they learn back in Turkey. As civil society activists, we believe this experience could be seminal to start an inclusive, rehabilitative hands-on approach to mental health in Turkey, where social rehabilitation is limited and social isolation is common for people experiencing mental health problems. We intend to collaborate on a long term formative exchange program with ConfBasaglia. Through a possible memorandum between ConfBasaglia and the Association we would like to host members of ConfBasaglia in Turkey in the near future.

## **2. What kind of rights-based activities do you wish to carry out after the support?**

Schizophrenia is the most persistent and disabling of the major mental illnesses, according to the World Fellowship for Schizophrenia and Allied Disorders. In Turkey, over 700,000 people suffer from schizophrenia. For years, the Solidarity Association for Schizophrenia Patients and Their Families (Şizofreni Hastaları ve Yakınları Dayanışma Derneği) has been a reference point for schizophrenia patients and their families in Turkey. The Blue Horse Café (Mavi At Kafe) was formed as part of a social rehabilitation project of the Association in 2009. The Blue Horse Café (Mavi At Kafe) provides work opportunities for schizophrenic patients, thus contributing to strengthen their self-esteem, to make them more active in society and to fight prejudice by putting the general public in direct contact with the patients. Since its opening, the café has given work to over 30 patients. Located in Ankara, it is a therapeutic place where patients can practice everyday skills like cooking, cleaning, serving customers, which make them feel useful, keep busy and have daily exchanges with the public, thus making them an active part of society. Trieste is one of the most advanced places for mental health research in the world. It is the first place in the world where mental health hospitals were closed down to give way to alternative, rehabilitative solutions to mental health issues. It is an open-air lab connecting disadvantaged people with the public and integrating them into society. Doctor Basaglia's team has been working for the last 40 years to promote honorable integration within society. In Trieste, mental hospitals were closed down and replaced with mental health centers in the late 1970s. Today, there are social cooperatives to fulfill specific quotas for the employment of disadvantaged people (mentally and physically disabled, refugees, single parents and people experiencing social exclusion). These revolutionary initiatives are important steps to integrate the disadvantaged into society. Trieste has become a model city for collaborations and participatory projects, a place where civil society very actively works for social inclusion. By providing quality services, social cooperatives make profits, gain financial independence and become self-sustainable. On the contrary, in Turkey, the disadvantaged are stigmatized, they are relegated to their homes and they are denied the opportunity to become economically independent. We would like to travel to Trieste for 1 week with a team of 6 people from the Solidarity Association for Schizophrenia Patients and Their Families (Şizofreni Hastaları ve Yakınları Dayanışma Derneği) and the Blue Horse Café (Mavi At Kafe) to do hands-on practice at social cooperatives and mental health centers. The team will consist of: a Blue Horse Café (Mavi At Kafe) supervisor, a patient and two activist mentors and two mental health professionals (psychologists) from the Association. The Blue Horse Café (Mavi At Kafe) supervisor, together with an activist mentor, will work at Il Posto delle Fragole, a successful café and restaurant, which is a social cooperative. This work experience will give Blue Horse Café (Mavi At Kafe) management the opportunity to understand how to better run the café, in terms of both managing human resources and making the business self-sustainable and profitable. The schizophrenic patient, with the other activist/mentor, will work at Radio Fragola, the first and only radio in Italy that is a social cooperative and that broadcasts a show where mental health patients share their experience. The patient involved in this activity is a philosopher and an author and has been an integral part of the Association since the beginning. The aim of this work experience is to learn the technical know-how to start an independent radio station for the mentally ill in Turkey. The two mental health professionals from Turkey will shadow their Italian counterparts at a mental health center (Centro di Salute Mentale) to see and learn how therapy and rehabilitation are carried out, how health professionals and patients interact and what activities take place. The aim is to pass the know-how to the social rehabilitation centers in Turkey. Right-based activities: Human Rights: All members of society have the right to be valued, respected and treated with dignity. Social exclusion violates human dignity. Our aim is to fight against social exclusion of mental health patients in Turkey. Social Rights: Along with medication and psychotherapy, the sociocultural approach is vital for the treatment of mental health patients. This project will contribute to improve Blue Horse Café's (Mavi At Kafe's) therapeutic social environment. Economic Rights: The project aims to provide an environment where mental health patients find employment and have a salary. It is our hope that Blue Horse Café (Mavi At Kafe) will serve as a role model for other mental health initiatives throughout Turkey. Disabled Rights: Blue Horse Café (Mavi At Kafe) is a place where people with mental health problems interact with the general public and have the opportunity to work according to their abilities. It is a safe environment for mental health patients. This project will contribute to manage the patients' skills more effectively for the success of the business and their own well being (working hours, necessary breaks, coping with stress, attitude towards workers, patients and customers). Civil Society (In general): Through a practice-based partnership with ConfBasaglia in Trieste, the project intends to open a new way to look at mental health and social rehabilitation in Turkey. As small project as it might be, it is a start and a seminal activity which might bear important fruits at a bigger level. We want to eliminate stigma, promote dialogue and ultimately push for mental health patients to take active part in society. In order to share what we will practice with the "Veni, Vidi, I learnt: A Full Immersion in the Basaglia Experience" mobility project, in the near future our team would like to produce a written and an audio-visual report, which will be used at conferences, seminars, universities to give new ideas for mental health care in Turkey. For this, we would like to apply for Sivil Düşün Campaign Support once we complete this project.

## **3. Who do you envisage will benefit directly or indirectly from the activity to be supported?**

Patients and their families, workers, mental health professionals and volunteers at Blue Horse Café (Mavi At Kafe). All the mental health associations that are under the Turkish Federation of Schizophrenia Associations (Şizofreni Dernekleri Federasyonu). Turkish civil society.

## **4. Have you ever previously received any EU funding?**

No.

**5. Please kindly specify if your activity is contributing to the disadvantaged groups and/or regions.**

The activity will contribute to the most disadvantaged, socially excluded and stigmatised group: people suffering from schizophrenia and other people with mental health issues in Turkey.

**6. Please kindly indicate if your activity is contributing to civil society-public sector and/or civil society-private sector cooperation.**

The project will contribute to both civil society-public sector cooperation and civil society-private sector cooperation. Due to the lack of a mental health law in Turkey, a social rehabilitation project like the Blue Horse Café (Mavi At Kafe) is considered a regular private enterprise, which makes self-sustainability extremely challenging. Through the collaboration with ConfBasaglia in Trieste, we would like to build a bridge between government-supported initiatives and private sector enterprises for social good.

**7. Please kindly indicate if your activity is contributing to mutual learning or experience sharing.**

This project is a learning exchange project for both sides: the Turkish team shadowing an Italian team involves a two-way learning, because while learning about the Basaglia method and about social rehabilitation and social cooperatives, the Turkish team will also have the opportunity to share the situation about mental health treatment in Turkey. It will also be a nice cultural exchange for people from two countries that share history, traditions and a genuine respect for each other.

**8. Within the scope of your support request, if you would have special needs (intercity transfer, per-diem etc.) please indicate.**

As a grass roots organization, we would need a per-diem for the traveling team. We would also need an insurance coverage for the Turkish team.

Previous (<http://mis.sivildusun.net/en/applicants/applications/edit3/eyJpdil6lIRCYldxYndKNTBWdlwvYXNNdIl3b0RnPT0iLCJ2YWx1ZSI6Ikt0Zi>)