

ONGOING PSYCHO-SOCIAL INTERVENTIONS: PRELIMINARY DATA OF THE "FRAGIL/mente" PROJECT

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Introduction

- On 20.10.2023, the "FRAGIL/mente" project was launched, approved by the Puglia Region - WELFARE DEPARTMENT - through the public notice "PugliaCapitaleSociale 3.0" for local programs of actions of general interest based on ministerial funds pursuant to articles. 72 and 73 of the Legislative Decree. 117/17, aimed at supporting, at a regional level, activities promoted by ETS. The data we will report refers to the period 20.10.2023 – 20.03.2024.



Results of 2

Figure 2 shows the reasons for the requests, through the 236 individual meetings held



Results of 3

Figure 3 shows the origin of our clients and the number of individual meetings had



Conclusion

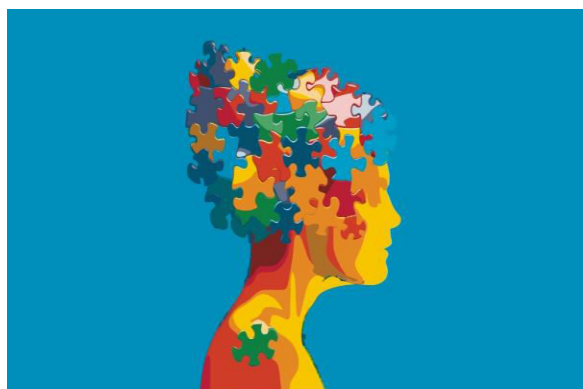
- The benefits brought to the patients during these 6 months of carrying out the project were the following: establishment of a good psychological therapeutic relationship which consequently developed greater confidence in taking antiretroviral therapy; improvement of communication with their family environment by giving them the opportunity to use our professional figures as a "bridge" between the patient and the context; improvement of one's perception as people worthy of value and respect; increased awareness of their rights as citizens; improvement of their quality of life.
- This was possible above all thanks to the free nature of the service offered to them, having intercepted the current social difficulty in accessing direct, rapid and concrete public health and social services.

Methods

- The recipients of the project are: people living with HIV, or AIDS or other STIs; Family units in a state of poverty even with minor children; People subjected to alternative punishments to prison; Migrants without a residence permit and foreign people residing in the Region.
- The idea of the project was born from having detected the absence of a structured counseling and psychological support service aimed at the recipients described above, people who are almost always left alone in dealing with psychological distress.
- The team is made up of: 1 Coordinator; 3 Psychologists; 1 Social Worker.
- Through support and information activities, the project aims to: provide social and psychological assistance, in order to reduce and process fears and feelings of guilt; encourage the creation of a good therapeutic alliance starting from new diagnoses; support the recipients, to strengthen the ability to manage the psychological reaction towards daily events; improve emotional well-being to better deal with stress; prevent discrimination phenomena; offer personalized information on the resources present in the area; increase the possibilities of "welcome" through the creation of a privileged territorial point.

Results

- Over the period we listened to 24 people, of which 7 women and 17 men, through 236 individual meetings. Of these 24 people, 9 suffer from depression, 8 from anxiety disorder, 3 from mood disorder and 4 from personality disorder. As regards their origin, one is foreign, 19 reside between Bari and the province, the remainder come from Brindisi, Taranto, Matera and Potenza. The average age is 44 years.



Results of 1

Figure 1 shows the gender of the clients from 20/10/2023 to 20/03/2024: in 6 months, we have supported 7 women and 17 men.

