

**Introduction:** Psychosocial rehabilitation is a challenge in a society with demands unsuitable for those with severe mental illness (SMI). The Mental Health Department of Matosinhos Local Health Unity (MHD-MLHU) has developed a solidarity project aiming to evaluate and elaborate individualized rehabilitative responses with people with SMI, including people from the community motivated for solidarity initiatives.

**Objectives:** To describe a psychosocial rehabilitation project focused on community integration of people with SMI, considering needs and resources of the population, and to present the individualized rehabilitation plans carried out for people with SMI.

**Methods:** In January 2019, we began the home evaluation of people with SMI monitored in the MHD-MLHU. To develop solitary based play-occupational groups, we interviewed people from the community and from the common mental pathology outpatient clinic willing to participate.

**Results:** We present the description and evaluation of the psychosocial responses developed by the project. These responses include recreational-occupational groups, tailored to interests of each person with SMI, and using the community support group built for the purpose. These responses promote face-to-face activities, and enhance the destigmatization of SMI. The constraints resulting from the COVID-19 pandemic led to the creation of digital responses aimed at people with SMI and the community in general.

**Conclusions:** This experience has revealed the great potential of rehabilitating the community context of people with SMI, rather than just contemplating pre-existing structured responses. The pandemic created specific challenges but made the initiative even more relevant for SMI people and for promoting the mental health of the general population.

**Keywords:** solidarity; community mental health; Rehabilitation

## EPP1128

### Study of 18 months of follow up dir floortime intervention in preschool children with autism spectrum disorder (ASD)

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**Introduction:** Children in Autism Spectrum Disorder (ASD) have a qualitative deficit in social interaction. The DIR/Floortime (Stanley Greenspan and Serena Wieder) is based on the Child's Functional Development, Individual Differences and Relationships (D for development, I for individuality or individual differences and R for relationship), aiming at building the foundations for social, emotional and intellectual skills of children.

**Objectives:** To determine the results of 18 months DIR/Floortime™ parent training for an additional benefit in encouraging children with ASD climbing the developmental “ladder”.

**Methods:** The participants are 15 children with ASD aged between 2 and 6 years-old. The follow-up occurs in two private DIR Floortime Model service centers in Brazil. Protocols: Functional Emotional Assessment Scale – FEAS and Functional Emotional Developmental Questionnaire – FEDQ. The participants were followed-up one on one every four months.

**Results:** At the first month of assessment the children showed lack of self regulation, social interaction and engagement with their parents in a symbolic, sensory and motor play setting. At the following evaluations, they showed increase of social interaction and engagement in the same play setting. Besides the high affect of the parents during the play time promoted a two way purpose communication and behavioral organization.

**Conclusions:** Children showed a good development of functional and emotional capacities during the study period, demonstrating the effectiveness of the DIR/Floortime model in the intervention.

**Keywords:** autism; Development; DIR/Floortime

## EPP1129

### How brazilian parents deal with the development of kids with hearing impairment diagnosis

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**Introduction:** When parents discover that their child has hearing loss, a new reality presents itself with frustration, a huge amount of work as special care, therapies, exams, etc. Adapting to this new situation is a huge challenge to the development of both parents and children who receive this diagnosis.

**Objectives:** This study investigated how Brazilian parents of children diagnosed with hearing loss dealt with this situation from diagnosis to the present day.

**Methods:** In this study it was used the Bioecological Theory of Human Development, which considers the development of both parents and children over time. Two meetings were conducted using a focal group technique, with questions related to the diagnosis and how they faced the situation, prejudice, care of other siblings, etc.

**Results:** Most parents discovered the diagnosis of hearing loss of their children right after birth. Only one mother said she did not care about the diagnosis of hearing loss while most reported having suffered a lot and glimpsed a life of difficulties. Even knowing the limitations imposed by the condition of the children, no one considered hearing loss as a sickness. Parents reported that the child suffered bullying because of difficulties in speaking and most parents say they worry about their children's school life.

**Conclusions:** Parenting kids with hearing impairment is challenging, and involves dealing with prejudice, fear of future, long-term therapies and high costs. Nevertheless parents make great efforts to provide a good environment minimizing the risks of having such condition.

**Keywords:** Bioecological Theory of Human Development; hearing impairment; Parenting

## EPP1130

### Recovery from borderline personality

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**Introduction:** Recovery is much broader than experiencing remission of symptoms. It is understood as the experience of a subjectively significant and satisfying life, even if some symptoms of mental illness persist. The recovery process from borderline personality disorder (BPD) is complex and includes recognizing the need for change and developing greater self-acceptance.

**Objectives:** Provide an overview of personal recovery from BPD.

**Methods:** The authors did a non-systematic review in pubmed with the words: "borderline personality disorder" and "Recovery".

**Results:** BPD is a serious mental disorder characterized by a pattern of instability in interpersonal relationships, self-image and affections, marked by impulsiveness and (para) suicidal behaviors. Unemployment and difficulties in obtaining and maintaining employment are highly prevalent on BPD and add social exclusion and deterioration of physical and mental health. Recent long-term follow-up studies offer a optimistic scenario, indicating high rates of clinical remission (not equivalent to full recovery). Most psychotherapies, such as dialectical behavioral therapy (DBT) or mentalization-based therapy, have proven their effectiveness in treating emotional dysregulation, impulsivity and interpersonal difficulties. Teams working with people with BPD should develop comprehensive multidisciplinary care plans. The care plan should identify long-term goals that should be realistic, and linked to the short-term treatment aims and develop a crisis plan that identifies potential triggers that could lead to a crisis.

**Conclusions:** Cognitive rehabilitation and psychoeducational interventions can be effective in individuals with BPD. These interventions can be easily implemented in mental health settings and offer benefits for improving overall functioning, which often remains affected after clinical remission in long-term follow-up.

**Keywords:** recovery; Borderline personality disorder

### EPP1131

#### Successful discharge from a mental health halfway house: A personalized process with integrated approaches

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**Introduction:** In Taiwan, residents of mental health halfway houses (MHHH) receive psychiatric rehabilitation services, aiming for independent living and community integration. Research is yet to investigate how MHHH may effectively assist residents' discharge in this cultural context.

**Objectives:** To examine the processes of assessment, preparation, assistance, and appraisal of discharge from MHHH staff's perspectives.

**Methods:** Semi-structured in-depth interviews were conducted with 11 halfway house staff members. Verbatim transcripts were analyzed with dimensional analysis procedures of the grounded theory methodology.

**Results:** Successful discharge is a personalized process with integrated approaches addressing three essential factors: (a) regular community involvement, (b) the residents' capacity to work, and (c) the family's acceptance and support. Staff supported individual residents' community involvement by attending to residents' personal interests, resource availability, financial concerns, and

transportation. Moreover, staff provided rehabilitation trainings to develop work capacity. However, residents' motivation and functioning as well as job opportunities might affect their employment. Finally, in Taiwan, residents were rarely discharged without their family members' consent because residents tended to co-reside with their family after discharge or rely on family support while living separately. Staff worked to engage families, which was influenced by family relationship quality, past traumatic events, financial concerns, capacity to assist the resident, and/or the resident's ability to assist with family affairs.

**Conclusions:** To achieve successful discharges, MHHH staff need to assist each resident by developing an integrated plan to enhance conditions of the aforementioned factors, including strategies for different familial situations to garner family support in this cultural context.

**Keywords:** psychiatric rehabilitation; mental health halfway house; discharge

### EPP1132

#### Assessment of the effectiveness of psychosocial rehabilitation in schizophrenia patients using biological markers

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**Introduction:** An important aspect of rehabilitation programmes is assessment of their effectiveness, which is carried out mainly through clinical and psycho-pathological examinations, psychometric and psychological scales and questionnaires. The use of biological markers of the schizophrenic process to assess the effectiveness of rehabilitation assistance is of considerable interest.

**Objectives:** To compare the clinical and socio-psychological characteristics of schizophrenia patients receiving psychosocial treatment in various forms of psychiatric care with the level of immune system activation reflecting the activity and severity of the pathological process in brain.

**Methods:** 77 schizophrenia patients in remission of varying quality were examined, of which 52 patients (the 1<sup>st</sup> group) participated in a long-term comprehensive rehabilitation programme (3.7±2.5 years) in non-profit organization, and 25 patients (the 2<sup>nd</sup> group) received medical and rehabilitation assistance in the psychiatric day hospital (duration of treatment no more than 60 days). PANSS, HDRS, SAS-SR, SF-36, BRS scales were used. The activity of the pathological process was evaluated by the level of inflammatory markers.

**Results:** Both patient groups showed a similar increase in the level of inflammatory and autoimmune markers compared to control (p<0,01). The 1<sup>st</sup> group compared to the 2<sup>nd</sup> one had a significantly higher level (p<0,05) of social functioning, stress resistance, awareness of the disease, motivation, comprehensiveness, as well as less the severity of psychopathological symptoms.

**Conclusions:** The results indicate the effectiveness of a long-term comprehensive rehabilitation programme to stabilize clinical