



Therapeutic & Pedagogic Center of Patras for People with Mental Disorders

«MERIMNA»

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Programs, researchHCScope

HISTORY

- ❑ In 1961 the Charity Association for the Protection of the Child with Mental Disorders was founded.
- ❑ In 1969 the 1st Center for people with mental disorders in Achaia and throughout Peloponnese & Western Greece was established.
- ❑ In 1973, a special elementary school has been housed & operated within the Center's faculties, until 1985.



«MERIMNA»

- ❑ It is a non-profit organization & a Legal entity of Private Law.
- ❑ Its Board is composed by 7 members of which 4 members coming from the Charity Association “Friends of MERIMNA” & the rest 3 are designated by the Municipality of Patras.
- ❑ It is noted that the members of the Board offer their services for free.
- ❑ The Centre is staffed in total by 60 employees (scientific, administrative, educational & auxiliary staff)
- ❑ Volunteers (such as Hellenic Red Cross, AIESEC Greece etc)



TODAY...

In our Centre, at the moment, operate:

- ❑ 2 Creative Centers for people with mental disabilities (capacity: 50 people)
- ❑ Day Care Centre for people with mental disorders (capacity: 103 people)

While implemented:

- ❑ Co-funded EU Programmes
- ❑ EU Programmes
- ❑ Erasmus + (KA1 , KA2)



TODAY...

In addition “Merimna”:

- ❑ is Member of the European Association of Service Providers for Persons with Disabilities-**EASPD** (www.easpd.eu) numbering 13.000 members
- ❑ Has Certification from **TUV AUSTRIA Hellas**, according to **ISO 9001:2015**
(from June 2017)



European Social Funding

- ▶ Budget: 396.000 euros
- ▶ Implementation Period: 3 years (12/2016-11/2019)
- ▶ ESF Axis: *9iv- Enhancing access to affordable, sustainable and high quality services, including health care and social services of general interest*



European Social Funding Rationale

- ▶ Took place take in the Centre's property and specifically in the Day Care Centre of MERIMNA
- ▶ Up to this day, 35 young people with disabilities are integrated, of different ages and of both sexes.
- ▶ These people which all of them have insurance, pay their obligation to the Center and then submit the relevant receipts to their insurance institution and are compensated for the aforementioned period.
- ▶ MERIMNA participated, through this project, in joint actions with other Day Care Centers (i.e. ALKYONI) and with both its 2 Creative Centers.



Morning Shift



Group Integration Criteria

- ▶ Mental Level
- ▶ Variations & Changes in Behavior
- ▶ Adaptation Ability to the Group
- ▶ Aptitudes & Interests of the person



Workshop Groups

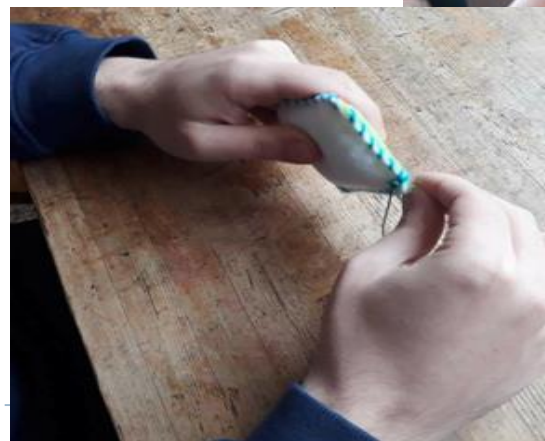
Goals:

- ▶ Cultivation of skills and competences in specific work objects based on the interests and individual abilities of each trainee
- ▶ Enhancement of personal and social skills
- ▶ Creating incentives for work
- ▶ Acquiring communication and collaboration skills
- ▶ Keeping mental balance



Workshop Groups

1. Pottery
2. Bookbinding
3. General craftmanship
4. Decoration
5. Crafts
6. Gardening
7. Woodworking
8. Soap Crafting



Creative Groups

Goals:

- ▶ to acquire self-handling skills
- ▶ smooth adaptation both to family and social environment
- ▶ acquiring life skills and encouraging autonomy
- ▶ Creative Activities- Entertainment



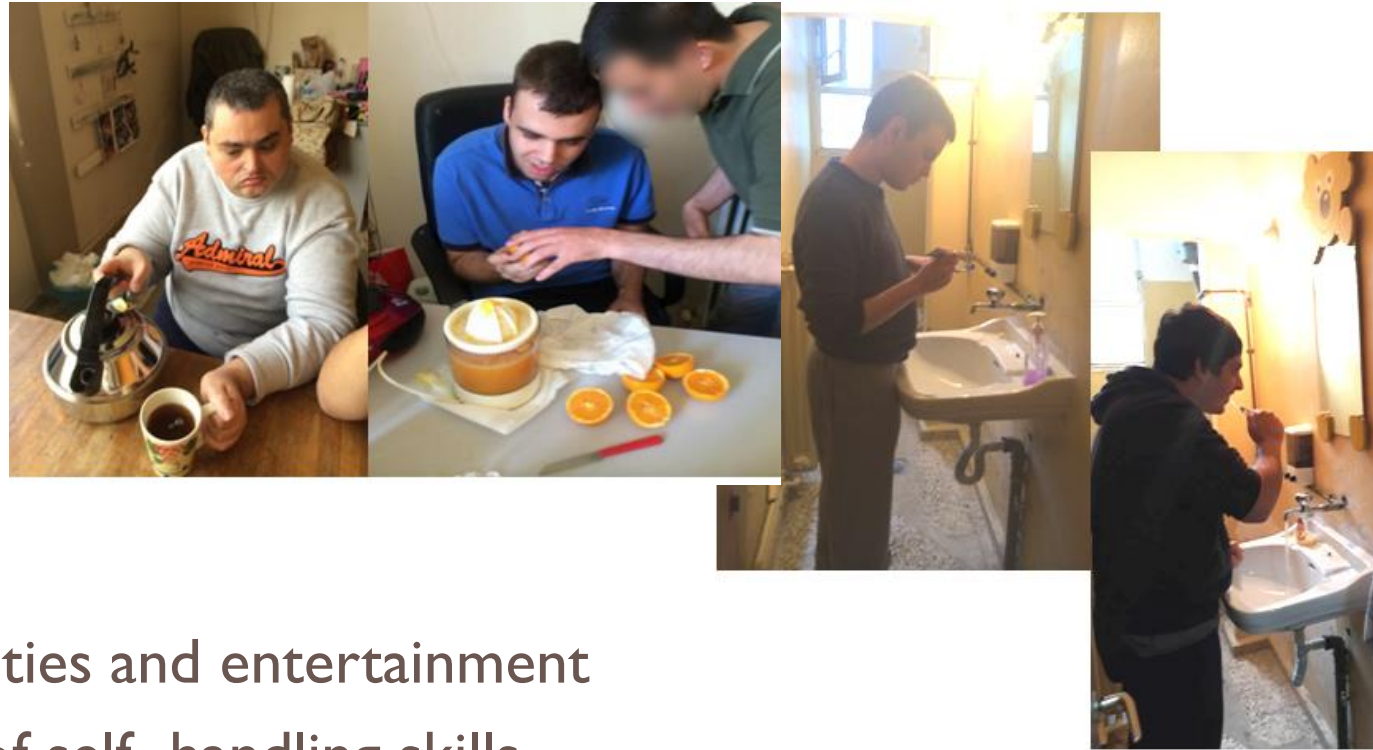
Club A

Goals:

- ▶ To care & protect its members
- ▶ To improve or maintain their physical status
- ▶ To participate to entertainment activities
- ▶ To provide motivations in order to activate the beneficiaries



Club B



Goals:

- ▶ Creative activities and entertainment
- ▶ Preservation of self- handling skills
- ▶ Smooth Adaptation of the person to the family environment



Educational Programs

- ▶ Semi-autonomous living
- ▶ Social Intergration
- ▶ Computer lessons
- ▶ Muscle-kinetic Education
- ▶ Physical education



Services Provided

- ▶ Psychological support
- ▶ Consulting
- ▶ Ergotherapy
- ▶ Physiotherapy
- ▶ Speech therapy



Afternoon Shift



Characteristics of the Afternoon programs

- ▶ Rollover program - switching instructors and objects;

Aim:

Separation of Trainees - Criteria

- ▶ Mental level
- ▶ Cognitive and Social Skills
- ▶ Interaction
- ▶ Age
- ▶ Interests

- ▶ High functionality
- ▶ Increased performance
- ▶ Co-operation

Dynamic of the Groups

- ▶ 7-10 beneficiaries

Merimna in the afternoon provides “Individual Programs”, both upon Scientific Team’s Initiative and Parents’ or guardians’ request
Additionally, it operates a Support Department



Provided Services/Programs

Except from the aforementioned groups, the below Services/programs are provided:

1. Psychologist & social workers' directed groups
2. Sessions of Personalized Counseling
 - ▶ Fixed - scheduled
 - ▶ Emergency sessions where necessary

There is Communication - cooperation with the wider family environment of the beneficiaries



Additional Activities

- ▶ Entertainment Excursions of the beneficiaries
- ▶ Educational exits of the beneficiaries
- ▶ Organization of events / celebrations on the occasion of the nominal holidays and the birthday of the beneficiaries
- ▶ Excursions
- ▶ Monitoring / participation in sports content activities (Special Olympics etc)



Additional Activities

- ▶ Bazaars
- ▶ Participation in sporting events
- ▶ Presentation of Theatrical performances
- ▶ Participation of the choir and dance groups in festivals
- ▶ Excursions
- ▶ Visits to Environmental Education Centers
- ▶ Participation in the Greek-based environmental action "Let's Do It Greece"



Boarding House

- ▶ The Center operates a Hostel (Boarding House) from Monday to Friday noon.
- ▶ Today it hosts 23 people from different parts of Western Greece.
- ▶ Proper organization and ensuring a hospitable environment contribute to their safe and pleasant stay.



Our Future Plans...

- ▶ Construction of a new building on a privately owned plot of the “Parents & Guardians Association”
- ▶ The project will be funded by ESPA 2014-2020
- ▶ In the new building will eventually be included:
 - A Day Care Centre (50 people with mental disabilities)
 - 2 Accommodation Centres of Supported Living (capacity of 7 people each)



Thank you for your attention!!!

