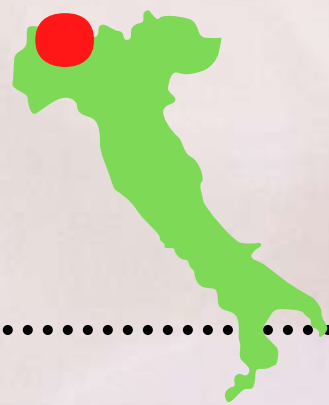


# Martine Vallarino

## aMIcittà

The project "aMIcittà. Budget di salute e attivazione della comunità" (personal health budget and community activation) aims to foster citizens affected by mental health problems to play an active role in planning their recovery plan towards a "complete social inclusion and participation" and to improve the healthcare system according to the aforementioned vision of the user's role. The challenge is fragmentation of psychosocial interventions that are delivered to the person due to the multiple sources of funding.

aMIcittà operates as a network of organisations and provides a multidimensional support for each person with mental illness.



## Governance team

aMIcittà project was funded with the aim of creating an integrated governance system based on a shared and participatory system of care. La Salute in Testa, an association mostly composed by experts by experience, with other non-profit organisations and institutional partners (e.g. Niguarda Hospital Trust and MUnicipality of Milan) are all involved in the process of care.

The partners and stakeholders constituted at the beginning a mutual agreements that gave birth to the integrated system. Then, communities of practice involving experts and citizens were planned to design and monitor each phase and all the project activities.

Clinical Psychologist

Martine would welcome the possibility to share experiences and practices. When people feel confident and safe in a relationship they can more accurately explain their needs and thoughts. Empowered people can influence the care process successfully.

Martine can explain how to integrate peer support into a formal staff setting and how this is improving the therapeutic process.

- How to make peer support (experts by experience) being formally recognized?
- How to shift the power between patient and healthcare professional?
- How to overcome prejudices towards mental illness?

Values and expertise

Questions to the Forum