

# Career Services for MH Neets

## Introduction

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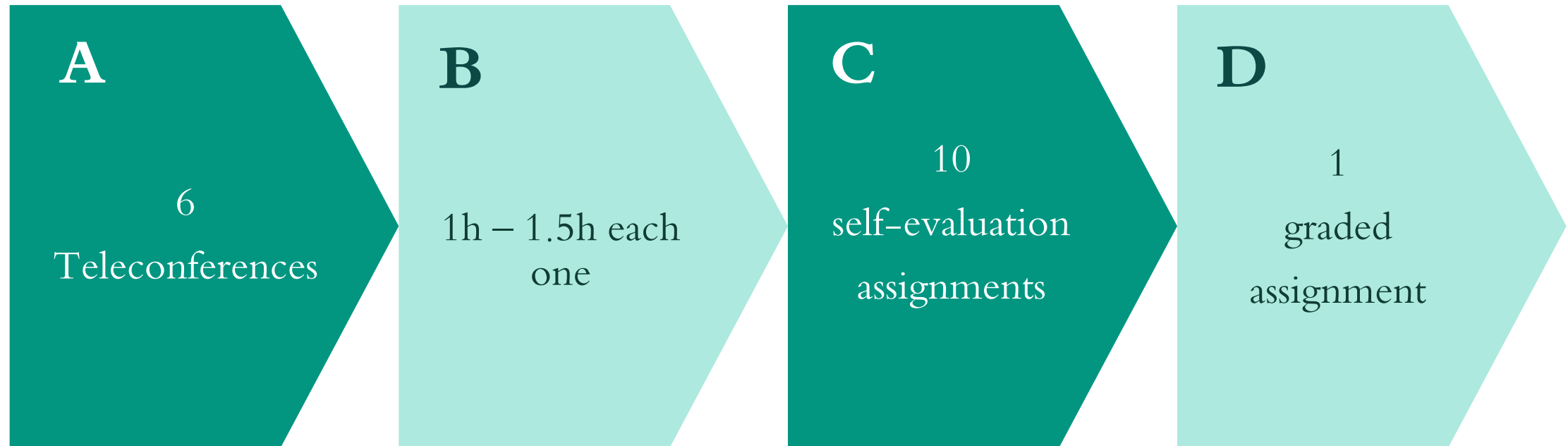


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# Structure of the Programme





# The importance of work

- Out of the 24 hours that a day has, people spend around 8 hours sleeping and out of the remaining 16 hours they usually spend more than half of them in their workplace.
- Work is among the main pillars of the existential organization of individuals and an important feature for structuring their identity.

Just think that among the first things that people say to others when they introduce themselves is their vocation.



# The importance of work

- Meet people and expand social networks. Work acts as a training opportunity to develop and improve social skills and develop friendly and supportive relationships.
- The support provided by co-workers can change someone's life experience from one of isolation to one of feeling part of a community.
- **Develop new skills, both work and non-work related.**

Learned skills are also transferred, through work, to the society.



# The importance of work

- Work provides financial means and creates a better quality of life.
- **Work is linked to better health, happiness and a more meaningful life**

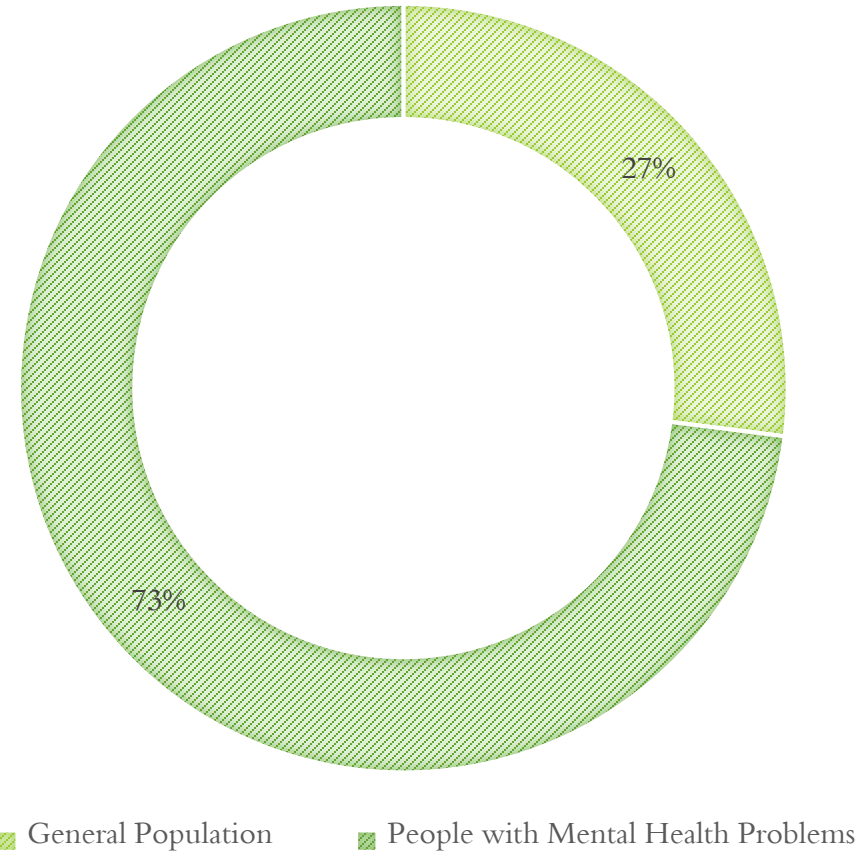
# Work & Mental Health

**Mental illness affects around 27% (83m.) of Europeans annually.**

(European Social Work, 2013)

**Three quarters of mental illness begins by age 24.**

(WHO)



# Why is work integration important for people with MH problems?

1

## Value and centrality of work

Important feature for structuring identity

2

## Various practical benefits

Economic benefits

Levels of activity

Daily Routine

3

## Being a member of the society

Social exchange

Dignity

Social status

4

## Psychological benefits

Self-esteem

Satisfaction

Challenges

5

## Identity construction (I)

Illness does not determine the whole life and personal identity

6

## Identity construction (II)

Skills, abilities, career interests & values, experience & knowledge should not be overshadowed by illness





An advanced strategy for social inclusion all over Europe with strong interest in early intervention and MH NEETs.

Promoting Work

Integration of people  
with MH problems

A multi-dimensional and multi-level approach required.

- Persons with MH problems
- Potential Employers
- Policy makers
- Wider social environment of persons with MH problems



# Let's Discuss!

- Disability
- Social Justice
- Decent Work
- Advocacy

Why are these concepts important??



# Disability

How do we perceive disability in the process of work integration and career counseling of people with mental health problems?

Limitations and deficits  
or  
capacities and current  
performance level?





# Social Justice

Although social justice has many definitions, most of them agree that the term includes:

- Equal opportunities
- Equal rights
- Equal treatment

IAEVG, the largest worldwide guidance association, appeals to providers, practitioners, academics and policy makers, to increase their efforts by embracing social justice as a core value that guides their practices. Why???



# Decent Work

The International Labour Organization (ILO) defines decent work as “productive work for women and men in conditions of freedom, equity, security and human dignity”.

Work is considered as decent when:

- it pays a fair income
- it guarantees a secure form of employment and safe working conditions
- it ensures equal opportunities and treatment for all
- it includes social protection for the workers and their families
- it offers prospects for personal development and encourages social integration
- workers are free to express their concerns and to organise





# Advocacy

Advocacy is an activity by an individual or group that aims to influence decisions within political, economic and social institutions.

Why is advocacy important in the process of work integration of people with disability????





# Exercise 1

Take a critical look at the importance of work inclusion for socially vulnerable groups.

Describe in about 400 words why it is considered important.





## Exercise 2

Watch the following video and comment on how having a structured everyday routine helps people with mental health problems have a better quality of life:

<https://www.youtube.com/watch?v=LXPYvXFe1Io>





## Exercise 3

“Si Puo Fare” is an Italian movie ” which presents the emergence of social enterprises in Italy and the de-institutionalization of mental health patients. Please see the movie and write at least 150 words, analysing the effect of work for each character:

<https://www.youtube.com/watch?v=k5UQrQywbM4>

# Bibliography

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Thank you for  
the Attention.  
Questions?