

SOCIO-EDUCATIONAL GROUP IN PRIMARY CARE

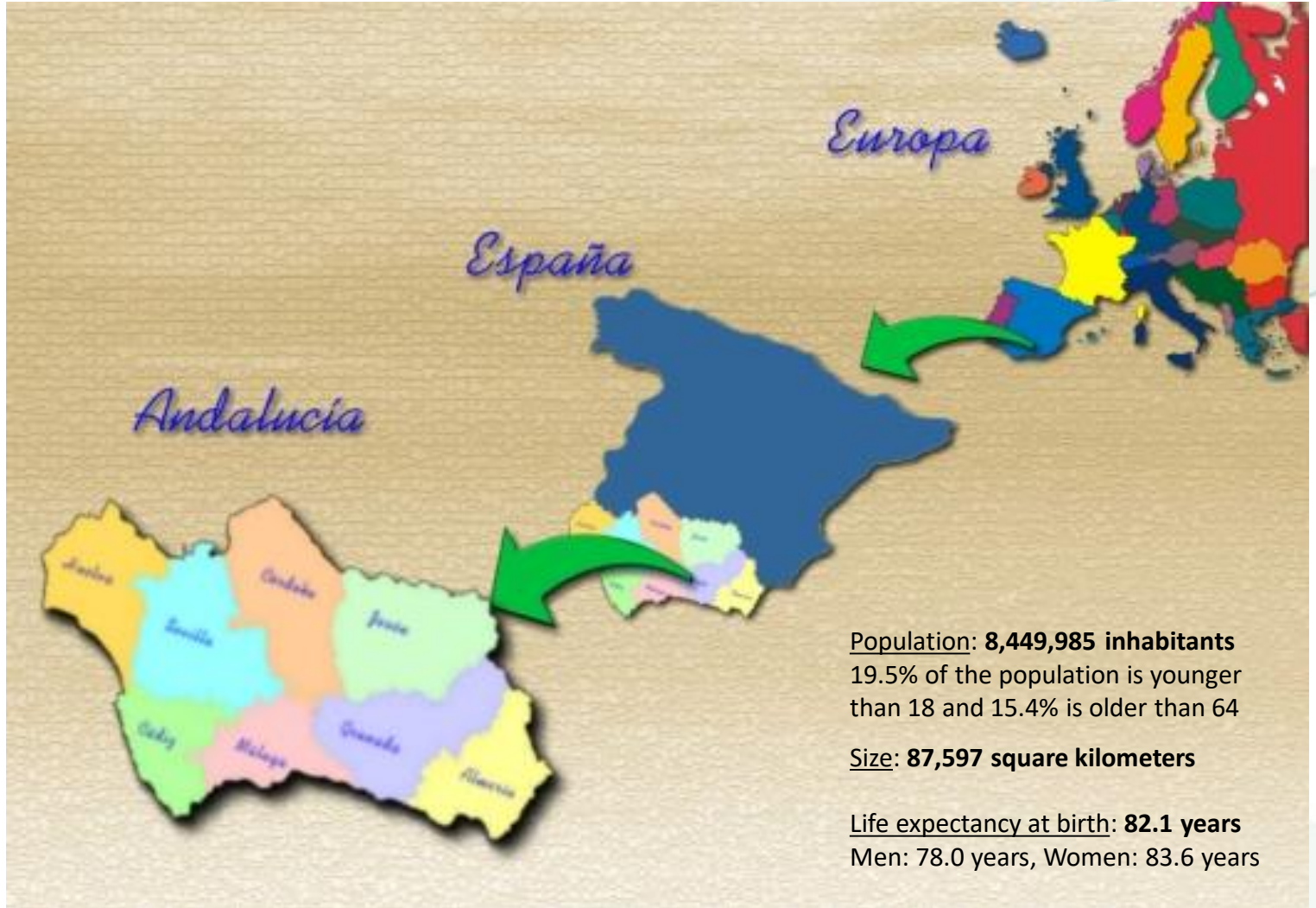
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Andalusia (Spain)





- GRUSE is a **mental health promotion** and prevention strategy
- It is a **socio-educational group** initiative for:
 - Healthy coping with difficulties of everyday life
 - Provision of protective factors for health in general and specifically for mental health (health assets)



EUROPEAN FRAMEWORK

- WHO Mental Health Declaration for Europe (2005)
- WHO Mental Health Action Plan for Europe (2005)
- EC Green paper. Improving the mental health of the population (2005)
- European Pact for Mental Health and Well-being (2008)



SPANISH FRAMEWORK

- Strategy in Mental Health of the National Health System 2006-2009
- II Comprehensive Mental Health Plan for Andalusia 2008-2012



THEORETICAL FRAMEWORK

- The concept of **mental health promotion** is associated with positive mental health, understood as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.
- **Salutogenic Model, Assets Health Model & Asset Based Community Development:** focused on factors that promote health and wellbeing, rather than looking at risk factors linked to illness.



THEORETICAL FRAMEWORK

- Work with a **gender perspective** allows to analyze the specific situation of the female participants, taking into account their living conditions, their roles and their own subjectivity.

In this sense, make visible and delegitimize "mandates of gender" which can be a way to behave, feel or be in their world is a fundamental task of this groups. From here the group work move on developing new resources and potentialities.



EVIDENCE BASED

- This type of intervention has shown its effectiveness to develop, in a group strategy, tools to prevent social isolation.
- Women's groups have shown its effectiveness in increasing 'empowerment', since it develops personal overcoming skills, that raise self-esteem and security, essential elements to modify behaviors that have an effect on the determinants in health.
- The components of the interventions that have proved effectiveness have been incorporated to the sessions and group dynamics.



GRUSE DEFINITION

- It is a group activity for mental health promotion and prevention, developed by social workers in primary care, targeting, in this first phase, women who attend health centers and need support to face everyday life with greater opportunities for success, and could benefit from a strategy that increases their emotional abilities.



SUPPORTED DATA

- It is estimated that between 30% and 60% of all attendance to primary health centers are due to symptoms without medical cause.
- Between 73% and 80% of these patients are women.
- These demands for unspecific complaints that are manifest through different symptoms, usually do not respond to drug treatment, since their origin is almost not physical but psychosocial.



INCLUSION CRITERIA

- Women between 30 and 65 years old, without specific mental health pathology, with low family and/or social support, who attend health centers due to non-specific complaints or somatizations which generate suffering. Include women with:
 - Social and/or personal complications that act as risk factors for mental health problems.
 - Presence of stressful life events that set clear risk factors for vulnerable people.
 - Complaints related to problematic situations that generate demand for help.



CARACTERÍSTICAS AND ACCESIBILITY

- Groups of 8 - 15 women, who meet in weekly sessions of an hour and a half, with a total of 8 sessions.
- Developed in primary health centers and led by Social Workers
- All clinical management units and directors of primary health districts are committed to support this initiative.
- How can women become group members?
 - They can access through referrals made by primary health professionals, but also from mental health and social services. Also they can access by self initiative.
 - Social Workers interviews the candidates, make assessments and decide which women can join the group.





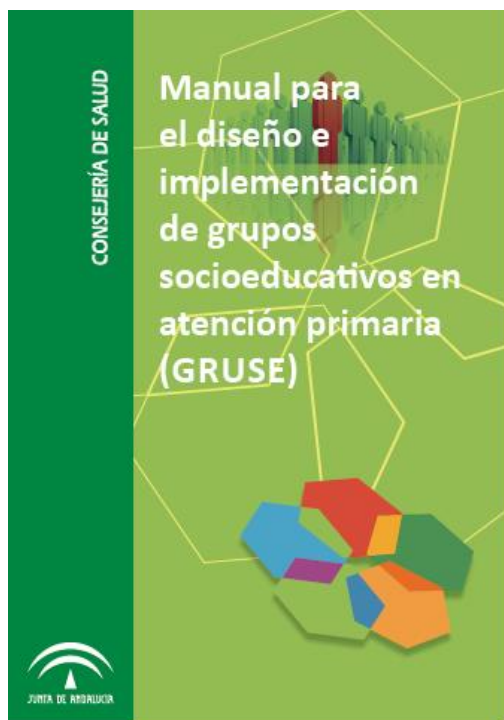
ORGANIZATIONAL ISSUES

- STAFF:
 - Primary Health Social Workers
 - Director of Clinical Management Units -UGC-
 - Public Health Staff from Primary Health Districts -DSAP-
 - Director of Primary Health Districts
 - Mental health professionals (support)
- INFORMATION SYSTEM:
 - Information System for the Management of Primary Care (SIGAP)



ORGANIZATIONAL ISSUES

Support recourses:



www.juntadeandalucia.es/servicioandaluzdesalud/saludmental



Support resources:

<http://www.juntadeandalucia.es/servicioandaluzdesalud/library/plantillas/externa.asp?pz>

Materiales para el afrontamiento saludable de las dificultades de la vida cotidiana

resolución de problemas

afrontando las preocupaciones

aprende a programar actividades

aprende a relajarte

la autoestima

concédete una oportunidad y cuídate

Plan Integral de Salud Mental de Andalucía

guía para profesionales

www.juntadeandalucia.es/servicioandaluzdesalud/saludmental



IMPLEMENTING PROCESS

- 2010:
 - Elaboration of materials in collaboration with Malaga DSAP, Jerez Costa DSAP and the Andalusian Public Health School (EASP).
- 2011:
 - Broadcasting sessions to DSAP public health and territorial delegation of health and social welfare staffs.
 - Train the trainers course for 33 social workers in collaboration with the EASP.
- 2012:
 - 8 provincial training courses, in collaboration with the EASP, involving 197 primary health social workers.



2012 ACTIVITIES

- During 2012, 79% of the primary health social workers have been trained.





2012 ACTIVITIES

- 45 news have been published on the Andalusian Health Service and Regional Department of Health Websites, between April and December 2012.
- The initiative has appeared in regional and local mass media (TV, Radio and Newspaper).





2012 ACTIVITIES

- The Spanish Ministry of Health, Social Services and Equality recognized GRUSE-M as an example of Best Practice in the prevention of gender-based violence.

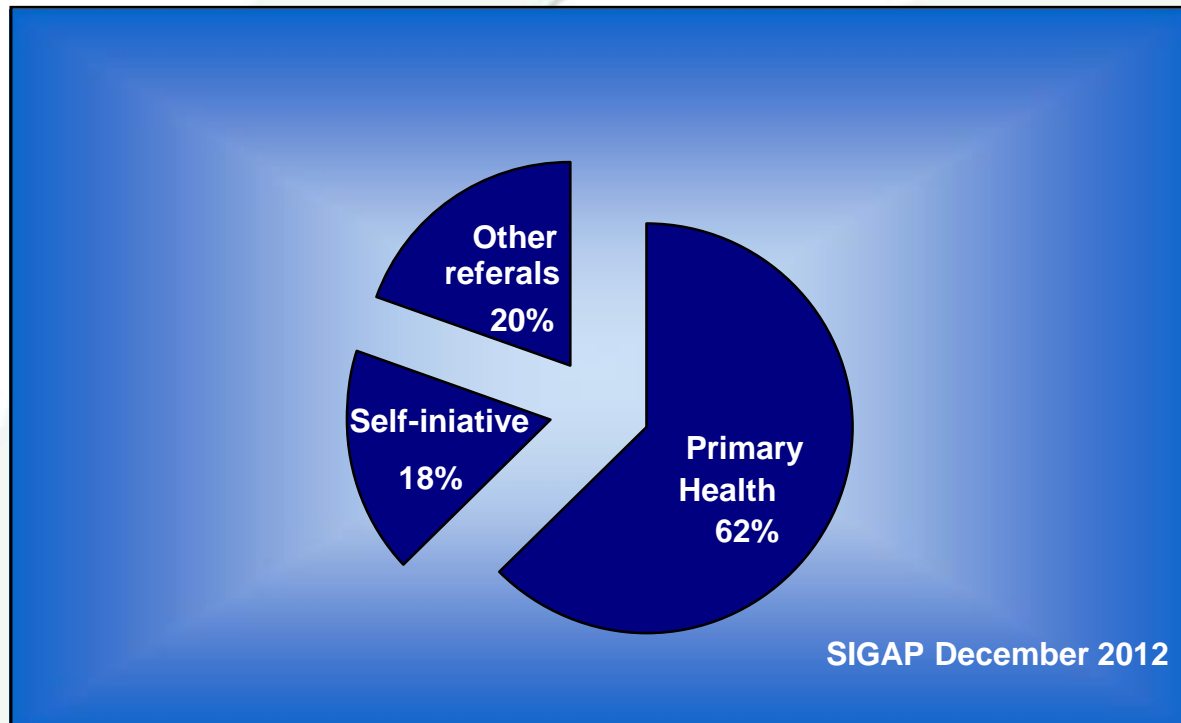
	<p>Equidad / Salud y género</p>	<p>Plan de Calidad para el Sistema Nacional de Salud</p>
<p># Documentos</p>	<p># Salud y género</p>	<p># Plan Calidad SNS</p>
<ul style="list-style-type: none"> Planes de igualdad Ley Orgánica para la igualdad efectiva de mujeres y hombres 	<p>El Observatorio de Salud de las Mujeres (OSM) es un organismo de la Dirección General de Salud Pública, Calidad e Innovación del Ministerio de Sanidad, Servicios Sociales e Igualdad. Su fin es promover la disminución de las desigualdades en salud por razón de género. Actúa de manera participativa y colaborativa para generar y difundir conocimiento que permita el análisis de género y promueva la inclusión del enfoque de género y la equidad en las políticas y sistemas de salud.</p>	<ul style="list-style-type: none"> Estrategia 4.- Analizar las políticas de salud y proponer acciones para reducir las inequidades en salud con énfasis en las desigualdades de género
<p># Enlaces</p>	<ul style="list-style-type: none"> Investigación Formación Violencia contra las mujeres Salud sexual y reproductiva [Políticas de género] 	<p># Eventos</p>
<ul style="list-style-type: none"> IGUALDAD ONU-MUJERES WHO-Commission on Social Determinants of Health-gender UNWOMEN UNFPA OPS-género SESPAS-Género y salud pública Unidad de Género de la Oficina Regional Europea de la OMS Búsqueda Bibliográfica. Salud y Género Buscador de buenas prácticas de salud reproductiva 		<ul style="list-style-type: none"> Jornada Técnica: Protocolo común para la actuación sanitaria ante la violencia de género V Foro Mujeres, Salud y Género; Transversalidad de Género en las Políticas de Salud VI Foro "Desigualdades de Género en Salud y Medio Ambiente" VII Foro Salud y Género "Salud Sexual y Reproductiva" VIII Foro Salud y Género. Encuentros y Alianzas



2012 ACTIVITIES

- 1,781 initial participants, of which end 1,489 (84% of loyalty)

Distribution according to referral source





2013 PERSPECTIVES

- **2013 Program Agreement:**
 - At least 60% of the UGC must implement socio-educational groups in primary care for women (GRUSE-M)





2013 PERSPECTIVES

- 21st May: Meeting/Workshop with all professionals involved.
- New groups for new profiles.
- Information system updated.
- Website for professionals and participants.
- Broadcasting Video



2013 PERSPECTIVES

New Website:

The screenshot shows the website's header with the logos of the Junta de Andalucía and IGruse, and navigation links for 'Inicio', 'Profesionales', and 'Mujeres'. A left sidebar menu lists: 'Menú Profesionales', 'Sesiones GRUSE', 'Sesiones Complementarias', 'Otros Recursos', 'Todos los Documentos', and sub-items for 'Imágenes', 'Textos', 'Audios', 'Presentaciones', and 'Videos'. The main content area features three sections: 'Últimos Temas del Foro' (No hay mensajes a mostrar), 'Últimos documentos publicados' (listing 'sesion_1 (0)', 'depression_crisis_economica (0)', and '10 frases para no olvidar a Jose Luis Sampredro (1)'), and 'Últimas Noticias' (Avances en la web).



VIEWS AND THOUGHTS

What is most impressive is the enthusiasm aroused by women and professionals.



WOMEN

- “Today I can say that I have opened the zipper of my armor, relying on a new life that I still have to live. But I am very scared...”
- “You have given me a hand to catch the “train of life”. I have opened the eyes of hope and I have learned that after falling I have to get up and continue...”



VIEWS AND THOUGHTS

PROFESSIONALS

- “The groups are a successful tool for the social pain of women souls“
- “This strategy dignify the social work and is a link between workers, a means of coordination with other professionals, a bridge to the teamwork...”
- “It is the result of the hard work of each and everyone of the creative colleague of this beautiful project”



Teamwork is essential
because:

THANK YOU



Team work gives good
results