



# Neuropsychiatric Hospital „Dr Ivan Barbot” Popovača, Croatia SUSTAINABLE APPROACH IN MENTAL HEALTH CARE



## EMPOWERMENT OF PATIENTS, COMMUNITY AND STAFF

### I. USE OF GREEN SPACES AND ACTIVITIES

- Healing environment 1934.-2024.
- e.g. Popovača : green spaces around the castle with therapeutical potential
- walking tours, planting, excersize eco-cafe pets



### II. USE OF PATIENT’S STRENGTHS/NEEDS

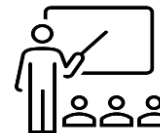
- voluntary participation:from Stationery to Daily Hospitals ,★★  
Psychiatric, Alc. addiction  
Obesity,Children and Adolescent psychiatry
- returning to Healthy styles of life, Motives and Meaning of life



Need for continued activities - spreading activities and partnerships - importance of leadership - good management - continued close multidisciplinary co-operation  
Professional Empathy and Close Relation with Community

### III. CONTINUED EDUCATION AND CARE FOR PATIENTS AND STAFF

- Multidisciplinary, Holistic approach:Bio-Psycho-Social model with strong humanistic/spiritual focus
- Anthropological spirituality in alcohol addiction treatment (V. Hudolin, 1964.)
- continuous development of Education, Management and Research



### IV. CARE FOR MENTAL HEALTH IS CARE FOR HUMAN RIGHTS

- Sensibilisation against the stigma in psychiatry, gender stereotypes and violence in partnership
- e.g. Popovača : projects with “Women’s room” / Center for Woman’s rights Zagreb, co-operation with NGOs dealing with Human rights protection
- family,hospital,police,court,social welfare centers



### V. PSYCHOSOCIAL CARE DURING PERIODS OF CRISIS; MOBILE TEAMS IN PLACE

- After 1995.-post-war traumatizations: individual, family, society, economy, basic values in question
- 2020-2022 : flooding, earthquakes: Sisak, Gunja, Petrinja,locations near the Hospital: teams in place:extra effort recognized by Ministry of Health
- COVID - 19; isolation – Dept. for covid patients and Switch to Telepsychiatry

### VI. PREVENTION IN MENTAL HEALTH Popovača-Hospital with no borders

- lectures for the community (schools, libraries)



## CONCLUSION