

Citizenship as Mental Health

Towards a redefinition
of the objectives of
mental health
interventions





Focus on custody

Until the second half of the 20th century, mental health care institutions were used to separate people considered disruptive.



Focus on symptomatic remission

The appearance of new psychoactive drugs and psychotherapies moves the focus to the possibility that the symptoms disappear as a consequence of the action of a professional.



Focus on recovery

Living a satisfying, hopeful, and productive life even with the limitations caused by mental illness.

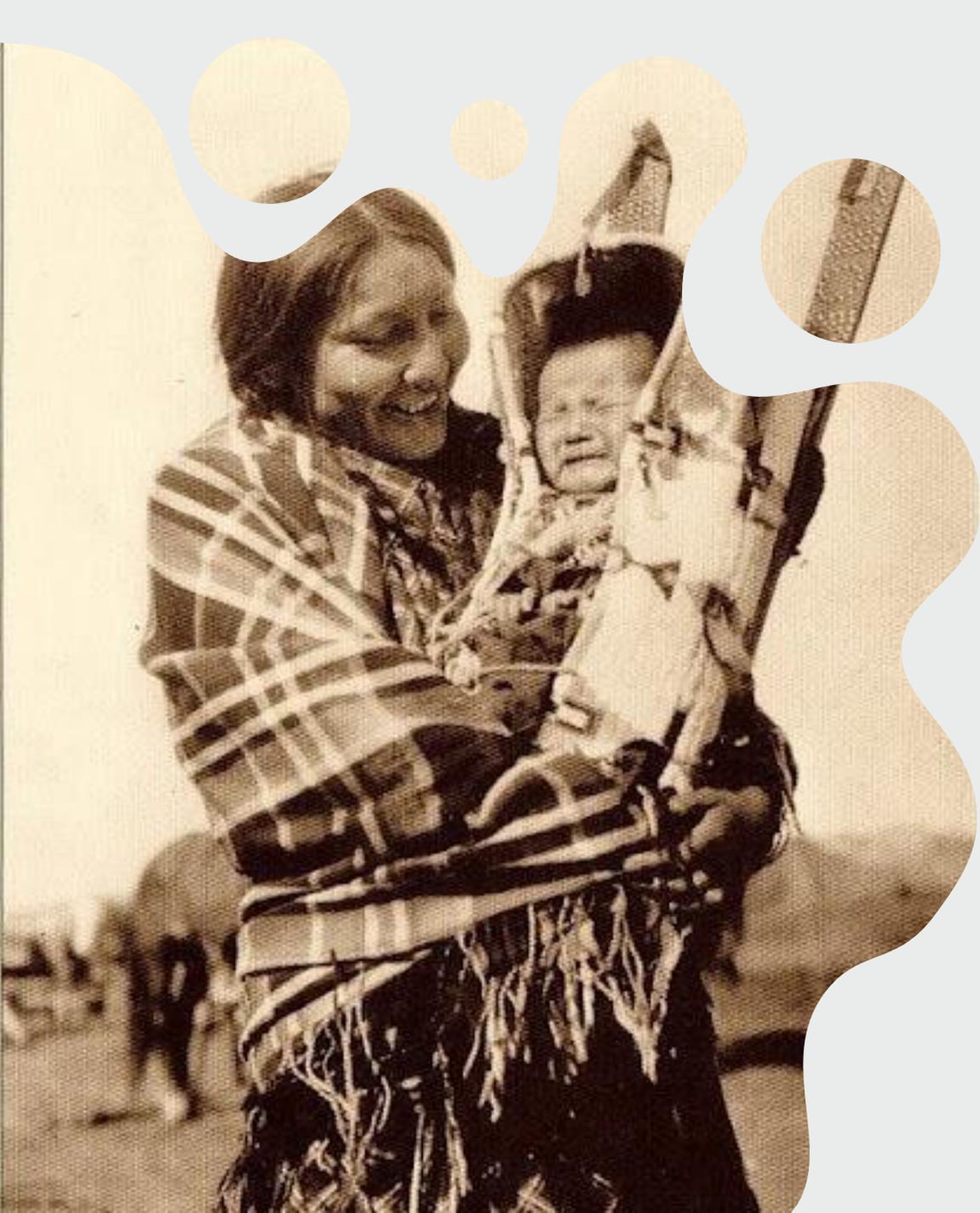


Focus on
citizenship?



Women

Women did not achieve full citizenship in Western countries until the middle of the 20th century.



First nations

Until 1962 native people were not considered full citizens in the United States.



Gypsy people

Until 1978, the equal rights of all ethnic groups were not enshrined in the Spanish Constitution.



Black people

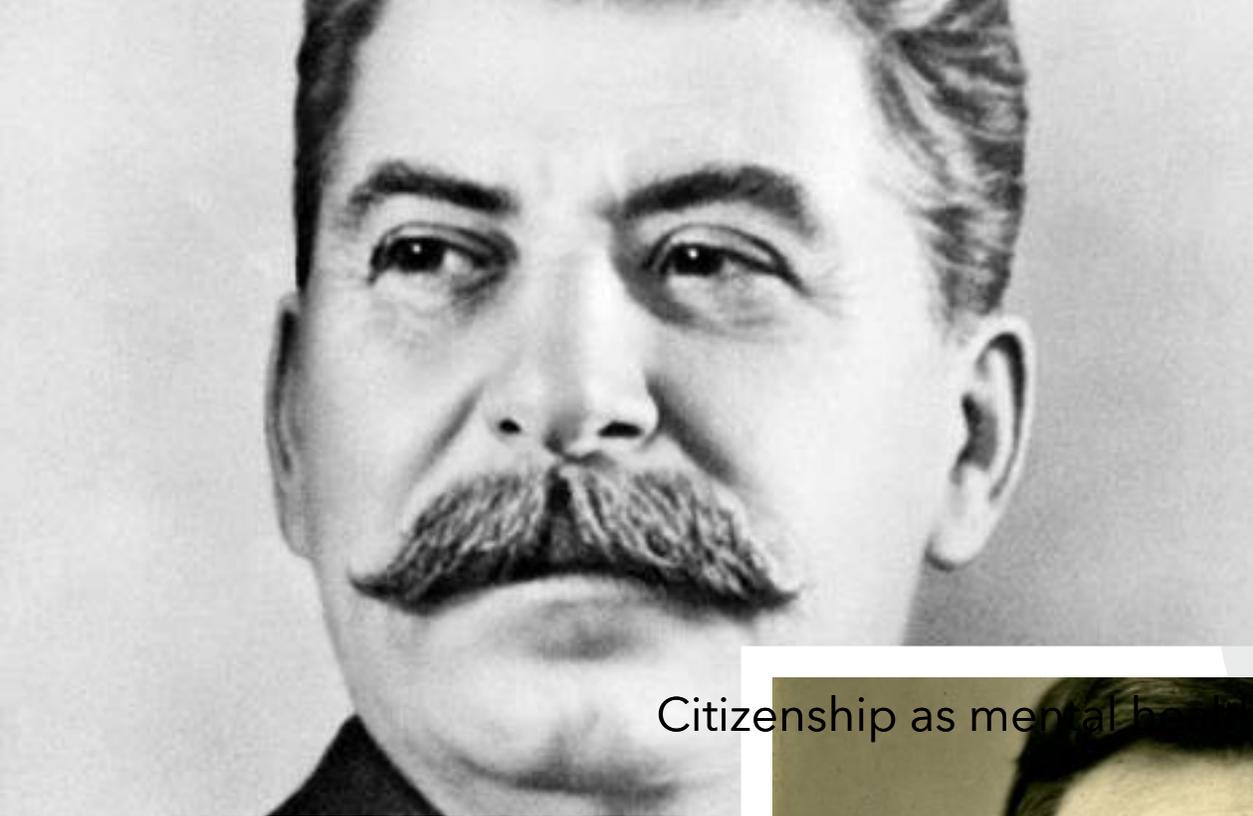
Although the systems of racial segregation ceased to exist in the 1990s, at least in Anglo-Saxon countries that had made them official, such as the United States or South Africa, de facto segregation continues.

Anything else in the photo?

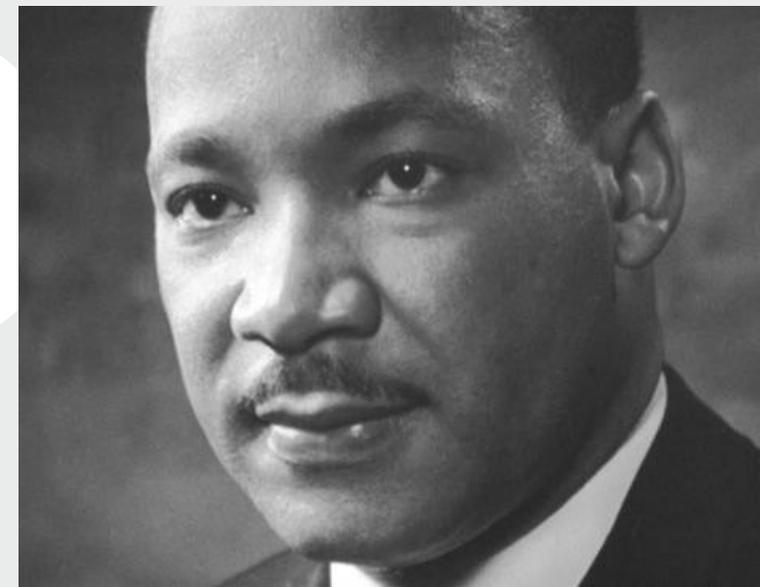
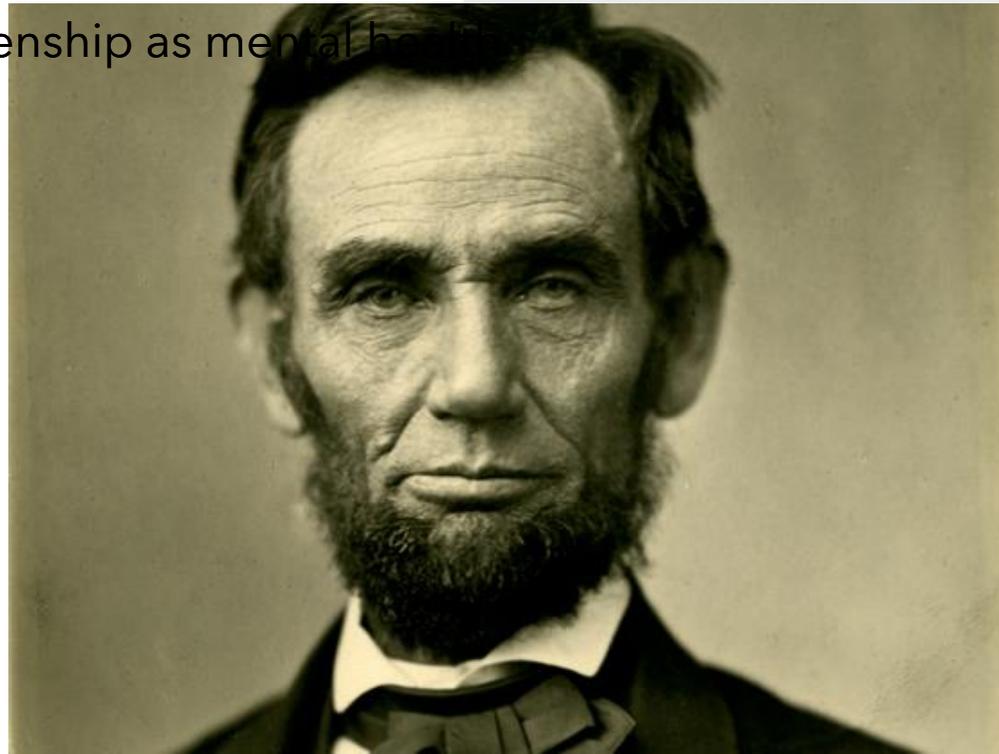


Come on, here goes a
clue

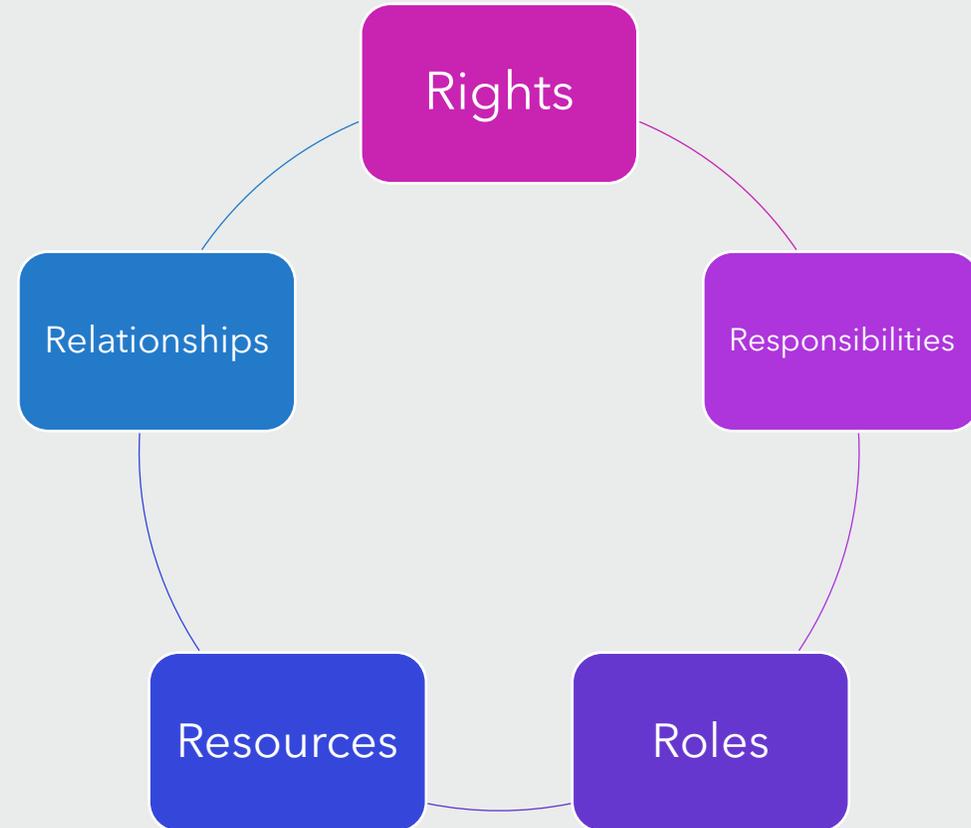




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Rights

Be more aware of their rights and learn strategies to exercise them assertively and respectfully.



Responsibilities

Taking responsibilities effectively according to their abilities, assessing risks without imposing limits



Roles

Exercising roles considering both their preferences and needs and those of other people in their communities.



Resources

Get and manage
resources by
themselves.



Relationships

Establish relationships of mutual support and complicity with other people regardless of age, ethnicity, gender, social class.



And symptoms?

Suffering is real and can be an obstacle to full citizenship. However, a symptom-focused mental health care system fails to address the complexity of people's needs and hopes.

WHO Definition of Mental Health



A state of wellbeing in which every individual realises 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.



Proposal

Instead of treating aspects of citizenship as determinants of mental health, as is already the case but without a clear impact on changes in the care model, our proposal is to treat citizenship as the main outcome of any mental health intervention and treat psychopathology as one, among many others, of its determinants.

**Thank
you!**

