

THE BLUE HORSE CAFÉ AS A PROTESTATION,
EDUCATION AND SOCIAL COMMUNICATION
MILIEU

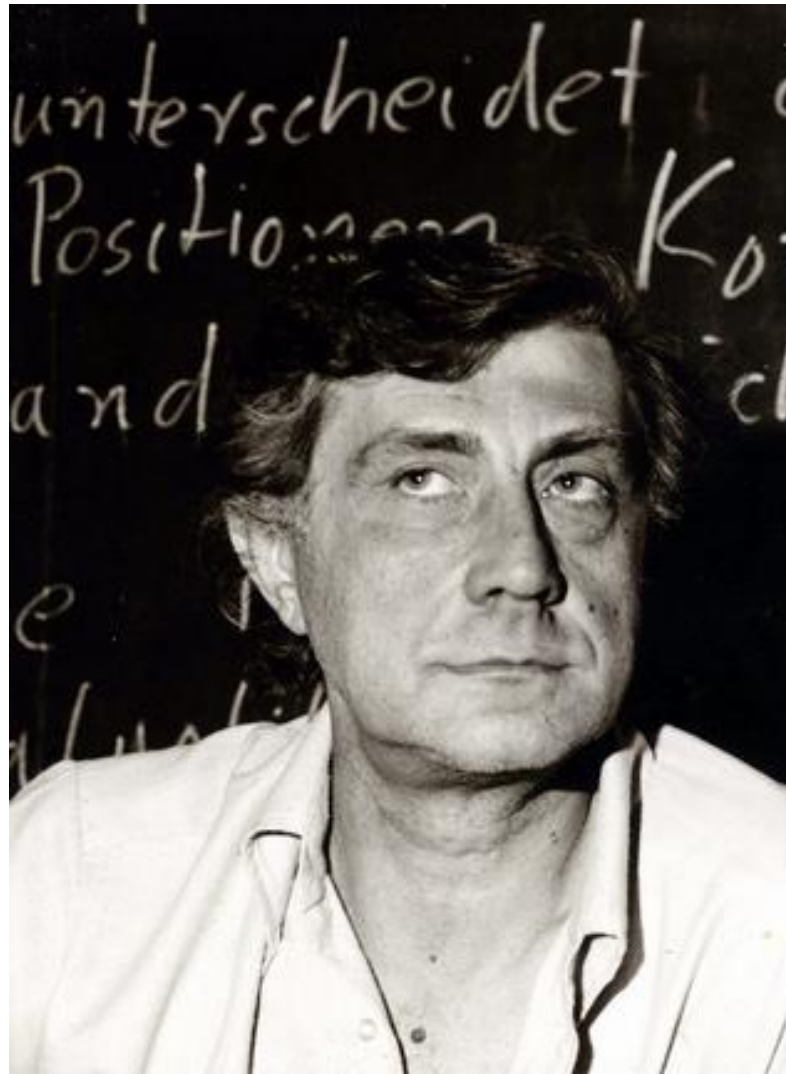
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A city, a doctor, a revolution...



With Respects to Dr. Basaglia's Honorable Memory

- Close down big mental hospitals
- Carrying mentally ill people to the society
- Hospitals locked doors opened
- Patients were allowed to go out
- Hospital knocked down !



Where does the name of the Blue Horse stem from?





- Not refusing mental illness
- Refusing the “label” of mental illness
- Refusing the “institutional illness”
- Soldier of the “democratic psychiatry”

- Dr. Basaglia, in June 1977 established the base of a transition from the hospital to community....
- The song of freedom was started to sung in 1977 in Italy...
- Let's jump to our country ☹ and listen to the Blue Horse's story 😊

- Low priority assigned to mental health policies,
- Lack of mental health law in Turkey,
- Lack of financial resource allocations and/or non-transparent utilization of them,
- Inadequate number of psychiatric beds and the mental health professionals,
- Lack of network of structured and widespread psychosocial interventions and rehabilitation programmes,
- Ambiguity of how to utilize human resources dedicated to mental health,
- Insufficiently educated and skilled staff who are working in the community health centers,
- While preparing reform of mental health care, to take ideological interest of the governmental ideas

- Current data indicate that there are three effective strategies that can be utilized to deal with stigma: “protesting”, “education”, and “social contact”

(Corrigan&Penn, 1999; Thornicroft, 2011)



- At this very point, after establishing the Federation of Schizophrenia Associations, we implemented the Blue Horse Café project which aims to deal with stigma by utilizing the three aforementioned strategies.
- The Blue Horse Café is the most concrete project of the Federation of Schizophrenia Association for the purpose of fighting against stigma.



How does Blue Horse work?

- The Blue Horse Café has been founded on June 5, 2009 by the Federation of Schizophrenia Associations in Ankara, Turkey.
- Excluding the Responsible Manager and her assistant of The Blue Horse Café, all of the staff consists of schizophrenia patients.
- The Responsible Manager is a relative of a patient. The assistant of the Manager does not have any mental disorders and is working for a minimum wage. The patients give services in four shifts from 10 a.m. to 10 p.m. while Café's doors are open

How does Blue Horse work?

- Their task areas are, client service, kitchen, and cleaning. Besides services provided in the Café, various events requiring production and creativity were organized.
- Through events such as movie presentations, days for signing books and talks by and with authors, musical performances, used book sale, sale of patients' products, efforts has been spent to make The Blue Horse Café as an attraction centre.



- Primary goal of Blue Horse Café was to provide supported work for schizophrenia patients, and through this path, to strengthen their self-esteem, functionality, life quality and to contribute to their target in becoming part of the society.

- Secondary goal of the Blue Horse Café is, for individuals consisting the society, to receive services from schizophrenia patients and through their social contact, to create opportunity for them to change their negative prejudice and attitude towards such patients.

- Anti-stigma activities we organized protest demonstrations, educational meetings with public .
- The number of working patients in the Blue Horse Cafe is 28 with 5 drop outs during five years. Among the patients in Blue Horse Cafe, three of them had psychotic episode and the duration of the episodes were 16, 7, and 25 days.

How does Blue Horse work?









Thank You ! :)