

## **ARIA – Associação de Reabilitação e Integração da Ajuda e Oeiras**

ARIA – Associação de Reabilitação e Integração da Ajuda e Oeiras, is a Private Institution of Social Solidarity (IPSS), without lucrative ends, that works with people with mental health disabilities in psychosocial disadvantage. It was created in 1991, by a group of mental health providers.

### **Our Mission**

To help the mentally ill acquire the resources necessary for their rehabilitation and social-professional integration.

### **Our Aims**

1. To create a structure that will enable de person with mental health disabilities to learn a trade, providing support and orientation in the search for employment.
2. To provide residential support, as a complement of social and professional rehabilitation – A structured way of life is essential for good social functioning!

The main objective is the acquisition of social and economic autonomy, where the development of social and professional skills that promote integration as citizens is a requisite.

## Áreas of Intervencion

- **CONSTELAÇÃO – I.E.F.P.**

- ✓ Vocational Training Programs
- ✓ Support in the Search for Employment
- ✓ Post - Placement Support

- **PROJECT AJUDA**

- ✓ Protected Life Unit
- ✓ Supported Life Unit
- ✓ Autonomous Life Unit
- ✓ Social-Occupational Forums

## CONSTELAÇÃO - Vocational Training Programs

### Programmes

- ✧ Gardening / Floriculture Course  
Number of Trainees per course: 12
- ✧ Catering Course – Waiters  
Number of Trainees per course: 8
- ✧ Catering Course – Kitchen Helpers  
Number of Trainees per course: 8
- ✧ Computer and Administration Techniques  
Number of Trainees per course: 8

### Target Population

- ✧ Youths and adults with mental health disabilities

### Selection Criteria

- ✧ Be from 16 to 45 years old
- ✧ Be clinically compensated
- ✧ No consumption of drugs or alcohol
- ✧ Have regular therapeutic support
- ✧ No aggressive behaviour that will make group work impossible
- ✧ Be motivated to be in training and to be professionally integrated

### Rights and Privileges

- ✧ Training Fund
- ✧ Lunch Subsidy
- ✧ Transport Subsidy
- ✧ Insurance
- ✧ Training Certificate

## Duties and Duration

- ✧ Training Contract
- ✧ Fulfilment of the Internal Regulations of Training
- ✧ Duration of 3 years
- ✧ Schedule: from 9 a.m. to 4 p.m.

## Support in the Search for Employment

Support and Integration of ARIA's trainees in active life.

### **AIMS:**

1. Definition of the training and professional skills
2. Support in the search for employment in normal or protected (social firms) context

## Post – Placement Support

Systematic and structured counselling for employees with psychiatric disabilities.

### **AIMS:**

1. Improve employment situations: maintain and promote employment, guaranteeing the development of professional and social skills and qualifications; assure equal opportunities; prevent unemployment.
  2. Register the evolution of social-professional acquisitions of the employees. Study factors that contribute to obtaining and keeping their job.
  3. Employment Market Analysis
  4. Evaluate the quality of intervention and satisfaction of the people involved in the work process: employee, employer, colleagues, and family.
- Information and vocational orientation
  - Placement and support in "active life"
  - Location and information about job and professional training offers

## Project AJUDA

### Aims:

To provide the target population residential support in a protected and rehabilitating environment.

To promote dignified quality of life and, at the same time, stimulate participation and responsibility in daily life tasks and in the community.

### Support Life Unit

These are residences destined for people with a significant degree of disability, which need intensive and permanent support in daily life activities ("old chronic mental health service users").

✧ 20 Users

### Protected Life Unit

Residence for youths and adults that need significant support, but that present great rehabilitation and integration potential.

✧ 14 Users

### Social – Occupational Forums

Occupational support structures for users with difficulties in social and professional integration. The aim is to create individual plans of rehabilitation/integration.

✧ 90 Users

#### ✧ Activities:

- Art Workshop
- Social and Interpersonal Training
- Use of Community Resources Training
- Daily Life Skills
- Time Management Skills
- Sports
- Cultural and Visits
- Recreational Activities
- Family Involvement Groups

## Social Firm

### ARIA Jardins

ARIA Jardins is a non profit and social firm that provides gardening services, and started his activity in the April of 2005.

Its purpose is to assure employment for people with Mental Health Problems, so as to give a perspective on their rehabilitation and socio-professional integration, through providing services useful to society, namely in the areas of gardening.

With this project, we want to assume social responsibility in fighting exclusion, promoting the integration of people with Mental Health Problems.

We have sought this objective, consolidating our structure and developing the activities that we set out to produce.

During the first year we had employed five people with Mental Health Problems.

Until now, the customers we have are essentially secondary schools, small firms and private gardens. We hope in next future get other customers as hospitals, universities, big firms, public gardens and others, in order to duplicate our number of integrations.

## Funding and Partnerships

### CONSTELAÇÃO

#### **Funding:**

- Ministério do Trabalho e da Solidariedade (Ministry of Employment and Solidarity)
- I.E.F.P. - Instituto de Emprego e Formação Profissional (Institute of Employment and Professional Training)

#### **Partners:**

- Department of Psychiatry and Mental Health of the S. Francisco Xavier Hospital

### Project AJUDA

#### **Funding and Partnership:**

- Centro Regional de Segurança Social de Lisboa e Vale do Tejo (Regional Centre of Social Security of Lisbon and Tagus Valley)

## **Our Contact**

We are available for contact by anyone who is interested in the subject of mental health or needs our support.

### **Head Offices:**

Rua da Indústria nº.64  
1300 Lisbon  
Phones: +351 21 364 10 99/366 01 64  
Fax: +351 21 366 01 65

### **Other Contacts:**

#### **Vocational Training Programs**

Rua João de Barros nº 12  
1300 – 320 Lisbon  
Phones: +351 21 366 03 79/366 03 80  
Fax: +351 21 366 03 815

#### **Lisbon's Social - Occupational Forum**

Rua da Indústria 64, 1º  
1300 – 306 Lisbon  
Portugal  
Phone/Fax: +351 21 3635512

#### **Oeiras's Social - Occupational Forum**

Estrada de Oeiras n.º1 e 3  
Vivenda Nini  
2780- 282 Oeiras  
Tel.: +351 21 441 96 58/9  
Fax: +351 21 441 96 60

#### **Cascais' Social - Occupational Forum**

Rua Trouville 737  
Monte do Estoril  
2765 – 453 Estoril  
Tel.: +351 21 466 92 15  
Fax: +351 21 466 92 16