

ENABLING THE SOCIAL CAPITAL IN THE ARCTIC



NORTHERN RESEARCH FORUM IN COOPERATION WITH
THE ESPON-[ENECON](#) PROJECT

CLIMATE CHANGE IN NORTHERN TERRITORIES

*SHARING EXPERIENCES, EXPLORING NEW
METHODS AND ASSESSING SOCIO-ECONOMIC
IMPACTS*

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SOCIAL CAPITAL



- New settlements in the north can become exemplary eco regions
- A scientist can be likened to a traveler
- He navigates, aided by the latest in technology to reach his goals
- Some areas cannot be navigated without the indigenous people

ENABLING THE SOCIAL CAPITAL

SHARING EXPERIENCES

- PREVENTION
Mental health promotion
- EXPANDING CHOOSSES
Creation of new services
- CREATING VALUABLE
ROLES

AND NEW METHODS



MENTAL HEALTH PROMOTION

- Concept mental health promotion unknown in Iceland (1999)
- Cooperation between
The Directorate of Health
Mental health alliance
The University Hospital
Primer Health Care



MOTIVATION



- Costs 3 - 4% of gross national production
- 1 out of 4 with disability caused by mental disorders
- Part of public health prevention and promotion
- 75-80% have both the skills and will to work
- 60-90% are without employment



PRODUCTS

- Mental health known/physical health
- Part of public health
- Empowerment
- Part of school policy
- Graduate projects
- Kindergarden projects



10 COMMANDMENTS OF MENTAL HEALTH

1. Think positively; it's easier
2. Cherish the ones you love
3. Continue learning as long as you live
4. Learn from your mistakes
5. Exercise daily; it enhances your well-being
6. Do not complicate your life unnecessarily
7. Try to understand and encourage those around you
8. Do not give up; success in life is a marathon
9. Discover and nurture your talents
10. Set goals for yourself and pursue your dreams

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EXPANDING CHOICES

MOTIVATION

- Voices of minorities heard
- Assess what helps/hinders in the environment
- Influence policy making
- Influence practices in mental health



METHODS USED



- Qualitative research with a diverse cross-section of subjects who considered themselves in recovery
- The study identified supports and barriers to recovery from users' perspectives
- A group of users and professionals worked together to utilize the results and create new ideas in service delivery for individuals with mental health problems
- This collaboration has already promoted the development of new services and new projects in Iceland which are driven by users' perspectives on recovery and empowerment

RESULTS



- Human rights
- More than medicine
- Recovery in own terms
- Autonomy/independence
- Assistance on own terms
- Social functioning/active
- Learning skills/less dependent
- Taking control
- Gaining appropriate information
 - Medication
 - Rights
 - Paradigms
- Mental health promotion
 - Participation in leisure activities
 - Exercise
- Holding hope/dreams
 - Being seen
 - Being heard

- Coping with
 - Problems in school or at work
 - Relationships
 - Psychosocial problems
 - Lack of understanding
 - Prejudice, stigma and discrimination
- Going on with life
 - Supporting environmental factors
- Continuum
 - In services
 - Between professionals
- Follow up

HLUTVERKASETUR



DEVELOPMENT

- Activity center
- Important roles lost because of various reasons
- Find roles, stay active, fight stigma and isolation, recover at one's own pace and choice, make friends, be a part of a group, learn new things, practice strengths, and promote mental health and well being
- Peer support, help individuals to have influence and become part of a society
- People come willingly to the center
- No referrals by doctors or other health care professionals

WHO ATTEND

- Individuals living alone, or living as a single parent, are poor and/or have a history of mental health problems
- Minority groups which are struggling financially
- Similar centers should be part of the welfare system in all municipalities

CREATING VALUABLE ROLES

USER ASK USER

- Originated from Trondheim/Norway
- Qualitative approach
- Dialogue-based form
- Evaluates mental health services
- Performed by users
- OT students involved
- Based on service-user experiences
- Workshops are held in different parts of Iceland to distribute results and teach empowerment

PUBLIC ATTENTION



MOTIVATION



- **Politicians**
 - Want to know how they can best distribute the finances
 - Want the citizens to be respected, seen and taken notice of
- **Civil role and rights**
 - Autonomi, independence, decision making
 - Influencing on their own lives and service delivery
- **Mental health services are part of policy making**
 - Quality assurance are part of the service delivery
 - Are they doing what they say they are doing?
 - Users of the services decide what is quality
- **Municipalities**
 - Don't receive finance
 - More quality and have more control over the service

WORK



HUMAN RIGHTS

- Protects mental health
- Increases the quality of life
- Gives meaning to life
- Valued
- Financial benefits
- Status
- Becomes more socially active
- Self-worth increases
- Self-esteem increases
- More active in the society
- Breaking out of isolation
- Study
- Getting from the edge
- Becoming “normal”
- Have a cause to fight for

AND ROLES



RESEARCH METHOD

- Emancipatory research
- Action research
- Participatory research
- Ethnographic research
- Peer research
- Inclusive research



RESEARCHERS



FORMER USERS

- Trained to conduct focus group interviews
- Preparation
- Data forms a baseline
- Reports written and send to those involved
- Dialogue conferences where the concerned services and service representatives meet to discuss possible ways to strengthen and improve service delivery

AFFECT SOCIAL CHANGE

- Equal and collaboration
- Research belongs to the ones who participate although the initiative comes from a scholar
- Research focus from the user's perspective
- Research takes stand with those who are investigated and their cause
- Users active in all the process and have copyright rights

PRODUCTS



DATA GATHERING

- Three wards at the university hospital (2005)
- Twelve supported homes run by the state (2007- 2009)
- Day Centers in Reykjavik city, Akureyri, Vestmanneyjar, Egilsstaðir (2010)
- Three supported homes in Reykjavik city (2011)
- Two supported homes and a Day Center in Reykjavík (2012)

REPORTS

- 2004 Innovation student found rapport
- 2006 – 2009 Eight reports send to the social ministersendar
- 2007 – 2009 Twelve workshops held in different parts of Iceland
- 2010 “Citizen or a sissi”
- 2011 “Step in the right direction”
- 2012 “You have to try harder”
- <http://www.hlutverkasetur.is/wp-content/uploads/2011/10/nsn-skyrsla.pdf>
- <http://www.hlutverkasetur.is/wp-content/uploads/2009/05/samfelagsc3be-egn-ec3boa-aumingi.pdf>
- <http://www.hlutverkasetur.is/wp-content/uploads/2012/01/nsn-skyrsla-skref-i-retta-att.pdf>

COMPAIRSON

- Two forms correlated
- Surveys
 - support the services
 - 80% satisfied
 - reason to change?
 - ask the right questions?
 - understand questions?
- UsU sets up the agenda



FUTURE GOALS

- The arctic leaders in building exemplary eco regions placing empowerment and human rights and role into practice
- Social dimensions have to be priorities in solving mental/health problems
- Practice partnership/true collaboration
- Indigenous people/users become representative in decision-making of services and how financial resources are used
- Health care reform
- Educational reform
- Workplace reform
- Universities need to acknowledge new fields of researchers
- Practical scholars the same status as intellectual scholars

