

The background features abstract, overlapping green geometric shapes in various shades, creating a modern and dynamic feel. The shapes are primarily triangular and polygonal, with some areas appearing more translucent than others.

strada | oö

Organization of Mental Health
Experience Experts

About me I

Irene Seifriedsberger, Team Leader strada Upper Austria

History:

- Childhood and growing up in difficult social circumstances
- Early "abnormalities" - search for causes - child psychiatric clinics and pedagogical concepts (mid-80s to early 90s)
- Medication
- School - overtaxing the system
- "insecure personality" - vulnerable
- Abuse
- From child to adult psychiatry
- Profession, Relationship
- Coercive measures, medication
- Psychotherapies, MBH pro mente Upper Austria
- Desire not to exist
- Long-term therapies, trauma therapies
- Diagnoses "Who am I"

About me II

- Acceptance of the disease/stigma, fighting self-stigma
 - Beginning of the recovery story
 - Activate (write) resources
 - Living in the presence and absence of symptoms
 - Contact with the outside
 - Entry into user representation - first steps as a victim to stand up for others and to stand up for to implement general improvements
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- Gestalt Pedagogy Training
 - Train stamina
 - strada Upper Austria - Re-entry into the world of work
 - Mastering daily challenges - despite mental illness
 - Recognizing boundaries in good time
 - Reflect again and again

What does strada OÖ do?



- Contact point for clients of pro mente OÖ
- Counselling from the perspective of people with mental disabilities
- Support structure for stakeholders of pro mente OÖ
- Voice of those affected
- with a focus on empowerment and recovery, we support self-managed user projects and organize workshops and seminars

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www.stradaooe.at**

History

- > **Founding of the user organization strada in 1997 by Christian Rachbauer and Günther Miniberger**
 - User representatives in the various districts who exchange information regularly
 - Development of self-managed user projects (strada stores, user newspaper, user cafés)
 - User office as a low-threshold contact point for those affected

representation of interests according to Oö. ChG 2008

-> user representation becomes the representation of interests that are in the Oö. ChG is enshrined in law

-> pro mente Upper Austria with strada pioneers in Austria to involve clients

-> name "strada"

- la strada, Italian for the street, inspired by the classic film "La Strada" (original title: La strada) is an Italian melodrama by director Federico Fellini

Structure and organization

1. Representation of Affected Persons (User Representation) since 1996

- Participation in various expert committees (peer work, UbG, destigmatization of the media, adult representation, ...)
- Networking (regional and national)
- Public relations
- Mouthpiece for people with mental disabilities
- Sensitisation
- Representation on the board of pro mente OÖ

2. Representation of interests according to Oö.ChG

- ▶ According to § 35 Oö.ChG, people with disabilities are to be involved in the decision-making processes and suitable forms of representation are to be created, i.e.:
- ▶ The formation of an IV is to be encouraged and supported in the institution
- ▶ The IV must be consulted on all important questions regarding the range of services
- ▶ Exchange at regular intervals between IV and TL/staff
- ▶ The necessary free time to perform the tasks of the IV must be granted.
- ▶ The material expenses of the IV are to be borne by the Land to an appropriate extent.

2. Advocacy for people with mental impairment according to Oö.ChG 2008 - implementation at pro mente OÖ

- approx. 140 IV (representation of interests) - elected by the clients of the institution
- approx. 25 BIV (district interest group) - elected by IV
- 1 GIV + 1 GIV Deputy (General Spokesperson of the Interest Group) - elected by the BIV

-> duration of a "period" is 3 years

Tasks of the representation of interests:

- Representation of the interests of the clients
 - to the wearer
 - the Province of Upper Austria
- Networking

- IV agreement between the GF and the IV, which was developed in a participatory process and is constantly being adapted
- strada OÖ as a support structure for IV



Networking and exchange

- BIV (Bezirksinteressensvertretung, District Interest Representation) (meeting 10 times a year)
- BIV exam (1x annually, 3 days)
- IV (Interessensvertretung, Representation of Interests) Conference (1-2 times a year)
- Regional meetings of the IV in the districts and regions
- Regular exchange with the team leaders and regional managers
- Exchange of general interest representation (GIV, Gesamtinteressensvertretung) with management
- IV conference of all IV of all sponsors - Province of Upper Austria, IVMB
- Networking platform GÖG (Gesundheit Österreich GmbH)
- Meeting with politicians and decision-makers
- Upper Austrian Monitoring Committee









3. Projects

- strada-Laden Linz with User Cafè
Starhembergstraße 25/Ecke Lustenauerstraße 28, 4020 Linz
- User-Cafè, Ried
- Seminars and workshops for IV and clients of pro mente OÖ







4. Advice and contact point for those affected

- Advice on legal issues
- Assistance with communication with authorities (understanding official documents, drafting applications, accompanying to authorities)
- Referral to special (legal) counselling services
- Mediation in complaints and conflicts (perspective of those affected)

