

# pro mente OÖ

Society for Mental and Social Health

# pro mente OÖ (pro mente Upper Austria)

- founded in 1964
- 1.500 employees
- at 180 locations in Upper Austria
- part of an Austrian network promoting mental health (pro mente Austria)

# From the bylaws - preamble

pro mente Upper Austria, Society for Mental and Social Health, advocates the rights of psycho-socially disadvantaged and impaired people.

- Nonprofit service provider
- Not bound to any parties
- Not bound to any confessions
- Registered office in Linz

# From the bylaws - objectives

- Observance of the human rights of people with the need for psychosocial support
- Improvement and assurance of their position in society
- Improvement of care and provision – chiefly medically, socially, psychologically and economically

# Strategic guidelines

- Inclusion and Community-care as objectives and principles for action
- Development of business-area-related standards
- Increase efficiency
- Improve effectiveness and attainment of targets
- Promote empowerment
- Employee qualification
- Reduce complexity
- Build sustainable networks

# Services

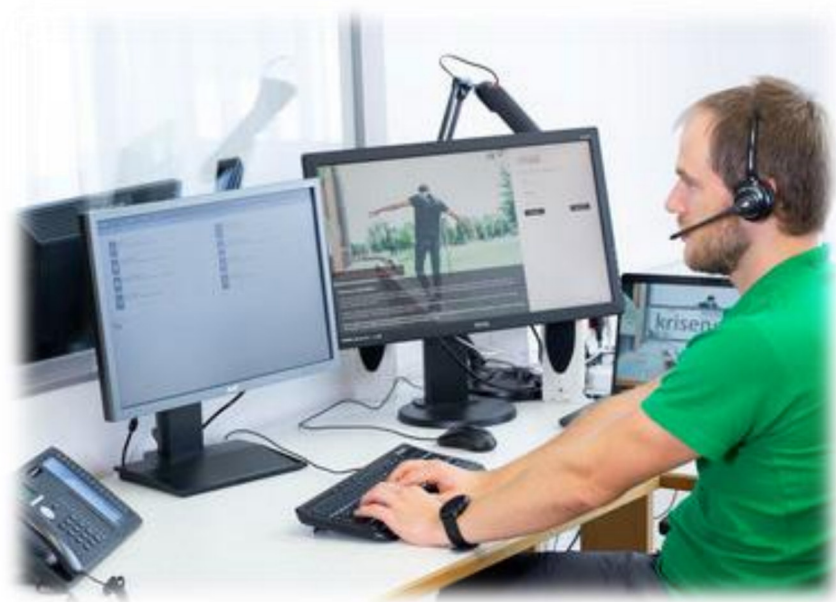


# 12 Areas of activity

- Addiction
- Addiction prevention
- Crisis support Upper Austria
- Housing
- Mobile care and assistance
- Psychosocial counselling
- Psychosocial meeting places
- Skill-oriented activity
- Vocational Integration
- Voluntary work
- Wesenufer – Hotel & Seminarkultur an der Donau
- Youth

# Crisis support UA

*First aid phone assistance around-the-clock for all citizens of Upper Austria and mobile emergency service*





# Crisis support UA



*First aid phone assistance around-the-clock for all citizens of Upper Austria and mobile emergency service*

- First aid in psychosocial emergency situations
- Contactable by phone around-the-clock +43 (0) 732 / 21 77
- Mobile psychiatric emergency services all over Upper Austria
- Care and help after traumatical events all over Upper Austria
- Stress debriefing after critical incidents for staff of help organisations

A joint offer of pro mente UA, EXIT-sozial, Red Cross, Telefon- und Notfallseelsorge

# Psychosocial counselling

*“Counselling can change much. Sometimes it even helps to endure what cannot be changed.”*

- Counselling, assistance, psychotherapy, sociotherapy
- Psychosocial counselling centres all over Upper Austria
- Crisis support contactable by phone around-the-clock +43 (0) 732 / 21 77



# Psychosocial meeting places

*Leisure time facilities and specific places of communication make people come together and help them to organise individual recreational activities.*

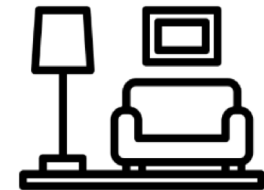
- Psychosocial meeting point: Self-management by users and employees
- Psychosocial meeting places
- Art and culture
- KunstRaum Goethestrasse xtd
- pro sport



# Mobile care and assistance

*“Care and assistance for people with mental disorders living in their own homes.”*

- Psycho-social support for people with mental disorders at the place of their residence
- Mobile care and counselling
- Approx. 880 clients



# Housing

*“In various housing facilities people are provided with counselling, assistance and care according to their individual needs, for as long as they need it and as intensely as necessary.”*

- Fully assisted housing
- Partly assisted housing
- Individual supervised living
- Transitory housing
- Around the clock assisted short-term living
- Crises living/-rooms
- Approx. 500 places





# Skill-oriented activity

*“Skill-oriented activity is a people-orientated und flexible offer for daily structure, development- and work-orientation.”*

- Daily-structure: We offer temporal, spatial and content structures and ensure a clear and secure setting.
- Development-orientation: We encourage our clients to develop their personality in order to support their empowerment.
- Work-orientation: We offer employment in production and service-facilities, work-orientation in workshops or integrative employment.
- Approx. 1100 clients



# Vocational integration

*“Working is one of the most important processes in order to be able to experience oneself as an active, independent and self-confident human being.”*

- Preparation for reemployment:  
in.takt, work training centres Upper Austria, stand up
- Support with finding a workplace and maintaining current employment: Work assistance
- (Fairly) long-term workplaces: filino, Smartwork gGmbH (limited to a year)
- Qualification: pro mente job (Implacement-Foundation plus, AQUA)

# Youth

*“Pro mente youth attends young people und young adults on the way to self-determined and satisfying living and supports families with a mentally ill parent in Linz, Steyr and Wels.”*

- Housing facilities in Hörsching: “blue.box”, “red.box”
- Local residential community in Linz: “green.box”
- Vocational integration:  
AusbildungsFit factory/work.box, AusbildungsFit work.box/lunch.box
- Start.box: Center for psychosocial health for young people
- #visible: Make children of mentally ill parents visible
- Coaching for parents and their children: ELCO/KICO
- safe.space: digital content creation about mental health  
with experts by experience, to gain work experience





# Addiction

*“Factors such as healthy self-esteem, the ability to cope with crises or functioning interpersonal relationships can protect people from the development of addiction.”*

- Low-threshold addiction work: “baseCamp” “Move” “Convoy” „baseCamp Mobil“
- Low-threshold employment: “back.up” in Linz
- Addiction and alcohol counselling centres
- Psychotherapy
- Therapy centre Erlenhof
- Housing facilities



# Addiction prevention

*“It is our aim to support young people as well as grown-ups in living a life without addiction.”*

- Publicity and awareness-raising about addiction
- Educating schools, youth workers, multipliers, stakeholders
- Focus on prevention by promoting life skills
- Participation in Austrian and European prevention networks

# Voluntary work

*Volunteer work – spending time together*

Donate time and promote trust and quality of life! Support people throughout Upper Austria in rediscovering their own strengths and skills and overcoming difficulties.

Lay helpers are volunteers who look after people with mental and social problems in their free time and are supported by pro mente OÖ. Visits and joint activities can build bridges for people with mental illnesses to society, from which they are often excluded.

Voluntary support in psychosocial meetings points, based on preferences.



# Wesenufer - Hotel und Seminarkultur an der Donau

*“There is no better place for experiencing and learning!”*

- Hotel (seminar service) and minimarket
- 6 different work-models: skill-orientated activity, work training center, in.takt, ITM, placement-foundation and JOBtransfer
- Place for 40 participants inside of work-models

# Strada Upper Austria

## User representation

### General objectives

- Improving the situation of the people concerned in the existing facilities in co-operation with professionals
- Promoting self-determination, self-confidence and personal responsibility of the people concerned
- Gaining a new understanding of mental disorder as an opportunity for further development of the personality through exchange of experiences
- Achieving acceptance of self-help as equal partners in health care
- Breaking down the existing prejudices against the people concerned through publicity
- Decreasing and preventing respectively state and therapeutic violence
- National and international networking

# pro mente Plus

- Forensic outpatient clinics  
Salzburg, Styria, Tyrol, Upper Austria, Vienna
- Housing & working projects:  
Upper Austria, Salzburg, Vienna

# pro mente Reha

- Nonprofit organisation intending to provide medical rehabilitation
- Inpatient rehabilitation: Bad Hall in Upper Austria, Lans in the Tyrol, Rust in Burgenland, St. Veit in Salzburg
- Outpatient psychosocial rehabilitation: Graz, Salzburg
- mia: family time-out

# Financing sources

**Budget 2023: approx. 97,41 Mio €**

- |   |      |
|---|------|
| • Regional government                     | 60 % |
| • Job centre,<br>social insurance carrier | 19 % |
| • Ministry of Social Affairs              | 4 %  |
| • other proceeds and grants               | 5 %  |
| • in-house production revenues            | 12 % |



# Certificates / Awards



December 2022: Award for Wesenufer – Hotel & Seminarkultur an der Donau  
as one of the best Seminarhotels in Oberösterreich

# Certificates / Awards



December 2022:  
Tom Zuljevic-Salamon received the Upper Austrian Human Rights Award





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