

Nodo Sankara is an experimental project that began its activities in March 2018 in Rome. It wants to *prevent* and *combat* the medicalization process of traumatic experiences and mental health issues related to living conditions in the host country of the migrant and refugee population. Our aim is to become a point of reference for migrants as well as operators of services where to find listening, sharing experiences and support. Our activities are open to all migrants without any difference of age, sex, origin and juridical status.

Goals

- Preventing and/or reducing hospitalizations and progressive dependence on psycho-pharmaceutical drugs;
- Preventing and contrasting the known phenomena of abandonment, poverty, and social exclusion;
- Preventing the processes of institutionalization and of the chronicization of psychopathological cases;
- Preventing acting-out within the reception centers and the consequent expulsion from the reception system;
- Promoting the health and full citizenship of migrants in respect of culture and gender orientation.

Specific goals are:

- Welcoming the guests of the reception facilities that experience periods of high stress due to long waits for the regularization process and/or for the expectations of the results of the appeals;
- Providing the staff of the metropolitan reception network with a point of reference where to find answers to the questions of assessment and identification of the appropriate prevention and treatment pathways for each individual in difficulty;
- Supporting those that have currently left the protection network but still suffer from severe psycho-social vulnerability;
- Providing a space to welcome people with emerging pathologies, listen to them, and give them orientation before the problems crystallize in pathologies;
- Refining and consolidating a methodology of reception, admission and care of immigrant people within a transcultural and gender perspective;
- Strengthening the integration of the network between the prevention center and the other specific public and private services of the territory;
- Promoting and participating, in opportunities for meeting, reflection and exchange with other bodies operating in the same field in Italy and in the Mediterranean.

Activities

- Welcoming and needs analysis, understanding discomfort and initial psycho-social counseling;
- Support and psychological counseling to the operators of the referring services when necessary;
- Orientation and referral to the services of the territory;

- Guidance and legal assistance, in collaboration with partner institutions and local public services;
- Individual psychotherapies;
- Family and couple psychotherapies;
- Clinical and medical consultations;
- Psychiatric consultations;
- Individual osteopathic treatments;

Network

- The Center for Immigration, Asylum and Social Inclusion of the Municipality of Rome for the reporting, referral and monitoring of cases from the reception centers in Rome;
- ASGI (Association for Juridical Studies on Immigration) for legal assistance;
- Cooperative Passepartout, Laboratorio 53, CIR and other possible partners for rehabilitation laboratories and socialization;
- No profit organization and the city network Scuolemigranti (Italian language schools for migrants) for Italian language courses;
- Local COL (employment agencies) and other projects for job placement and social inclusion;
- Public psychiatric services (CSM), the adult day-time centers of the DSM (Mental Health Departments) for the rehabilitative activities of the most severe cases;
- Public municipality social services.