MENTAL HEALTH SYSTEM IN ALBANIA AND IN EUROPE: LITERATURE REVIEW

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Abstract

In the last years, in many states has been organized a movement that was directed towards institutionalized treatments in hospitals, to community centers. In this context, on the mental health field the deinstitutionalization reform is the innovation. The main purpose of these movements and the deinstitutionalization itself has been the creation of a world that respects people that have experienced mental health illness. These people, as citizens with full rights, through a professional and structured support, but also through utilization of their potentials, were encouraged to live a productive and qualitative life. So they could reach that only with development and perfectionism of community services, which have in center the human, with their necessity and desires. Such a framework has brought the necessity to study the concrete implementation of these practices, with all their advantages and disadvantages. The function of professional services in mental health is achieved through a good coordination of all actors involved in this scheme. In Albania research of this kind is limited. The method used in this article is the exploitation of the literature for the investigation of the mental health practices in Albanian and in some of the European countries. These practices refer to the concept of deinstitutionalization, the ways and the different periods of his implementation. The purpose of this article is to merge some european experiences with the albanian experience, having regard to the fact that different cities of the different countries, have different periods and ways of evolution in this field. Thus, the literature review methods and the study of different practices was seen as a way to recognize further developments on the mental health reforms in Albania and in Europe.

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