

## **PSYCHOEDUCATION, URGENT NEED INTO MULTIDISCIPLINARY MENTAL HEALTH SERVICE**

**Shkëlqim Statofci<sup>1</sup>, Sadik Lala<sup>2</sup>**

<sup>1</sup>Municipality Directory of Education, Podujevo, Kosovo, E mail: shkelq@yahoo.com

<sup>2</sup>Medical Clinic Venis, Tirana, Albania, E mail: sadikhlala@gmail.com

### **Abstract**

Psycho education in terms of mental health is a pillar more than necessary, even essential in all areas of the Albanian people. The purpose of this research paper is to break stigmas and typical Albanian mentality versus multidisciplinary mental health workers who operate in Albania. The authors of this study were due based on them extensive clinical experience. This paper also examines various deficiencies, which seem pretty evident, especially those dealing with limited and lack time and of clinical interview. Further elaborated and discussed the problems associated genuinely diversity of backgrounds that can often be found through the practice of exercising the profession, leaving aside the deficiencies in the training of certain levels of mental health professionals, with special emphasis standardization was discussed about the procedures relating to the registration data of clients/patients in different clinics or community centers. Then has been considered immediate needs cooperation of mental health professionals, as appropriate filter and when the person comes to visit for the first time! While the main intent of the authors of the study in question was to be as a supporting pillar for the entire multidisciplinary mental health professionals in Albania, and serve to pave the way for the future of conducted meta analysis and other scientific studies, to find the ways of the best alternatives for the implementation of professional ethical standards in practical work. Authors within all this meta analysis study, have made all their efforts and through a much more concise way they gave the care to bring, engaging experiences that have shown proven success, always compare, Albania condition with Europe and the wider regions.

**Keywords:** *Psycho education, mental health, standardization, cooperation*