

MOVIMENTO DE SAÚDE MENTAL COMUNITÁRIA DO BOM JARDIM  
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## Indigenous Youth: Realizing Dreams Project

### 1. Presentation of the Project

The Community Mental Health Movement of Bom Jardim (MSMCBJ), a nongovernmental organization without lucrative ends, has been developing since 1998 the Community Systemic Approach, which holistically accepts the human being with the goal of promoting the gift of life. This approach respects the bio-psycho-socio-spiritual principles of each person accepted in the activities and actions realized together with the communities as a whole, guaranteeing access to the knowledge and the development of the person as a citizen, knowledgeable of their rights and responsibilities guaranteed by the Law, whether they be public policies or government programs.

The Community Systemic Approach is the fruit of more than fifteen years of experience of the MSMCBJ in the periphery of Fortaleza, at the service of the poorest and most excluded communities. A work characterized by partnerships with the SMS (Municipal Secretary of Health), in the co-management of the CAPs Community of Bom Jardim, and with UFC (Federal University of Ceará) in certain extension projects. Today this approach is considered a Social Technology by the Bank Foundation of Brazil. This new approach unites a series of techniques for the development of a **multiple impact therapy**, such as: Community Therapy, Respiration Therapy, Family Constellation, Biodance, Massage Therapy among other complementary therapies for the restoration of self-esteem and the promotion of life.

In this bio-psycho-socio-spiritual systemic perspective the therapeutic action covers the various dimensions of the human being, offering spaces for formation, the generation of employment and income, for prevention of chemical dependency, university preparation, and sociopolitical participation while respecting and embracing cultural differences. It facilitates the process of community empowerment as an action connected to a sense of responsibility for work, for the acquisition of self-awareness and for the capacity to produce changes.

The Community Systemic Approach was officially presented in the forum of OPAS (Pan-American Health Organization) in Washington, D.C., U.S.A. in July 2008. At this event OPAS indicated the MSMCBJ as one of the referential models for the possible expansion of the actions of community mental health in Latin America. In December of 2008 the MSMCBJ was invited to represent the Ministry of Brazilian Health in the Global Forum on Community Mental Health in Cuba. The Community Systemic

Approach of the MSMCBJ was presented in this event and was evaluated as a very successful model in public health.

The target population attended by the MSMCBJ was then integrated with the experience of the indigenous people, who historically had been excluded and/or almost never recognized within public policies. The MSMCBJ initiated this work with indigenous children, adolescents, youth, and their families, with the goal of empowering them by strengthening their communities and recognizing their culture as valuable.

## 2. Justification

In recognition of the lack of opportunities, exclusion and difficulties of insertion of indigenous children, adolescents and youth in spaces that promote bio-psycho-social development and possibilities of insertion in the job market equal with other populations, the MSMCBJ approached the Indigenous Peoples of the Fortaleza area and began with them a work of recognizing cultural identity, its values and competencies. In this way they jointly began the work of strengthening scholarly and professional training, through the development of self-esteem and promotion of actions that develop their cognitive apprehension and self-knowledge. In the search for this strengthening of the indigenous population a concern arose for the training of professional indigenous people as doctors, dentists, administrators, geologists, lawyers, among others. Such professionals will better understand the local culture, enabling them to perpetuate it, caring for the strengthening and valorization of Indigenous wisdom.

In light of the above, the present project comes to offer actions with the indigenous youth in a guarantee of development by seeking the bettering of life and professionalization.

## 3. Objective:

To provide to indigenous adolescents and youth the means for the promotion of a dignified life and ascension to the job market, with the strengthening of self-esteem and school performance.

## 4. Target Population:

Direct: 30 indigenous adolescents and youth and their families

Indirect: Indigenous community of those youth attended.

## 5. Methodology

The work will be realized through weekly systematic meetings with indigenous groups to which the youth belong:

- Conversation circles to reflect on their realities and sociocultural context;



<b>Activities</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
1. Monthly reflection with adolescents and youth about school performance.												

1. Have therapeutic encounters for the strengthening of self-esteem and protagonism of the youth: community therapy and indigenous sweat lodge, in the Village and in other spaces of the MSMCBJ;

<b>Activities</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
1. Implement community therapy groups with indigenous adolescents and youth and their relatives.												
2. Implementation of indigenous sweat lodge biweekly.												

3. Development of leisure activities in nature for the recognition/restoration of their roots and their benefit to the human being;

<b>Activities</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
6.4.1 Have camping trips with the group of adolescents and youth												
6.4.2 Create indigenous trails												

3. Training for the recognition/understanding their personalities through the Eneagram;

<b>Activities</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
6.5.1. Provide an Eneagram course with 30 indigenous adolescents and youth.												

3. Meetings with families and youth for the strengthening of familial and community ties;

<b>Activities</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
6.6.1. Implement family visits.												
2. Implement groups of complementary therapy.												

3. Planning meetings and evaluations with the youth.

<b>Activities</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
6.7.1. Implement pedagogical, administrative, and financial accompaniment of the project.												

6. Budget (in Brazilian Reais)

<b>7.1 Conversation circles to reflect on their realities and sociocultural context;</b>			
<b>Activities</b>	<b>Necessities</b>	<b>Valor Geral ( R\$ 1,0)</b>	<b>Valor Geral ( \$ 1,3)</b>
Hold weekly meetings with the group of adolescents and youth about public policies and community integration	Teaching/ Educational Material	420,00	323,08
Create multiplier groups of adolescents and youth on the topic of human rights for indigenous.	Transportation	2400,00	1846,15
<b>SUBTOTAL</b>		<b>2820,00</b>	<b>2169,23</b>
<b>7.2 Periodic accompaniment to the schools which the youth attend;</b>			
<b>Activities</b>	<b>Necessities</b>	<b>Valor Geral ( R\$ 1,0)</b>	<b>Valor Geral ( \$ 1,3)</b>
Scheduling meetings with the school communities	Human Resources	19500,00	15000,00
	Alimentation	2400,00	1846,15

Monthly reflection with adolescents and youth on school performance	Pedagogical/ Teaching Material	900,00	692,31
	Transportation	1200,00	923,08
<b>SUBTOTAL</b>		<b>24000,00</b>	<b>18461,54</b>

**7.3 Have therapeutic encounters for the strengthening of self-esteem and protagonism of the youth: community therapy and indigenous sweat lodge, in the Village and in other spaces of the MSMCBJ**

<b>Activities</b>	<b>Necessities</b>	<b>Valor Geral ( R\$ 1,0)</b>	<b>Valor Geral ( \$ 1,3)</b>
Implement community therapy groups with indigenous adolescents and youth and their relatives.	Alimentation	3600,00	2769,23
	Seats	1050,00	807,69
Hold biweekly saunas sagradas (sweat lodge ceremonies)	Material for sauna(herbs, incense,etc)	600,00	461,54
<b>SUBTOTAL</b>		<b>5250,00</b>	<b>4038,46</b>

**7.4 Development of leisure activities in nature for the recognition/ restoration of cultural roots and their benefit to the human being;**

<b>Activities</b>	<b>Necessities</b>	<b>Valor Geral ( R\$ 1,0)</b>	<b>Valor Geral ( \$ 1,3)</b>
Take camping trips with the group of adolescents and youth	Alimentation	800,00	615,38
	Transportation	600,00	461,54
Go on hiking excursions	Transportation	600,00	461,54
	Clothing/ equipment	1500,00	1153,85
	Alimentation	900,00	692,31
<b>SUBTOTAL</b>		<b>4400,00</b>	<b>3384,62</b>

**7.5 Training course for the understanding of their personalities through the Eneagram;**

<b>Activities</b>	<b>Necessities</b>	<b>Valor Geral ( R\$ 1,0)</b>	<b>Valor Geral ( \$ 1,3)</b>
Provide an Eneagram course for 30 indigenous adolescents and youth.	Human Resources	9000,00	6923,08
<b>SUBTOTAL</b>		<b>9000,00</b>	<b>6923,08</b>
<b>7.6 Meetings with youth and their families for the strengthening of familial and community ties;</b>			
<b>ATIVIDADES</b>	<b>Necessidades</b>	<b>Valor Geral ( R\$ 1,0)</b>	<b>Valor Geral ( \$ 1,3)</b>
Have regular visits with families of youth attended.	Transportation	2400,00	1846,15
Have groups of complementary therapy.	Alimentation	1440,00	1107,69
	Miscellaneous Material	600,00	461,54
<b>SUBTOTAL</b>		<b>4440,00</b>	<b>3415,38</b>

<b>7.7 Planning and evaluation meetings with the youth</b>			
<b>Activities</b>	<b>Necessities</b>	<b>Valor Geral ( R\$ 1,0)</b>	<b>Valor Geral ( \$ 1,3)</b>
Hold pedagogical, administrative, and financial accompaniment of the project.	Human Resources	10400,00	8000,00
	Administrative Material	600,00	461,54
	Notebook	1300,00	1000,00
	Other Costs	1800,00	1384,62
<b>SUBTOTAL</b>		<b>14100,00</b>	<b>10846,15</b>
<b>TOTAL</b>		<b>64010,00</b>	<b>49238,46</b>

**TOTAL (in USD) \$35,206.00**