

# Community empowerment approach in promoting mental health in school: a clinical decision-making model



Pedro Melo, PhD



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# Summary

**Some assumptions**

**Community empowerment approach in promoting mental health in school**

**Community Assessment, Intervention and Empowerment Model- MAIEC**

## ASSUMPTION ONE

School  
Community  
as a whole

Mental health, **regarding school context** it is a complex issue

that **must be approached from a community-based level**

and supported under **health planning process** to grant the continuity and success of the health gains from present to future (Melo, 2020).

Diagnosis, prioritization,  
objectives and goals,  
strategies and evaluation  
indicators



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## ASSUMPTION TWO

The **first step** to the **success in promoting mental health in school**

, is **assuring a salutogenic approach** anchored in **community partnerships**  
(Melo e Alves, 2019)

and in **community empowerment** in Nursing clinical decision-making (Melo, 2020)



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## ASSUMPTION THREE

It is an **evidence** that **community, as a whole, can be a client of nurses** (Melo e Fonseca, 2020),

and this effectively allows the achievement of **health gains related to community management**,  
in this specific case, related to Mental Health.

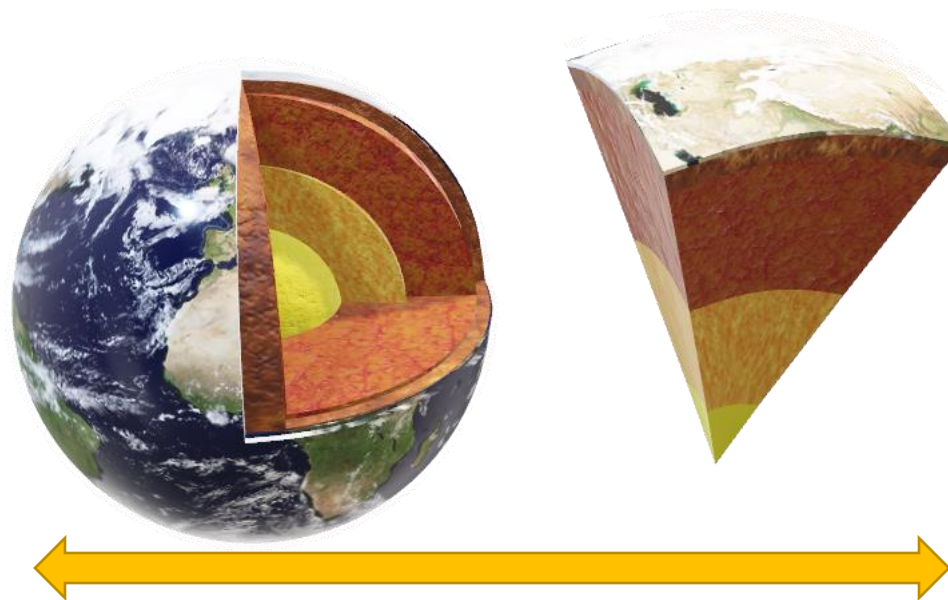


## ASSUMPTION FOUR

It is **important** the interaction on **community health nurses**

and **Mental Health Nurses** (Morgado, et al, 2021)

Community Management  
for Mental Health Promotion  
**(CHN)**



Mental Health Promotion  
**(MHN)**



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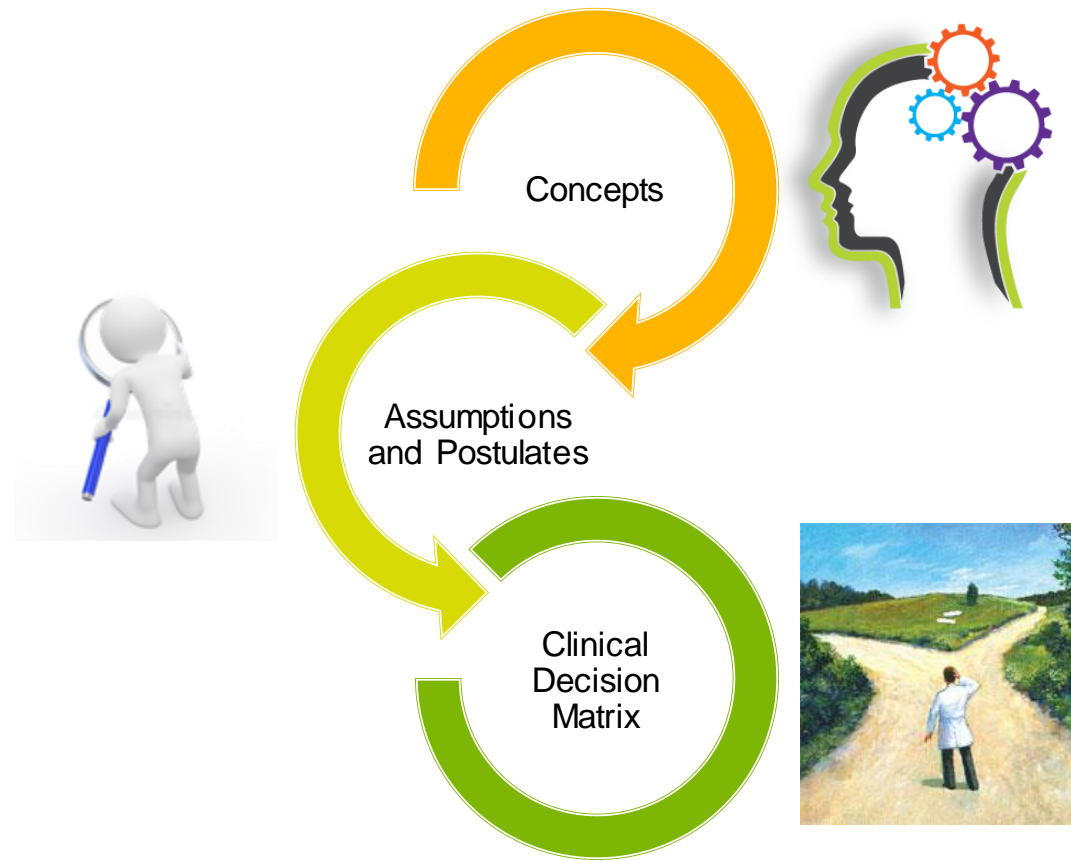
## ASSUMPTION FIVE

Community Empowerment presupposes the development of a continuous model of steps that interrelate to each other:



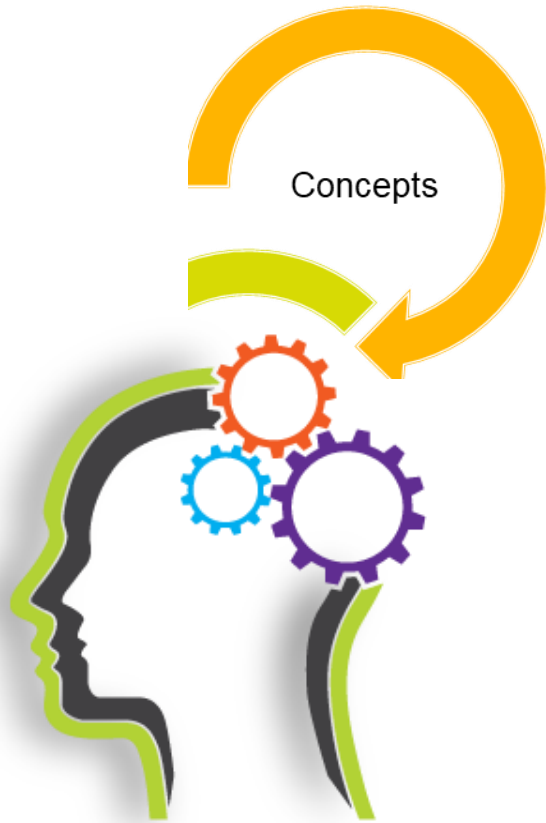
Laverack, 2008

# COMMUNITY ASSESSMENT, INTERVENTION AND EMPOWERMENT MODEL (MAIEC)





# COMMUNITY ASSESSMENT, INTERVENTION AND EMPOWERMENT MODEL (MAIEC)



Community

Community Health

Community Environment

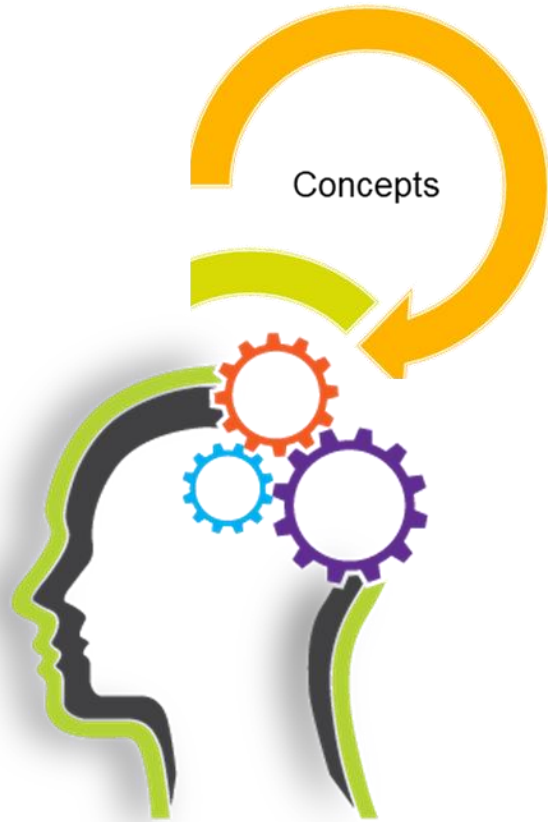
Nursing care to community



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# COMMUNITY ASSESSMENT, INTERVENTION AND EMPOWERMENT MODEL (MAIEC)



## Community



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Geography, Functions, Identity;

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Relational system resulting from the interaction of people, groups and community organizations;

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The whole and the parts interact through community participation, leadership and process.

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# COMMUNITY ASSESSMENT, INTERVENTION AND EMPOWERMENT MODEL (MAIEC)



## School community

Structure or set of structures for teaching and education, consisting of professional human elements of education, students and family and all those who interact with them, by their own political elements (such as educational plans) and all other elements associated with education and teaching.



Melo, 2020

# COMMUNITY ASSESSMENT, INTERVENTION AND EMPOWERMENT MODEL (MAIEC)

## Community environment

### Elements:

human, physical, economic, political

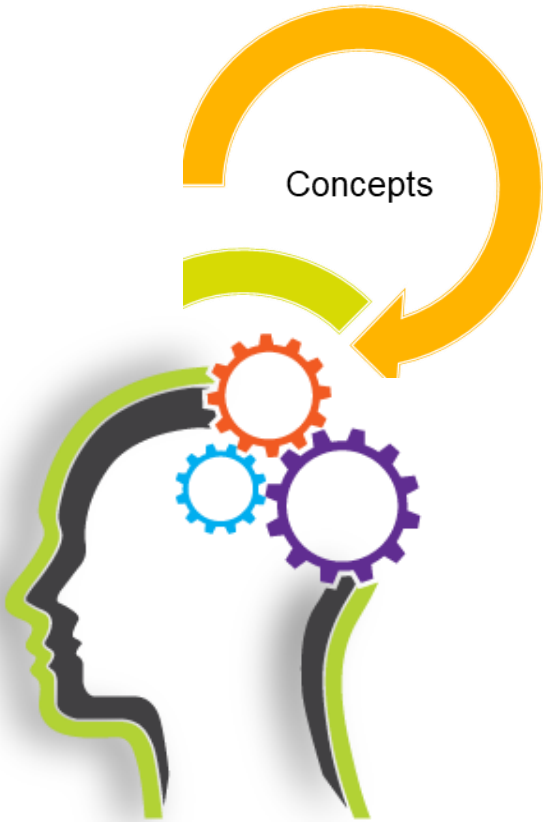
...

**Community macrosystem** (community policies)

**Community Mesosystem** (Community Organizations)

**Community microsystem** (people and small community groups)

**Community Chronosystem** (time gives community identity)



Melo, 2020

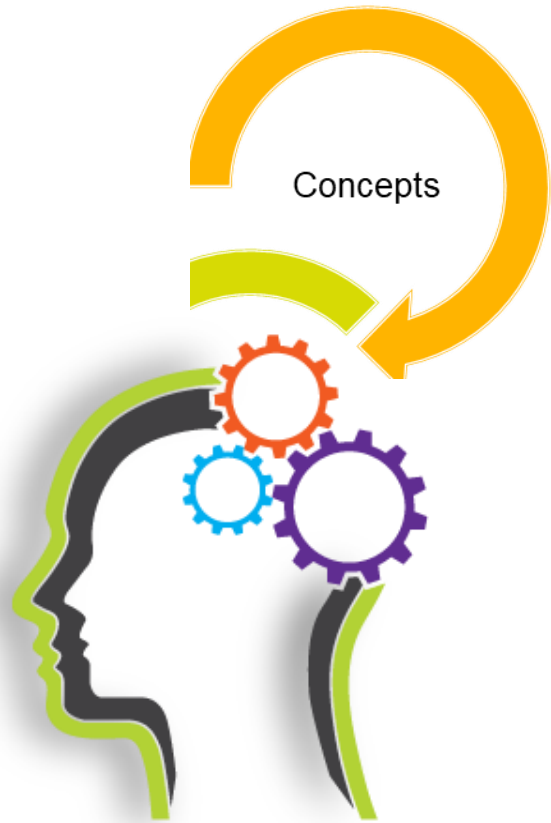


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# COMMUNITY ASSESSMENT, INTERVENTION AND EMPOWERMENT MODEL (MAIEC)

## Community health



**Dynamic process of community empowerment** in which community participation, process and leadership combine in the ability to identify and solve problems and leverage community resources.

Community health determinants interrelate **the improvement of public health determinants with community empowerment indicators**, enhancing the effectiveness of community intervention in a collaborative perspective.

Melo, 2020



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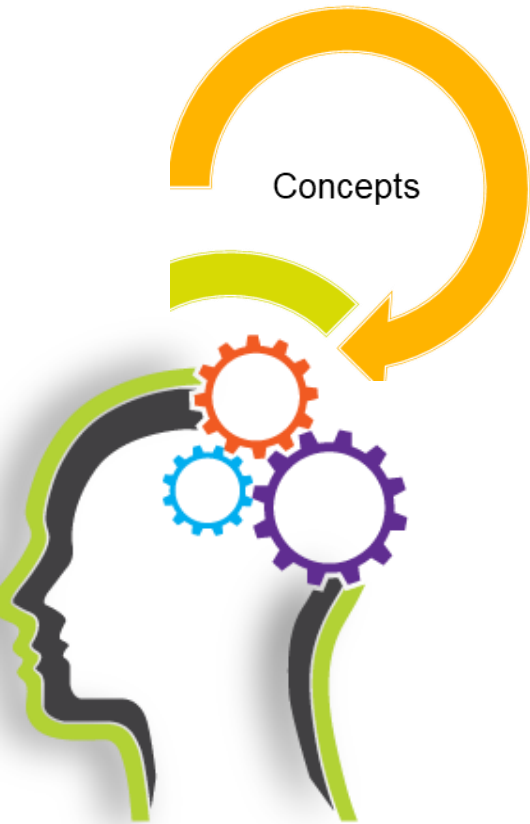
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# COMMUNITY ASSESSMENT, INTERVENTION AND EMPOWERMENT MODEL (MAIEC)

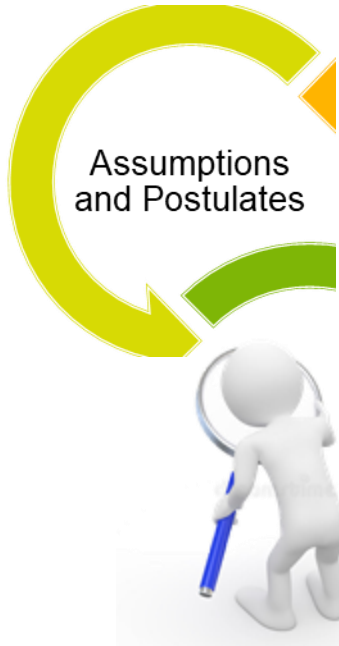
## Community Nursing Care

Development of a **collaborative action that empowers the community**, underpinning the approach of community management as an enhancer of gains in community health sensitive to nursing care.

It integrates the approach of **community empowerment as a process**, in the integrated and integrative vision of the community as a whole **and as a result** of empowering the community to reach the maximum level of community empowerment.



# COMMUNITY ASSESSMENT, INTERVENTION AND EMPOWERMENT MODEL (MAIEC)



assumptions

The aim of nurses' care is the **community**, approached as a care unit, framing the whole and the parts of the community, in a dynamic and continuous process of community empowerment.

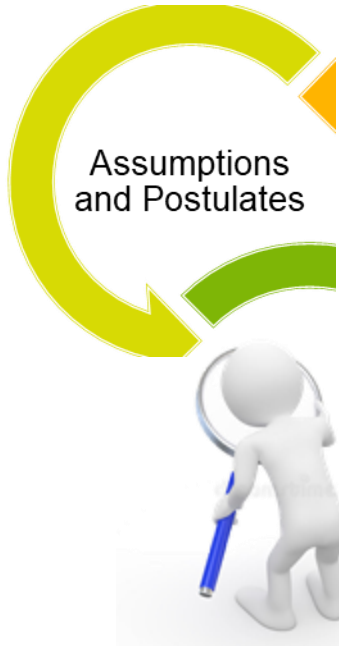


The Nurse, as an external agent, promoter of community empowerment, must work in partnership with community members and leaders **towards their autonomy in solving their problems**.



Community nursing care enhances the areas **that facilitate its empowerment**, promoting the optimization of community resources and skills.

# COMMUNITY ASSESSMENT, INTERVENTION AND EMPOWERMENT MODEL (MAIEC)



## Postulates

Considering Health Planning as a methodological principle, nurses must assess the health status of all communities for which they are responsible, ensuring the inclusion of all assessments in their prioritization processes.

The community approach is developed both in the context of empowering community health and from the perspective of empowering public health.

The relationship between the assessment of the health status of the community and the characteristics of the community environment, allow identifying the planning of interventions adjusted to the needs of the community.

The community, as a care unit, requires nursing interventions in order to enhance responses in community empowerment as a process and as a result.

Interventions focus on community empowerment in parallel with the specific needs of the community, identified in the specific evaluation process of each community intervention project.

Melo, 2020

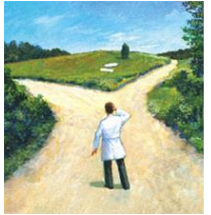


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# COMMUNITY ASSESSMENT, INTERVENTION AND EMPOWERMENT MODEL (MAIEC)



## Community Empowerment



### Attention Areas

### Community management

### Diagnostic Activity To assess:



### Process

### Diagnosis Commitment/non-commitment

### Interventions

- Improve community management
- Improve Community Process
- Promote Community Participation
- Promote community Leadership

- Promote Community coping
- Optimize communication
- Promote partnerships
- Optimize organizational structures
- Teach
- Advocate
- Encourage

### Result

# ASSESSING COMMUNITY EMPOWERMENT

Suplemento digital Rev ROL Enferm 2020; 43(1): 441

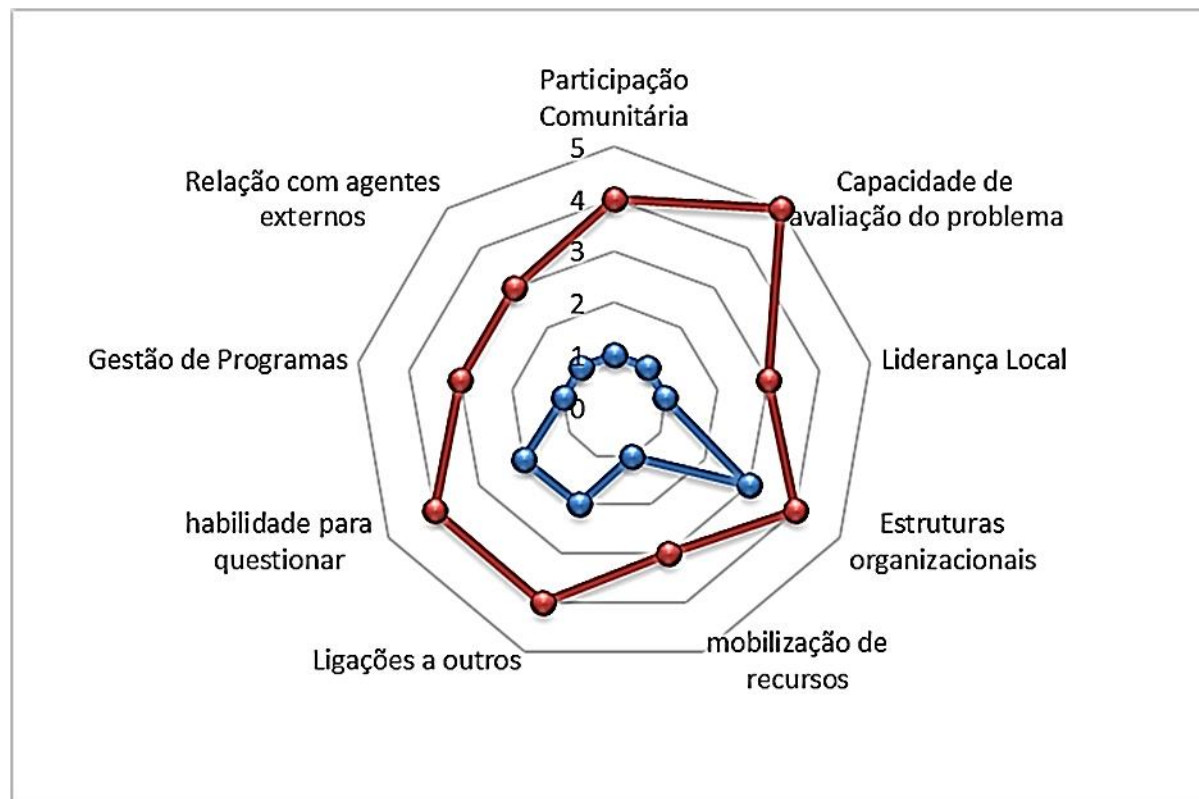
## TRADUÇÃO PARA PORTUGUÊS E VALIDAÇÃO CULTURAL DA EMPOWERMENT ASSESSMENT RATING SCALE

Translation to Portuguese and cultural validation  
of the Empowerment Assessment Rating Scale

Melo P, Teixeira A, Fernandes A, Ferreira L, Santos S, Sousa I, Pereira A, Ferreira A, Maciel C, Pinto M, Pinto C, Sousa S, Cardoso T, Freitas, CT



**EAvEC**  
Community Empowerment Rating Scale



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Melo, 2020

Pedro Melo ©

# COMMUNITY EMPOWERMENT APPROACH IN PROMOTING MENTAL HEALTH IN SCHOOL



# COMMUNITY EMPOWERMENT APPROACH IN PROMOTING MENTAL HEALTH IN SCHOOL

## COMMUNITY MANAGEMENT

**Diagnosis and Intervention**  
according to  
MAIEC Nursing  
Decision-Making

**2**

### Community process

- Community coping (experiences and resources related to Mental Health Promotion)

### Community participation

- Partnerships
- Communication mechanisms
- Organizational structures related to mental health promotion

### Community Leadership

- Knowledges about mental health issues
- Beliefs about mental health issues
- Volition to participate in a mental health promotion project

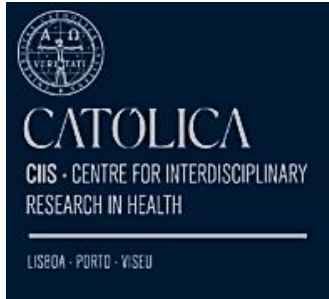


## COMMUNITY EMPOWERMENT APPROACH IN PROMOTING MENTAL HEALTH IN SCHOOL

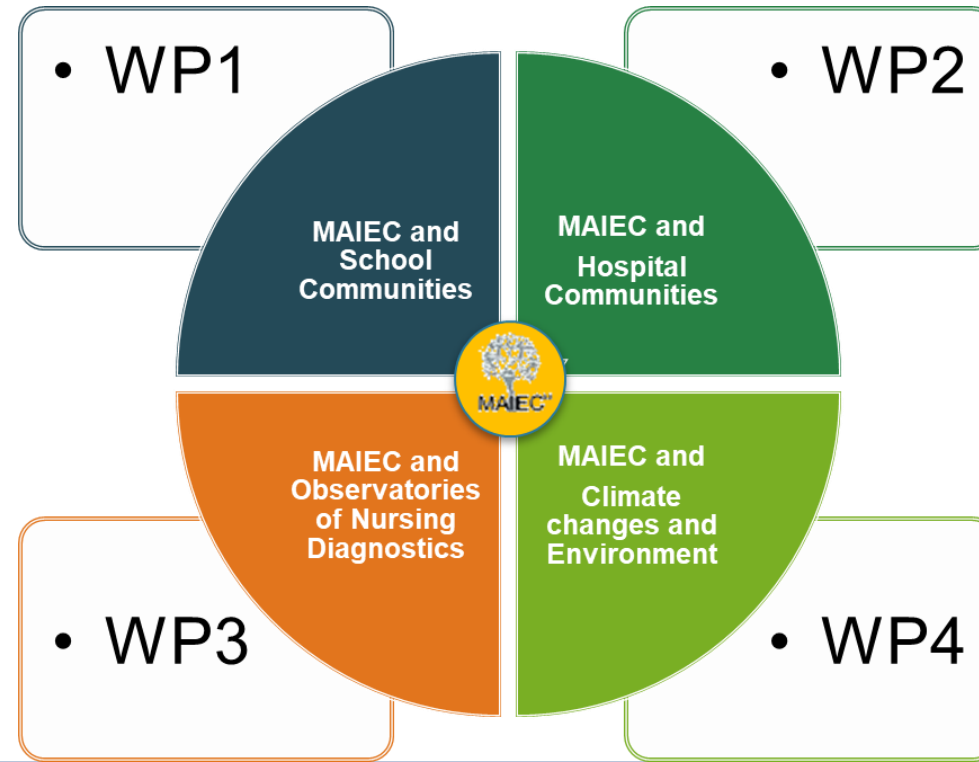
The **cooperation** of **Community and Public Health Nurses** in school health is, this way, very important **in association** with other nursing profiles in this specific issue of mental health (like **Mental Health Nurses and Paediatric Nurses**).



# OUR RESEARCH PROJECT



## Projeto: MAIEC- Community Empowerment and Nursing Decision Making





**Starting today, each one of you has also become a Maiecan.**



*Welcome to this journey...*

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pmelo@ucp.pt



/MAIEC

 **YouTube** /Pedro Melo



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