



Permaculture applied in the recovery
process of people with mental illness



Co-funded by the
Erasmus+ Programme
of the European Union

CASE STUDY DESCRIPTION

ORGANIZATION:	FUNDACON INTRAS
COUNTRY:	Spain
CASE STUDY NAME/ ID/TITLE	Overcoming fear

BACKGROUND INFORMATION (i.e. previous learning and challenges, situation...etc)

R. is 38, he came to INTRAS 2 years ago with a severe depression and panic to get out in the street and to talk with people.

REASONS FOR ATTENDING THE TRAINING

He started the Permind course because he was sent by the Social Services to attend a course on ecological agriculture, he continued with Permind.

OUTCOMES FROM THE TRAINING (OR CHANGES) IN THE PARTICIPANT'S LIFE (personal, familiar, etc.)

R's life had changed completely. Before Permind, he lived with his parents and had fear of people. He was so afraid that he never get out from home.
Working at Permind orchard he learn how to establish relations with their peers, little by little, because the permacultural activity allows and promotes talking to each other, because it does not require a big concentration and because it is a team activity.
He was hired by INTRAS and came every day to work, he became very autonomous and was very motivated by the work in the orchard. He also made friends and started living in a flat by his own. During Permind he also studied and got a Profesional Certified on Garden Center's Assistant. Now he lives independently and works in an ordinary company.

PARTICIPANT'S NEW PLANS FOR FUTURE TRIGGERED BY THE TRAINING

His plans for future have been already achieved by him: getting recovered and living by their own.