

SPHERE – Sport Healing Rehabilitation

Kick-off Meeting and Presentation Conference

16-17 January 2019, Rome

16 January 2019 – Project Kick-off Meeting at Best Western Plus Hotel Universo

Participants

- Valerio Di Tommaso – President of ECOS and project coordinator (Italy);
- Dr Santo Rullo – Psychiatrist and trainer (Italy);
- Stefano Moliterni – ECOS project manager (Italy);
- Alessandro Ruggeri – ECOS project manager (Italy);
- Prof Diane Crone – Professor at Cardiff Metropolitan University (UK);
- Paul Sellars – Researcher at Cardiff Metropolitan University (UK);
- Fernando Cross-Villasana – Researcher at Technical University of Munich (Germany);
- Alberto Bichi – President of the European Platform for Sports Innovation (Belgium);
- Jonathan Garside - Health and Wellbeing Manager at Everton Football Club (UK);
- Tatjana Udovic – Collaborator at Rijeka Sports Association for Persons with Disabilities (Croatia);
- Sampsa Kivistö – Project manager at Finnish Sport Federation Tampere Region (Finland).
- Dr Stefania Cerino – Psychiatrist (Italy)
- Prof Marco Aresti – University of Cassino (Italy)

The kick-off meeting started at 10 am in the meeting room “OLGA” within the Best Western Plus Hotel Universo.

- 10 am – 10:30 am: Valerio Di Tommaso, president of ECOS and project coordinator, made a short summary of the project activities.
- 10:30 am – 12:30 pm: each partner presented its own organisation.
- 12:30 pm – 1:30 pm: Dr Stefania Cerino and Prof Marco Aresti from the University of Cassino presented their experiences and researches about the psychiatric rehabilitation through sport.
- 1:30 pm – 2:30 pm: lunchbreak.
- 2:30 pm – 5 pm: discussion about the methodologies to research the best practices, the definition of the guidelines to train the trainers involved in the pilot actions, the project communication and the project timeline.
- 5 pm – 6 pm: discussion about the administrative and financial issues related to the project.
- 6 pm: end of the meeting.

17 January 2019 – Project Presentation at the Italian National Olympic Committee

The conference to present the project was held in the Conference Hall of the Italian Olympic Committee and addressed to some Italian stakeholders, coming from the sports, health and social sectors – both public and private ones.

The event was aimed at creating cross-sectoral synergies and at involving decision makers in order to include sports activity in the psychiatric rehabilitation and enhance the physical and psychosocial wellbeing of people with mental health problems.

Participants

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- Dr Santo Rullo – Psychiatrist and trainer
- Stefano Moliterni – ECOS project manager
- Alessandro Ruggeri – ECOS project manager
- Prof Diane Crone – Professor at Cardiff Metropolitan University (UK)
- Paul Sellars – Researcher at Cardiff Metropolitan University (UK)
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- Tatjana Udovic – Collaborator at Rijeka Sports Association for Persons with Disabilities (Croatia)
- Sampsa Kivistö – Project manager at Finnish Sport Federation Tampere Region (Finland)
- Dr Stefania Cerino – Psychiatrist
- Prof Marco Aresti – University of Cassino
- Daniela Drago – Italian National Olympic Committee
- Cinzia Zucal – Executive at the Sport Office of the Italian Government
- Dr Bruno Spinetoli – Medical executive at the Mental Health Department “Rome 1”
- Dr Ferdinando Cesarini – Medical executive at the Mental Health Department “Rome 1”
- Dr Enrico Rosini – Psychiatrist and professor at University of Rome “La Sapienza”
- Marcello Mancini – President of AIAC Onlus (Italian Association of Football Coaches)
- Juri Morico – President of OPES Italia (Italian Organisation for Sports Education)
- Dr Francesco Cro – Psychiatrist at the Mental Health Department of Viterbo
- Guido Valentini – Executive at “Progetto Itaca Roma”
- Dr Giancarlo Vinci – Psychiatrist at the Mental Health Department “Rome D”
- Vincenzo Cantatore – Former Boxe World Champion and trainer
- Daniele Rainaldi – Social worker at “Villa Letizia”
- Carlo Cinquerrui – Polisportiva “Il Traguardo”
- Enrico Zanchini – Coach of the Italy Futsal Team of psychiatric patients
- Francesca Neri – Sport psychologist
- Valentina Graverini – Social worker at “Villa Letizia”
- Pierluigi Ballini – Social worker at “Villa Letizia”
- Mariachiara Pastorini – Project manager at OPES Italia

- Alessandra Broglia – Journalist at “Nuove Proposte” magazine
- Simone Perrotti – Polisportiva “Il Traguado”

The conference started at 10:30 am.

- Valerio Di Tommaso, the project coordinator, presented the project and the international partners to all participants.
- All project partners made a short presentation of their organisations.
- Alberto Bichi, executive director of EPSI and project partner, talked about the European Platform for Sports Innovation.
- Guido Valentini, executive at “Progetto Itaca Roma”, presented his association and the *Clubhouse International* methodology.
- Marcello Mancini, president of the Italian Association of Football Coaches, told the association’s experiences in the training of coaches to allow them manage people with disabilities.
- Juri Morico, president of OPES Italia, presented his organisation and talked about the importance of professionals’ training to allow them acquire new competences and manage people with mental disorders.
- Enrico Zanchini, coach of the Italy Futsal team of psychiatric patients – who won the Dream World Cup in 2018 – told his experience in the management of the athletes/patients.
- Alessandro Ruggeri, vice-president of ECOS and coordinator of the project’s training activities, talked about the global economic burden of mental disorders by 2030 according to a recent “Lancet Commission” report made by global specialists in psychiatry, public health and neuroscience.
- Dr Santo Rullo, head of the project’s scientific committee, talked about the benefits of sport and physical activity for mental health and psychiatric rehabilitation.
- Dr Bruno Spinetoli, neuropsychiatrist and medical executive at the Mental Health Department “Rome 1” talked about the importance of sports and physical activity during the developmental age to preserve mental wellbeing.
- Dr Enrico Rosini, psychiatrist and professor at the University of Rome “La Sapienza”, talked about his research related to the rehabilitation through sport of patients with Parkinson’s disease – with the support of Vincenzo Cantatore involved in the research as trainer.
- Dr Giancarlo Vinci, psychiatrist at the Mental Health Department “Rome D”, highlighted the importance of creating synergies between the public and private sectors to reach common objectives, involve the decision makers and define national policies aimed at healthy rehabilitation programs and social inclusion.

The conference ended at 12:10 pm.