



# DREAM WORLD CUP 2018

**Futsal World Championship for People with Mental Health Problems**  
Rome - Palatiziano - 13-16 May 2018



## FINAL REPORT

*The Greatest Match Ever Against Stigma  
and Discrimination of Mental Illness*

September 2018,  
written by: **Valerio Di Tommaso** and **Santo Rullo**  
photo: **Andrea Boccalini, Emanuele Artenio**  
layout and graphics: **Luigi Cimmino**  
editing e translation: **Stefano Moliterni**  
print by: **Angelo Franzè**

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## 1. Introduction

The Dream World Cup is the futsal world championship for people with mental health problems. The first edition took place in Osaka, Japan, in 2016, with the participation of 3 national teams: Japan, Peru and Italy. The second was held in Rome from 13 to 16 May 2018 with the participation of 9 teams representing as many countries: Italy, Japan, Peru, Argentina, Chile, Hungary, France, Spain, Ukraine. The next edition is scheduled in Peru in 2020, where at least 15 teams are expected to participate. The Dream World Cup is promoted by the International Football Committee on Mental Health (IFCMH), chaired by the Italian psychiatrist Santo Rullo. The 2018 edition was organised by the non-profit association “ECOS - European Culture and Sport Organization”, whose president is the Italian manager Valerio Di Tommaso. The Italian edition began on 13 May 2018, on the occasion of the 40th anniversary of the approval of the so-called Basaglia Law which, on 13 May 1978, definitively abolished asylums in Italy. This document traces the main steps of this project trying to highlight its social, health and sports value, and to clarify, as far as possible, the differences with the Paralympic sports movements, whose eligibility criteria do not allow participation of psychiatric patients at official international competitions. In fact, the access to sports competitions for people with psychiatric problems is strongly influenced by stigma and discrimination,





while people with other types of problems are more easily recognised and integrated. The definition of eligibility criteria for competitive events for people with mental health problems has never been clear and unambiguous. The Dream World Cup aims at raising public awareness in order to include sport and physical activity in psychiatric prevention and rehabilitation programs all over the world, as football and all sports play an important role in preventing and treating mental disorders in a healthy way - thus enhancing the psychophysical and social wellbeing of those suffering from such problems. A particular attention within this report will be dedicated to the Italian national team of psychiatric patients, and not only because it won the Dream World Cup 2018 and the title of world champion, but also because it was the only team to wear the same official uniforms of the Italian national team thanks to the support of the Italian Football Federation (FIGC). The blue shirt and the desire to wear it led many guys who hid their condition and lived it with shame, to come out and, by admitting their illness, to take a first step towards an effective rehabilitation. Just as in 1978 with the Basaglia law Italy started a process of civilization soon followed by many other nations, similarly today, 40 years later, Italy - thanks to the FIGC - is the first nation in the world to grant the use of the official shirt for a social purpose dedicated to mental health. The blue shirt becomes an instrument of social inclusion, a symbol of freedom, civilization and hope.

## 2. Sport and Mental Health

The World Health Organization claims that around 450 million people worldwide suffer from mental disorders every year, while one in four suffers from a psychic problem in life – with a clear prevalence of depressive disorders and a 5% rate of psychotic spectrum disorders (e.g. schizophrenia and bipolar disorders). Despite these figures, less than 10% of people with mental disorders have access to adequate treatment, due to a lack of appropriate facilities and policies, and because they are often ashamed to admit they have a psychiatric problem. Furthermore, in the majority of cases, the main treatment is pharmacological – with little interest in other complementary activities. The protection of mental health and the prevention of chronic diseases represent a marginal share in the budget of nations' health systems. Moreover, there is a whole series of experiential and epidemiological data which highlights how:



- people living with a mental disorder have a higher incidence of physical problems than the general population;
- people with serious mental disorders have a life expectancy of about 20 years lower than the general population;
- people with mental disorders are smokers 3 or 4 times greater than the general population;
- a lifestyle with physical inactivity, improper diet and smoking contributes significantly to the increase in morbidity and mortality of people with mental disorders;
- physical health problems can exacerbate mental disorders;
- some psychiatric drugs used in the treatment of mental disorders have negative effects on physical health (dysmetabolic syndrome, weight gain) and heavy side effects (extrapyramidal movement disorders, tremors, stiffness) that can be mitigated by exercise and diet. There are risk factors for mental disorders, but also protective lifestyles to tackle them. Among these, in addition to maintaining a good relationship with the emotional states, there is also the need of an adequate connection between mind and body to combat sedentary life – induced especially by apathy and depression and some side effects of psychiatric drugs. As soon as people begin to experience mental health problems, they tend to exclude themselves from protective

situations: so, in case of serious psychiatric disorders, these people are effectively excluded from satisfying jobs and housing opportunities, from good social relationships, from recreational, artistic and sports activities, to the extent of not being able to access the appropriate treatment for their disorder and the relevant protection. Over the last decades, several scientific studies have shown that sport and physical activity act as a real complementary treatment to psychiatric drugs, and play an important role in the prevention of mental illness, since physical activity significantly reduces the amount of cortisol in the blood (the stress hormone involved in anxiety and depression) and stimulates the release of norepinephrine, serotonin and dopamine - the most important neurotransmitters of well-being. Recent scientific findings (related to mirror neurons) on the role of motor functions and targeted movements in learning and managing relationships attribute an effective role of complete biological, psychological and psychosocial stimulation to the experience of sports activity in functional mental disorders. Sport is easily accessible, stimulates self-esteem and self-awareness, encourages socialization, belonging to a group and social cohesion. Football, in particular, for the synchronous activation of body and mind, is an important tool for the protection of physical and psychological well-being. It also conveys important human values essential for the strengthening of personality, especially in situations of vulnerability and fragility.



### 3. Football and Mental Health in Italy

In Italy, sports activities for mental disabilities are almost entirely managed by FISDIR (Italian Sports Federation for Intellectual/Relational Disabilities). In fact, the eligibility criteria that allow athletes to participate in official national and international competitions, include an IQ<70 detected in the developmental age, excluding all people with a relational disability or a functional intellectual deficit consequent to psychiatric pathologies. This classification excludes both patients whose disabling results of mental health problems may arise in adulthood, but also patients with a psychiatric diagnosis and with an IQ>70 - which represent the overwhelming majority of psychiatric patients. Fortunately, there are several sports promotion agencies and associations throughout Italy that have been organising football competitions for people with mental health problems: UISP, ACSI, CSI, ANPIS, US-ACLI, Carlo Valente Onlus Foundation. Currently, the new Fourth Level championship of the LND (National Amateur League) includes people with dual diagnosis and IQ<70 also detected in adulthood, and from the season 2018/2019 a specific championship for people with mental health problems is expected.

### 4. Italian National Team of Psychiatric Patients

The Italian national futsal team for people with mental health problems was born in 2016 thanks to the efforts of the Dr. Santo Rullo and participated in the first edition of the world championship held in Japan. The national team received the immediate support of the FIGC which granted the use of the official uniforms. The experience in Japan has also become an important documentary, called CRAZY FOR FOOTBALL, which in Italy is considered the film symbolic to the fight against the stigma. The team is composed only of people with a certified psychiatric pathology coming mainly from mental health centres spread throughout Italy. Local health authorities and mental health centres are the main places



frequented by young people who are part of the national team, but there are also individuals who do not attend such centres and asked to participate in the official selections. The official selections involved also the many associations and foundations committed to activities related to football



for the psychosocial rehabilitation.

Between 2017 and 2018 three meetings were organised for the official selections:

- 15 November 2017 - Gerezano (VA): selections for Northern Italy with 55 participants, in collaboration with the “Sport Integrati” association.
- 22 January 2018 - Bari: selections for Southern Italy and the Islands with 65 participants, in collaboration with the “Carlo Valente Onlus” Foundation.
- 3 March 2018 - Rome: selections for Central Italy with 60 participants, in collaboration with the “Sport, Benessere e Salute Mentale” association of Pesaro Urbino.

180 people, coming from mental health centres throughout Italy, were able to live the dream of wearing the blue shirt and enthusiastically took part in the selections. Being part of such an initiative meant in some way accepting the illness and do not be ashamed of it, both for the guys and their families. Speaking of mental illness and being aware of it is a first step to tackle it and overcome barriers and prejudices. The moment of the selections and the official days represented a key element of the whole project, since the dream of being able to do an audition for the National team stimulated the boys to leave their rooms of isolation and take the field. They trained and made sacrifices only to try wearing the blue shirt. Patients involved were more inclined to play sports and this also helped them in their daily life, to lose weight, to decrease the administration of drugs, to be outdoors and in contact with other people. All participants received a certificate of participation conferred by the president of the 5-a-side football division, Andrea Montemurro.

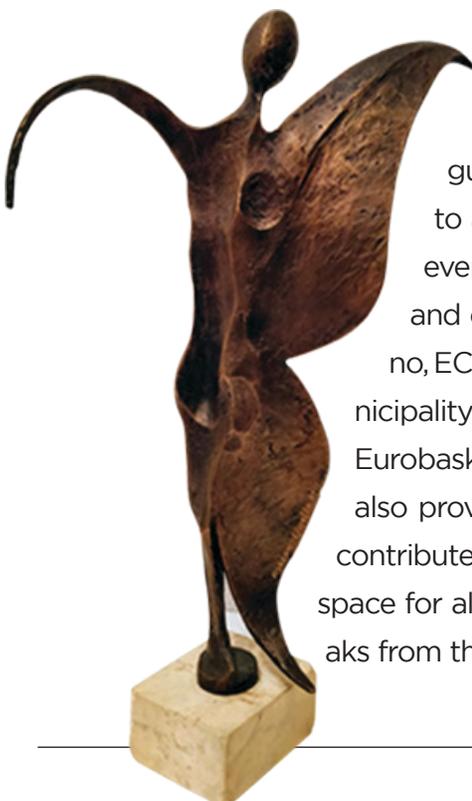


## 5 Dream World Cup 2018

The Dream World Cup was the second edition of the Futsal World Championship for psychiatric patients, held at the PalaTiziano in Rome from 13 to 16 May 2018, on the occasion of the fortieth anniversary of the Basaglia Law. It was a great world sporting event with nine national football teams from all over the world – Argentina, Chile, France, Japan, Italy, Peru, Spain, Ukraine and Hungary – and a great social event that involved for the first time 150 psychiatric patients in a 4-day tournament. The championship was won by Italy, which won the final against Chile.

The whole tournament was characterized by solidarity and fair play, in fact the federal referees of the futsal division, during all 21 matches played in the tournament, extracted only one yellow card and the teams never had any disagreement during their stay in Rome. The world cup was created by the Roman artist Adriano Usiello and is a bronze sculpture, half woman and half butterfly, which symbolizes beauty and freedom. The guests – more than 180 people including chaperons and some family members – stayed at the “Don

Orione Holiday House” and the transports was managed by Casertano Bus that guaranteed the shuttle service to and from the indoor stadium every day. For the management and organisation of the PalaTiziano, ECOS collaborated with the municipality of Rome and the sports club Eurobasket Roma (owner of the sports facility for the 2017-2018 season) which also provided all the experts in the management of space. The organisation contributed to make the outdoor area liveable, where it was set up a dedicated space for all the participating teams, in which they could gather during the breaks from the game. In the same outdoor spaces, about 200 meals per day were



DREAM WORLD CUP 2018	
GROUP A	GROUP B
ITALY	JAPAN
CHILE	ARGENTINA
HUNGARY	SPAIN
PERU	SENEGAL
UKRAINE	FRANCE

DREAM WORLD CUP 2018		DREAM WORLD CUP 2018	
SUNDAY 13TH MAY		MONDAY 14TH MAY	
09:00-10:40	ITALY CHILE A B	09:30-10:10	JAPAN SENEGAL B B
09:00-10:30	JAPAN FRANCE A B	10:30-11:00	ARGENTINA FRANCE B B
09:00-10:30	UKRAINE PERU A B	10:30-11:00	ITALY HUNGARY A A
10:30-12:10	ARGENTINA SPAIN A B	10:30-12:40	CHILE UKRAINE A A
16:30	OPENING CEREMONY		
09:00-10:40	ITALY UKRAINE A A	10:00-10:40	ARGENTINA SENEGAL B B
09:40-10:30	PERU HUNGARY A A	10:00-10:30	SPAIN FRANCE B B
09:30-10:40	JAPAN ARGENTINA A B	10:40-11:00	UKRAINE HUNGARY A A
10:30-20:40	SPAIN SENEGAL B B	10:30-10:10	PERU CHILE A A

DREAM WORLD CUP 2018		DREAM WORLD CUP 2018	
TUESDAY 15TH MAY		WEDNESDAY 16TH MAY	
09:00-10:40	JAPAN SPAIN B B	09:00-11:00	WIN 01 WIN 04
09:00-11:00	ITALY PERU A A	10:30-12:30	WIN 02 WIN 03
10:30-11:00	CHILE HUNGARY A A	10:00-10:40	FINAL 3RD PLACE
10:30-12:40	SENEGAL FRANCE A B	10:00-12:00	FINAL
09:00-10:40	1 <sup>A</sup> 4 <sup>B</sup> 01		
09:00-10:40	2 <sup>A</sup> 3 <sup>B</sup> 02		
10:40-12:30	1 <sup>B</sup> 4 <sup>A</sup> 03		
10:30-18:10	2 <sup>B</sup> 3 <sup>A</sup> 04		

**Senegal Team could not participate to the tournament for the lack of funds and any support from Senegal public or private authority.**

Italy 15, France 2, 1 Argent., 2 Chile, Italy 9, Peru 8, Italy 17, Chile 4, 5 Chile, 4 Hungary, Spain 5, Peru 8, Peru 5, Hungary 1, 2 Japan, 3 Hungary.



distributed for athletes and operators. The organisation also provided a laundry service for all the participating teams, washing and drying about 18 full uniforms (two for each team) each night, and making them available in the morning, before the start of the matches.

The security service inside the stadium, in addition to the ordinary one required by law, was also managed by the volunteers of “Progetto Itaca Roma”, the first Italian Clubhouse, which manages free rehabilitation initiatives and projects aimed at people suffering from mental disorders and supports programs for their families.

Public participation was high and warm. From the official website of the event ([www.dreamworldcup.net](http://www.dreamworldcup.net)), 1812 free tickets were downloaded (an average of 453 downloads a day). Considering the size of the PalaTiziano and the number of spectators who entered without having previously downloaded the ticket, it is possible to estimate about 5 thousand visitors during the 4 days of the tournament.

The communication of the event on social channels was significant. The Facebook page, in particular, in addition to being characterized by several interactions, has undergone constant growth in a few weeks, and at the current date is followed by about 2 thousand people. Photos and videos of the Dream World Cup 2018 are available on the official website [www.dreamworldcup.net](http://www.dreamworldcup.net). In 2020 the Dream World Cup will be held in Peru.

## 5.1 Social Value

The Dream World Cup, in addition to being a great sporting event, was also a major world social event where about 200 organisations – including sports and social associations, health facilities and mental health centres of the various participating countries – took the field to fight prejudices and encourage the use of football as a practice of psychiatric



rehabilitation. Collaboration between institutions, health and sports facilities and third sector organisations is essential to overcome the barriers created by a social stigma that still exists in civil society regarding mental illness. People with mental health problems are normally exposed to discrimination in all aspects of their lives and their problems are often exasperated by the stigma they suffer – from the society, but also families, friends and employers. The civil society has stereotypical views on mental illness and those affected by it, and believes that these people are violent and dangerous, when in reality they are more vulnerable to the risk of being attacked than harming other people. The situation is exacerbated by the media that often associate mental illness with violence, or portray the people with mental disorders as dangerous, criminal, or totally unable to live normal and satisfying lives. Stigmatization and discrimination can worsen mental health problems and delay or prevent their recovery. Social isolation, housing disadvantage, unemployment and poverty are often connected to mental illness, therefore stigma and discrimination can trap people with psychiatric problems in a vicious and destructive cycle and so hinder a full social cohesion.

## 5.2 Scientific Value

In order to define clear and unequivocal eligibility criteria at international level – which could also guarantee an appreciable competitive and sporting level of the world championship for people with mental health problems – Dr. Santo Rullo, together with the professor and sport sociologist Nobuko Tanaka, in 2013 created the International Football Committee on Mental Health (IFCMH), an international non-formal organisation made up of psychiatric doctors, socio-medical workers

and sports operators from all over the world who promote the importance of football as a tool for the prevention and treatment of mental disorders and the rehabilitation of people affected by such problems. On the occasion of the second edition of the Dream World Cup, the committee of psychiatrists and international operators met on 12 May 2018 to discuss the following topics:

- international eligibility criteria for future competitions;
- international monitoring methodology for football as a psychiatric rehabilitation tool and definition of guidelines for sports trainers and social and health personnel;
- social support and welfare tools for the employment of psychiatric patients in the sports sector.

### 5.3 Research activities

During the Dream World Cup 2018, two different research activities were carried out regarding the benefits of sport on the psychiatric patients involved.

- The team led by professor Marco Aresti of the University of Cassino and Southern Lazio developed an empirical research on somatic and psychosocial treatments in psychiatry, proposing a multi-factorial evaluative survey on the emotions expressed during sports activities – and football in particular. The main objective is the structured implementation of “Adapted Physical Activity Paths” within the national Integrated Health Plans, and the promotion of a process of de-stigmatization of patients with psychiatric problems through the use of the territory and its resources. In total, 40 patients/athletes and 8 team managers were analysed. The collected data are subjected to encoding phase and statistical analysis.



- Dr. Francesca Neri of the department of “Clinical Psychology” of the Salesian Pontifical University, during the days of the Dream World Cup, gave to some patients/athletes involved in the tournament interviews related to the analysis of rehabilitation through sport, especially in the context of schizophrenic psychoses. The key objective was to demonstrate, through a critical observation, that thanks to some skills enhanced or induced by sports activity there is an important containment of symptoms and a significant re-socializing and normalizing effect derived from the recovery of relational and socio-affective skills. The respondents were 9, all with a diagnosis of schizophrenia – mostly in comorbidity with other psychiatric diagnoses.

## 6. Press review and video production

The Dream World Cup had a great media impact. The matches of the Italian team, the opening ceremony and the final were broadcast live on Rai Sport (the Italian national television dedicated to sports). The team received services on some national newspapers, which followed the event since the official selections. Regarding the printed paper, the main newspapers – including Il Messaggero, Il Fatto Quotidiano, L’Huffington Post, Il Corriere della Sera and other minor newspapers – wrote about the event. Several magazines dedicated services to the event and the scientific journal Mind dedicated a 5-page article to the Dream World Cup, the Italian team of psychiatric patients and the importance of football as a psychiatric rehabilitation tool. The most surprising thing was the attention of the international press. Various journalistic services appeared on some international newspapers, including The Times, El País and La Nación. The video production was realised by the company 8MOON, which produced the spot for the presentation of the world championship, the final video for the celebration of the Italian national team and several other videos related to the Dream World Cup.



## 7. Organisation

The Dream world cup is an event promoted by the international committee of mental health and organized in Italy by the European Culture and Sport Organization association with the support of public and private partnerships

### 7.1 International Football Committee on Mental Health

The International Football Committee on Mental Health (IFCMH) is an international organism constituted by the proposal of the organisers of the first futsal world championship for people with mental health problems, held in Japan on February 2016. It represents a network made up by 8 countries of 5 continents: Argentine, South Korea, Denmark, Germany, Japan, Great Britain, Italy and Peru, who in 2013 signed the “Tokyo Statement on Sport for People with Mental Health Problems”. The Mission of the Committee is to promote and spread football as a medium for mental disorders prevention, treatment and rehabilitation, and to help improving the lifestyle and well-being of people with mental health problems. The main objectives of the committee are:

- formulating eligibility criteria (recovery based, ICD-WHO F2-F3, ICF-WHO, social/emotional dis-

bilities) for international sports competitions;

- enlisting all nations interested in the promotion of football for the psychiatric rehabilitation and in taking part to the international network;
- recruiting mental health and sport professionals to collaborate in the definition of specific and non-specific factors of football on intervention programmes to enhance the patients' psychophysical wellbeing (primary, secondary, tertiary and quaternary prevention, treatment, mental health disorders rehabilitation);
- promoting football for integration and social inclusion;
- establish in Rome an office for the committee's general secretariat;
- institute a scientific board that will meet on a regular basis;
- create a committee's official website, a YouTube channel and social media pages (Facebook, Instagram, Twitter);
- build institutional relations with FIFA, the International Paralympic Committee, Special Olympics and health ministries worldwide.



The committee is the promoter of both the two editions of the futsal world championship for psychiatric patients, held in Osaka in 2016 and in Rome in 2018. At this moment it is working to prepare the Dream World Cup 2020 in Peru

## 7.2 ECOS – European Culture and Sport Organization

ECOS is the non-profit association that organised the Dream World Cup 2018 and is the owner of all the relevant rights and brand. The association develops projects and initiatives mainly related to sport, culture and tourism – and to all activities which use sport and culture as tools for the economic and social growth – and is inspired by principles of good governance, cooperation and internationalization. Its members are constantly committed to social issues, research and professional training. ECOS aims to stimulate the sharing of knowledge and international collaborations through sports and cultural actions that can improve good practices in society – and so welfare and social cohesion. ECOS organised and managed the project Crazy for Football at School



in 2018, funded by the UEFA Foundation for Children under the patronage of FIGC and the support of the media partner HDRÀ. The association is highly active in European programmes, in particular Erasmus+ Sport, and is a partner of the European Platform for Sport Innovation (EPSI) which manages the House of Sport in Brussels.

### 7.3 Donors e Partners

Dream World Cup is a very expensive event and is not supported by important and structured contributions. ECOS has incurred all the costs of board, lodging, communication and general organization. Despite this, and despite the incessant work and appeals by Malik Malikou, the African representative of the International Football Committee On Mental Health, the SENEGAL team, could not participate because they did not find any financial support in their country to pay for flights. In Italy the main support comes from FIGC - the Italian Football Federation - which in addition to an economic contribution, provided all the technical material (two official uniforms, one training uniform, bags and suits) - the Institute for Credito Sportivo the Lazio Region (through its company Lazio Innova) and the Futsal Division that also provided the federal referees during the event. The Dream World Cup 2018 received the patronage of CONI (the Italian National Olympic Committee), of the Embassies of Japan, Peru, Chile, and of the Italian Footballers Association. A special thanks goes to the many local organisations and volunteers that contributed to the preparation of the event, in particular to:

- “Carlo Valente Onlus” foundation, which hosted the official selection for Southern Italy and provides constant support to the “football and mental health” movement, with its president Aurelio Valente and his collaborator Filippo Di Maso;
- “Sport, Benessere e Salute Mentale” association, with its president Umberto Battista and Enrico Ridolfi who actively collaborated in the official selections for Central Italy;
- “Sport Integrati” association of Gerenzano, with its representatives Martina Garbelli and Ezia Moroni, who have supported the movement from its very beginning by hosting the first selections of the national team for Northern Italy in Gerenzano;
- “Mondo Eco Solidal” association created by the Peruvian community in Rome;
- Progetto Itaca and his director Guido Valentini for the operative support during the event;
- EuroBasket Roma and the president Armando Buonamici, and Michele, Fernando and Roberto for the operative support during the event
- Asd CCCP 1987 - as technical staff of the Italian National Team in support of Mr. Enrico Zanchini.

The appeal we are making to all civil society is to be more sensitive to the problem of mental health, in the conviction that the promotion of sport in the psychiatric field can improve the condition of many people and act as a prevention tool for young people.



## 8. Road to Peru 2020

Road to Peru 2020 is the new project of International Football Committee on Mental Health. A path of different stages at Worldwide level that will bring all the National teams of psychiatric patients to train and play throughout its own national territory. A project that will also lead to enrich and strengthen the National team with new athletes and to spread the message against stigma.

The main objective are:

- to strengthen the collaboration with the National Football Federation;
- to involve new guys with new selections and organise friendly matches and tournaments;
- to involve further social and health institutions, psychiatric facilities and doctors;
- to organise awareness raising activities;
- to involve companies and private sponsors.

The definition of project stages is in progress, but the plan foresees several events until the summer of 2020, when the third edition of the Dream World Cup will start in Peru.

Each member country of the IFCMH and all nations interested in participating in the next Dream World Cup may follow this model and launch the project “Road to Peru 2020” in their own country to raise awareness and money to organise the participation of the team in the next world championship. The Dream World Cup has a strong sporting and social value and could become an internationally recognized event in the future. To achieve this, it is important to pursue two fundamental objectives related to the event of Peru 2020:

1. each national team of psychiatric patients must represent the whole country, so players must represent in some way the various facilities and organisations that deal with mental health throughout the national territory;
2. each team should sign an agreement with its national football federation in order to use the official uniforms – or to obtain an informal recognition of the team as a National representative. Regarding the IFCMH, it should soon draw a clear, univocal and simple regulation including the eligibility criteria of patients/athletes, and specific monitoring and assessment tools.



# DREAM WORLD CUP 2018

## PRESS REVIEW

**Rit** Medicina e Ricerca

### Un mondiale da pazzi

Dal 13 al 16 maggio si gioca a Roma la seconda edizione del mondiale di calcio a 5 per pazienti psichiatrici. L'obiettivo? Dare un calcio allo stigma. Ma anche stare meglio con se stessi e gli altri

08 maggio 2018

di DAVIDE MICHIELIN



LA DATA del calcio di inizio è tutto tranne che casuale: domenica 13 maggio, quarantesimo anniversario della legge Basaglia, 150 giocatori provenienti da 11 nazioni si affronteranno nella Dream World Cup, il mondiale di calcio a 5 riservato alle persone con problemi di salute mentale. A due anni di distanza dall'edizione sperimentale tenutasi in Giappone, la kermesse di quattro giorni sarà ospitata dall'Italia presso il PalaTiziano di Roma in pieno cò molto più di una coppa. Perché lo sport richiede empatia, esercizio fisico e autodisciplina ma in cambio offre una migliore qualità della vita e un minore ricorso ai farmaci. Inoltre, promuove quell'integrazione sociale che strappa i pazienti dall'isolamento della propria condizione e li sprona a raggiungere nuovi obiettivi.

ANSA.it - Salute&Benessere

### A Roma la dream World Cup, 150 pazienti psichiatrici in campo

Torneo tra dieci nazioni per superare le barriere

Redazione ANSA ROMA 09 maggio 2018 19:27

Un grande evento sportivo mondiale con 10 nazionali partecipanti: Italia, Spagna, Argentina, Cile, Francia, Giappone, Perù, Senegal, Ucraina e Ungheria. È la Dream World Cup, che vede in campo oltre 150 pazienti psichiatrici per un torneo di 4 giorni.

**DEPORTES**

FÚTBOL

### Tirar un muro a balonazos

Italia celebra el Mundial de fútbol de enfermos mentales justo la semana en se cumplen 40 años de la ley que abolió los manicomios y los viejos tratamientos

DANIEL VERDÚ  
Roma - 16 MAY 2018 - 05:43 CEST



El entrenador Enrico Zanchini habla al equipo durante el partido en el mundial en Roma. ANTONELLO RUSCA

Italia derribó los muros de sus manicomios hace justo 40 años y entregó a la sociedad civil el cuidado de la salud mental. La ley Basaglia, una revolución legal sin precedentes para el tratamiento de estos enfermos, cambió para siempre la visión de un universo social oculto hasta entonces entre paredes acolchadas. Cuatro décadas después, todavía hay trastornos que pueden diagnosticarse con claridad y otros que requerirían todo un simposio de barra de bar. Stefano Bono,

THE TIMES

### When football is a (prescription) drug

Tom Anglin  
May 19 2018, 12:05pm  
The Times



Sergio Amato, the Italian footballer, leaps for joy when he is on the pitch

As he headed off the pitch, the Italian footballer passed to listen, then shook his head. "I used to hear voices in my head but they disappear when you get on the pitch," said Sergio Amato, 24, a defender who is on medication after suffering psychosis three years ago.

Mr Amato is among 150 sufferers of schizophrenia, bipolar disorder and depression who believe football is a key to their cure and who gathered in Rome this week to play in a World Cup for psychiatric patients.

In front of 1,000 cheering fans, Italy saw off a challenge from eight other nations in the five-a-side Dream World Cup and beat Chile in the final.

It wasn't the score that really mattered. Doctors in Italy used football to treat mental health issues for years before word of the unusual therapy spread thanks to the making of a 2004 documentary, *Mad about Football*, which followed the fortunes of an Italian team of psychiatric patients.

"Football is like a natural drug," Santo Rullo, an Italian psychiatrist and pioneer in the treatment, said. "Getting patients to exercise stimulates the body's anti-depressants, while interaction on the pitch stimulates the so-called mirror neurons in the brain which let you better understand the intentions of people around you — something absent in many patients," he said.

After 2,000 patients took up the game in Italy, Mr Rullo said that all had reduced their medication. "30 per cent of psychiatric patients normally recover, but we boost that to 45 with football, and the 30 per cent who get worse can be cut to 20 per cent," he said. "Our number nine has returned to work and can live alone since he joined the team — that's a complete recovery!"

Chile, France, Japan, Peru, Spain, Hungary, Ukraine and Argentina sent teams to the tournament.

"Being in a team and encouraging your team mates is incredible," said Argentina's Franco Poldi, 24, a schizophrenic who has been institutionalised three times.

"Franco has reduced his medication by two thirds thanks to this tournament," said Raimondo Juan Mussollini, the team's coach and psychiatrist.

After *Mad for Football* was screened in Japan, football therapy exploded, 850 teams were formed and the first international tournament was held there in 2016, with Japan beating Italy and Peru.

This time Japan was knocked out by Hungary in the quarter-finals, leaving players in tears. "Psychiatry says you can't let patients down because they might commit suicide, but we think that means they can't live, since life is full of victories and defeats," said Valerio di Tommaso, one of the organisers.

**il Fatto Quotidiano**  
NON RICEVE ALCUN FINANZIAMENTO PUBBLICO

### UN ALTRO CALCIO Vince l'Italia dei pazienti psichiatrici

## Campioni del mondo, roba da matti

di ALESSANDRO CISLINI

Di classe e opportunismo. A pochi minuti dal termine, il numero 10 Christian Maoddi, 30 anni, di Oristano, intuisce l'occasione su un pallone vagante tra il difensore e il portiere del Cile. Lo scatto, l'anticipo, il tocco risolutivo. E dopo il gol, vede il portiere brontolare ai propri compagni e corre ad abbracciarlo e a chiedergli scusa. Forse per la rete, forse per un minimo contatto, o forse per suscursarsi e basta, di aver dato espressione al proprio talento. "Non devi suscursarti!", lo rimbrota il ct della nazionale Enrico Zanchini, sostituendolo, e cogliendo un po' di sorpresa la stampa dietro la panchina.

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# DREAM WORLD CUP 2018

## PRESS REVIEW

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Mercoledì, 16 maggio 2018 - 19:23:00

### Calcio, Italia Campione del Mondo a 5 coi pazienti psichiatrici

L'Italia si aggiudica la Dream World Cup 2018 col calcio a 5 dei pazienti psichiatrici



#### L'Italia vince la Dream World Cup 2018 e diventa campione del mondo di calcio a 5 coi pazienti psichiatrici.

Un risultato straordinario, quello degli Azzurri che hanno battuto in finale il Cile per 17-4 portandosi a casa la coppa dei campioni. Un'Italia trascinata dal capocannoniere Mattia Armanni, che nel torneo ha totalizzato ben 24 gol.

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### LA NAZIONALE DEI PAZIENTI PSICHIATRICI CAMPIONE DEL MONDO

17/05/2018 Dopo un torneo in cui sono risultati imbattuti, ha battuto in finale il Cile 17-4. Un risultato importante per combattere la malattia



L'Italia è Campione del Mondo! Un cammino straordinario quello degli Azzurri che in finale battono il Cile per 17-4 portandosi a casa il secondo Campionato mondiale di calcio a 5 per pazienti psichiatrici. Italia trascinata da Mattia Armanni, capocannoniere del torneo con ben 24 gol, un'Italia capace di uscire dalla competizione senza mai perdere una partita. «Credo che sia stata una cosa fantastica» ha commentato Tardelli, «un'esperienza bellissima. Tra l'altro la nazionale italiana ha giocatori di qualità, che hanno fatto del gol molto belli. La passione, il calcio e lo sport in generale aiutano sempre a guarire, perché non è importante il fisico ma la testa. Con la testa si fa tutto».

«Naturalmente sono contento per l'Italia» ha raccontato Mihajlović «ho visto una bella partita, hanno giocato molto bene e meritatamente hanno vinto. Ma al di là del risultato è importante tutto il contorno: vedere la gente che si è divertita, ma soprattutto loro, i ragazzi, che si sono divertiti. Hanno mandato un bel messaggio e spero che dopo questo mondiale vinto, si possa sensibilizzare altra gente per continuare su questa strada».

E poi le emozioni dei protagonisti, a partire dal capitano Ruben Carval: «Emozione indescrivibile, quest'anno il gruppo era formidabile, abbiamo dato tutto in campo e è stata una rivincita sul mondiale di due anni fa in Giappone. La cosa più bella? Il gol di Ruggiero contro la Francia...». Un pensiero anche da parte di Sergio Amato, uno che il calcio l'ha masticato eccome in Eccellenza e in Serie D: «Mi sono divertito molto, emozione grandissima. Il calcio ti fa stare bene mentalmente e fisicamente. Vedere Ruggiero alzare la coppa è stato per me il momento più bello».

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## NEWS ED EURONEWS



### Dream World Cup 2018 - Campionati del mondo di calcio a cinque per pazienti psichiatrici.

Testo e foto di Donatello Urbani

Il quarantesimo anniversario dell'entrata in vigore della legge Basaglia - chiusura degli ospedali psichiatrici -, non poteva passare senza essere ricordato con un evento importante e, per ricordare questo, è stato chiamato lo sport a recitare la parte primo attore. Nella scelta, probabilmente, è prevalsa l'opinione che non può esserci miglior utilizzo dello sport se non quando questi viene incontro a quanti sono in difficoltà assumendo, così, nel contempo un doppio ruolo: utilitaristico nel miglioramento fisico e psichico e umanitario nel dimostrare a quanti soffrono vicinanza e compartecipazione nella sofferenza.

9/5/2018

FEDERAZIONE ITALIANA GIUOCO CALCIO

### Dal 13 maggio a Roma il Mondiale di Calcio a 5 per pazienti psichiatrici

Dal 13 maggio a Roma il Mondiale di Calcio a 5 per pazienti psichiatrici  
Roma si appresta ad ospitare la Dream World Cup 2018, il Campionato Mondiale di Calcio a 5 per pazienti psichiatrici in programma dal 13 al 16 maggio al PalaTiziano. Oltre 140 pazienti psichiatrici provenienti da dieci Paesi si affronteranno in una manifestazione organizzata con il contributo della FIGC e con il patrocinio del CONI, Comune di Roma e delle Ambasciate di Giappone, Cile e Argentina. La seconda edizione del Mondiale, che fa seguito a quella organizzata nel 2016 in Giappone, vedrà coinvolte oltre 200 organizzazioni tra associazioni sportive, strutture sanitarie e centri di salute mentale di tutto il mondo.

# DREAM WORLD CUP 2018

## PRESS REVIEW



**VANTY FAIR**

SPORT - 2018

### L'Italia, al Mondiale, c'è andata. E l'ha pure vinto. Con i «pazzi»

14 MAGGIO 2018  
#ALESSIA ARCOLICI

L'Italia ha vinto, a Roma, la Dream World Cup, il Mondiale di calcio a 5 per pazienti psichiatrici. Ne abbiamo parlato con l'allenatore della nazionale italiana, Enrico Zanchini

**Campioni del Mondo.** «Se vinci un campionato del mondo è tuo per sempre. Nessuno te lo leva». Anche se hai una squadra «particolare», come ti racconta il mister **Enrico Zanchini**, ex giocatore di calcio a 5 in serie A e ora allenatore della prima nazionale italiana di calcio a 5 formata da **pazienti psichiatrici**. «Ognuno ha una storia significativa ma in campo ciò che li accomuna è la tecnica e un livello di gioco notevole».

**MIND**  
MENTE & CERVELLO

11 maggio 2018

### Matti per il calcio: ecco i mondiali dei pazienti psichiatrici

L'agonismo come riabilitazione neurocognitiva e una maglia azzurra per sconfiggere lo stigma: domenica 13 maggio inizia a Roma la Dream World Cup 2018, la seconda edizione dei campionati mondiali di calcio a 5 riservati a persone con problemi mentali. Durerà quattro giorni, coinvolgendo 19 squadre e 150 giocatori di 10 nazioni di *Davide Michielin*

Andrea Boccalini/ECOS Europe

150 giocatori, 28 partite, 10 nazioni, un solo vincitore: la salute mentale.

Sono questi i numeri della **Dream World Cup 2018**, il mondiale di calcio a 5 riservato ai pazienti psichiatrici che prenderà il via domenica 13 maggio a Roma. Per quattro giorni il Palatino ospiterà la seconda edizione della competizione, primo vero campionato mondiale dopo quello sperimentale disputato in Giappone nel 2016.

Ma sul parquet del palazzetto capitolino non si affronteranno solamente le squadre di Argentina, Cile, Francia, Italia, Giappone, Perù, Senegal, Spagna, Ucraina e Ungheria ma i rispettivi metodi di trattare la salute mentale, «in Giappone le selezioni psichiatriche sono più rigide delle nostre. La loro selezione è formata da pazienti con patologie lievi, invece noi crediamo che non si debbano fare discriminazioni sul tipo di malattia: i pazienti psichiatrici sono già fortemente discriminati di loro» esclamano lo psichiatra Santo Rullo, direttore medico di una serie di iniziative che poco per volta, hanno dapprima varcato i confini di Villa Letizia, la struttura dove lavora, e quindi quelli nazionali, ispirando la nascita dell'iniziativa.

Andrea Boccalini/ECOS Europe



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