

Symposium | Community care : [Symposium 55] Deinstitutionalization and Community Care2-Freedom first on the basis of Human Rights-

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[Symposium 55] Deinstitutionalization and Community Care2-Freedom first on the basis of Human Rights-

Moderator: Itsuo Asai (Heart Clinic Medical Corporation)

[SY-55-02] Community Measures to Reduce Involuntary and Long-Term Hospitalization of Individuals with Mental Illness

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The main causes of involuntary and long-term hospitalization for individuals with mental illness can be broadly categorized into two factors. First, **frequent relapses and worsening symptoms due to decreased adherence** to medication. Second, **the inability to lead an independent life due to functional decline**. The issue of functional decline often results in a need for external assistance due to financial difficulties and a lack of self-care ability. When no available caregiver is present, discharge becomes difficult.

Therefore, community-based measures to address these issues include:

Ensuring Consistent Outpatient Care: Mental health welfare centers can provide services such as accompanying patients to medical appointments and monitoring their progress. Additionally, long-acting injectable medications for schizophrenia can be utilized to ensure adherence to treatment.

Expanding Rehabilitation Programs: Increasing infrastructure to operate programs such as day hospitals can enhance the life skills of individuals with mental illness and help them manage their medications consistently.

Providing Residential Facilities: For individuals with diminished self-care abilities and no caregivers, residential facilities should be established, and social workers should be assigned to manage cases and assist with medication adherence.

Post-Prison Outpatient Treatment Orders: For individuals with mental illness released from prison after committing offenses, outpatient treatment orders should be enforced to ensure the stabilization of psychiatric symptoms in the community. With investments from the government and local authorities in these measures, a comprehensive management network for individuals with mental illness can be established. This would not only reduce involuntary and long-term hospitalizations but also enable individuals with mental illness to integrate and thrive in their communities.