

participants filled out a pre-training and post-training questionnaire to test the effectiveness and quality of the training session.

**Results:** The participants' average level of confidence in knowing and applying safe sleeping practices for their babies doubled following the training session (from 2.3→4.8 and 2.6→5 respectively, with 5 meaning "Very Confident.") The average level of knowledge of SIDS also increased from 1.6→4.4 (with 5 meaning "A Lot" of Knowledge.)

**Conclusions:** We were surprised at the low level of knowledge and confidence the patients had regarding safe sleeping practices for their babies. This project shows how interactive, ward-based training can be an effective way to engage and stimulate patients into improving the safety of their baby care.

**Disclosure:** No significant relationships.

**Keywords:** Paediatrics; Patient safety; Perinatal psychiatry; SIDS

## Rehabilitation and Psychoeducation

### EPV1271

#### Individual placement and support in young people with severe mental illness: an Italian experience

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**Introduction:** Individual placement and support (IPS) has a considerable body of evidence for its effectiveness in helping people with mental disorder to obtain and maintain competitive jobs in the labour market. IPS closely follows 8 main principles (such as it aims to get people into competitive employment, it is open to all those who want to work, it tries to find jobs consistent with people's preferences, it works quickly, it brings employment specialists into clinical teams, it provides time unlimited, individualised support, benefits counselling is included). However, little data in young adults are currently available, especially in Europe.

**Objectives:** Aim of this study was to evaluate the beneficial effect of IPS in Italian young adults with severe mental illness, examining the main competitive employment outcomes and drop out rates during a 3-year follow-up period.

**Methods:** 54 participants were recruited from patients receiving psychiatric treatment in adult Community Mental Health Centers of an Italian Department of Mental Health. Together with drop out rates, we examined job acquisition, job duration (total number of days worked), total hours per week worked and job tenure (weeks worked on the longest-held competitive job).

**Results:** A crude competitive employment rate of 40.7% and a crude drop out rate of 22.2% over the 3-year follow-up period were found. However, 66% of 42 clients who remained in the program over 3 years gained competitive employment at some time during the 3-year period.

**Conclusions:** This research shows the feasibility of an IPS intervention model in the public mental health care system in Italy, especially for a young adult target population.

**Disclosure:** No significant relationships.

**Keywords:** individual placement and support; psychiatric rehabilitation; mental health care; supported employment

### EPV1272

#### Experience of using telecare in carrying out a program of psychosocial rehabilitation of patients with schizophrenia and their relatives during the Covid-19 pandemic

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**Introduction:** During the Covid-19 pandemic, patients with mental illness turned out to be one of the most vulnerable groups of the population, since the forced self-isolation regime was a decrease in the availability of psychiatric care. During this period, the use of telemedicine increased to provide timely assistance.

**Objectives:** To analyze the experience of telecare in program of psychosocial rehabilitation of patients with schizophrenia and their relatives and to evaluate its effectiveness.

**Methods:** 80 schizophrenia patients in remission of varying quality and 41 relatives participated in rehabilitation program. To assess the effectiveness of telecare, PANSS, SF-36, URICA, PHQ-9, ISI, PSS-10, GAD-7 scales were used.

**Results:** Psychosocial interventions through telecare were carried out for 12 months. Patients and relatives participated in video sessions on Zoom and Skype Internet platforms, as well as in instant messengers. Rehabilitation program for patients included psychoeducation, skills training, art-therapy, music therapy, bibliotherapy, psychological counseling. Relatives were provided with psychoeducation and psychological counseling. The analysis showed that the use of telecare contributed to increase in the availability of psychotherapeutic assistance, the participation of patients with low motivation and prompt problem solving. Within the studied period, only 5% of patients (4 persons) developed relapses, two patients (2.5%) were hospitalized. Patients and relatives showed a high level of satisfaction with the care provided, positive dynamics of psychological indicators.

**Conclusions:** The effectiveness of psychosocial rehabilitation program through telecare has been proven. The possibility of carrying out various psychosocial interventions in online format has been shown.

**Disclosure:** No significant relationships.

**Keywords:** rehabilitation; psychosocial; telecare; schizophrénia

### EPV1274

#### Psychoeducational family intervention for bipolar I disorder: medium and long-term efficacy.

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**Introduction:** Bipolar disorder (BD) is associated to high personal and social burden, impaired social functioning and high levels of disability. Recent studies have showed that relapse rates are