

Citation for Ana Luisa Aranha e Silva

From 1992, when Ana Luisa Aranha began work on her Master's studies, she brought her concerns for a theoretical underpinning of psychosocial rehabilitation to the attention of her employers at the University of São Paulo, Brazil. After gaining her doctorate she became professor of mental health and psychiatry in the School of Nursing, working as a researcher and practitioner, and developing undergraduate and post-graduate teaching in mental health.

Ana Luisa's inspiration for her work is Brazil's commitment to 'Solidarity Economics.' In today's Brazil about 50% of workers are outside of the capitalist system where wages and rights are protected. Since 2005 the solidarity economy is a policy of the Ministry of Labour and Employment as a movement to a form of economic organization and collective self-management in response to all kinds of exclusions at the work place caused by capitalism, especially those of race, gender, age, and education. Thus Ana Luisa's concern is that users of mental health services needed to be actively involved in managing their own work and creating their own lives and looking for opportunities to realise this.

In 2006 she started the 'Bar BIBIT and Tã' under the auspices of the health system's Centre for Psychosocial Care *Itaim Bibi*, the city of São Paulo, and the School of Nursing at the University of São Paulo, and the Franco Basaglia Association. This is an innovative collective project, combining theory and practice, ethics, mental health and the solidarity economy. The political guidelines are strict: there needs to be cooperation, self-management, valid economic activity, and solidarity to maintain and achieve a healthy environment and community for the welfare of workers and consumers. Thus all the activities of the Bar are decided collectively and evaluated from the standpoint of economic feasibility. The Bar has four teams, one each for buying, cooking, cleaning and serving, rotating the workers. Mental health service users, staff and students are all invited to work in the Bar on a basis of complete equality. All workers (except staff employed by USP) receive the same salary, considering 'value-hours' rather than income. The trustees of the Bar comprise a nurse, an auxiliary nurse, a psychologist, a professor and students from USP.

The Bar is now a business that runs a restaurant. It also serves snacks and meals at events around the university and other cultural, scientific and social functions, focusing on Brazilian cuisine. It began as a teaching extension project within the mental health services of the School of Nursing, and students learn new ways there of dealing with professional relationships and with the concerns of integration of every person into the world of work, which can sometimes be an unexpected place. Ana Luisa points out that 'there is a substantial difference between being a user of a mental health service who is an employee and being an employee who is a user of mental health services.' In the perspective of the Brazilian Psychiatric Reform, the change of social position from being seen as incapable, dangerous and irresponsible to being responsible, creative, and a source of knowledge is the center of the action and represents a challenge for educational institutions.

Groups of graduate and Master's students from the School of Nursing have regular sessions in The Bar and conduct research there. The Bar produces economic activity through non-competitive partnerships that generate income, and tangible and

intangible assets that were not available to people before it opened. This brings not only a cash income to service users and students, but knowledge of how to deal with people, learning, caring, teamwork, thinking about the common good, learning from mistakes, trying to fix them, and spreading the knowledge gained.

Everyone is conscious of how much Ana Luisa inspires the ethos of the Bar, the teaching and principles of living in solidarity with everyone, and how much working together ennoble the lives of all concerned.