**Results:** This audit revealed, in everybody's opinion, that these offending citizens have received a security measure capable of having greater control over their actions in a therapeutic-rehabilitative perspective but it is fundamental to educate them also to exercise their own safety for a social shared culture. Ensuring the safety of the offender during the therapeutic-rehabilitative path is as important as responding to a society's need for social security.
**Conclusions:** Satisfying a society's need for security, established by the Judge and the Law, all this cannot separated from the active exercise of security of the offending psychiatric patient towards himself, through psychoeducation. The safety towards others and towards oneself can constitute a good practice in the field of psychosocial rehabilitation.

**Disclosure:** No significant relationships.
**Keywords:** Offending psychiatric patient; Psychoeducation; Psychosocial rehabilitation; Law

## EPV0576

## Physical training for inpatients

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**Introduction:** There is a high degree of comorbidity between serious mental illness (SMI) and substance use disorders (SUD) and cardiovascular disorders. Other life-style related disorders are also common in patients with SMI and SUD. Consequently, comorbidity with somatic diseases contributes to a dramatic reduction in life-expectancy for these patient groups. Physical training has been shown to have positive effects also for mental health, but there has been little systematic use of physical training as part of the treatment for patients suffering from SMI and SUD in Norwegian health care.
**Objectives:** To present a new project on physical training for patients suffering from SMI and SUD.
**Methods:** We briefly describe a project in a major Norwegian hospital, where physical exercise will be offered as part of the treatment for patients suffering from SMI and SUD.
**Results:** The Division for Substance Use and Mental Health now offers an exercise room for inpatients at the main clinic in Tromsø, Norway. The exercise room contains various equipment including treadmills and equipment for strength training. This facility has recently been made available and is currently being used by a selection of patients. A study of user experiences is forthcoming and a systematic study of effects of physical exercise for patients suffering from SMI and SUD is being planned.
**Conclusions:** Physical exercise has been shown to have positive effects also on mental health. In one major Norwegian hospital, facilities are now offered for inpatients suffering from SMI or SUD. The effects of physical exercise on patients with SMI and SUD will be examined.

**Disclosure:** No significant relationships.
**Keywords:** Exercise; Physical training; mental health; Rehabilitation

## EPV0577

## Improve health care access is possible. A case report

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**Introduction:** Within the hub and spoke organizational model provided by the Emilia Romagna Region for assistance to people with autism spectrum disorder (ASD), Cesena ward of psychiatry represents the hospital Hub. Here, a dedicated team (doctors, psychologist, case manager) creates individualized pathways to ensure second-level specialist diagnostics and the management of comorbidities affecting subjects diagnosed with Autism Spectrum Disorder and Intellectual Disability (ID).
**Objectives:** We report the case of a 23-year-old man, who from the age of 6 was opposed to any instrumental diagnostic investigation.
**Methods:** In order to guarantee the patient's full collaboration in carrying out essential diagnostic activities, short behavioural paths were created including video modelling. The Vi.Co app was used and a new app was created to target behaviors that could not be included in Vi.Co
**Results:** It was thus possible to make the patient compliant with the execution of blood samples, ECG, MRI of the brain in sedation and CT dental scan.
**Conclusions:** In our case, communication support systems and behavioral strategies have proved to be excellent allies in significantly improving the quality of care for our young patient. Considering the worst prognosis of pathologies and the reduced life expectancy of subjects suffering from ASD and ID, known in the literature, in our opinion, the first essential step becomes facilitating access to care for these patients.

**Disclosure:** No significant relationships.
**Keywords:** Video modeling; autism spectrum disorder; intellectual disability; access to care

## EPV0578

## The relation between communicative internet usage and the quality of the social adaptation in men with mental disorders

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**Introduction:** The internet is now widely used by people with mental disorders, and it is important to understand whether the internet use can affect the mental state of such people.