

Key Action: Partnerships for cooperation and exchanges of practices
Action Type: Cooperation partnerships in school education

Project Title

YAMH - Supporting teachers and youth workers to promote and protect Youth Mental Health at School

Good practice example

Project Coordinator

Organisation KINONIKES SINETERISTIKES DRASTIRIOTITES EFPATHON OMADON

Address GASTOUNIS AND GOUMENITSIS 14 , 12131 PERISTERI ATTIKI , Αττική (Attiki) , EL

Website www.edra-coop.gr

Project Information

Identifier 2021-1-EL01-KA220-SCH-000032845

Project Web Site <http://yamh.eu>

Start Date Feb 28, 2022

End Date Feb 27, 2024

EC Contribution 215,719 EUR

Partners INSTITUTO PARA EL FOMENTO DEL DESARROLLO Y LA FORMACION SL (ES) , ISTANBUL VALILIGI (TR) , IASIS (EL) , Asociación La Bien Pagá Espacio Escénico (ES) , 1 GENIKO LYKEIO ANO LIOSION (EL) , INNOQUALITY SYSTEMS LIMITED (IE)

Topics Physical and mental health, well-being ; Inclusion, promoting equality and non-discrimination ; Preventing early school leaving and failure in education

Project Summary

Background

As covered by the World Health Organisation (WHO): Well-being and a positive mental health status are key aspects for every human. Exposure to adverse experiences and situations in childhood and adolescence can significantly affect mental well-being many years into the future, as, for example, the early leaving of the school system, the increase substance use or criminal behaviour in adolescence, which in turn increase the likelihood of exposure to other established risk factors in adulthood, such as unemployment, debt, and social exclusion. These adverse experiences can happen mainly in two environments: Family and School. Regarding the family, each adolescent should have at least one caring adult nevertheless it's needed to highlight that inside this family environments, adolescents may also include on this level peers and young references such as youth workers that they have a high connection with.

Recognised as the other environment that will shape an adolescent, the school gives few chances to treat mental health and this treatment can be biased since there's a lack of available training for non-health professionals. This issue raises the stigmatization and the reluctance to seek help. Teachers and Youth Workers are recognised as the professionals with daily contact with the adolescents but these professionals neither have the materials or tools to promote and protect neither the youth's nor their own Mental Health.

The aim of YAMH - Equipping teachers and youth workers to promote and protect Youth Mental Health at School (YAMH) is to equip these professionals (teachers and Youth Workers) to promote and protect Youth Mental Health at School to tackle the aforementioned risks as well as supporting the well-being and mental health at schools for learners as well as educators.

Objectives

The Consortium will work together to design and co-create this new tools and methods to promote and protect youth mental health and well-being following the innovative life-skills approach. The approach, as guided by the World Health Organisation to support Youth Mental Health, addresses the need of building the needed competences for human development and adopting positive behaviours that will enable adolescents to deal effectively with the challenges of everyday life.

Following this approach, the project will cover the two main actions of YAMH: Mental Health and Well-being promotion and protection.

To do so, at the end the project, the trained teachers and Youth Workers are able to PROTECT adolescents' mental health the professionals will be trained to (i) identify and interpret key mental health issues and disorders' early signs (mechanism of mental illness, prevalence, onset age, risk factors, treatability, and possibility of recovery) as well as the disorder's early signs' interpretation.

The Teachers and Youth Workers will be able to PROMOTE adolescent's mental health as the professionals will be trained to (ii) combat the stigma on mental health disorders through the enhancing of help-seeking and, also, they will be train how to (ii) build up resilience at schools addressing the (a) social and interpersonal skills (communication, refusal skills, assertiveness, and empathy), (b) cognitive skills (decision making, critical thinking and self-evaluation) and (c) emotional coping skills (stress management, anger management and self-control).

Internally, this training will permeate to the professionals, in order to help them self-reflect and apply the learnt techniques in order to promote and protect their own well-being and mental health.

Externally and due to the high interest expressed already by several stakeholders involved on both schools and youth associations, as well as the connection that will be created between school teachers and youth workers and, finally, the partnership dissemination and implementation capability, it's forecasted that the project results may be relevant not only for the school field but for other fields of education and training such as youth, sport, or VET.

Activities

Compounded by experienced organisations on Mental Health, Youth training and work, Public Administrations, and entities expert in innovative pedagogy, the YAMH partnership will equip Teachers and Youth Workers to be a positive role model and a figure prepared to guide following the next elements:

1. The consortium will share a methodology: the responsibilities among the consortium will be clearly differentiated and shared by all. In addition, the PRs will be led by a partner, who will coordinate all the others for the development of the products.
2. Capacity building: The consortium partners will build and enhance their own competences. The partners will specifically be trained on the third meeting focusing on how to carry out the B-learning course with the target group.
3. Development of the RPs: The creation and development of RPs will structure the project and provide new learning opportunities and the recognition of learning outcomes.
4. Innovative educational and ICT tools such as the Online Open Educational Resources Platform, the Digital Database and B-learning courses.
5. Monitoring and piloting of the RPs in educational contexts to be carried out in Greece, Turkey, Spain and Ireland. Possible improvements following feedback will be incorporated in this phase.
6. National and international multiplier events: in these events, the RPs will be shared, spaces will be created to promote networking, etc.

In general, the project development process can be summarised as follows:

- After the first meeting, the curriculum and the definition of the theoretical frameworks and competences will start.
- The PR2 (Platform for Open Educational Resources Online) lasts almost the whole life cycle of the project. At the beginning, the partners will design and develop the Online Digital Database, which will be included in the Online Platform. Prior to this, the collection of resources will be carried out. In the meantime, the consortium will further elaborate the pedagogical and theoretical basis for the design of training contents and practical activities, methodologies and evaluation tools. All RPs will be adapted to build the next RP (B-Learning course). Thus, the consortium will design the structure and management of the course, as well as the interactive contents. This course will be published after the third meeting, where a training session will be held to train the partners on the applicability of b-learning with the target group. Subsequently, the piloting phase will start and will end in month 21, when feedback will be incorporated and the Online Platform will be finalised.
- Development of recommendations and guidelines (PR3) will start after the third meeting. A comparative benchmarking analysis on Youth Mental Promotion and Protection at Schools will be carried out. After this, the partners will design a methodology to pilot the product, which will allow evaluating the outcomes of the RP in a real context with the target group. Subsequently, a final evaluation report will be produced and feedback will be included in this PR. The recommendations from the pilot phases will be integrated into the final versions of the PR, and at the fifth meeting a consensus will be reached on the final version of the PR and its subsequent dissemination and exploitation.

Impact

YAMH will produce the following outcomes DURING THE PROJECT:

TANGIBLE outcomes:

- A structured set of competencies based on EU standards and methods in Youth Mental Health (YMH) promotion and protection at School through life-skills approach (PR1 ECVET Curriculum).
- An ICT-based educative instrument to upskill school teachers and youth workers in YMH promotion and protection, including an Online Digital Database, Theoretical and Pedagogical Basis and a Blended learning course (PR2 Online Platform)
- A Policy set of recommendations to facilitate transferability and replicability of the project results in intermediaries and organizations working in the area (PR3 Guidelines and recommendations).
- Develop, adapt, and test innovative practices and digital technologies to train target users in YMH promotion and protection by means of pilot activities.
- A defined strategy for the MANAGEMENT and QUALITY assurance of the project with established protocols, tools and methodologies for monitoring and evaluation, budget and time control, agreements, and templates.
- A SHARING, PROMOTION and EXPLOITATION strategy with a correspondent set of tools and resources, involving partner organizations, stakeholders, and policy makers to share the project activities, mainstreaming the project results and enhance the exploitation of its results.

INTANGIBLE outcomes:

- For partner ORGANIZATIONS: an improvement of their capacity to innovate and cooperate with other organizations at national and European level, identifying common challenges and solutions and developing new pedagogical approaches.
- For partner organizations' STAFF: skills improvement related to implementation of EU funded programmes.
- For school teachers and youth workers: will extend and develop their skills on: (i) identifying and interpreting key mental health issues and disorder's early signs; (ii) combating the stigma on mental health disorders and (iii) contributing to build up resilience at schools.
- For school students: access to education and training opportunities tailor made to their needs in Mental Health and protection.
- For the STAKEHOLDERS: collaboration with the partner organizations and with other stakeholders and/or associated partners to establish a network and a community of practice in YMH promotion and protection at local, regional, or European level to share information, improve skills and actively work on advancing the general knowledge of the domain.

YAMH is also expected to produce the following outcomes UPON ITS COMPLETION:

TANGIBLE outcomes:

- Exchange of experiences and good practices among countries with diverging experience in YMH promotion and protection at School through life-skills approach.
- Adopt and implement a curricula, courses, and parts of courses in training programs of the partner organizations and other training providers, on YMH promotion and to support school teachers and youth workers.
- Setting the basis for future and long-term international cooperation, by strengthening a pan-European team of experts which will collaborate and interested in further collaboration in new projects, organising training events, sharing and promotion workshops, etc.

INTANGIBLE outcomes:

- Raised awareness about the relevance of YMH promotion and protection.
- Increased participation of school teachers and youth workers in on this topic.
- Knowledge and experience gained by the partner organization's staff about the implementation of multi-stakeholder approaches to co-design and co-create innovative methods and tools for School Education.
- Better understanding and increased recognition of the skills in YMH promotion and protection and further

professionalisation of this practice.

- Increased motivation to learn and improve YMH promotion and protection related skills among school teachers and youth workers / school students.

Link to project card: [Show project card](#)

* Results are available for this project. You can click on the link above, and go to "Results" section to view them