

YOUTHMINDS

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*Promotion of Youth Mental Health through Awareness,
Prevention & Resilience Building*

Programmes/practices/initiatives/resources related to YP's social and emotional development.

Desk Research

Author: Logo of Partner Organization



PROJECT INFORMATION**Project acronym:**

YOUTHMINDS

Project title:

Promotion of Youth Mental Health through Awareness, Prevention & Resilience Building

Project Number:

2021-1-BG01-KA220-YOU-000028603

Key Action:

KA220-YOU - Cooperation partnerships in youth


KA2: YOUTH: Increasing quality, innovation and recognition of youth work

Website:<http://youthminds.eu/>**CONSORTIUM:**

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Project N°:2021-1-BG01-KA220-YOU-000028603



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Profile of the practice/ program/ initiative	
Name of the program/practice	Social and Emotional Learning: Experience the Power of Education!
Description of the practice/programme	<p>This specific training course was addressed to young individuals, ranging from the ages 8 – 18 years old. However, this course was not only beneficial for youth, but also could be utilized by trainers and staff working in formal educational settings. The training aimed to increase youth’s emotional and social competences, as they become increasingly important, for an individual to learn how to cope with various challenges in their relationships and contacts with school peers, parents and other adults (such as teachers) they live, learn and socialize with. In addition, the seminar highlighted the need to further develop teachers and trainers’ competences, motivation and skills so that their educational approaches match the needs of learners.</p>
Provider/ Key Stakeholders	<ul style="list-style-type: none"> ▪ Association for the Development of Life Skills (<i>Youth NGO</i>) ▪ Erasmus+: Youth in Action Programme countries
Pitfalls and challenges (if applicable)	Not applicable.
Opportunities and plans for the future (if applicable)	<p>This specific course involved the methodology from a previous project called “Social Skills and Healthier Self-esteem”, also known as SHE. Hence, additional material can be utilized from this project from teachers and youth workers to increase young people’s knowledge and improve the skills, regarding their mental health.</p>
Logo of program/ practice/ initiative	
Website	https://www.salto-youth.net/tools/european-training-calendar/training/social-and-emotional-learning-experience-the-power-of-education.2353/

Information that you believe should be included	Training that already happened – is not ongoing.
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Profile of the practice/ program/ initiative	
Name of the program/practice	WE GROW – EQ Learning for Youth
Description of the practice/programme	<p>The WeGrow project aimed to support the youth professionals (youth workers, youth trainers, youth leaders, and mentors of young volunteers, ensure social inclusion for youth. In addition, the project wished to address the need of youth professionals for the development of competencies, in order to support the development of Emotional Intelligence (EQ) and the social skills of young people with low school performance, early school leavers, and/ or NEETs.</p> <p>Ultimately, the objectives of this project were to increase the skills of youth workers, in order for them to support young individuals with fewer opportunities. Simultaneously, the program would help young individuals develop cognitive, emotional and social skills to improve their overall mental health and performance at school.</p>
Provider/ Key Stakeholders	<ul style="list-style-type: none"> ▪ SEAL - Cyprus ▪ I BOX CREATE, SOCIEDAD LIMITADA - Spain ▪ VSI INOVACIJU BIURAS – Lithuania ▪ ADEL Slovakia - Slovakia Ce.F.A.S. – Centro di Formazione ed Alta Specializzazione - Italy
Pitfalls and challenges (if applicable)	Mainly, this specific program addressed the needs of young people, in terms of academic performance and did not concentrate on assisting them develop the necessary skills, for their long-term success. Nonetheless, the competences and skills that were addressed through this project would definitely help young individuals comprehend the importance of cultivating such competences.
Opportunities and plans for the future (if applicable)	The project will strengthen the international dimension of youth activity, as well as the partners' capacities and international scope. The project will have an impact on the recognition and influence of youth work.


Logo of program/ practice/ initiative	
Website	https://wegrowproject.eu/
Information that you believe should be included	Not applicable

Profile of the practice/ program/ initiative	
Name of the program/practice	Youth Board of Cyprus
Description of the practice/programme	<p>The Youth Board of Cyprus' (ONEK) primary objective is to influence policy-makers and help them reshape the current youth policies that are being implemented, in addition to concentrating on current issues and aiming at exerting the greatest, positive impact on young individuals. The Youth Board of Cyprus conducted an educational event that aimed to inform young individuals about the importance of Emotional Intelligence, in which it was explained that this concept is the ability of individuals to recognise their own and others' emotions, to distinguish between different emotions and to label them appropriately, using emotional information to guide thinking and behaviour.</p> <p>Thus, in this workshop the organizers addressed several issues including:</p> <ul style="list-style-type: none"> ▪ What is EQ? ▪ What is the difference between IQ? ▪ Can it be cultivated or is it an innate characteristic of the individual? ▪ What are the key components? ▪ How can it help in a person's daily life?
Provider/ Key Stakeholders	This specific workshop was coordinated by the Educational Psychologist; Christina Panteli, that is also a partner in this organization, specifically in the program of Youth Psychosocial Empowerment, called "Little Bear".


<p>Pitfalls and challenges (If applicable)</p>	<p>Not applicable</p>
<p>Opportunities and plans for the future (If applicable)</p>	<p>Not applicable</p>
<p>Logo of program/ practice/ initiative</p>	
<p>Website</p>	<p>https://onek.org.cy/poioi-eimaste/orama-apostoli/</p>
<p>Information that you believe should be included</p>	<p>The Youth Board of Cyprus developed 8 pillars that aim to support young individuals on a variety of matters including:</p> <ul style="list-style-type: none"> ▪ Employment and Entrepreneurship ▪ Social Inclusion ▪ Participation ▪ Education and Training ▪ Health and Well-being ▪ Volunteerism ▪ Youth and the World ▪ Creativity and Culture



Profile of the practice/ program/ initiative	
Name of the program/practice	Cyprus Youth Clubs Organisation
Description of the practice/programme	<p>The Cyprus Organization of Youth Centers, or KOKEN as it is called, is Cyprus's largest non-governmental, non-profit youth organization. It was established in 2008 as the primary coordinating organization of Cyprus' youth centers, at a time when the need for quality improvement and modernisation of the institution of Youth Centers was recognized. Previously, the Pancyprian Coordinating Committee of Youth Centers (PSEKN), the youth body, and the Social Welfare agencies were in charge of the youth centers. Since the founding of the Youth Centers in the late 1960s, KOKEN is possibly the oldest youth organization.</p> <p>KOKEN promotes young people's interests by providing a variety of social, educational, and recreational activities, as well as support services, that are tailored to their needs and objectives. KOKEN is a full member of the Cyprus Youth Council (CYC) and the European Confederation of Youth Clubs, as well as the General Advisory Body of the Cyprus Youth Board (ECYC).</p>
Provider/ Key Stakeholders	<ul style="list-style-type: none"> ▪ Nicholas Nicolaides – Director: Head of KOKEN administrative operations, general management and coordination of the organisation ▪ Dimitra Papadopoulou - Youth Officer: Coordination and encouragement of volunteers in Youth Centres, Management of social media, European Programmes, and implementation of actions ▪ Stelios Tzivas - Youth Officer: Coordination of volunteers, secretarial support and planning of activities ▪ Erato Christou - Youth Officer: Coordination of the Youth Centres, secretarial support and planning of activities ▪ Dr. Andri Kyriakou - European Affairs Officer: Programmes Coordination of local and international programmes
Pitfalls and challenges (if applicable)	<p>The Youth Clubs were founded as a government project in the late 1960s. The split of Cyprus that followed the Turkish invasion of the northern part of the island in 1974 resulted in the expansion of the Youth Clubs. The youth clubs in the post-war refugee settlements functioned as areas for positive recreational and social activities for the refugees who were living there. Hundreds of clubs were created in the Republic of Cyprus between 1975 and 1985, mostly in suburban and rural areas.</p>

<p>Opportunities and plans for the future (if applicable)</p>	<p>All of the youth groups have participated in cultural events and festivals, as well as contests, sports, theater and dance festivals, and outdoor activities. Furthermore, KOKEN encourages Youth Clubs to engage in ongoing and periodic activities in the areas of non-formal education, European initiatives, health prevention, human rights, the environment, entertainment, and volunteering.</p> <p>The Cyprus Youth Clubs Organization collaborates with a variety of stakeholders from the public, private, and civil society sectors. KOKEN has extensive experience in European projects. KOKEN has executed initiatives under the actions: Training Courses, Youth Exchanges, Youth Initiatives, European Voluntary Service, Partnerships, and Cooperation with Neighboring Countries with the help of the European Program "Erasmus+/Youth in Action." KOKEN has provided training on topics such as youth participation, youth worker skills development, sex education, employment, entrepreneurship, and leadership.</p> <p>Under the Lifelong Learning Programme for Sharing Learning in Communities, KOKEN has also implemented a Grundtvig Workshop. KOKEN fosters intercultural learning and non-formal education through these projects, as well as international mobility for young people and those who work with them in Cyprus. The Youth Clubs implement various activities including as workshops, open-discussions, presentations, and seminars through the national funded project "Youth Initiatives."</p>
<p>Logo of program/ practice/ initiative</p>	
<p>Website</p>	<p>http://www.cyprusyouth.org/en/</p>
<p>Information that you believe should be included</p>	<p>N/A</p>



Profile of the practice/ program/ initiative	
Name of the program/practice	Head to Health
Description of the practice/programme	Head to Health is a new digital mental health gateway established by the Australian government's Department of Health. This platform offers resources such as information, advice, and access to free and low-cost phone and online mental health services, as well as support for you or a loved one. Head to Health offers a variety of tools from reputable Australian providers to assist you (or someone you care about) in regaining control of your mental health at a time and location that is convenient for you. You can pick and choose which information, guidance, and services you want to use on the site. You can also refine your search to find results that are more relevant to your needs, such as your age and population group (e.g., Veterans, Carers or LGBTIQ etc).
Provider/ Key Stakeholders	Australian Government – The Department of Health
Pitfalls and challenges (If applicable)	Not applicable
Opportunities and plans for the future (If applicable)	Not applicable
Logo of program/ practice/ initiative	
Website	https://www.headtohealth.gov.au/
Information that you believe should be included	The Head to Health website includes a variety of information that can be utilized for the improvement of mental health. However, it also incorporates a range of educational resources that are addressed to young individuals, but also to health professionals, how to support another individual that is suffering from a mental illness and techniques and methods to utilize when struggling with mental health issues.

Profile of the practice/ program/ initiative



Name of the program/practice	Be you/ Beyond Blue
Description of the practice/programme	<p>Beyond Blue is a mental health and wellbeing assistance organization based in Australia. They offer support services for people suffering from depression, suicidal ideation, anxiety disorders, and other mental illnesses. Beyond Blue collaborates with the community to improve mental health and prevent suicide, ensuring that everyone in Australia has the best mental health possible. Currently, they are working on three major priorities as part of their Beyond 2020 Strategy:</p> <ul style="list-style-type: none"> ▪ Promoting mental health and wellbeing so that individuals have more information, feel safe talking about their problems, and are encouraged to seek treatment when they need it. ▪ Being a reliable source of mental health information, advice, and support in order for the public to comprehend how to maintain their mental health and recover from mental illnesses. ▪ Work together to prevent suicide by leading the national effort in suicide prevention through research, information, advice and support, and advocacy. <p>Furthermore, the Be you organization, also known as the ‘Big Blue Door’ for many individuals in the community, is a safe and dependable place where millions of people can get information, advice, and support, no matter where they are on the mental health continuum – whether they’re healthy and want to stay that way, sick and need help, or in recovery and want to reconnect with others and give back.</p>
Provider/ Key Stakeholders	Jeff Kennet, Julia Gillard, Georgie Harman, Kate Carnell, Paul Howes, Johanna Griggs and others .
Pitfalls and challenges (if applicable)	Not applicable.
Opportunities and plans for the future (if applicable)	<p>Beyond Blue's mission is to increase awareness of depression, anxiety, and suicide prevention, as well as to decrease the stigma associated with these issues and to encourage individuals to seek help when they need it. Beyond Blue supports good mental health across a range of population groups and areas where people live, learn, work, and play by forming strong partnerships with academics, governments, non-government organizations, corporations, service providers, and the community. The following sections highlight our work in various communities and locations, as well as information about our programs, research, and resources.</p>

<p>Logo of program/ practice/ initiative</p>	
<p>Website</p>	<p>https://www.beyondblue.org.au/home</p>
<p>Information that you believe should be included</p>	<p>Beyond Blue, in cooperation with Early Childhood Australia and headspace, is delivering the national mental health in education initiative Be You. Be You works with early childhood educators and school administrators to create a happy, inclusive, and resilient learning community in which every child, adolescent, educator, and family may achieve their best possible mental health.</p>

