

# YOUTHMINDS

## YOUTHMINDS

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

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

Desk research. Good Practices in South America and Spain.

Author:   
FUNDACIÓN SORAPÁN DE RIEROS  
20 Aniversario 2000 - 2020



**PROJECT INFORMATION****Project acronym:**

YOUTHMINDS

**Project title:**

Promotion of Youth Mental Health through Awareness, Prevention &amp; 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:**

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.  
Project N°:2021-1-BG01-KA220-YOU-000028603



**Co-funded by  
the European Union**

**PR1/A2:**

- All partners will start collecting previous developed training programmes/practices/initiatives/resources related to **YP's social and emotional development**.
- Each partner will need to collect at least 3-5 good practices/initiatives implemented in and outside Europe.



Profile of the practice/ program/ initiative: cooperative project	
Name of the program/practice	<b>Activamente. Red informativa por la salud mental</b>
Description of the practice/programme	<p>Activamente – Informative network for mental health was a pioneering journalistic initiative, aimed at researching the effects of covid-19 pandemic on Young People’s mental health in South America.</p> <p>This innovative initiative was executed by a partnership of media from Colombia, Argentina and Ecuador, and counted on the participation of 750 young volunteers (18-29 years) and professionals on mental health.</p> <p>The need for this initiative built upon the lack of research on the magnitude and consequences of the months of isolation and lockdown on YP in these countries, as well as on whether these negative effects could have been avoided or not.</p> <p>During pandemic, many YP in South America went through emotionally difficult episodes and in most cases they had to process it autonomously. The aims of the research were:</p> <ul style="list-style-type: none"> <li>- understand what happened and what could have been done in a better way.</li> <li>- understand how young people were dealing with their emotions and why this age group was the most negatively affected by this situation.</li> <li>- determine to what extent the government response and protection to YP in the different countries was effective.</li> </ul> <p>The main activities developed were:</p> <ul style="list-style-type: none"> <li>- Build a network to share useful and reliable information about mental health, young people and pandemic, in order to combat disinformation, silence and stigma surrounding the issue.</li> <li>- Collect and disseminate YPs testimonials, experiences, opinions, etc through a powerful social media campaign, with the hashtag: #HablemosDeSaludMental</li> <li>- Development of polls and different researches.</li> <li>- Series of podcasts with YPs testimonials: <a href="https://soundcloud.com/activamente">https://soundcloud.com/activamente</a></li> </ul> <p>The main conclusions from the research:</p> <p>It was the young people who suffered the most with the lockdowns and restrictions in the 3 countries. Many experienced depression, anxiety, and loss of meaning in life. Others who already had previous mental disorders, such as eating disorders, had serious setbacks.</p> <p>The 750 young volunteers who joined Activamente confirmed the shortcomings regarding social protection and insufficient response of the governments. Talking about emotional problems is not easy in these countries, but those who dared, faced poor attention and lack of support. As a result, they turned to their families and friends, to yoga and meditation. And it was mainly civil society organizations and university services that best served those who could not pay private therapists.</p> <p>Other results and materials:</p> <ul style="list-style-type: none"> <li>- Emotional map of the pandemic, showing the most intense emotions felt by young</li> </ul>



	<p>people, being sadness, anxiety, frustration, uncertainty and fear in the top five.</p> <ul style="list-style-type: none"> <li>- Reportages on the situations lived by the young people in each country.</li> <li>- Useful materials with reliable information on mental health to distribute throughout the network.</li> </ul>
<p>Provider/ Key Stakeholders</p>	<p>This innovative initiative was executed by a partnership of media from Colombia, Argentina and Ecuador:          Mutante – Colombia          Chequeado – Argentina          GK – Ecuador          Centro Latinoamericano de Investigación periodística (CLIP)</p>
<p>Pitfalls and challenges (if applicable)</p>	
<p>Opportunities and plans for the future (if applicable)</p>	<p>All the research, materials created, young people engaged and conclusions are key to generate momentum and lead to a real awareness on the importance of caring mental health and young people’s emotional development.          Also, this is key for policy makers and governments to realize on the shortcomings and work on more effective plans and policies regarding mental health and youth protection.</p>
<p>Logo of program/ practice/ initiative</p>	
<p>Website</p>	<p><a href="https://activamente.elclip.org/">https://activamente.elclip.org/</a></p>
<p>Information that you believe should be included</p>	



Profile of the practice/ program/ initiative	
Name of the program/practice	<b>Centros de Salud Mental Comunitarios CSMC - Perú</b> <b>Community Mental Health Centers - Perú</b>
Description of the practice/programme	<p>The Community Mental Health Centers of Perú are public mental health resources based on the community care model: it provides care close to where people live by placing teams of professionals, made up of the right people with the right expertise, based in communities so people can easily and locally access support for their physical, mental health and social care needs from one team and one place.</p> <p>To resolve the gap between the need and availability of mental health services, the government of Perú made several reforms aimed at expanding community care: add mental health coverage to public insurance plans and allocate budget to mental health programs development, as well as approving a new national law on mental health. All these efforts helped spreading the network of Community Mental Health Centers, increasing from 22 in 2015 to 203 in 2021.</p> <p>CSMCs goal is to improve the mental health and life quality of the population and, more specially, of those with mental health problems, mental disorders and/or psychosocial problems, their families and community. The main pillars of these centers are:</p> <ul style="list-style-type: none"> <li>- Mental health community care model.</li> <li>- Mental health promotion.</li> <li>- Prevention of mental health problems among population.</li> <li>- Multidisciplinary teams of professionals: doctors, psychiatrists, psychologists, pharmaceuticals, social workers, nurses, nutritionists, therapists, etc</li> <li>- Cross-sectoral articulation - cooperation with other public and private entities to resolve mental health needs, provide support and community inclusion to people with MHP.</li> <li>- Offering the right context for research and development, as well as training of future mental health professionals.</li> </ul> <p>CSMCs have specific services, teams and programs addressed to young people, aimed at the prevention and control of mental health problems and mental disorders during childhood and adolescence. These services mean an important support to young people suffering from MHP. In Perú, where depression and anxiety are the most frequent disorders among young population.</p>
Provider/ Key Stakeholders	MINSA – Health Ministry of Perú

<p>Pitfalls and challenges (if applicable)</p>	<p>In 2017, Peru undertook a profound psychiatric reform that resulted in the creation, in record time, of a network of community mental health centers (CSMC) distributed throughout all regions. The reform started from the awareness that psychiatric hospitals, which until then were the central resource for mental health care, had to be closed and replaced by CSMCs.</p> <p>Probably the biggest challenge was to move from the previous mental health care system to the current one. Before 2017, this system was highly fragmented and unequal, giving privilege to private healthcare, and with a limited portfolio of basic and free services. It had clear factors of inequity, as a result of services that are not very accessible at certain income levels.</p>
<p>Opportunities and plans for the future (if applicable)</p>	<p>One opportunity can be posed by the possibility of exporting the model to other countries from LATAM whose systems have not implemented Mental health community care models yet.</p>
<p>Logo of program/ practice/ initiative</p>	<p><i>NOT AVAILABLE</i></p>
<p>Website</p>	<p><a href="https://www.gob.pe/14421">https://www.gob.pe/14421</a>  <a href="https://www.gob.pe/saludmental">https://www.gob.pe/saludmental</a></p>
<p>Information that you believe should be included</p>	



Profile of the practice/ program/ initiative	
Name of the program/practice	<p style="text-align: center;"><b>ASOCIACIÓN NACIONAL AYNI PERÚ</b> <b>AYNI PERÚ NATIONAL ASSOCIATION</b></p>
Description of the practice/programme	<p>The AYNI - PERU National Association is based on the ancestral principles and values of the Peruvian Andes such as solidarity and reciprocity, it is a way of life of the native American people in general and Andean people in particular, which results in social relations based on mutual and reciprocal help. It also promotes the principles of non-discrimination, equality, equity, autonomy and social inclusion.</p> <p>AYNI - PERU National Association actions strengthens the network of CSMCs across Perú, as this NGO actively participates and support the activities of CSMCs by connecting them, as well as uniting all people with mental health and their families, by means of generating prevention and inclusion mechanisms.</p> <p>The AYNI PERÚ national association is committed to the progress of Peruvian population, working for equal opportunities, non-discrimination and solidarity towards people with mental illness, respecting rights, knowledge, virtues, dignity, giving everyone their value and human acceptance, without exclusion.</p> <p>AYNI PERU is located within the community, it is a model that prioritizes community participation, a more preventive, close and inclusive model, as well as sustainable as it is located in the community. It works with the organized population, practicing participatory democracy, guided by its philosophy of respect and social service.</p>
Provider/ Key Stakeholders	AYNI PERÚ
Pitfalls and challenges (if applicable)	
Opportunities and plans for the future (if applicable)	

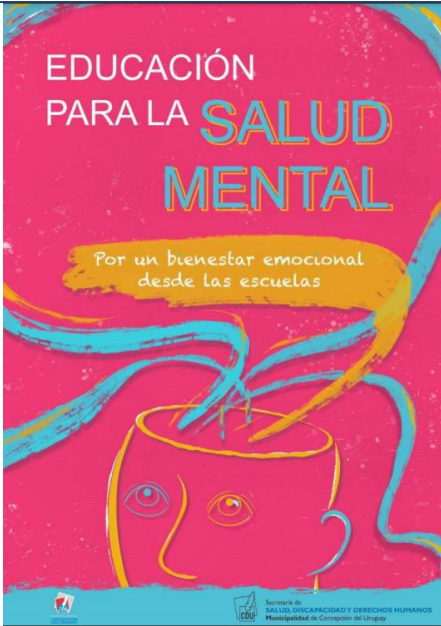


Logo of program/ practice/ initiative	
Website	<a href="https://asociacionayniperu.org/">https://asociacionayniperu.org/</a>
Information that you believe should be included	



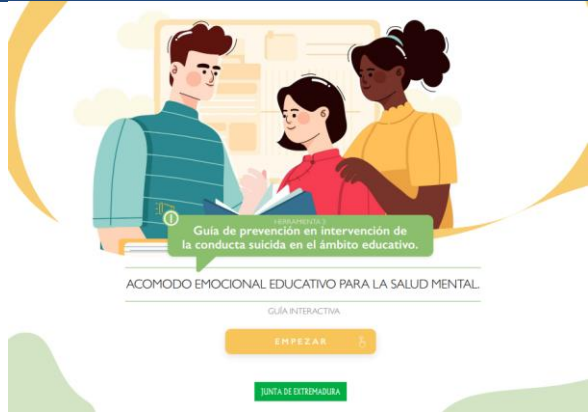
Profile of the practice/ program/ initiative	
Name of the program/practice	<b>“Educación para la Salud Mental. Por un bienestar desde las escuelas” – Mental health education guide for schools</b>
Description of the practice/programme	<p>The guide “Education for Mental Health. For well-being from schools” aims to promote education and the right to mental health, in addition to the development of life in a positive way during school years.</p> <p>This educational guide addresses in its introductory part a general explanation of what mental health is, as well as making a brief review of how mental health has been treated at different historical moments.</p> <p>In addition, it exposes the main documents that collect the protection of the rights of people with a mental health problem: the Universal Declaration of Human Rights and the Convention on the Rights of Persons with Disabilities; and includes a mention of the law that legislates on aspects related to mental health in Argentina (the context of use of this guide).</p> <p>One of the central themes of the document is the existing stigma around mental health, and it is worth highlighting the appearance of the concept of “self-stigma” and the effort to work on the most common prejudices that people who suffer from MHP have.</p> <p>The guide is being disseminated among the teaching community in educational centers in Concepción del Uruguay, in Argentina, as part of an innovative mental health program. This experience is being implemented in high schools located in this region, and it introduces the guide’s contents, activities and methodologies transversally within the different school subjects.</p> <p>This initiative has been declared of Educational Interest by the General Council of Education of Argentina and it is the first of its kind in this Argentinian region.</p>
Provider/ Key Stakeholders	<p>Key stakeholder: Secretaría de Salud, Discapacidad y Derechos Humanos – Concepción del Uruguay Municipality.</p> <p>Collaborators:</p> <ul style="list-style-type: none"> <li>- Hablamos de Autismo (NGO) - Argentina</li> <li>- Aufasam Paraná Entre Ríos (NGO) - Argentina</li> <li>- FEAFES Extremadura - (Spain)</li> <li>- Dirección de Salud Mental de Concepción del Uruguay – Mental Health Directorate of Concepción del Uruguay.</li> <li>- Consejo General de Educación – General Council of Education.</li> </ul>



<p>Pitfalls and challenges (if applicable)</p>	
<p>Opportunities and plans for the future (if applicable)</p>	<p>After the pilot experience in schools of Concepción de Uruguay, the guide can be transferred to more schools and high schools located in other regions. Similar guides and experiences can be developed on mor specific topics affecting young population in these locations.</p>
<p>Logo of program/ practice/ initiative</p>	
<p>Website</p>	<p><a href="https://www.feafesextremadura.com/wp-content/uploads/2022/04/Cuadernillo_Educacion_Salud_Mental.pdf">https://www.feafesextremadura.com/wp-content/uploads/2022/04/Cuadernillo_Educacion_Salud_Mental.pdf</a>  <a href="https://laciudadrevista.com/educacion-para-la-salud-mental-por-un-bienestar-emocional-desde-las-escuelas/">https://laciudadrevista.com/educacion-para-la-salud-mental-por-un-bienestar-emocional-desde-las-escuelas/</a></p>
<p>Information that you believe should be included</p>	



Profile of the practice/ program/ initiative	
Name of the program/practice	<b>Interactive guide on prevention of suicidal behavior in schools</b>
Description of the practice/programme	<p>This guide is mainly addressed to teachers and education professionals working in schools and education centers. It provides with tools that help them detect, monitor and transfer, if necessary, suicide risk behaviours or other types of warning signals emerged in the students. Social vulnerability, problems associated with gender, sexual orientation and also the use of technologies and even high academic demands are some of the multiple risk factors for suicide that can come up in the educational field.</p> <p>Teachers and education professionals are very close to the students and can detect some warning signals and indications that something is not working well. This is the reason why it is extremely important to provide them with suitable tools and knowledge that allow to detect these risk behaviours at an early stage and develop the right mechanisms and protocols regarding mental health care, support and treatment.</p> <p>The guide is structured in different chapters, that can be navigated interactively by the readers. Some of the topics approached are:</p> <ul style="list-style-type: none"> <li>- Conceptual Framework: myths about suicide, risk factors and protection factors, warning signals (verbal and non-verbal).</li> <li>- Agents and bodies acting in the process of prevention, detection and intervention in suicidal behaviours.</li> <li>- Different stages in the development of suicidal behaviour.</li> <li>- Different actions to implement in the education center and context (immediate action and contacts, collect information, etc).</li> <li>- Specific annexes for communication school-family, advice to families, form to collect information of suicidal behaviours, warning signals, initial measures to be taken by the school, coordination with healthcare services, etc.</li> </ul>
Provider/ Key Stakeholders	Educación and Employment Ministry – Extremadura’s Regional Government (Junta de Extremadura)- Spain
Pitfalls and challenges (if applicable)	Since the topic of the guide is very sensitive, the elaboration of suitable contents might have been a challenge.
Opportunities and plans for the future (if applicable)	<p>Continue disseminating the guide to all educational centers and school throughout the region and outside.</p> <p>Introduce updates and improvements to the guide, since it is a piloting experience, a working group was set up in order to assess the effectiveness regarding the application of the guide.</p>

<p>Logo of program/ practice/ initiative</p>	
<p>Website</p>	<p><a href="https://www.educarex.es/atencion-diversidad/conductas-autoliticas-suicidio.html">https://www.educarex.es/atencion-diversidad/conductas-autoliticas-suicidio.html</a>  <a href="https://www.educarex.es/pub/cont/com/0004/documentos/%5BGuia%20Interactiva%5D%20%93%20GPCS%20-%20Junta%20de%20Extremadura%20v5.pdf">https://www.educarex.es/pub/cont/com/0004/documentos/%5BGuia Interactiva%5D %E2%80%93 GPCS - Junta de Extremadura v5.pdf</a></p>
<p>Information that you believe should be included</p>	

