

ID TALKS!

A series of 5 online workshops on 5 major topics in the promotion of "Year on Mental Health". The spring 2023 edition under the motto "Understanding Mental Health" forms a general understanding of young people's mental health and wellbeing and its link to quality youth work.



ID Talks:

MENTAL HEALTH EXPLAINED
CLIMATE-CHANGE ANXIETY
SOCIAL-MEDIA ADDICTION
SUPPORTING YOUNG PEOPLE'S WELLBEING
YOUTH-WORKERS WELLBEING

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ABOUT SALTO

...‘Support and **A**dvanced **L**earning and **T**raining **O**pportunities within the Erasmus+: Youth in Action and European Solidarity Corps programmes’. The European Commission has created a network of seven SALTO-YOUTH Resource Centres to enhance the implementation of the EU Erasmus+: Youth in Action and European Solidarity Corps programmes, which provide young people with valuable non-formal learning experiences.

SALTO’s aim is to support the implementation of the European Erasmus+: Youth in Action and European Solidarity Corps Programmes with regard to priorities such as Social Inclusion, Diversity, Participation, and Solidarity. SALTO also supports co-operation with regions such as EuroMed, South-East Europe, or Eastern Europe and The Caucasus and coordinates all training and co-operation activities, as well as information tools for National Agencies.

In these European priority areas, SALTO-YOUTH provides resources, information, and training for National Agencies and European youth workers. Most of these resources are offered and disseminated at www.SALTO-YOUTH.net. Find online the [European Training Calendar](#), the [Toolbox for Training and Youth Work](#), the database of youth field trainers active at the European level ([Trainers Online for Youth or TOY](#)), links to online resources, and much more.

SALTO-YOUTH actively co-operates with other actors in the European youth field, among them the National Agencies of the Erasmus+ and European Solidarity Corps programmes, the Council of Europe, the European Youth Forum, European youth workers and trainers, and training organisers.

THE SALTO-YOUTH INCLUSION AND DIVERSITY RESOURCE CENTRE WWW.SALTO-YOUTH.NET/INCLUSION/

The SALTO-YOUTH Inclusion and Diversity Resource Centre (based in Belgium Flanders) works together with the European Commission to support the inclusion of young people with fewer opportunities in the Erasmus+: Youth in Action and European Solidarity Corps programmes. Through that, it works to contribute to social cohesion in society at large. SALTO Inclusion and Diversity also supports the National Agencies and youth workers in their inclusion work by providing training, developing youth work methods, disseminating information via the newsletter, etc. By offering opportunities for training, exchange, and reflection on inclusion practice and diversity management, SALTO Inclusion & Diversity works towards the visibility, accessibility, and transparency of its inclusion & diversity work and resources, and towards making ‘inclusion of young people with fewer opportunities’ and ‘positive diversity management’ a widely supported priority.

For more information and resources, have a look at the Inclusion & Diversity pages at www.SALTO-YOUTH.net/Inclusion/



DISCLAIMER

This magazine contains pictures as a result of the Graphic Recording which is an integral part of all the ID Talks events. There are four types of styles throughout the whole magazine.

- **General Cover Picture.** It is used for promotional reasons throughout the social media channels and the dissemination materials and it depicts the logo of SALTO Inclusion & Diversity, the title, and the graphic elements of each version of the ID Talks events. It is displayed as a cover picture of each ID Talks version.
- **Portrait of Speaker.** It depicts each speaker and a few graphic recording elements such as written parts of their "speech" and/or any other graphics according to the style of each ID Talks version. It is displayed on top of the speaker's description page.
- **Main Graphic Recording Card.** It is used for promotional reasons throughout the social media channels and the dissemination materials and it depicts the logo of SALTO Inclusion & Diversity, the title, and the graphic elements of each version of the ID Talks events, including the specific name of the event, the portrait of the speaker, written quotes of their "speech" and/or any other graphics. It is displayed on top of the first page of each article.
- **Graphic Recording Elements.** Throughout each article, the graphic recording elements complement the text with essential parts of each speaker's "talk".



I & D Talks

“Understanding Mental Health”

What is it all about?

ID Talks is a series of 5 stand-alone online events (workshops) of up to 90 minutes each, with inspiring guest speakers, thought-provoking insights, discussion in small groups, and Q&A sessions.

Mental health represents an integral part of an individual’s capacity to think, emote, interact with others, earn a living and enjoy life. Consequently, mental health underpins the core human values of independent thought and action, happiness, and friendship. Mental health and well-being are put at risk by a wide range of factors spanning individual, social, and environmental levels, including poverty and deprivation; debt and unemployment; and violence and conflict.”

- WHO, European Framework for Action on Mental Health 2021–2025

SALTO Inclusion & Diversity Resources Centre and the Mental Health in Youth Work project jointly announce 2023 as “ID Talks: Year on Mental Health”, with the spring 2023 edition under the motto “Understanding Mental Health” and the autumn 2023 edition under the motto “Discovering Mental Health Practices”.

For whom?

Youth workers, youth leaders, professionals, and volunteers involved in ID in the EU youth programmes, as well as all those interested in youth work and Inclusion & Diversity topics.

Main objectives:

- To provide food for thought and learn from inspirational ID stories;
- To provide an opportunity to learn about ID topics from the youth work sector and beyond;
- To get information, inspiration, and methods to help the youth sector address ID;
- To inform about and contribute to quality (international) youth work;
- To identify and learn how to tackle existing and future challenges within ID;



Event Dates:

- 15 February (13h CET) > **ID Talks Mental Health Explained:** You increasingly hear about mental health in the media. But what is mental health really about, and what not? How is mental health perceived and interpreted? How are young people today doing regarding mental health and well-being? What should we know, pay attention to, and be prepared for? Put your assumptions to the test and gain a common frame to look at mental health. Guest speaker: **Maria Agorastou, Greece**
- 01 March (13h CET) > **ID Talks Climate-Change Anxiety:** If climate change and the environment make young people take to the streets, these global challenges obviously have an influence on their mental health and well-being? What kind of approaches help you to address their climate-change worries? How can you promote climate resilience, both at an individual and at a societal level? Come and discover what role youth work can have in tackling climate-change anxiety. Guest speaker: **Anna Pribil, Austria**
- 15 March (13h CET) > **ID Talks Social-Media Addiction:** You probably know (young) people who are constantly glued to their phones. Maybe that's you? Let's zoom in on social media addiction. How can you identify it in yourself and in others? Find out what are the main issues, causes, and consequences. And how does it impact the mental health and well-being of young people? Find out what practical tools and support youth work can offer. Guest speaker: **Katja Mankinen, Sosped Foundation, Finland**
- 29 March (13h CET) > **ID Talks Supporting Young People's Wellbeing:** You probably (hopefully) feel that youth work supports young people's mental health and well-being. But what are young people's needs, and how can you identify and support those needs better? What kind of (extra) support do young people with fewer opportunities need for their mental health? Get an insight into coping and resilience strategies and learn how to create a sense of belonging and safe spaces (among others) in international projects. Guest speaker: **Ana Perović, Serbia**
- 12 April (1 PM CET) > **ID Talks Youth-Workers Wellbeing:** In order to take care of someone else, you need to take care of yourself as well! But how do you take care of your self-care? What are the main well-being issues that youth workers are experiencing? How do you prevent and overcome (emotional) exhaustion and burnout? Get to know the competences you need to take care of your own mental health and well-being (as a youth worker) so that you can continue to attend to the needs of young people. Guest speaker: **Natalja Gudakovska, Latvia**

ID Talks: Supporting Young People's Wellbeing

You probably (hopefully) feel that youth work supports young people's mental health and well-being. But what are young people's needs, and how can you identify and support those needs better?

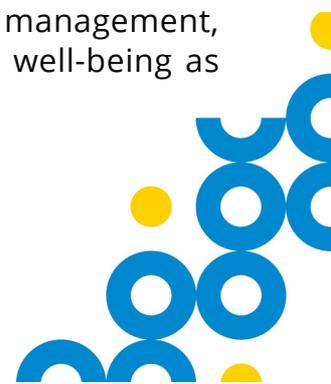
IT IS IMPORTANT TO NORMALIZE OCCASIONAL FEELINGS OF ANGER, FRUSTRATION & HELPLESSNESS IN YOUTH WORKERS & TRANSFORM THEM IN MEANINGFUL ACTIONS

ANA PEROVIĆ
(SERBIA)



GUEST SPEAKER: ANA PEROVIĆ

My name is Ana, I'm a clinical psychologist, a psychotherapist and a mental health speaker. For me, psychotherapy is a life passion and one of the most valuable achievements of our civilization. My commitment to this calling is, in large part, a result of valuable personal therapeutic experiences. In my approach, I like to integrate constructivist psychotherapy, as my primary psychotherapy base, with elements of mindfulness practice, somatic experiencing practice, body psychotherapy and other humanistic directions. Besides working in psychotherapy practice for 8 years, my main areas of interest include providing educational lectures, webinars and trainings addressing various mental health topics aimed at supporting safety, growth and resilience in different groups. I sincerely believe that providing youth workers with coping skills in the mental health domain (emotional regulation, stress management, fostering resilience, burnout prevention) is of great importance for their well-being as well as the well-being of the population they work with.



Article

Ana Perović

Understanding mental health

ID TALKS

Young people's wellbeing

IN ORDER TO TAKE CARE OF ANYONE, WE REALLY NEED TO TAKE CARE OF OURSELF FIRST

IT IS IMPORTANT TO NORMALIZE OCCASIONAL FEELINGS OF ANGER, FRUSTRATION & HELPLESSNESS IN YOUTH WORKERS & TRANSFORM THEM IN MEANINGFUL ACTIONS

"PREVENTION rather than INTERVENTION"

ANA PEROVIĆ (SERBIA)

TAKE EVERY PERSONAL CONFESSION OF A YOUNG PERSON SERIOUSLY:

"I DON'T ENJOY ANYTHING"

"I AM NOT WELL..."

"I DON'T KNOW WITH WHOM I CAN TALK ABOUT IT"

YOUTH WORKERS' SKILL SET IN SUPPORTING YOUTH'S MENTAL HEALTH

- ACTIVE LISTENING
- CREATING A SAFE RELATIONAL SPACE
- SETTING BOUNDARIES IN A KIND WAY
- INFORMED MEDIATION WITH A MENTAL HEALTH EXPERT
- SELF-REGULATION
- EMPATHY

PROMOTION OF MENTAL HEALTH CARE

AWARENESS OF YOUNG PEOPLE'S psychological needs

MODELING coping skills

TAKING CONFESSIONS seriously

GRAPHIC NOTES: @MYINKTHINK

"AGE OF UNCERTAINTY" WHAT A TIME TO BE YOUNG!

ADOLESCENCE

HIGHER EMOTIONALITY

LOWER SELF-REGULATION

14% OF 10-19 Y.O.'S EXPERIENCE MENTAL HEALTH CONDITIONS

WHO

50% OF MENTAL HEALTH DISORDERS START BY THE AGE OF 14

PROTECTIVE & RISK FACTORS FOR YOUTH MENTAL HEALTH

Don't hesitate to: ASK!

TOWARDS BETTER COPING & RESILIENCE STRATEGIES

"SUPPORTING YOUTH RESILIENCE INVOLVES HELPING THEM BRING FORTH THEIR INNER CAPACITIES, WILLPOWER & AGENCY TO MEET LIFE CHALLENGES, NAVIGATE ADVERSITIES & THRIVE THEIR UNIQUE CHARACTERISTICS & GOALS"

Development of PROTECTIVE FACTORS

- EMOTIONAL SELF-REGULATION
- SUPPORT FROM CAREGIVERS
- GOOD PEER RELATIONSHIPS
- POSITIVE SELF-REGARD
- SENSE OF SELF-SUFFICIENCY
- and others...

Development of RISK FACTORS

- SOCIAL EXCLUSION
- DISCRIMINATION
- STIGMA
- EDUCATIONAL DIFFICULTIES
- LIMITED SOCIAL NETWORKS

Development of MENTAL HEALTH ISSUES

- GENERALIZED ANXIETY
- SELF-HARMING BEHAVIOR
- EATING DISORDERS
- SUICIDAL IDEATION
- PANIC ATTACKS

MORE EFFORTS NEEDED!

MENTAL HEALTH CARE PROMOTION AS A PROTECTIVE FACTOR

SALTO In cooperation with: Mental Health in Youth Work project

Young people face a world with multiple crises and much uncertainty. A quote from an editorial in Lancet from 2022 states: "A person born in 2006 will have gone through the great recession and the subsequent austerity measures, a pandemic with disrupted schooling and social isolation, a cost-of-living crisis, war in Europe, and a world coming to terms with the magnitude of climate change." In addition to that, pressure and impediments are more significant and multifaceted for those with less opportunities.

Mental illness affects young people and the rate of poor mental health is constantly increasing worldwide. WHO reports that half of the mental health disorders start by the age of 14. According to WHO, it is estimated that 1 in 7 (14%) 10-19 year-olds experience mental health conditions, yet these remain largely unrecognized and untreated. Another study finds that 10–20 % of youth worldwide experience mental health problems (Kieling et al. 2011). COVID-19 and reduced social interaction have impacted youth identity development, social relationships, and connectedness.



Protective and risk factors for youth mental health

It's common to believe mental health challenges in young people are simply periods of feeling 'down' or 'anxious', or attribute them to a developmental stage. Although these feelings are important to monitor and take care of, diagnosed mental health challenges are much more complex – and they can cause serious roadblocks in young people's lives. The lack of protective factors combined with the presence of risk factors increases the chances of developing a mental health condition.

Some of the psychological and social protective factors for young people's mental health are: emotional self-regulation, good coping skills, and problem-solving skills, subjective sense of self-sufficiency, optimism, positive self-regard, focus on making healthy food and beverage choices, ability to make friends and get along with others, good peer relationships, supportive relationship with family, participation in a sports team, club, community, or religious group.

Young people with mental health conditions are particularly vulnerable to social exclusion, discrimination, stigma (affecting readiness to seek help), educational difficulties, risk-taking behaviors, physical ill-health and human rights violations.

PROTECTIVE & RISK FACTORS FOR YOUTH MENTAL HEALTH



Mental health care promotion as a protective factor

Mental health promotion is based on the underlying principle that mental health is a positive concept, which is important in its own right, is of universal relevance, and is an intrinsic component of the broader health promotion and public health agenda (Herrman and Llopis 2012; WHO 2004).



What is the role of youth work in supporting young people's mental health?

Youth work specializes in helping vulnerable young people face life challenges during critical stages of their development. Raising awareness and focusing on the competences that may help support youth mental health can strengthen their ability to provide effective outcomes for young people.

Role of a youth worker in empowering young people's mental health

Relating to a young vulnerable population (sometimes more closely than support-givers from health or social services) youth workers are playing an important role in:

- understanding the transition from childhood to adulthood and validating its developmental challenges, social pressures, academic and/or employment demands,
- encouraging young people to report and talk about mental health difficulties,
- promoting mental health, constructive coping skills, and self-care as a value,
- educating themselves about the mental health challenges of young people,
- providing a safe relational space for conversations around mental health and struggles in that domain,
- learning about needs, experiences, protective and risk factors in the mental well-being of particularly vulnerable groups they're working with,
- promoting genuine care with clear boundaries,
- participating in mediation between young people and a mental health expert.

Youth workers' skill set in supporting young people's mental health:

- Active listening to young people
- Creating a safe relational space for young people to feel seen
- Setting boundaries in a kind and respectful way
- Self-regulation
- Informed mediation between a young person and a mental health expert
- Take every personal confession of a young person seriously: that they are not well, that they do not enjoy anything, that they do not have a common language with anyone in the environment, or that they have a lot of worries. Refer to mental health professionals whenever possible.
- Empathy with young people and youth with fewer opportunities

YOUTH WORKERS' SKILL SET IN SUPPORTING YOUTH'S MENTAL HEALTH

- 📍 ACTIVE LISTENING
- 📍 CREATING A SAFE RELATIONAL SPACE
- 📍 SETTING BOUNDARIES IN A KIND WAY
- 📍 INFORMED MEDIATION WITH A MENTAL HEALTH EXPERT
- 📍 SELF-REGULATION
- 📍 EMPATHY

Towards better coping and resilience strategies

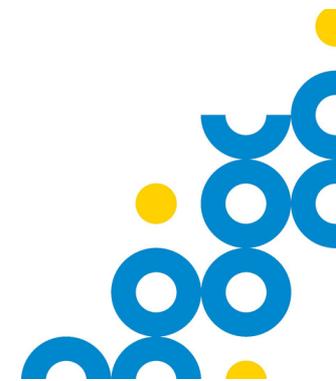
Resilience is frequently associated with optimism or a positive outlook. While it may be true that some people seem to have a higher level of happiness by nature, anyone might experience mental health issues at any time. Being resilient does not shield anyone from hardships or distress. Fostering protective factors and coping skills can bolster resilience - a young person's ability to "bounce back" or overcome adversity.

The combination of promoting mental health care, awareness of young people's psychological needs (especially in youth with fewer opportunities), taking their confessions seriously, and modeling coping skills that bring long-term benefits helps build long-term resilience. This is where youth workers' contribution has significant value in the lives of the young people they work with.

Supporting youth resilience involves helping them bring forth their inner capacities, willpower, and agency to constructively meet life challenges, navigate adversities and thrive given their unique characteristics, goals, and circumstances.

TOWARDS BETTER COPING & RESILIENCE STRATEGIES

**"SUPPORTING YOUTH RESILIENCE
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Understanding mental health

ID TALKS
Young people's wellbeing



EDITORIAL INFORMATION

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Official Website: www.SALTO-YOUTH.net/inclusion/

SALTO-Jint, Grétrystraat26, 1000 Brussel, Belgium

Tel: +32 (0)2 209 07 20 Fax: +32 (0)2 209 07 49

inclusion@salto-youth.net

Legal info: JINT vzw, 0441.254.285, RPR Nederlandstalige Ondernemingsrechtbank Brussel

Coordination: Henrique Gonçalves and Marija Kljajic (inclusion@salto-youth.net)

Facilitator: Anna Yeghoyan (ayeghoyan@yahoo.com)

Digital Co-Facilitator: Maria Kousoula (marakikousoula@gmail.com)

Graphic Facilitator: Olalla González (olalla@shokkin.org)

General Editor of the Publication: Maria Kousoula (marakikousoula@gmail.com)

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On behalf of the SALTO Inclusion & Diversity!

