

ID TALKS!

*A series of 5 online workshops on 5 major topics in the promotion of "Year on Mental Health".
The autumn edition is under the motto "Discovering Mental Health Practices"*



ID Talks:

PARTICIPATION AND MENTAL HEALTH
MOVEMENT AND MENTAL HEALTH
PEERS AND MENTAL HEALTH
ART-STORY AND MENTAL HEALTH
SOLUTIONS AND MENTAL HEALTH

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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

“Discovering Mental Health Practices”

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:

- 13 September (13h CET) > **ID Talks: Participation and Mental Health** - How can you address young people's mental health and well-being through participatory and democratic approaches? Having a role and being part of something bigger is good for your well-being. But how do you increase transparency about mental health and mental illness prevention at the municipal level? Join us to discover a few simple yet effective solutions that have the potential to inspire policy change. Guest speaker: **Martine Antonsen, Mental Health Youth, Norway**
- 27 September (13h CET) > **ID Talks: Movement and Mental Health** - Can physical leisure-time activities help young people take care of their body and mind? Movement and dance have clear benefits for your mental health and well-being. So how can youth workers incorporate movement and dance in their daily work or in their international projects? Let's walk the talk and do something physical that can be easily replicable in your work as well. Guest speakers: **Jagoda Idzik & Izabela Bejm, Sempre a Frente Foundation, Poland**
- 11 October (13h CET) > **ID Talks: Peers and Mental Health** - Peer-to-peer work is nothing new: it is successfully used both in formal and non-formal education settings. But how can peer support improve young people's mental health and well-being? How does this peer-to-peer magic work in practice? How can you address bullying and do information and prevention work through this approach? And, last but not least, what is the role of you(th workers) in this process? Learn about the power of peer support and its positive impact on young people's lives. Guest speaker: **Inge Esselen, Peer Support Vlaanderen, Belgium - FL**
- 25 October (13h CET) > **ID Talks: Art-Story and Mental Health** - How can creative processes give young people a way to talk about difficult issues? Visual arts and storytelling help to name, explain, and accept feelings and understand why they surface. Through objects and metaphors, it is easier to communicate about mental health concepts. So what potential does storytelling have for your youth groups? If you ever found it challenging to express your thoughts and emotions verbally, join us to discover the alternatives. Guest speaker: **Laura Mellanen, visual art practitioner, Finland**
- 8 November (1 PM CET) > **ID Talks: Solutions and Mental Health** - When tackling the topic of mental health and well-being, we mostly focus on the shortcomings and barriers, offering external support. But it is even more important to focus on talents, inner resources, and giving perspectives. So how do you build resilience and support young people's well-being using a solution-focused approach? To change (y)our perspectives, let's shift the focus and talk about young people's strengths. Guest speaker: **Lize Abrahams, Arktos, Belgium - FL**

ID Talks: Movement and Mental Health

Can physical leisure-time activities help young people to take care of their body and mind?

"DANCE IS THE HIDDEN LANGUAGE OF THE SOUL"
— MARTHA GRAHAM



JAGODA IDZIK & IZABELA BEJM
(POLAND)



GUEST SPEAKERS: JAGODA IDZIK & IZABELA BEJM

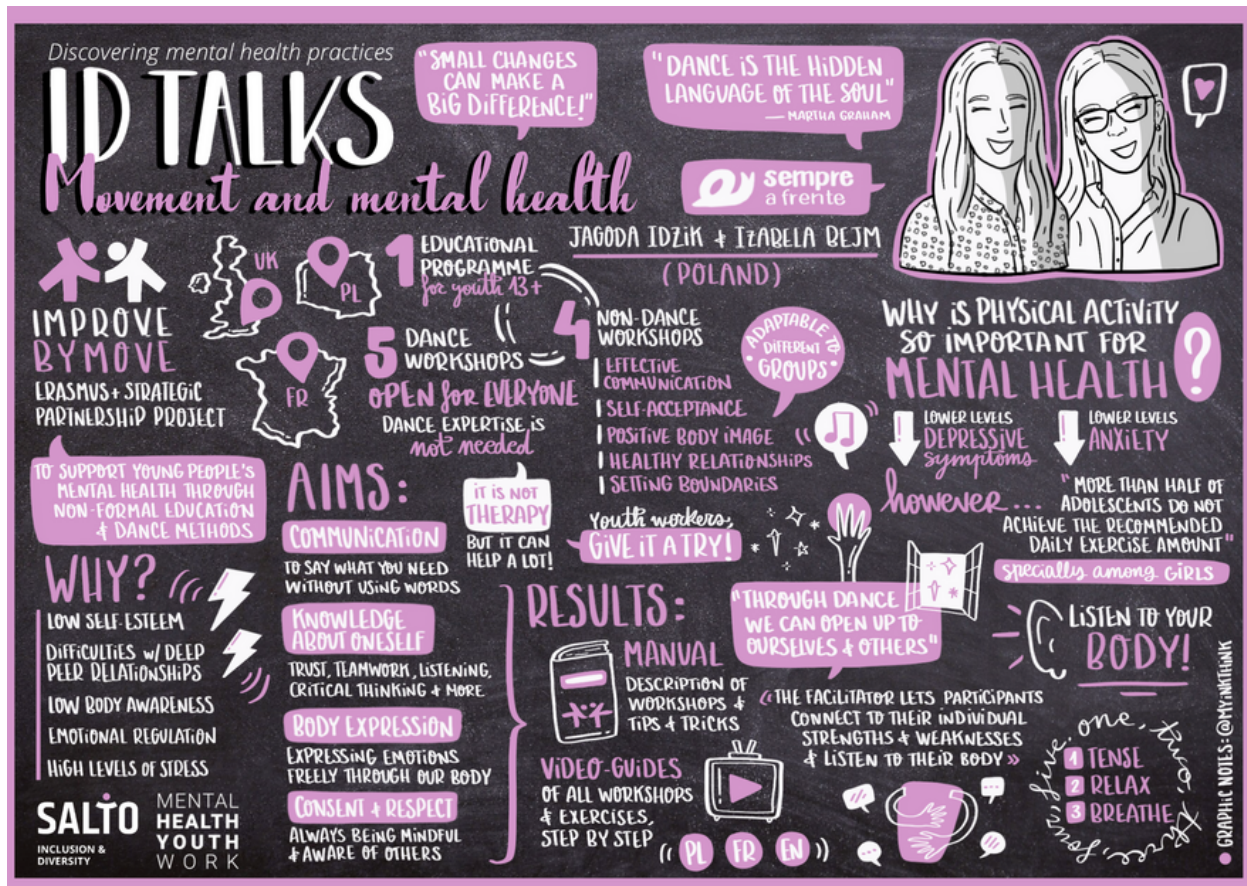
Jagoda Idzik - educator, sociotherapist, youth worker. She has many years of experience in working with children and young people at risk of social exclusion and their parents and guardians. On a daily basis, she works at the Sempre a Frente Foundation, where she is responsible for therapeutic and developmental groups for young people and conducts workshops and consultations for parents and specialists in the field of mental health of young people. Privately, she loves cats, traveling, and meeting new people, cultures, and traditions.

Izabela Bejm - graduated in psychology studies at the Catholic University of Lublin. She is also currently a student of pedagogy at the same university. She works at the Sempre a Frente Foundation as a first contact person and co-lead a therapeutic and development group for young people. In addition to working at the Foundation, She is a dancer at Teatr Tańca Zmysł, where they create performances and movement projects that touch the senses and various important aspects of life and psychological issues. In private life, she is an artistic soul, a dog mom, and a sailor.



Article

Jagoda Idzik & Izabela Bejm



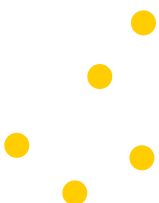
Difficulties associated with adolescence

Do you know what difficulties today's youth are facing? As organisations working with young people on a daily basis, regardless of background or cultural differences, we see similar difficulties associated with adolescence. Young people struggle with low self-esteem, have difficulties establishing deep peer relationships, have low awareness of their body and signals coming from it, have difficulty expressing emotions (especially difficult ones such as anger or sadness) and high levels of everyday stress or anxiety.

As Sempre a Frente Foundation, we decided to create an international project to help young people dealing with the above difficulties. We invite you to co-create two organisations: Cie Essevesse from France and NICOLA from the United Kingdom.

Improve by Move is a programme to support young people's mental health through non-formal education and dance methods. It is the strategic partnership project under the Erasmus+ program implemented by organizations from 3 countries: Poland, France, and the United Kingdom.

Each of the partner organizations specializes in a different area of activity: supporting mental health, using dance and body expression as a non-formal education tool, and developing artistic competencies of children from disadvantaged areas. We decided to combine our competencies and create a free tool in three languages, including English so that the awareness of the impact of movement and dance on mental health would increase in various countries of Europe and beyond.



As a part of the project we have created the program supporting young people over 13 years of age, based on the methods of non-formal education, dance, and bodywork, consists of 5 dance workshops and 4 non-dance workshops shaping effective communication, adequate self-esteem, building self-acceptance, positive image of one's own body, supporting building healthy relationships and setting boundaries.

To be able to use the IMPROVE BY MOVE program in practice, we have created materials for youth workers:

- a manual with a description of the workshops and tips on how to implement them
- video-guides for each of the dance workshops, warm-ups, stretching, or exercises to improve mobility - so that everything is as digestible and easy to use as possible, regardless of the initial level of physical fitness or dance knowledge

A manual with video guides is available in three language versions: Polish, English, and French. <https://linktr.ee/improvebymove>



What can dance give to young people?

Dance is an empowering medium of self-awareness. It can be used as a form of communication, knowledge about oneself, and body expression. Communicating by dance means is considered a universal language, as it does not require words, but rather body movements. Through body expression, we can tell what is impossible to say through words. Dancing also can give knowledge about oneself. Throughout the process proposed during the workshops, young people can gain knowledge about themselves with regard to trust, teamwork, listening, critical thoughts, attention skills, one's place within a group, the standard of discipline needed to succeed, and the rewards of succeeding as an individual and as a team.

Movement gives also a new opportunity for body expression. It is important that within the dance or movement, young people should feel free to express their emotions. Once the participants have experienced the principles of the workshop, it is crucial that the participants are allowed to experience a moment where they feel free to use their newly acquired knowledge to express feelings they might have repressed during their lives and express symbolic responses through dance.

WHY?

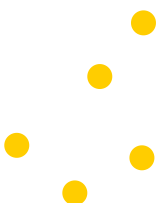
LOW SELF-ESTEEM

DIFFICULTIES w/ DEEP
PEER RELATIONSHIPS

LOW BODY AWARENESS

EMOTIONAL REGULATION

HIGH LEVELS OF STRESS



Consent and respect

In activities that are based on physical contact and close proximity, it is especially important to establish the role of consent, respect, and setting boundaries in the group. These topics shall be carefully discussed at the beginning of the workshops and clearly stated in the group agreement set together. Participants should be assured that workshops are a comfortable and safe space.

Participants and facilitators:

- shall respect everyone
- be mindful of how others might perceive their behaviour
- be respectful of physical and verbal boundaries
- know that consent and level of comfort with a physical contact is very individual
- know that permissions can change at any time

What is important is that this process is not a therapy in itself, although the participants might receive therapeutic effects. It is a program about supporting youth but it is not replacing any therapy the participants might need. This process is a complementary tool to other forms of prevention and therapeutic processes.

«THE FACILITATOR LETS PARTICIPANTS
CONNECT TO THEIR INDIVIDUAL
STRENGTHS & WEAKNESSES
& LISTEN TO THEIR BODY»



IT IS NOT
THERAPY
BUT IT CAN
HELP A LOT!

Youth workers,
GIVE IT A TRY!



Why is physical activity so important for mental health?

The research has shown that medium and high levels of physical activity in adolescence are related to lower levels of anxiety and depressive symptoms among young people. Physical activity also has a positive impact on other intrapersonal characteristics, increasing self-esteem and improving cognitive performance and academic achievement (Baldursdottir et al., 2017; McDowell, MacDonncha, and Herring, 2017; Biddle & Asare, 2011).

Regular physical activity in adolescence at moderate to high intensity, is positively associated with a variety of physical health outcomes like: healthy weight of body and low rates of chronic disease. So you can see that a regular and medium level of physical activity is enough to make positive changes in life (U.S. Department of Health and Human Services, 2008).

Although the mental and health benefits of physical activity are well established in the literature, there has been observed a gradual decline in adolescent physical activity. The biggest decline in physical activity appears between childhood and adolescence. More than half of adolescents in secondary schools do not reach the recommended daily amount of physical exercise. Girls in early adolescence have the biggest significant decline in physical activity (Nader et al., 2008; Troiano et al., 2008; Baldursdottir et al., 2017).

Girls in early adolescence are at high risk of inactivity and missing out on the positive health effects associated with physical activity. Girls of all ages have lower levels of physical activity and body self-esteem than boys (Budd et al., 2018; Nader et al., 2008; Troiano et al., 2008; Chae, Kang, & Ra, 2017).



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EDITORIAL INFORMATION

Published in October 2023 by SALTO-YOUTH Inclusion and Diversity Resource Centre (Support & Advanced Learning and Training Opportunities within The Erasmus+: Youth in Action and European Solidarity Corps programmes)

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!

