

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

Download this and other SALTO Inclusion & Diversity booklets for free at www.SALTO-YOUTH.net/Inclusion/. This document does not necessarily reflect the official views of the European Commission, the SALTO Inclusion & Diversity Resource Centre or the organisation co-operating with them.

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: Solutions and Mental Health

How do you build resilience and support young people's well-being using a solution-focus approach?



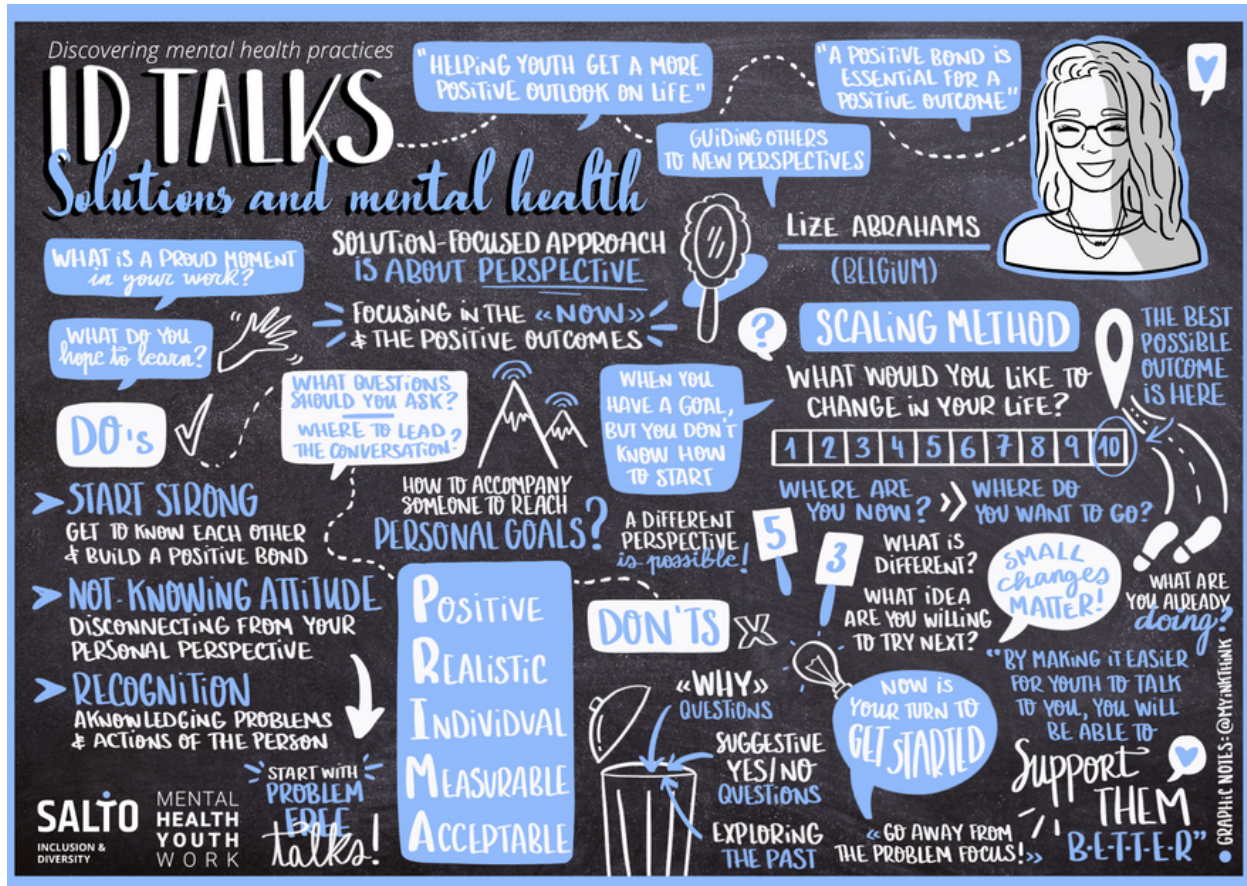
GUEST SPEAKER: LIZE ABRAHAMS

Lize Abrahams is a youth worker, working at Arktos vzw and CAW (Centre for General Wellbeing). She works with young people from 12 – 30 years old. This is on an individual level, but also in a youth house where young people can walk in for their free time, and if they need to, they can always have a good chat with her. In her years with Arktos and CAW, she got some experience with the solution-focused practice and how it affects youth.



Article

Lize Abrahams



Introduction

The solution-focused practice is a method used in conversation. It was founded in the '80s by Steve de Shazer and Insoo Kim Berg in the United States. They wanted another approach, the opposite of the traditional way of therapy. So they started a method where strengths, opportunities, and resources were key points. The main goal is to step away from talking about problems and envision a hoped-for future. A powerful quote to summarize the solution-focused practice in one sentence: "Find out what works and do more of that (Steve de Shazer).

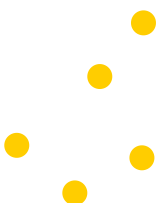
What's so important about the solution-focused practice is that we focus on perspective. As a coach, we don't give the client advice or solutions, but we are simply there to help the client think of their own solutions. How do we do that? We ask the right questions. It's that simple (yes it really is).

Starting points

If you want to start and try out the solution-focused practice: congrats! In the ID talk, we tackled some basic views and the 'to-do's' if you want to practice.

First things first: we start strong. Taking your time in a first conversation with a client, especially taking time to get to know your client, is a must. What do they like to do in their free time? What is their favorite course at school? Who is their favorite teacher? What do they like about their job? What would their friends say if I asked them what makes them good friends? Getting to know your client is essential to start the conversation in a way that makes it problem-free. The importance of problem-free talk is actually for you as a coach. You get to see your client for who he/she/X is and get to know their strengths. Which might come in handy later in the conversation. You get to know their support system and the people they can rely on. Another benefit of problem-free talk and getting to know your client is the positive connection that comes forth. This positive connection or bond is important for the process of your client because it is scientifically proven that this bond will improve the odds of a positive outcome for your client.

START WITH
PROBLEM
FREE
talks!



Next, we tackled a basic attitude: the attitude of not knowing. People intend to have their own mindsets, their own way of thinking about certain topics or terms. If you as a coach tend to envision the topics of your clients from your own perspective, you will miss a lot of opportunities to dive deeper into the conversation. So how do you make this basic attitude work? Sparkle your curiosity! Ask a lot of questions. For example: when your client starts talking about respect, which is a broad term, try to find out what 'respect' means for your client. You can ask 'What do you mean when you think of respect?' or 'How do you show your friends respect?'. The attitude of not knowing finds its importance in giving your client a sense of expert knowledge and empowering him/her/X.

In the discussion, we also tackled another basic attitude: leading from one step behind. This attitude translates into following your client. Your client chooses which topics they want to talk about, most of the time they talk about topics they want to talk about or the ones they find important. As a coach, you want to give recognition and ask questions about it so your client might set their own goals. We're not digging deeper to find the hidden questions they're not asking, because this would be suggestive. Which we want to avoid (explained later in the article). Our task is to help the client find out what's important for them and translate this into a goal (or multiple).

DO's ✓

➤ START STRONG

GET TO KNOW EACH OTHER
& BUILD A POSITIVE BOND

➤ NOT-KNOWING ATTITUDE

DISCONNECTING FROM YOUR
PERSONAL PERSPECTIVE

➤ RECOGNITION

AKNOWLEDGING PROBLEMS
& ACTIONS OF THE PERSON

To set goals with your client, there are some guidelines that may help you to keep track of the conversation. It's called PRIMA goals, which may sound more familiar when you think about SMART goals. The 'P' stands for positive, which means that you try and get your client in a positive mindset. When they talk about 'I want to be less stressed', you try to get this 'less stressed' which is a negative association, to a positive. You can do this by asking: 'What will be different?' or 'What are you going to be instead?'. The 'R' stands for realistic, to put it simply: a goal has to be realistic for the person, it has to be achievable. For example: you can't expect a person who just had an accident and has to learn to walk again to walk in 3 weeks. 'I' means individual, because we can only change things on an individual level. Young people intend to complain about their mom or dad and they have to change, but the young person can only change him/her/X-self. When it's hard to get to this individual level, you can ask: 'Imagine your mom doing the same things she is doing now, but you are feeling happier/more content about it. What has changed?'. This will change the vision of the client itself and help him/her/X think about their own possibilities. The 'M' stands for measurable, the goal has to be measurable. Things that you can measure are behaviors: things you can see or notice. So use this in your questions: 'What will you notice?', 'What can your friend see you doing?' ... Lastly, the 'A' stands for acceptable. The goal has to be something that the client wants to change and something they want to tackle. Acceptable also means that it fits into society (so it can't be something illegal).



The don't's

In the solution-focused practice, there are some things we don't want to do as a coach. Because these things don't fit into the mindset and vision of the solution-focused practice. Side note: we're just humans, so don't be too hard on yourself when it does happen. This would be an excellent opportunity to reflect on it and set your own goals to grow!



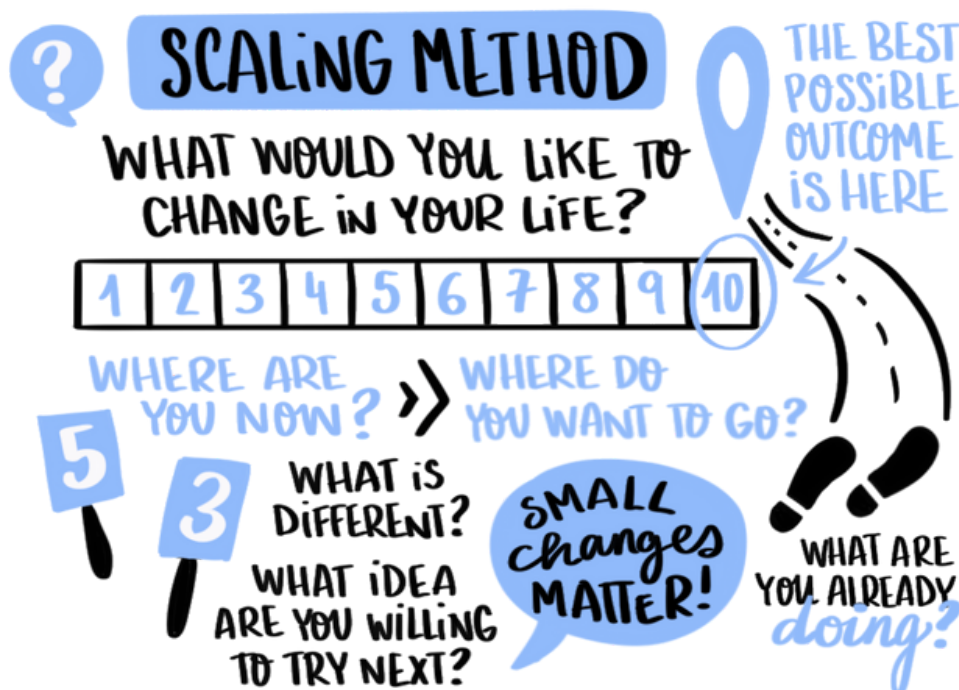
The first thing we want to avoid is why questions. The thing with these questions is that they ask for an explanation of your client. And sometimes these questions may sound harsh or even offensive. We want to have a strong connection or a positive bond with our client and these are why questions can easily make your client feel uncomfortable. In the discussion, we talked about these why questions more deeply and found an answer to the following question: 'If a client asks themselves 'Why am I doing ...' do you avoid this or how do you handle this situation?'. The thing is: we want to avoid asking 'why' ourselves. When your client asks the why question and wants to know where their behavior is coming from, you can think of your attitude as 'leading from one step behind'. A great question you can ask is: 'When you know where it is coming from, what will be different to you?'. So you can find out what makes it important for your client. It is totally fine to go into this conversation when your client asks themselves these questions. Just try to avoid asking this yourself.

Another don't is closed or suggestive questions. Try to keep your questions broad and open and translate the words of your client into your questions. You can use the words they use in your questions, which makes your questions even more powerful. Closed questions (yes/no) are not the best ones to ask, because they tend to make the conversation shorter. These don't help you or your client to gain more information and set goals. Suggestions don't help your attitude of not-knowing and these can raise some resistance from your client. So try and keep these to a minimum.

With the solution-focused practice, we stay on the surface. This means we follow the client and try to gain a hoped-for outcome in the future. We discover strengths, possibilities, and even strategies that worked before. We're not going to explore the past, because this will lead to problem talking. The only time we go into the past is to explore what worked before and see if this can be altered to help with the problem or question now.

Scaling method

In the ID Talk, we went ahead and tried the scaling method on ourselves. This method works great when you're in a conversation with a client and discover a theme, but you're not able to get more into detail.



You start off with drawing a scale from one to ten. You can also use a pre-made version, as long as it starts from one. If you use one that starts from zero, there will be clients that will use the zero and it will be hard to dive into the conversation. Starting from one, we like to think that there are already some things happening. When you discover a theme with your client, you mark this as a ten. Then you start off with a question like: 'If... is a ten and one is the opposite, where are you at now?'. Then they are going to choose a number. It doesn't matter which one it is, but you compliment them for being there already: 'Wow, you're already at a 4! You already did some things to make it this far. What are you already doing?'. Other follow-up questions can be: 'What can your friend see you doing?', 'What do you notice about yourself?' ...

If your client has said everything that they think of, you can move on to the next part. You're going to ask where they want to go next. Then they're going to say another number. Maybe it's one further, maybe they want to aim higher and that's okay too. Now you're going to ask what will be different: 'You want to go for a 6, tell me, what will be different when you make it here?'. Important with this question is that you envision it happening. When you ask 'if you make it there', it will be discouraging for your client. When you envision it happening, it helps your client to move into this way of thinking and it will be easier for them to think of future behaviors they might do. Then again, you can ask follow-up questions: 'Who may know that you want to grow?', 'who will be first to notice you changing? And how?' ...

To end the scaling method, you're going to ask about your client's first idea. What comes to mind now they talked about their goal? Which idea are they willing to try? And also: how much do they trust themselves to try the idea? It's not that important to discuss if the idea is going to work, but asking about the tiny idea will help your client think about strategies and things that work for them.

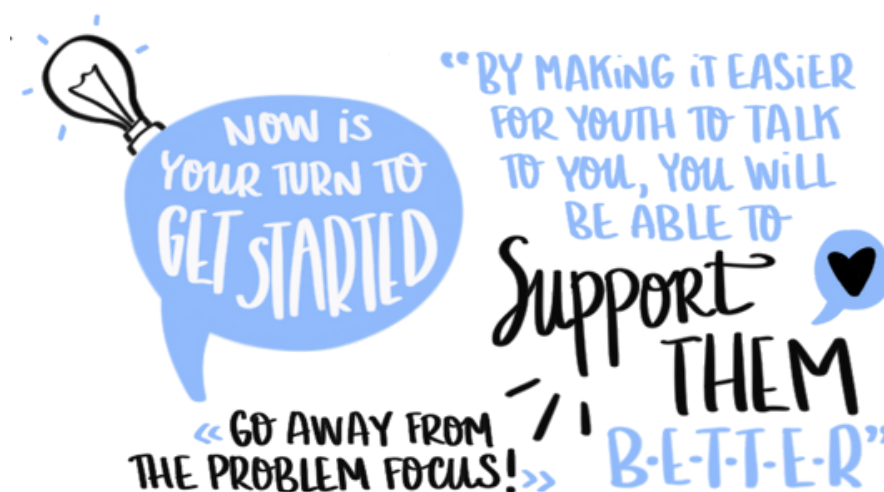
WHAT IS A PROUD MOMENT
in your work?

WHAT DO YOU
hope to learn?



Discussion

As mentioned above, there was an interesting question about why questions and how to handle the situation when a client asks questions about themselves. Another interesting question was: 'How do you keep track of the goals?'. The thing is: we don't. We set the goals with the client and for the client, how they grow or what they do in the process is for them to keep track of. It doesn't mean you can't do this at all, if you're comfortable with it, you can keep track of them. Maybe you can ask your client if they're comfortable with it and if you can bring them up when there's a next session. Some may find this helpful, so this can benefit your connection. How you normally start a second session in the solution-focused practice is with the following question: 'How is it going better?'. This gives your client the opportunity to talk about everything that is going better, but maybe there are a few tiny things going better, and that's also great. The question is asked in a caring way, a curious way to know what's going better, even if it's just one or just a small thing.



Conclusion

The solution-focused practice is an approach, throughout conversations and small key points, you can make a big difference to your client. Just taking the time to get to know each other, brings a whole new level to your connection and sets the tone for your conversation. If you want to start practicing: start small. Take it one step at a time and allow yourself to make errors and take your time. Take a look at the references below if you want to pick up some books and start to read.

EDITORIAL INFORMATION

Published in November 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)

Reproduction and use for non-commercial purposes are permitted provided the source www.SALTO-YOUTH.net/Inclusion/ is mentioned and inclusion@salto-youth.net is notified.



On behalf of the SALTO Inclusion & Diversity!

