

Interreg
Danube Region



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About MEET

MEntal well-being in Education for
disadvantaged youth

DRP0200289



Funded by Interreg Danube Region Programme



Project duration: 01 Jan. 2024 – 30 June 2026 (30 Months)



15 partner organisations across 11 countries:

Wide range of organisations from: (AT, BA, BG, CZ, HU, MD, RO, RS, SI, SK, UA).

LP: Zentrum für soziale Innovation
PP9: Association Youth Initiative Triestingtal
PP10: Austrian National Public Health Institute

PP5: Association Co-Efficient
PP7: HETFA Research Institute

PP8: DEX Innovation Centre

PP12: Technical University of Kosice

PP2: NGO „Youth Space“

PP4: ION CREANGA State Pedagogical University of Chisinau

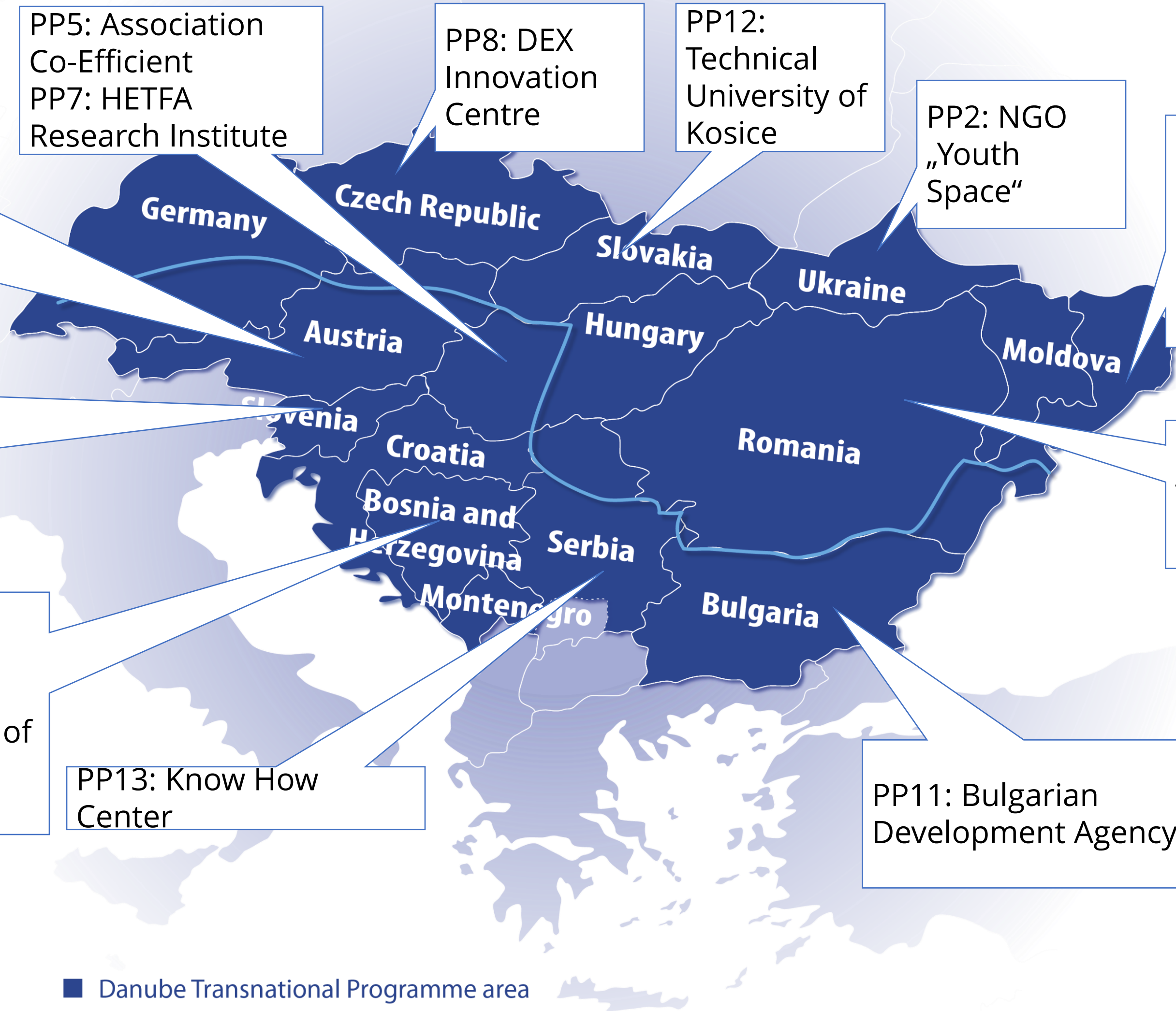
PP3: Foundation of Improvement of Employment Possibilities PRIZMA

PP3: Association Nevo Parudimos

PP14: Amica Educa
PP15: Ministry of Education and Science of Tuzla Canton

PP13: Know How Center

PP11: Bulgarian Development Agency



■ Danube Transnational Programme area

Context

- In 2019, 10-12% of young people aged 10-19 years in the Danube Region (DR) were affected by mental disorders.
- Multiple crises and challenges (COVID, Ukraine war, Climate change) are an increasing threat to young people's mental health and well-being.
- The global nature of these crises and the shared challenges in the DR call for a transnational approach.

The objectives of MEET are:

- To contribute to **building capacities** for youth mental health promotion in formal and non-formal education;
- To provide training through the development of inclusive and innovative **tools and materials** for educators and social workers and youth at risk,
- To integrate mental health programs and guidance in **education policy**
- To bring together various practitioners and policy stakeholders of different levels in AT, BA, BG, CZ, HU, MD, RO, RS, SK, SI and UA.



3 Key priorities ('Special Objectives')

SO1: Building capacities of stakeholders

SO2: Inclusive Learning Tools

SO3: Policy development and uptake



Examples of key deliverables and outputs

Youth-centred best practices catalogue

Youth Mental Health Labs

Webinar training series

Creation and piloting of toolbox for practitioners

Creation and piloting of learning materials for young people

Danube Strategy for Youth Mental Health in Education

Local action plans for youth mental health in education

The MEET Youth-centred Best Practices Catalogue (led by Együttható Egyesület)

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Youth-centred Best Practices Catalogue

D.1.1.2 – Draft version

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Gesund aus der Krise

Berufsverband Österreichischer PsychologInnen (BÖP)

Austria

Main goals

To give children, adolescents, and young adults up to the age of 21 who are suffering from mental stress due to the COVID-19 pandemic quick, free, and quality-assured access to 15 free counselling and treatment sessions from clinical psychologists, health psychologists and psychotherapists.

Target groups

Target groups are all children, adolescents, and young adults up to 21.

Description of Intervention

The necessary but drastic measures to contain the COVID-19 pandemic had a particularly serious impact on the psyche of children and young people. For this reason, the Council of Ministers decided on 28 July 2021 to provide a one-off sum of EUR 13 million for the psychosocial care of children and young people with mental health problems in order to give them uncomplicated, low-threshold, rapid and free access to clinical-psychological, health-psychological and psychotherapeutic counselling and treatment, psychological, health-psychological and psychotherapeutic counselling and treatment to help them cope with the psychosocial consequences of the COVID-19 pandemic. 12.2million euros of these funds are available for the "Gesund aus der Krise" project.

"Gesund aus der Krise" is an Austrian-wide offer for free psychosocial care. The aim of "Gesund aus der Krise" is to offer psychosocial care throughout Austria barrier-free and without long waiting times. A hotline service acts as a central point of contact from which people can be referred to suitable counselling and treatment centres. The aim is to

Setting of the Best Practice

- Formal education
- Non-formal education
- Healthcare
- Social services
- Youth care/youth work
- Cultural service
- Other, specify:

Level of implementation

- international
- national
- regional
- county-level
- municipal

Consists of 43 practices from 11 countries

Translated into multiple languages

Available on the MEET Project website

Every practice in the catalogue, has been assessed for:

Goals of the intervention

Target groups

Description of the intervention

Comparison to other initiatives

Evaluation

Scaleability

Further resources

The MEET catalogue includes practices on:

Stress
management

Developing
attitudes, norms
and values

Personal
education,
knowledge

Health, Life or
social skills

Exercise /
physical activity

Nutritional
behaviour

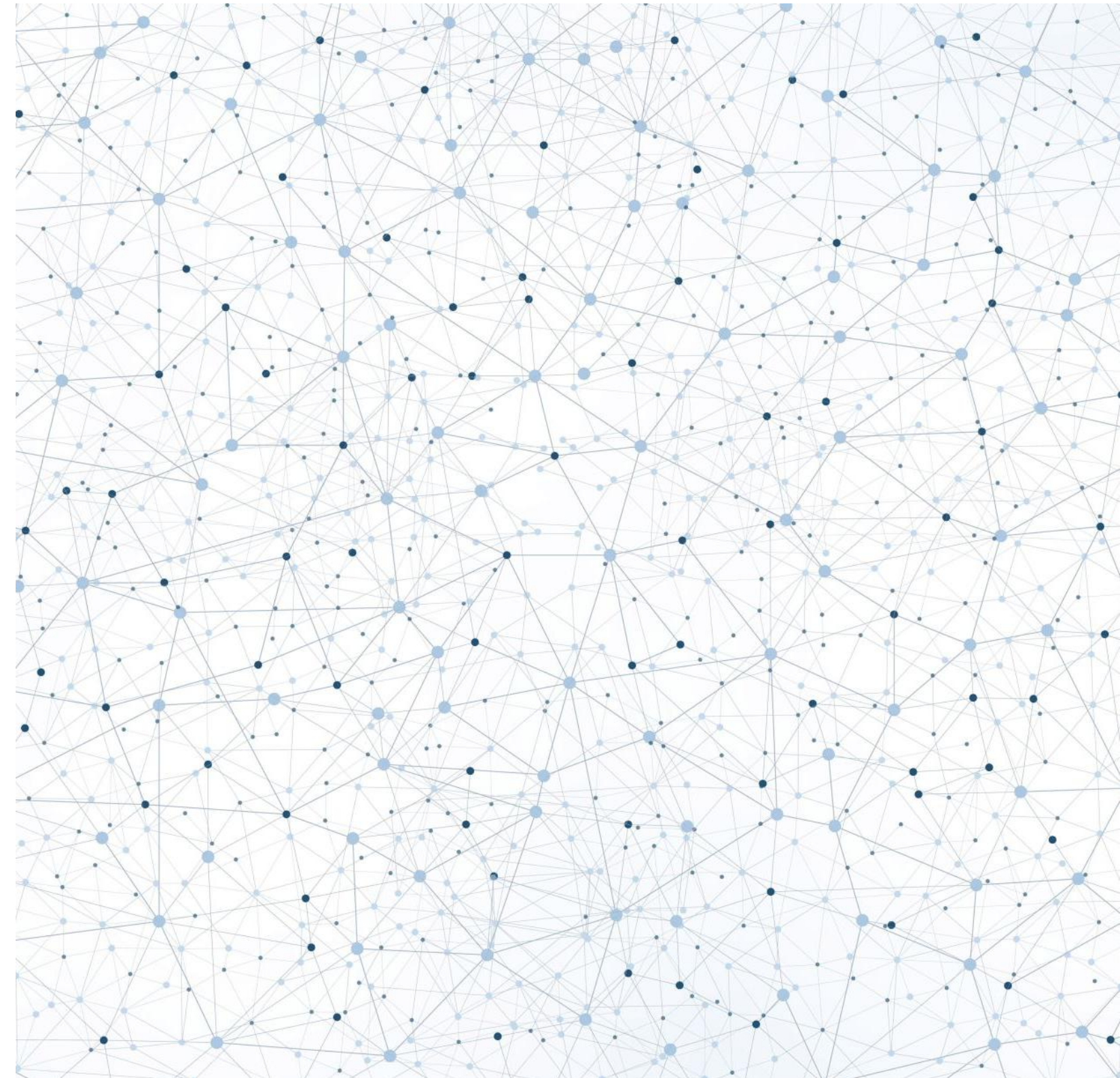
Addictive
behaviour

Youth Mental Health Labs

Strengthening youth mental health requires cross-sectoral collaboration and an inclusive approach

Objective:

- to bring together different stakeholders and vulnerable youth
- Collaboratively identify main problems and solutions
- Foundation for subsequent project activities (such as local action plans)



Preliminary results of YMHL implementation

- **Partnership implemented 22 Labs in total**
- **Participants:**
 - **1st Labs:**
 - 169 stakeholders Lab 1 (excl. PPs)
 - 20 vulnerable young people
 - **2nd Labs:**
 - 189 stakeholders Lab 2 (excl. PPs)
 - 11 vulnerable young people

Range of stakeholders: Participants included mental health professionals, educators, policy-makers (local, national, regional), social workers, youth workers, young people.....


Identified needs and challenges

- Lack of coordination between relevant institutions and key stakeholders
- Increasing role of technology (*mental and physical health*)
- Academic pressures
- Role of parents and family dynamics
- Crises, war and instability



Potential solutions

- Improved coordination between stakeholders
- Awareness raising campaigns (reduce stigma; tailored approaches)
- Educating and involving parents
- Interventions in schools (curriculum)
- Understanding, support and the need for safe spaces



If you want to implement a youth mental health lab in your country – a methodology is available on the project website in multiple languages

Five Webinars – led by PRIZMA (SI)

#1 Gender Gap in Mental Health of Young People

#2 Addressing mental health in marginalised youth

#3 Strengthening support system for at-risk youth

#4 Digital Mental Health

#5 Hand-on Tools for youth mental health



Thank you!

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<https://interreg-danube.eu/projects/meet>

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