



ESTEEM - Youth work responses to young people well-being

Good practices collection



COLLECTION

"ESTEEM - Youth work responses to young people well-being" is an innovative 24 months Erasmus+ cooperation partnership project implemented among 5 organizations from Latvia, Estonia, Bulgaria and Spain



Co-funded by the Erasmus+ Programme of the European Union



Within the ESTEEM project, in the center of partners' attention there are two blocks of measures to be explored and developed:

preventive and educational practices for young people for improvement and strengthening of their well-being, and educational practices and informative resources for youth workers that would help them to provide professional first aid help when young people need it and work preventively.

Collection of the good practices aim is to understand the most effective ways of working with youngsters to improve their well-being, to gather latest real-life situations and case – studies.

Each partner country collected at least 10 – 15 cases of good practice and described it shortly and added “take away” that this good practice is giving for other professionals. Finally there were 2-3 good practices chosen out of 10-15 in each of the country. These were documented in both descriptive written form and doodle video. Collecting good practices from partner countries will bring in new perspectives and expand the vision on problems and solutions. Collection of best practices will also give inspiration and support for professionals working with young people.

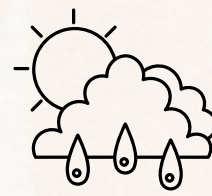
All videos of good practice examples can be viewed here:

https://www.youtube.com/@ESTEEM_project/videos

In the following, we invite you to familiarize yourself with 12 examples of good practice, which can provide inspiration and support to both youth employees, as well as other specialists who work with for young people. On the other hand, at the end of the document, it is offered familiarize yourself with the general list of good practices reviewed in the project.



Climate call game



What?

Climate call players learn about the footprint of our daily activities. Like does a trip by air across the Atlantic have a greater climate impact than eating a steak a day for a year? The game is sure to lead to lively discussions and moments of discovery. One game round takes about 15 minutes, and two or more players over 12 years of age can play at the same time.

Why?

- Interactive learning: Engages people to understand how their daily actions impact the climate.
- Inspires action: Motivates individuals to make eco-friendly choices in their lives.
- Encourages dialogue: Promotes conversations about climate-related issues for shared solutions.

How?

<https://climatecallgame.com/>



Doddle video:



Motivational interviewing



What?

It is designed to strengthen an individual's motivation for and movement toward a specific goal by eliciting and exploring the person's own arguments for change.

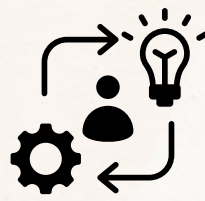
Why?

- **Encourages motivation for change:** Supports young individuals in finding the drive to modify specific behaviors.
- **Inspires positive shifts:** Engages young people, encouraging conversations about change and fostering motivation to make positive adjustments.
- **Collaborative support:** Working together with a specialist, respecting personal autonomy, to address uncertainties and barriers hindering a young person's desire to change a certain behavior or habit.

How?

https://en.wikipedia.org/wiki/Motivational_interviewing

Youth initiative



What?

The goal of the youth initiative projects is to support youth carry out their ideas to help them become more enterprising and active members of the local community.

Why?

- First experience writing a project
- First experience how to do a budget
- motivates young people to notice and solve bottlenecks in Tartu city and community

How?

[https://tntk.tartu.ee/en/
tartu-noorsootoo-keskus/youth-initiative/](https://tntk.tartu.ee/en/tartu-noorsootoo-keskus/youth-initiative/)

Doddle video:



WrestlingCLUSION



What?

This is a Solidarity Project of the ESC organised and managed by the youth organisation “Tyris Wrestling”. They are carrying different activities using wrestling as a tool of inclusion.

Why?

- Empower young people to take the initiative to prepare and implement a project to work in their community.
- Develop a better inclusive environment in your society.

How?



<https://www.youtube.com/watch?v=Kzc1PjbqYws&t=47s>

Doddle video:



“No le des al coco”, FAD Juventud



What?

This campaign is aimed at young people and in it the rapper Sara Socas deals with mental health and the need to ask for help in a song titled “No le des al coco”. The campaign was created by PINK for FAD Juventud and Fundación Mutua Madrileña.

Why?

- Send a very important message to them, such as talking about mental health.
- Raise awareness about the importance of mental health not being a "taboo" topic.

How?



<https://www.youtube.com/watch?v=wf9UIxE-Eiw>

Doddle video:



Super Trellat



What?

A campaign which was created by the municipality of Quart de Poblet to make aware youth about the COVID situation. They created different posters, related with superhero/cartoons, with diversity of ways to prevent COVID.

Why?

- Reach the youngest target group in society with content wrapped in an eye-catching design.

How?

<http://www.injuve.es/conocenos/noticia/consorci-xarxa-jovesnet-campana-joveresponsable>

Doddle video:



Adventure therapy



What?

Adventure therapy offers opportunities not available in the therapy room, which are the promotion of health, well-being and self-growth through outdoor adventures. During adventure therapy, a mental health professional and a team of mentors and other professionals go on outdoor activities (hiking, boating, orienteering, etc.) with the young people.

Why?

- Adventure-Based Therapy is applicable for many different ages and mental health challenges.
- It allows individuals to experience the therapeutic properties of nature.
- Participants take part in engaging, real-world experiences.
- Adventure Therapy provides ample opportunities for personal development.
- Participants hone their interpersonal skills.
- It provides the opportunity to be physically active.
- Adventure-Based Therapy encourages self-reflection.

How?

www.newportacademy.com

www.adventuretherapylatvia.lv/en/home

www.adventuretherapy.eu

Doddle video:



Journaling



What?

Journaling is the simplest thing to start your day happier. Structured exercises will lead you down a path toward a better version of you. For example - Big Life Journal offers science-based journals for kids, youngsters and their parents to help them grow their confidence and resilience. There are created growth mindset journals and bundles for different ages, from young children to teens. The journals feature engaging activities, inspiring stories, and colorful illustrations meant to wire kids' brains for resilience, gratitude, and self-love.

Why?

Journaling and notebooks can help youngsters:

- calm the mind
- plan the day
- develop new healthier habits
- spend time with himself
- notice positive moments in his life
- help to set future goals

You can:

- use ready-made materials
- create your own materials
- involve young people in this process

How?



www.urmc.rochester.edu/encyclopedia/content.aspx?ContentID=4552&ContentTypeID=1

www.healthline.com/health/benefits-of-journaling/#how-to-start

www.pens.co.uk/pen2paper/wp-content/uploads

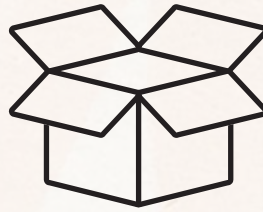
www.biglifejournal.com

[/2014/09/The-Power-of-Journaling.pdf](#)

Doddle video:



The worry box



What?

A 'worry box' is a container where young people can write down their problems and worries and put in a box .

It is great for youngsters who think they can't talk about their problems.

Why?

- Helps youngsters get things off their chest
- A way for them to express what they are feeling
- An opportunity - if young people can't get the words out, they can write them down and keep them in the box

How?

<https://www.justonenorfolk.nhs.uk/media/us1bjpvw/worry-box.pdf>

Doddle video:



Pet therapy



What?

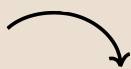
Pet therapy builds on the pre-existing human-animal bond. The purpose of pet therapy is to help someone recover from or cope with a health problem or mental disorder. Interacting with a friendly pet can help many physical and mental issues. It can help reduce blood pressure and improve overall cardiovascular health. It can also release endorphins that produce a calming effect. This can help alleviate pain, reduce stress, and improve your overall psychological state.

Why?

Other benefits of pet therapy include:

- Making people happier, lessening depression, and improving their outlook on life
- Decreasing loneliness and isolation by giving a companion
- Reducing boredom
- Reducing anxiety because of its calming effects
- Stimulating communication
- Increasing mental stimulation

How?



<https://www.healthline.com/health/pet-therapy>

<https://www.pawsforpeople.org>

</who-we-are/benefits-of-pet-therapy/>

Doddle video:



Well-being course for parents



What?

A well-being course for parents is an opportunity for parents to recognise the importance of their own well-being.

Why?

- Helps parents to understand and acknowledge how their personal well-being is influencing their children
- parents can educate themselves about ways and methods how to take care of own well-being and how to support their children's well-being

How?



www.ncb.org.uk/sites/default/files/uploads/attachments/WAS_report_online.pdf

Doddle video:



Date with a mental health specialist

What?



A short meeting with a mental health professional (psychiatrist, psychologist, career counselor, art therapist etc.) to get answers on how to move forward on the path to better mental health. Used at major summer festivals in Latvia to destigmatize mental health and promote access to care.

Why?

- Gives first hand experience with mental health care
- Strengthens youth understanding of their troubles and future directions to receive help
- Can clarify myths about psychology, mental health and youth
- Creates place of supportive environment

How?



Organise an event where a mental health specialist (psychologist, psychiatrist, addiction specialist etc.) will answer questions from youth and their guardians. In the event, each person gets 10 min face-to-face conversation and some level of confidentiality must be available.

Doddle video:



Good practices collection - Latvia

N.	Title	Short description	Link with additional information	Well-being factors
1.	Journaling - Big Life Journal	Big Life Journal offers science-based journals for kids and youngsters to help them grow their confidence and resilience.	https://biglifejournal.com	Healthy behaviors
2.	Project "Wellness Roadmap at School"	The purpose of the project was to select schools in order to provide support for youth initiative projects .	https://jaunatne.gov.lv/par-agenturu/programmas-projekti/valsts-programma/arhivs/jaunatnes-politikas-valsts-programma-2021/atbalsts-jauniesu-iniciativu-projektu-labbutibas-celakarte-skola-istenosanai-2021/	Communication and relationships
3.	Games and non-formal activities: -"Tell your Story" -"More than words"- "Lilluu"- "52 answers"	Games has many benefits that can improve individual and group wellbeing and create better relationships. Games can be challenging and eye-opening, and also proved that playing games cooperatively is good for all relationships.	https://stastustastiem.lv https://www.52papakapieni.lv	Communication and relationships
4.	Program LEC - Love Every Challenge	LEC - Love Every Challenge - is a development program with the mission of supporting young people to realize their values, achieve their goals and improve their collaborative abilities.	http://www.piedzivojumagars.lv/lec-koc275ni.html	Self-awareness
5.	Design & Creative Thinking Development Toolkit	Design and Creative Thinking Development Toolkit is a set of methods and activities that the adolescent can design life scenarios in different professional directions.	https://creativethinkingtoolkit.com/toolkit-stage/designing-life-scenarios/	Vision of the unknown future
6.	Adventure therapy program for adolescent growth "Experience"	These types of programs have aim to improve mental, social and physical well-being of the young people.	https://www.e-klase.lv/aktualitates/zinas/piedzivojumu-terapija-novitate-latvija-socialaja-darbar-pusaudziem?id=22458	Mental health support
7.	Project "Pumpurs" (Burgeon)	The project promotes the creation of a sustainable cooperation system between the municipality, educational institutions, educators, support staff and parents to identify learners at risk.	http://www.pumpurs.lv/lv/par-projektu	Communication and relationships
8.	Program "GAP year"	Program is designed for Young Adults in ages 18-24 who are trying to figure next steps in life or struggling in school or realize that have problems with dealing digital tools and wish to have a successful transition into young adulthood.	http://www.kamaleonte.org/adventure-therapy/	Digital device use and substance use
9.	Community based mental health clinics "Adolescents resource center"	Adolescent resource center is a community-based mental health service for adolescents aged 11-18.	https://pusaudzcentrs.lv	Healthy behaviors
10.	Promoting mental health in schools "PROMEHS"	Mental health curriculum developed for implementing in schools and provided by school teachers.	https://www.promehs.org	Healthy behaviors
11.	Behaviour and emotion management games "Uzvediba.lv"	Uzvediba.lv creatively develop materials for practical awareness-raising and problem-solving in tense situations, as well as for emotional education of pupils.	https://www.uzvediba.lv	Healthy behaviors
12.	Courses for parents on Guide to parenting a teenager "GPT" center "Dardedze"	Dardedze Centre has developed a training programme for parents of teenagers 'Guide to Parenting a Teeanger' (GPT).	https://centrsdardedze.lv/en/pakalpojumi/guide-to-parenting-a-teenager-for-parents/	Healthy behaviors
13.	A resilience approach to empowering young people with fewer opportunities, center "Resilience"	The aim of the center is to help young people facing difficulties in their lives to use these difficulties and their life force to develop and integrate successfully into society.	https://resilience.lv	Self-awareness
14.	"MOT" school based life's skills program for youth.	MOT's life skills concept is founded on the purpose to create a safer society through strengthening youth's courage – courage to live, courage to care and courage to say no.	https://mot.global https://mot.lv	Self-awareness
15.	OPEN Creative Centers for young people	It is a place where young people from the age of 13 can come simply to spend their free time, or to express themselves creatively. They are neither education nor crisis centers, they do not teach how to live there and do not solve the problems of young people, but rather provide a safe place to take shelter, prepare food for yourself, do your homework or just relax.	https://openrc.lv	Healthy behaviors

Good practices collection - Estonia

N.	Title	Short description	Link with additional information	Well-being factors
1.	Youth initiative	The goal of the youth initiative projects is to support youth carry out their ideas to help them become more enterprising and active members of the local community.	https://tnk.tartu.ee/tartu-noorsootoo-keskus/noorte-omaalgatus/	Self-awareness
2.	Climate call	Climate call players learn about the footprint of our daily activities. Like does a trip by air across the Atlantic have a greater climate impact than eating a steak a day for a year? The game is sure to lead to lively discussions and moments of discovery.	https://climatecallgame.com/	Self-awareness
3.	Motivational interviewing	It is designed to strengthen an individual's motivation for and movement toward a specific goal by eliciting and exploring the person's own arguments for change.	https://motivationalinterviewing.org/understanding-motivational-interviewing	Healthy behaviors
4.	Introspection cards	Mindsight is the world's first deck of introspection cards. Inside the beautiful, magnetic case are eighty-one prompts designed to illuminate, challenge, and integrate your inner world. The deck's purpose is to help you build a body of self-knowledge you can use to direct your life, mind, and actions. If you want to build a better relationship with the most important person in your life (yourself), Mindsight is the guide you need.	https://designingthemind.org/cards/	Healthy behaviors
5.	Mind-fulness practices	Mindfulness isn't just meditation. It's a state of presence that can be applied to any activity to make it mindful, including eating, walking, and breathing.	https://www.calm.com/blog/mindfulness-exercises	Healthy behaviors
6.	Balance wheel of practice	At times when stress hits us hard, we may need some quick and practical resilience tools. As we push through this winter season, I wanted to share with you the Balance Wheel – a simple and practical tool I like to use to enhance the resiliency and self-care practices of both myself and the individuals I work with.	https://www.thecoachingtoolscompany.com/wheel-of-life-complete-guide-everything-you-need-to-know/	Self-awareness, Healthy behaviors
7.	Card game "ASK"	120 questions that inspire us to get to know ourselves and others better by creating conversations that matter. ASK can be played with friends and family, co-workers, total strangers or by yourself. Over dinner, on a walk, while traveling and as a self-knowledge tool.	https://www.theaskgame.com/products/theaskgame	Self-awareness, Healthy behaviors, Communication and relationships
8.	The Estonian National Youth Council	The main goals of ENL are to offer guardianship to youth associations, to form a social opinion and legislative environment that supports young people, to represent the youth political interests of its members in Estonia and internationally, and to promote the lively participation of young people in society.	https://enl.ee/en/about-the-organization/organization/	Self-awareness
9.	Gamification in teaching/learning	Gamification is a great way of enriching education using components of a widely popular medium. It complements the traditional methods of imparting education and e-learning and can boost the overall learning experience in many ways.	https://www.hurix.com/gamification-in-learning-powerful-strategies-to-implement/	Self-awareness
10.	Swot analysis	SWOT (strengths, weaknesses, opportunities, and threats) analysis is a framework used to evaluate a company's competitive position and to develop strategic planning. SWOT analysis assesses internal and external factors, as well as current and future potential.	https://www.investopedia.com/terms/s/swot.asp	Self-awareness
11.	DIY	Do it yourself ("DIY") is the method of building, modifying, or repairing things by oneself without the direct aid of professionals or certified experts. Academic research has described DIY as behaviors where "individuals use raw and semi-raw materials and parts to produce, transform, or reconstruct material possessions, including those drawn from the natural environment (e.g., landscaping)". [1] DIY behavior can be triggered by various motivations previously categorized as marketplace motivations (economic benefits, lack of product availability, lack of product quality, need for customization), and identity enhancement (craftsmanship, empowerment, community seeking, uniqueness).	https://en.wikipedia.org/wiki/Do_it_yourself	Healthy behaviors
12.	Onion model	An onion diagram is a chart that shows the dependencies and relationships between the different parts of a process or organization. For example, you can use an onion diagram anywhere there is a hierarchy.	https://www.mindmanager.com/en/features/onion-diagram/	Self-awareness

Good practices collection - Spain

N.	Title	Short description	Link with additional information	Well-being factors
1.	We are the Wave	It was a call to unify the community in times of COVID situation, raising awareness of hope.	https://docs.google.com/document/d/1fTrMsjIZd6E59NysG9Ktll511_6Aij/edit?usp=sharing&oid=111173282058932021186&rtpof=true&sd=true	Mental health support for young people
2.	QdP at the phone	Quart de Poblet's council created an application where you can search different news about the town. It's like a newspaper but online in times of covid.	https://www.elperiodic.com/quart_poblet/ayuntamiento-quart-poblet-tiene-whatsapp-para-emergencias-incidencias-municipales_668537	Self-awareness
3.	Super trellat	The Youth information center of different municipalities continues with the #joverresponsable campaign to encourage preventive habits in the face of Covid19 and to remind young people of the importance of being cautious.	https://xarxajove.info/es/mapa-de-recursos/noticias/campana-super-trellat-el-power-que-atura-el-bitxo/	Healthy behaviors
4.	"La vida misma"	This campaign was created because the line between social exclusion is very fine, and anyone is susceptible to finding themselves in a vulnerable situation for various reasons.	https://solidaritat.santjoandedeu.org/vida-misma-campana-sensibilizacion-sobre-exclusion-social/	Mental health support for young people and self acceptance
5.	Let's talk about mental health	This campaign was created to break stereotypes and to break the taboo of talking about mental health and well-being.	https://www.sanidad.gob.es/campannas/campanas21/HablemosDeSaludMental.htm	Mental health support for young people
6.	"No le des al Coco"	Sara Socas it's a Spanish rapper who collaborated with FAD and Mutua Madrileña Foundation to create a song to raise awareness about mental health.	https://fad.es/sensibilizacion/campanas/noledesalcoco/	Mental health support for young people
7.	Suicide prevention	Spanish ministry created this 024 for people who is thinking in suicide. So this service is attended by professionals in terms of psychology.	https://www.sanidad.gob.es/linea024/home.htm	Mental health support for young people
8.	Activate your power	This campaign is directly focused on raising awareness of people's mental health who are being bullied.	https://pdabullying.com/es/resource/campana-activa-tu-poder	Mental health support for young people
9.	Wrestlingclusion	Tyris wrestling created this project to make visible that we can use wrestling as a tool for inclusion.	https://youtube.com/playlist?list=PLRmOQhS7hxbsb5iv8INCQz_Bt6k89bcLN&si=tJ8IC3WTG03MYhFx	Healthy behaviours of the sport and inclusion
10.	"Mentalizate"	It's A list with different resources for youths from 14 to 20 who are used to having bad habits such as smoking or drinking.	https://consaludmental.org/centro-documentacion/campana-mentalizate/	Healthy behaviors

Good practices collection - Bulgaria

N.	Title	Short description	Link with additional information	Well-being factors
1.	Worry-Box	A 'worry box' is a container where young people can write down their problems and worries and put in a box . It is great for youngsters who think they can't talk about their problems.	www.justonenorfolk.nhs.uk/media/us1bjpyw/worry-box.pdf	Mental health support
2.	Youth Group Methodology on building healthy relationships	A methodology for working with youth groups on violence prevention and healthy relationships, containing ideas for 17 meetings/sessions with young people.	https://marta.lv/en/marta-in-action/youth-programs/reinforced-and-upgraded-youth-group-methodology-on-building-healthy-relationships/	Communication and relationships
3.	Darplay cards	Darplay (cards) is an interactive game for developing communication skills, encouraging relaxed speaking and listening! It engages to expand interaction in thoughtful communication.	https://darplay.com/	Communication and relationships
4.	Climate Fresk	Climate Fresk is a powerful tool for providing a quality climate education. The collaborative Climate Fresk workshop teaches the fundamental science behind climate change and empowers youngpeople to take action.	https://climatefresk.org/	Vision of the unknown future
5.	Volunteering	Volunteering is the act of contributing one's time and skills willingly and without financial compensation to support a cause or organisation, typically for the betterment of the community or society at large. It provides individuals with opportunities to make a positive impact on their communities, develop new skills, build social connections, and experience a sense of fulfillment and purpose.	https://www.helpguide.org/articles/healthy-living/volunteering-and-its-surprising-benefits.htm	Self-awareness, Healthy behaviors, Communication and relationships
6.	Systemic/Family constellation	Family constellation for young people is a possibility to explore and understand family dynamics, roles, and relationships as to promote emotional well-being and resolve potential issues within the family system.	https://isca-network.org/systemic-constellations/what-is-a-constellation/	Self-awareness, Communication and relationships
7.	Parents' education workshops	A well-being course for parents is an opportunity for parents to recognise the importance of their own well-being. In such a way they can educate themselves about ways and methods how to take care of their own well-being and how to support their children's well-being.	www.ncb.org.uk/sites/default/files/uploads/attachments/WAS_report_online.pdf	Communication and relationship, Self-awareness
8.	Well-being festival	A well-being festival, invites various organisations advocating mental health. The event includes activities such as mindfulness, yoga, counseling, and sports for children, and provides numerous opportunities for facilitated open discussions about mental health.	https://www.ncb.org.uk/sites/default/files/uploads/attachments/WAS_report_online.pdf	Mental health support
9.	Active Youth Wellness Programme	The Active Youth Wellness programme involves a variety of activities and provides support for participants over an initial 20-week period all based on hauora (overall health and wellbeing).	https://sportnz.org.nz/resources/active-youth-wellness-programme/	Healthy behaviors
10.	Pet therapy	Pet therapy, or animal-assisted therapy, is a therapeutic approach that involves trained animals to provide emotional support and comfort, contributing to the well-being and healing of individuals in various settings.	https://www.healthline.com/health/pet-therapy	Mental health support, Healthy behaviors, Communication and relationships

All Project ESTEEM Results



Mapping report



Collection of good practices



Digital app



Toolkit with different methods



Educational game



Manual for youth workers

The project “ESTEEM - Youth work responses to young people well-being” is financed with the support of European Commission’s “Erasmus+: Youth in Action” administered in Latvia by the Agency for International Programs for Youth.

This publication reflects only the author’s views, and the Commission cannot be held responsible for any use which may be made of the information contained there in.

More about the project and results you can read here:

English



Latvian



Spanish



Bulgarian



Estonian



www.metozuasociacija.lv

