



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

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

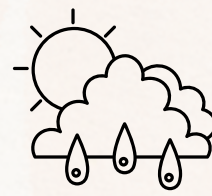
preventive and educational practices for young people for improvement and strengthening of their well-being, and educational practices and informative resources for youth workers that would help them to provide professional first aid help when young people need it and work preventively.

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.



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?

To create an educational and fun experience that inspires engagement and conversation about how much different everyday activities affect the climate and climate change related issues.

How?

www.climatcallgame.com



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.

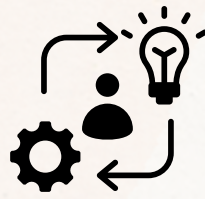
Why?

- It helps to elicit motivation to change a specific negative behavior
- It engages young person, elicits change talk and evokes motivation to make positive changes
- It can help young person with the support from the specialist to resolve their uncertainties and hesitations that may stop them from their inherent want of change in relation to a certain behavior or habit
- It is a collaborative approach of work between the specialist and young person that respects sense of self and autonomy

How?

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

Youth initiative



What?

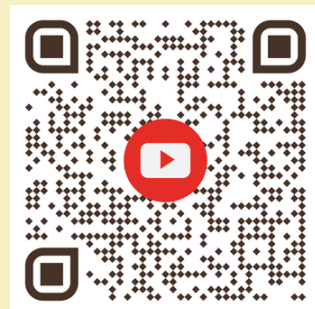
The goal of the youth initiative projects is to support youth carry out their ideas to help them become more enterprising and active members of the local community.

Why?

- first experience writing a project;
- motivates young people to notice and solve bottlenecks in Tartu city and community

How?

<https://tntk.tartu.ee/en/tartu-noorsootoo-keskus/youth-initiative/>



WrestlingCLUSION



What?

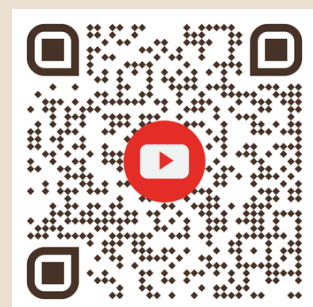
This is a Solidarity Project of the ESC organised and managed by the youth organisation “Tyris Wrestling”. They are carrying different activities using wrestling as a tool of inclusion.

Why?

To empower the youth to took the initiative to prepare and implement a project to work on their community. This made them learn and get involved to develop a better inclusive environment in their society.

How?

<https://youtu.be/60epf7KgcsM>



«No le des al coco», FAD Juventud



What?

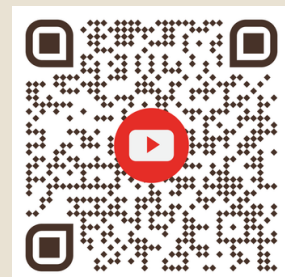
This campaign is aimed at young people and in it the rapper Sara Socas deals with mental health and the need to ask for help in a song titled "No le des al coco". The campaign was created by PINK for FAD Juventud and Fundación Mutua Madrileña.

Why?

With the collaboration of a "celebrity" that the young people admire it's easier to send a very important message for them as it's to speak about mental health and raise awareness on the importance of don't have it as a "tabú".

How?

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



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.

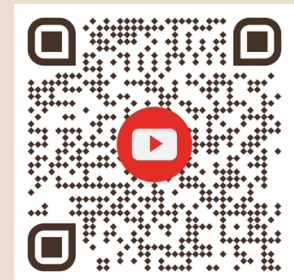
Why?

The way they created and set the campaign with the "superhero" environment helped to reach the youngest target group in society as the content was wrapped in a design that was attractive to see and took the attention of the youngsters.

How?



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



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?

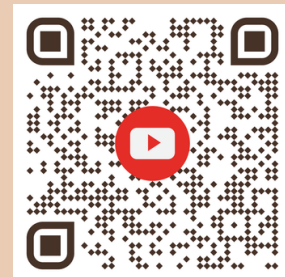
- Adventure-Based Therapy is applicable for many different ages and mental health challenges.
- It allows individuals to experience the therapeutic properties of nature.
- Participants take part in engaging, real-world experiences.
- Adventure Therapy provides ample opportunities for personal development.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

How?

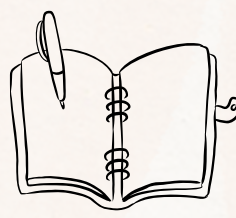
www.newportacademy.com

www.adventuretherapylatvia.lv/en/home

www.adventuretherapy.eu



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?

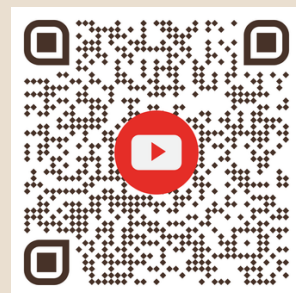


www.urmc.rochester.edu/encyclopedia/content.aspx?ContentID=4552&ContentTypeID=1

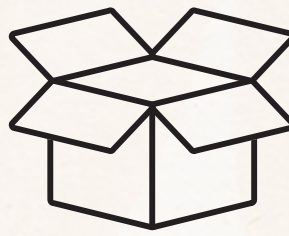
www.healthline.com/health/benefits-of-journaling#how-to-start

www.pens.co.uk/pen2paper/wp-content/uploads/2014/09/The-Power-of-Journaling.pdf

www.biglifejournal.com



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?

It helps them get things off their chest and is another way for them to express what they are feeling. As it's really important to talk about feelings and what's worrying young people, the worry box provide a chance - if they can't get the words out, then they can write them down and keep them in the box.

How?

www.justonenorfolk.nhs.uk/media/us1bjpvw/worry-box.pdf



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:

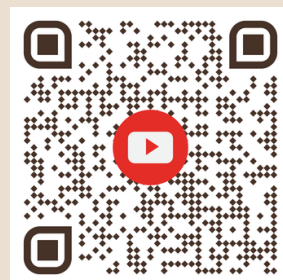
- making people happier, lessening depression, and improving their outlook on life
- decreasing loneliness and isolation by giving a companion
- reducing boredom
- reducing anxiety because of its calming effects
- stimulating communication
- increasing mental stimulation

How?



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

<https://www.pawsforpeople.org/who-we-are/benefits-of-pet-therapy/>



Well-being course for parents



What?

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

Why?

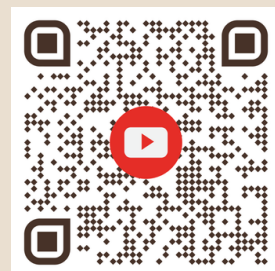
This course helps parents to understand and acknowledge how their personal well-being is influencing their children.

Also parents can educate themselves about ways and methods how to take care of well-being and how to support their children.

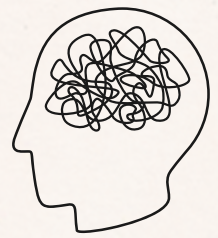
How?



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



Date with a mental health specialist



What?

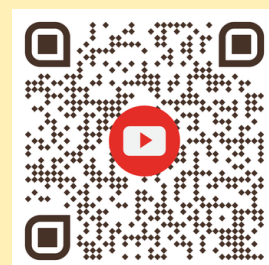
A short meeting with a mental health professional (psychiatrist, psychologist, career counselor, art therapist etc.) to get answers on how to move forward on the path to better mental health. Used at major summer festivals in Latvia to destigmatize mental health and promote access to care.

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.



Previous step

Mapping report

Next steps in project ESTEEM

Digital App development

Toolkit with different methods to work with young people

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.