



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

Newsletter

March 2023



ProWell

**Protecting the mental wellbeing of our children
during and after public health emergencies**

Project Number: 2020-1-DE02-KA226-VET-
008072



Release of the Platform

The seven partners of the ProWell project are happy to announce the release of the digital training platform. You can find it here: www.prowell-project.com. The digital training is available free of charge in seven different languages (English, Croatian, French, Greek, German, Italian and Spanish). It is meant to support teachers and educators in promoting mental health in crisis of public health. It covers a wide range of topics, including detailed information on mental health difficulties that children, adolescents as well as teachers and educators face, and it provides guidance on the development and implementation of school-based interventions, communication skills, digital literacy, and country specific referral information.



Users need approximately 28 hours to complete the training and they are provided with a certificate of completion after passing the Final knowledge assessment test and completing the Evaluate us Questionnaire.

The platform also provides a forum which gives teachers and educators from all over Europe the opportunity to exchange opinions and collaborate with each other. It is moderated in seven different languages. A Training Adaptation Toolkit and further downloadable material can be found on the website.

European Symposium in Nicosia/ Cyprus

The ProWell project was concluded with a European Symposium in Nicosia/Cyprus on the 21st of February. The conference included presentations of the outputs of the project, speeches by university professors on the mental health of children and adolescents and roundtable discussions by the participants.

The results of the ecosystem mapping and focus group discussions in the first intellectual output of the project showed the necessity of a training for teachers and educators in times of crisis of the public health.



ProWell

Newsletter

March 2023

Eirini Oikonomou presented the findings which were compiled by Prolepsis Institute. Following up on this, a training curriculum and an introduction into mental health difficulties of children and adolescents were presented by Clara Jacobi, TU Dresden. The setup of the platform, which was led by CSI, was displayed and attendants were invited to sign up and look into the training. Mathieu Schäfer presented the Training Adaptation Toolkit, which was compiled under the lead of Osengo and offers a guidance to adapt the training in different settings and brings activities and hands-on material together.

The event also welcomed two keynote speakers, a researcher of the University of Cyprus and a University professor and PhD student of Clinical Psychology. Evangelia Tentolouri gave a presentation whose aim was to investigate the effects of the pandemic lockdown on children and adolescents aged 5-18 years old, and Dr. Lilia Psalta presented the research she conducted on the effects of the pandemic on children and teenagers.

The final roundtable discussions gave participants the opportunity to share their experiences, discuss their expert knowledge on mental health issues and lessons learned during the pandemic. The collaboration was further enhanced by breaks which gave room for exchange at an appealing buffet.



National Info Day

Each of the partners organized a National Info Day in their country, to reach the target group and disseminate the results.

Center for Social Innovation organized a workshop in a Acropolis gymnasium in Nicosia, Cyprus which focused on the use of digital tools in education to promote students' mental health.

The consortium



Center for Social
Innovation
www.csi.dtu.dk

PROLEPSIS
INSTITUTE



Osengo
Propulsez vos compétences by Afarmac

POLIBIENESTAR
UNIVERSITAT DE VALÈNCIA

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein. [Project number: 2020-1-DE02-KA226-VET-008072]