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MEET



IceHearts Europe

Mental health support for vulnerable youth through sports and mentorship

The Gender Gap in Mental Health of Young
People

15.05.2024

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EuroHealthNet



ICEHEARTS EUROPE



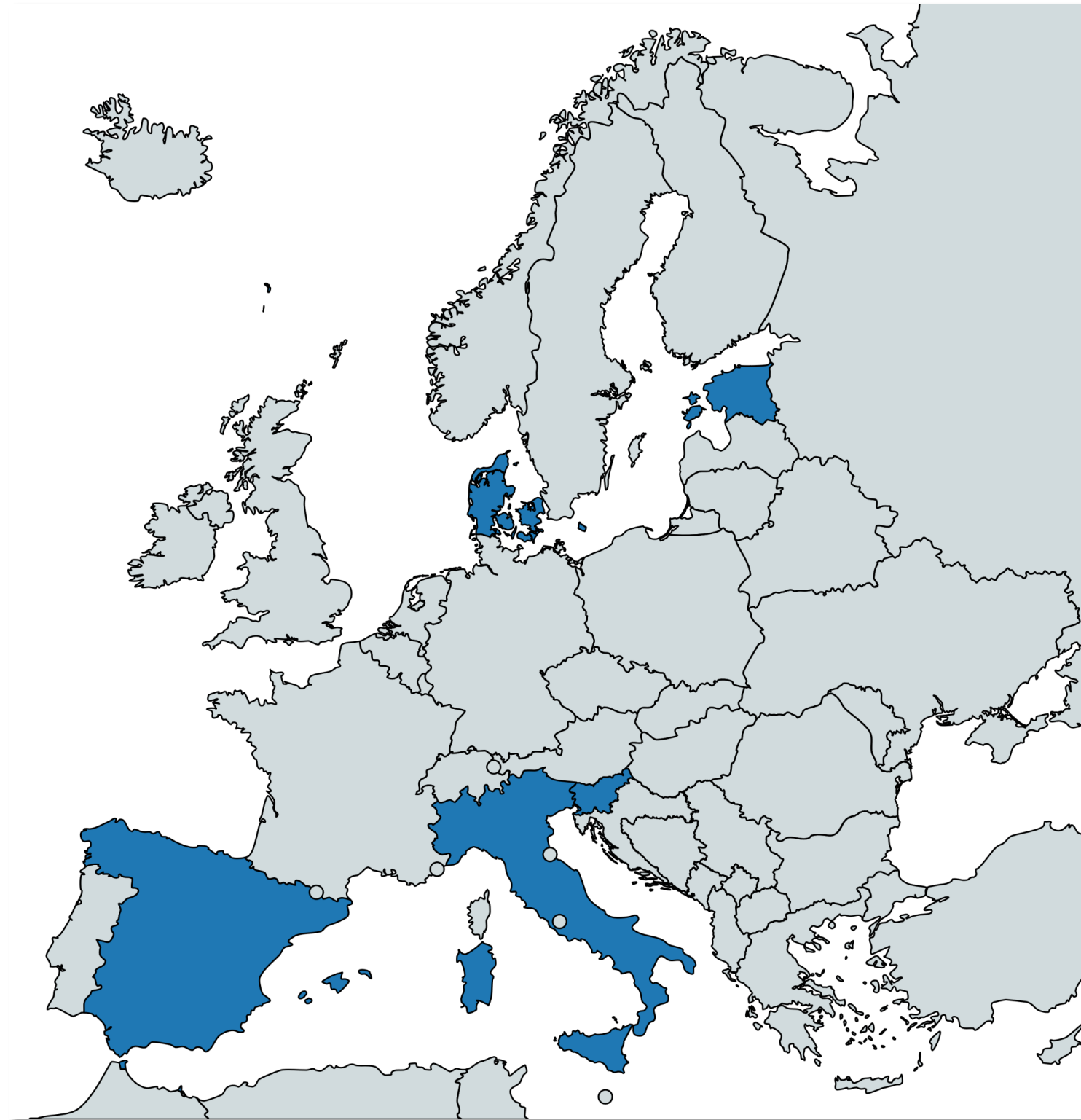
[Icehearts](#), a €4 million EU4Health Action Grant, aims to address the intersections of physical activity, mental and physical health, as it engages community sport organisations from 19 countries in adapting the Icehearts approach to different settings during the three-year project.

Full project partners: ISCA, Icehearts (Finland), EuroHealthNet (Belgium), Finnish Institute for Health and Welfare (THL) (Finland), University of Cassino and Southern Lazio (UNICAS) (Italy), University College of Cork (Ireland), the Italian Institute of Public Health (ISS) (Italy), DGI (Denmark), SPIN (Estonia), Fútbol Más Espana (Spain), UISP (Italy) and Sports Union of Slovenia.

The ICEHEARTS approach

- **Evidence-based** and **successful** practice from **Finland**
- The model provides consistent, long-term, holistic support for vulnerable children
- Icehearts Finland uses team sports as a tool for engaging children with social work:
 - Children who require special support and who have been recognised as being at risk of social exclusion early on are selected for a team.
 - Each team is led by **a mentor who supports the selected children at school, after school and at home for 12 years.**
- Icehearts Finland lays the foundations for the **Icehearts Europe** methodology to be **adapted to new countries and their cultural contexts**, and pilot tested in numerous communities across Europe

Implementation countries

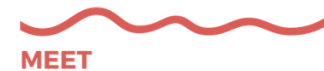


Spain
Italy
Slovenia
Denmark
Estonia

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Adapting IceHearts to other countries

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ICEHEARTS EUROPE SITUATION ANALYSIS AND NEEDS ASSESSMENT (SANA) FINAL REPORT

Opportunities and barriers in each pilot
country to implement the Icehearts model



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What is a SANA?

- Situation Analysis and Needs Assessment is **used to draw the implementation plan for the pilot countries**
- It also **makes specific gaps visible, e.g. regarding policy, availability of services, or data.**

Aim is to:

- SANA is formative research and **collects information and data needed to plan Icehearts implementation**
- It describes the local needs in the community, the factors that put youth at risk
- The context in which the programme will be operating, as well as what resources are available, and what interventions are currently being implemented.
- The Needs Assessments can be used to determine what the gap is between the existing situation and what is desired, and this will inform the programme planning

Insights

Common vulnerabilities in implementation sites include:

- Poverty and socioeconomic deprivation
- Unemployment rate and low education levels
- Mental health problems
- Problems in the family
- Children's health

Several social schemes available across countries to tackle the issue:

- Economic safety nets
- Housing support
- Access to quality food

**...surprisingly, Italy and Spain
are very different from
Finland...**

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Differences in countries

- Process often differs – **often no holistic approach possible as in Finnish IceHearts model**, some centre more on sports, some more on social inclusion
- Different types of sports needed
- **Access to schools rarely possible**, access to sports facilities often either secured or there are high chances of success, especially where contact with schools or municipalities is already established → **Italy takes approaches depending on the region**
- Legal situation for hiring mentors differs vastly between countries
- **Close collaboration with schools, communities, and municipalities is a common aspect across countries**

www.eurohealthnet.eu

www.icehearts.eu

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<https://www.linkedin.com/company/267124?trk=tyah&trkInfo=tarId%3A1422521953987%2Ctas%3Aeurohealthn%2Cidx%3A1-1-1>

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