

Interreg
Danube Region



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About MEET

MEntal WEll-being in Education for
disadvantaged YOUNg

DRP0200289

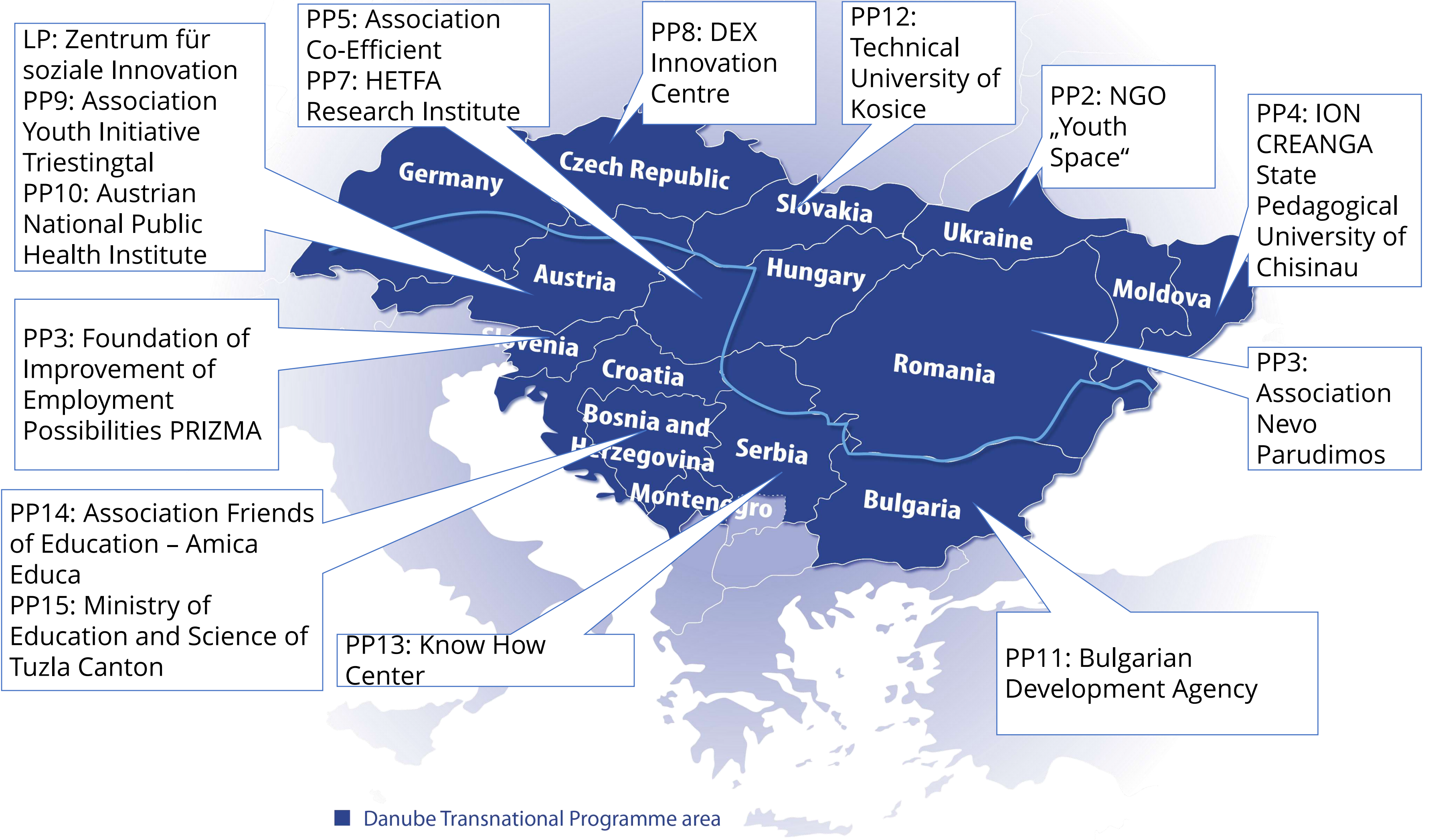
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**Project duration: 01 Jan 2024 – 30
June 2026 (30 Months)**



**15 partner organisations across 11
countries**



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.

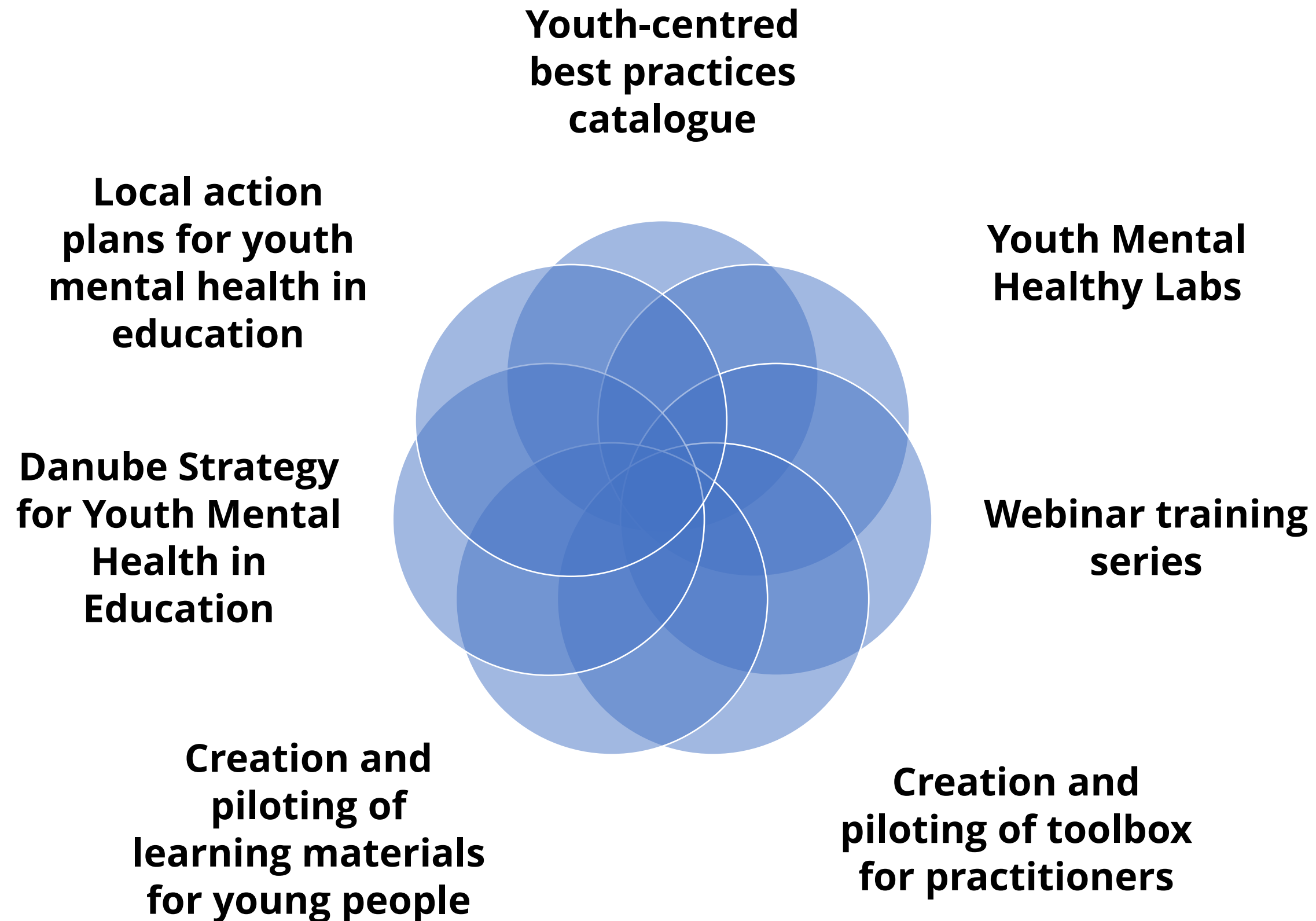


MEET Impact

- to combat mental health problems among young people, especially among vulnerable groups of young people;
- to reduce poor school performance and drop-out rates, the number of NEETs;
- to enable a better educated workforce and contribute to reduced labour shortages.



Examples of key deliverables and outputs



The MEET Youth-centred Best Practices Catalogue

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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

43

Best practices

15

Organisations

11

Countries

- AT, BA, BG, CZ, HU, MD, RO, RS, SI, SK, UA

Every practice in the catalogue, has been assessed for:

Goals of the intervention

Target groups

Description of the intervention

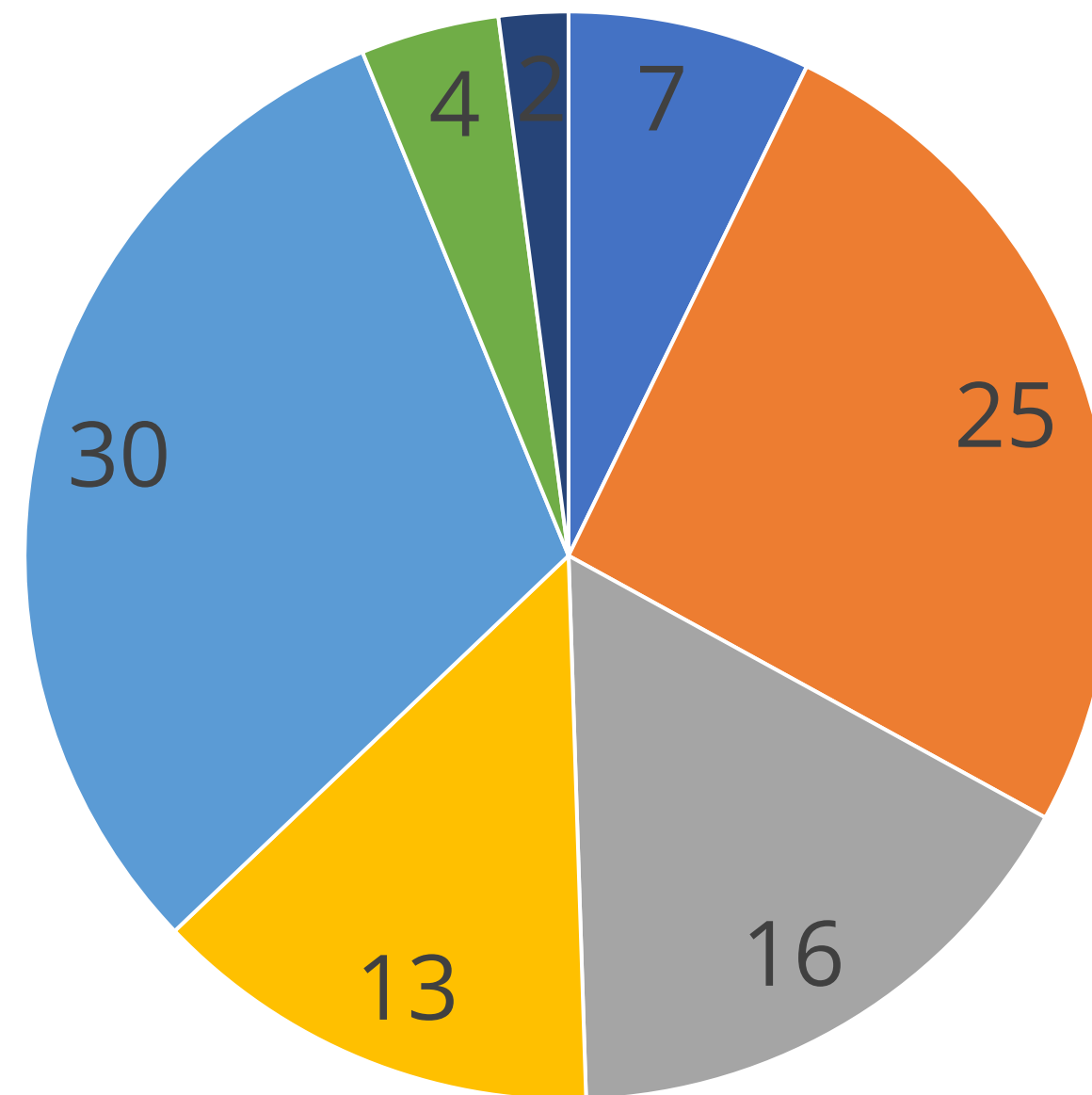
Comparison to other initiatives

Evaluation

Scaleability

Further resources

Number of practices per setting



■ Formal education

■ Non-formal education

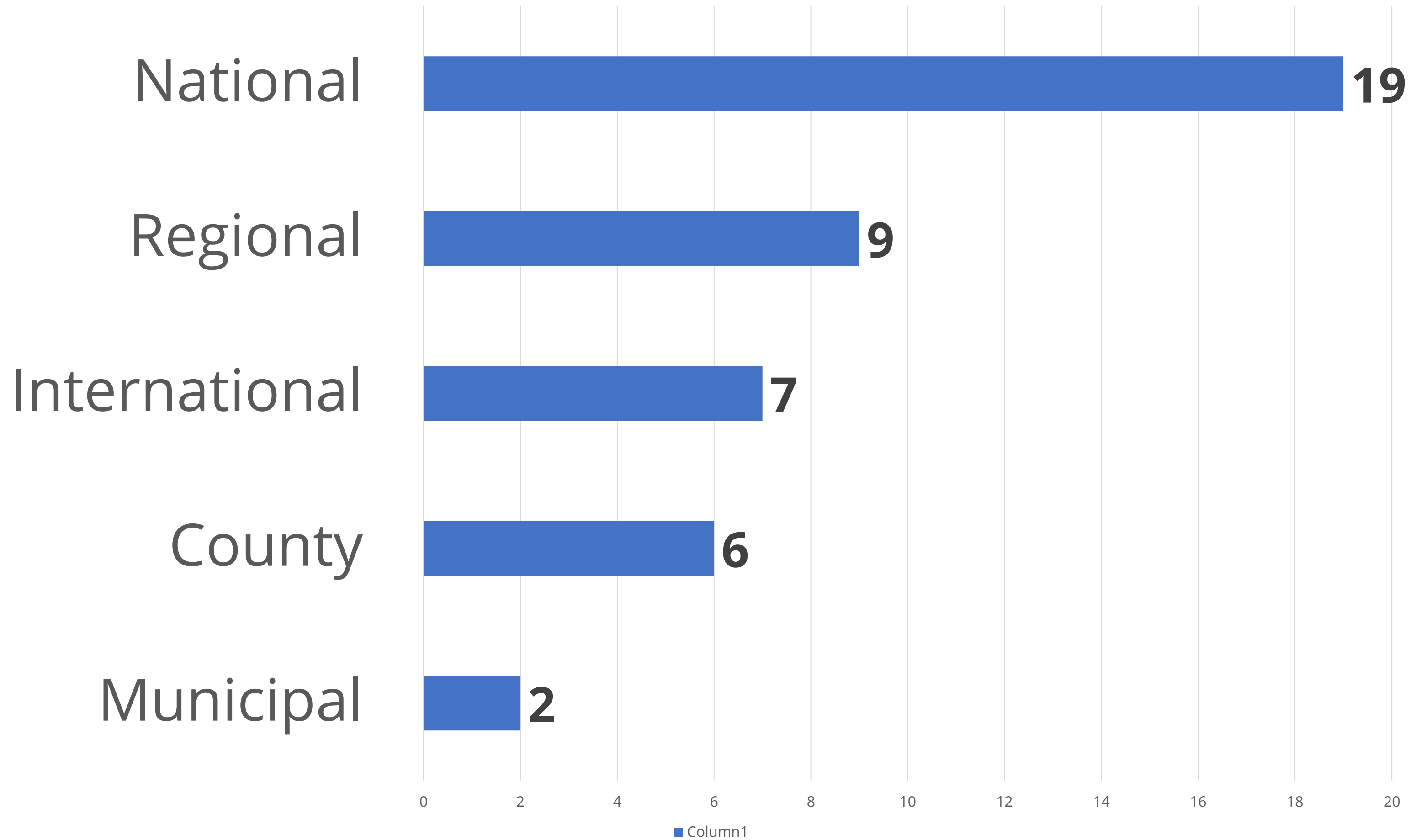
■ Healthcare

■ Social services

■ Youth care/ youth work

■ Cultural Services

■ Other





Stress
management

Developing
attitudes, norms
and values

Personal
education,
knowledge

Health, Life or
social skills

Exercise /
physical activity

Nutritional
behaviour

Addictive
behaviour

Thank you!

Any questions, please contact Michaela at:

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Project website:

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

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