

"may your choices reflect your hopes, not your fears"

Nelson Mandela



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About

Deliberate Self Harm (DSH): Positive Choices

What is the project all about?

DSH Positive Choices is a 2 year **Erasmus+ funded project** (2015-2017) that is being coordinated by Plymouth and District Mind.

The project aims to develop a comprehensive toolkit of resources and training materials that can be used with **young people** to enable them to become more **emotionally resilient, confident** and **self-aware**.

The project is specifically aimed at supporting those young people for whom their mental health is becoming, or has already become an issue. In particular, we will be looking at the issue of self-harm as a coping strategy.

Europe 2020 – European platform against poverty and social exclusion shows that 24% of all the EU population (over 120 million people), are at risk of poverty or social exclusion – this includes 27% of all children in Europe. The Europe 2020 agenda has issues of early school leaving and low educational achievement of young people as a high priority.



Erasmus+

ERASMUS+ STRATEGIC PARTNERSHIPS IN THE FIELD OF EDUCATION, TRAINING AND YOUTH

<http://ec.europa.eu/programmes/erasmus-plus/>

DSH Positive Choices is an Erasmus+ project coordinated by Plymouth & District Mind Association (PADMA), United Kingdom. It addresses a known cause of social exclusion (with progression pathways to early school leaving and low achievement): **Alexithymia** and **Deliberate Self Harm**.

The **DSH Positive Choices** partnership includes 6 associations from all around Europe. The project will be implemented in United Kingdom, Lithuania, Greece, Turkey and Romania.

DSH Positive Choices will “foster quality improvements in youth work, in particular through enhanced cooperation between organisations in the youth field and/or other stakeholders” (a specific objective of Erasmus Plus Programme in the field of youth). The project will deliver a series of workshops around promotion of emotional awareness, confidence building, self-exploration for young people and self-harm awareness for all stakeholders. Collectively, they will form an open training resource for all working in the field of youth, particularly with young people who may be, or at risk of, experiencing symptoms of Alexithymia and/or any other emotional distress.

Each partner will host a 3 day meeting and deliver 2 one day workshops around related themes that can help young people build emotional resilience and train youth workers in skills to recognize and deal with recognizable symptoms and how to empathically support the young person in getting local professional help.

There are 6 partners involved in the project. They will take workshops back to their own country to translate materials and deliver to 10+ people in the field of youth, and deliver at least 1 relevant workshop to 10+ young people locally.

It is important to include young people to get their feedback and evaluation as to fitness for purpose. All results will be presented at a final international conference.

The most relevant topics addressed by our project are **Early School Leaving** and **Combating failure in education**.

Over the 24 month duration of the project we will:

- **Deliver 72 workshops in the field of youth to address Alexithymia and DSH**
- **Translate materials for delivery in own country**
- **Create volunteer committees to monitor evaluation and sustainability of the project locally**
- **Evaluate the workshops and project**

The DSH Partners:

PADMA UK

Plymouth & District Mind
Association (PADMA) United
Kingdom

www.plymouthmind.com

ZISPB Lithuania

Vsi Zmogiskuju istekliu
stebesenos ir pletros biuras
(ZISPB) Lithuania

www.zispb.lt

SSP&MH Greece

Society of social psychiatry
and mental health (SSP&MH)
Greece

www.ekpse.gr

BEHDER Turkey

Behcet Hastalari ve Saglikli
Yasam Dernegi (BEHDER)
Turkey

www.behder.net

Bucovina Institute Romania

Asociatia Institutul pentru
Parteneriat Social Bucovina
(Bucovina Institute) Romania

www.bucovinainstitute.org

AUTH Greece

Aristotelio Panepistimio
Thessalonikis – Faculty of
Fine Arts (AUTH) Greece

www.auth.gr

6th Project Meeting in Amfissa, GR 18-20 October 2016

Host:

Aristotle University of Thessaloniki

HELLENIC REPUBLIC



ARISTOTLE
UNIVERSITY OF
THESSALONIKI

The third meeting took place in Amfissa from 18th of October to 20th of October 2016

Exploring Self and Expressing together



Welcome session

Name game with DSH participants

Art workshop at Harmaina



Partners visited Social Cooperative producing olive oil, bio soap, honey and tsipouro in Sernikaki

Cultural site visit in Delphi

Partners visited the Ethnological and Folklore Museum of Chrisso



DSH working groups with youngsters

DSH management meeting



Progress Reports from Partners Organizations

Program Dissemination:

Plymouth Mind

- *1 day intervention at Child and Adolescent Mental Health Facilities which could include parental education/consultation for Self Harm (with experiential activities etc)*
- *Invitation from schools*
- *Next year's target: interventions to more schools*
- *15 months program for parental education in Alexithymia*

ZISPB

- *Great interest by managers of other institutions in participating in the workshops*

AUTH

- *Dissemination to other Faculties of Aristotle University of Thessaloniki*
- *100 youthworkers participating in workshops*
- *Dissemination to teaching staff of others regions of Greece*
- *Intervention to population with mental health problems*
- *Presentation of the Program at Conference for Primary Care in Psychiatry*

Institute Bucovina

- *Uploading in Facebook every activity of the program*
- *Dissemination and interest by other institutes, for example teachers or other mental health professionals*
- *Educating and familiarizing teachers to the notion of Alexithymia*
- *3 seminars of about 80 participants each*
- *Participation of the program to the «Life from Learning Festival» with the help of volunteers*
- *Invitation to other countries that expressed interest in the program (such as Croatia, Austria, Moldova) as guests to the conference at the end of the program.*

Society of Social Psychiatry and Mental Health

- *Great interest and expressed satisfaction from students*
- *Solid body of participants*
- *Intervention at School (to the pupils and the teachers)*
- *Meetings with stakeholders who will conduct dissemination and workshops as well*
- *Material, a brochure, which was created by the pupils that participate in the program*
- *Alteration in the relationship between the pupils and their teachers*

BEHDER

- *Dissemination to parents and teachers*

Partnership Map

