



TRAINING CURRICULUM





FIRST TRAINING: OBSERVE

Time	March 26	March 27	March 28	March 29	March 30	March 31	April 1st	April 2nd
Morning	Arrivals	Introduction and getting to know each other and teambuilding	Understanding and recognizing emotional and behavior issues	Theater and mental health	Development phases of teenagers	Safe space for young people	Safe space for youth workers	Departure
Afternoon	Arrivals	Understanding and recognizing emotional and behavior issues	Understanding and recognizing emotional and behavior issues	Theater and mental health	Insights from practice	Safe space for young people	Safe space for youth workers	Departure
Evening	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	

HOW TO RECOGNIZE MENTAL HEALTH DIFFICULTIES WITH YOUNG PEOPLE

This training focuses on equipping youth workers with the skills to identify signs of mental health issues in young people. Participants will learn about the various mental health conditions that commonly affect youth, such as anxiety, depression, and trauma-related disorders.

The training includes theoretical knowledge about the symptoms and behaviors associated with these conditions, as well as practical exercises to practice recognition in real-life scenarios. By the end of this training, youth workers will be able to detect early warning signs and understand when and how to seek further professional help for the young individuals in their care.



SECOND TRAINING: ADDRESS

	April 21st	April 22nd	April 23rd	April 24th	April 25th	April 26th	April 27th	April 28th
Morning	Arrival of participants	Ice-breaking activities and introduction to the training course	Understanding teenage development phases and general issues	Introduction to trauma and its consequences	Testing possible reactions in real youth work scenarios	Designing protocols and programs to involve and support young people	Planning how to implement the learned skills in participants' own organizations	Departure of participants
Afternoon	Arrival of participants	Exploring the topic of mental health amongst young people	Identifying emotional and behavioral problems in young people	Exploring traumatic contexts that can modify young people's behavior	Workshops on how to react in delicate situations	Creating safe spaces for young people in youth work	Group work and presentations	Departure of participants
Evening	Welcome and introductory activities	Social activities	Group reflections	Movie night or cultural sharing	Free time or optional activities	Social activities or local excursion	Farewell party	Departure of participants

HOW TO ADDRESS MENTAL HEALTH DIFFICULTIES - WHAT CAN WE DO AS YOUTH WORKERS

This training provides youth workers with practical strategies and interventions to support young people experiencing mental health difficulties. Participants will learn about various approaches, including emotional support, active listening, and creating safe spaces for open communication.

The training will cover specific techniques such as cognitive-behavioral strategies, mindfulness practices, and peer support models. Through role-playing and interactive workshops, youth workers will gain confidence in applying these methods, ensuring they can effectively support and empower young people to manage their mental health challenges.



THIRD TRAINING: INTEGRATE

Time	May 22	May 23	May 24	May 25	May 26	May 27	May 28	May 29
Morning	Arrivals	Getting to know each other, team building, intro	Understanding supporting systems in the local community.	Workshop on Intentional Peer Support and how to integrate learning in the organization	Working with youth by Civil Society Organizations and how to support coworkers when things go wrong	Plan how to integrate all gathered knowledge into organization	Presentation of the plans	Departure of participants
Afternoon	Arrivals	Treasure hunt (locations to support young people with EBI in local community)	Workshop "Points of You" (Innovative tools and training)	Fractal Drawing (Artistic gymnastics for the brain) as a form of selfreflection and evaluation	Visit to the Community Service Center Split	Plan how to integrate all gathered knowledge into organization	Reflection, Project Evaluation, Greetings	
Evening		-	Dance Workshop	-	Outdoor Yoga Class	-	-	-

HOW TO INTEGRATE MENTAL HEALTH SUPPORT IN AN ORGANIZATION WHAT CAN HELP US

This training is designed to help organizations integrate mental health support into their existing structures and programs. Participants will explore best practices for creating a supportive environment that prioritizes mental health. The training will cover the development of policies and protocols that address mental health needs, the importance of staff training and supervision, and strategies for fostering a culture of openness and acceptance.

Additionally, participants will learn about resources and tools available for ongoing support, visit the Community Service center and discuss topics such as partnerships with mental health professionals and access to educational materials. By the end of this training, organizations will be equipped with an effective plan to effectively support the mental health of both their staff and the young people they serve.



APPROACHES AND METHODS USED

The entire methodological framework of our training program is built upon the principles of non-formal education (NFE). This approach is essential for fostering an engaging, inclusive, and practical learning environment tailored to the needs of youth workers and the young people they support. Non-formal education emphasizes experiential learning, peer-to-peer interaction, and the development of practical skills through hands-on activities.

OPENING ACTIVITIES

Engages participants through interactive and participatory methods. Activities like ice-breaking exercises, getting to know each other. These activities are designed to break the ice among participants and create a comfortable environment for learning and interaction. By engaging in team-building exercises, participants start to build trust and rapport, which is essential for open communication and effective collaboration throughout the training. They help in reducing anxiety and building a supportive environment where young people feel safe to share their thoughts and experiences related to mental health.

EXPERIENTIAL LEARNING

Learning through reflection on doing, based on direct experiences. Real-life scenarios and simulations to explore mental health challenges. This method involves learning by doing and then reflecting on those actions. It is particularly effective in mental health training as it allows participants to engage in practical scenarios that mimic real-life situations. Participants engage in role-playing exercises where they encounter various mental health challenges faced by young people, such as dealing with a peer experiencing anxiety or depression. After each activity, participants discuss what they learned, how they felt, and what strategies they could use in real-life situations. By experiencing and reflecting on real-life scenarios, participants gain deeper insights into young people's emotional and psychological states, enhancing their empathy and practical skills in mental health support.

PEER LEARNING

Participants learn from each other's experiences and knowledge. Group work and presentations to foster collaborative learning. This methodology leverages the collective knowledge and experiences of the group. By sharing their own experiences and listening to others, participants can gain new perspectives and strategies for dealing with mental health issues. Participants collaborate on projects and problem-solving activities, sharing their insights and approaches to mental health challenges. Individuals or groups present their experiences, findings, or projects to the rest of the participants, fostering a collaborative learning environment. Peer learning helps participants understand that they are not alone in facing mental health challenges. It promotes the sharing of coping strategies and support mechanisms, which are crucial for mental well-being.



APPROACHES AND METHODS USED

WORKSHOPS AND PRACTICAL EXERCISES

Structured sessions combine theoretical knowledge with practical exercises. Workshops on recognizing problems, understanding trauma, and designing safe spaces. These sessions are designed to provide both the theoretical framework and practical skills necessary for addressing mental health issues among young people. They combine lectures, discussions, and hands-on activities. Workshops on identifying signs of mental health issues such as depression, anxiety, and trauma in young people. Sessions that explain the impact of trauma on mental health and behavior, and how to provide support. Practical exercises in creating environments where young people feel safe and supported to discuss their mental health. These workshops equip participants with the necessary tools and knowledge to identify and address mental health issues effectively. Practical exercises ensure that they can apply what they learn in real-world settings.

REFLECTIVE PRACTICE

Critical reflection on personal experiences to enhance learning. Evening group reflections to process daily learning and plan future applications. Reflection is a crucial part of the learning process, allowing participants to internalize and make sense of their experiences. It involves thinking critically about what they have learned and how it applies to their work with young people. At the end of each day, participants gather to discuss what they have learned, share personal insights, and plan how to implement these lessons in their own contexts. Reflective practice helps participants process their experiences and emotions, fostering a deeper understanding of mental health issues and how to support young people effectively.

CULTURAL EXCHANGE AND SOCIAL ACTIVITIES

Activities designed to enhance cultural awareness and social bonding. Social activities, cultural sharing, and movie nights. These activities aim to build a sense of community and mutual respect among participants from diverse backgrounds. They provide opportunities for informal learning and bonding. Games, dinners, and informal gatherings that allow participants to relax and get to know each other outside of formal sessions. Participants share aspects of their own cultures, such as traditions, music, and food, fostering a sense of global community. Cultural exchange activities promote understanding and acceptance of different perspectives, which is essential in creating an inclusive environment where young people feel valued and respected.

DESIGN THINKING

Problem-solving approach focusing on understanding users and redefining problems. Designing protocols and programs for inclusive environments and support systems. Design thinking involves a human-centered approach to problem-solving. It encourages participants to empathize with the people they are designing for, define the problem clearly, ideate solutions, prototype, and test them. Participants work on creating strategies and programs that address the mental health needs of young people. They go through the steps of design thinking to ensure their solutions are effective and user-centered. This approach helps participants develop innovative and practical solutions to mental health challenges. By focusing on the needs of young people, they can create more effective support systems and inclusive environments.



3 TRAININGS, 3 COUNTRIES

During our training sessions, we recognized the crucial importance of youth workers establishing clear boundaries to protect their own well-being while effectively supporting young people. It's essential for youth workers to understand that they are not alone in this responsibility and that seeking additional help is a sign of strength, not weakness. When faced with complex or overwhelming situations, youth workers should feel empowered to reach out to mental health professionals or supervisors for guidance and support. This approach ensures that they can provide the best possible care to the young individuals they work with while maintaining their own mental health and professional integrity.

MAIN LEARNING OUTCOME: CREATING SAFE SPACES AND ESTABLISHING LOCAL SUPPORT STRUCTURES

The primary learning outcome of our training program is to ensure that youth workers can create and maintain safe spaces for young people, fostering an environment where they feel heard, valued, and supported. This involves not only listening actively and empathetically to the concerns and experiences of young individuals but also implementing practical strategies to create a nurturing and inclusive atmosphere.

Youth workers are trained to develop skills in active listening, which is crucial for understanding the nuanced needs and emotions of young people. By honing these skills, they can provide immediate emotional support and build trust, encouraging young people to express themselves freely and without fear of judgment.

Moreover, the training emphasizes the importance of establishing local structures that can provide ongoing support for mental health. This includes forming partnerships with local mental health professionals, schools, and community organizations to create a network of resources that young people can access when needed. These structures are designed to offer a continuum of care, ensuring that support is available beyond the initial intervention by the youth worker.

Youth workers are also taught to advocate for and implement policies within their organizations that prioritize mental health. This includes developing protocols for handling mental health crises, creating regular check-in systems for ongoing support, and promoting an organizational culture that values and supports mental health initiatives.

By combining these approaches, the trainings can ensure that youth workers are not only equipped to provide immediate and effective support to young people but also contribute to the development of sustainable, long-term support systems within their communities. This dual focus on individual and structural support is essential for creating a comprehensive and effective mental health support framework for young people.