

me_HeLi-D

Mental Health Literacy and Diversity

Enhancing Mental Health and Resilience through Digital
Resources for Youth

NEWSLETTER #3 | SEPTEMBER 2024



PROJECT PROGRESS



me_HeLi-D

me_HeLi-D | Design Co-creation

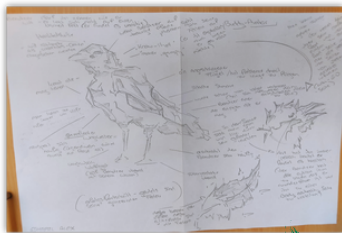
One of the most exciting happenings of the last few months in the me_HeLi-D project has been the realization of the various student ideas from the design workshops (June 2023) by the amazing Slovenian designer *Monika Klobčar*. After many months of sketching and iterating, the designs were finalized and digitalized. Great care was taken to ensure that they closely followed the students' original ideas, but also resulted in a well-rounded and coherent overall design. Two examples of how the *Landscape of a Mind* and the buddy character *HeLi, the Crow*, were realized are shown below.



Student design (SLO)



Monika Klobčar, CC BY-SA



Student design (AUT)



Participatory Workshops | December 2023

In December 2023, the second round of participatory workshops took place at the partner schools in all three countries of implementation. The students developed their own content in various creation labs (Recording Lab, Writing Lab, Activity Lab) and were given the opportunity to critically evaluate and further develop texts, definitions, and activities. The Recording Lab was particularly popular, where the students were able to make short audio recordings on various mental health topics. They also worked on how diversity should be considered in the program. The results played an important role in shaping the program's content.



Austria



Poland



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3RD PARTNER MEETING



me_HeLi-D

May 2024 | Katowice, Poland

On 23-24 May, 2024 our third hybrid partner meeting took place at the University of Silesia in Katowice, Poland.



We were particularly pleased to finally meet our newest team members from Sofia University, Dafinka Miteva and Elitsa Peltekova, in person. Alongside Ioannis Patias, they are primarily responsible for the digital implementation of the content developed by the content production groups from the other three institutions: ERI, University of Graz, and University of Silesia.

The meeting was highly focused on a thorough review of the content of the program, providing comprehensive feedback on all the activities developed. Additionally, we had the opportunity to preview the digital realization of these activities, as the two mindfulness sessions had already been implemented in Moodle by the tech team. The meeting included detailed evaluations of all topics and sessions, encompassing their structure, flow, and associated activities. These evaluations were conducted through various small workshops over the two-day period, which gave everyone involved, but especially the teachers, the opportunity to critically assess the content and formats, generate new ideas, and identify the need for increased interactivity in the exercises.

Another significant aspect of the meeting was the discussion of the forthcoming pilot study, including potential challenges and the specific needs of the partner schools. There was a consensus on the importance of creating a comprehensive teacher manual that includes both technical and content-related information.



EVENTS | OUTLOOK



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EVENTS

IFO 2024 | Graz, Austria | 26/02-01/03, 2024

- Symposium: Participatory Research with Youth in Development of a Digital Tool to Strengthen Resilience and Promote Mental Health Among Youth

FMI Spring Science Sessions | Sofia, Bulgaria | March 23, 2024

- Educational Initiative Promoting Health Literacy and Awareness Among Secondary School Students / me_HeLi-D Project Status
- Implementing Developed Lessons as Online Interactive Learning Resources for Improving Secondary School Students' Mental Health Literacy and Awareness (me_HeLi-D Project)

InPACT 2024 | Porto, Portugal | April 20-22, 2024

- Students Co-Designing the Characteristics of a Digital Mental Health Program: Insights From Slovenia

ECER 2024 | Nicosia, Cyprus | August 26-30, 2024

- Unveiling Insights on Happiness, Joy, Mental Health, Resilience, and Gratitude through Voices of Adolescents in Slovenia and Austria

Future Education Conference 2024 | Graz, Austria | September 03-05, 2024

- Enhancing help-seeking efficacy in a sustainable and adaptive digital environment

ERI's Conference 2024 | Ljubljana, Slovenia | September 25-26, 2024

- Ustvarjalne delavnice pisanja na temo anksioznosti - participatorni pristop pri razvijanju vsebin v digitalnem programu za krepitev duševnega zdravja mladih [eng. Creative writing workshops on anxiety - a participatory approach to content development in a digital mental health programme for young people]

Week of Mathematics and Informatics | Burgas, Bulgaria | March 23, 2024

- Online Digital Resources for Mental Health Literacy and Resilience as a Priority of the me_HeLi-D project

OUTLOOK

A priority for the coming months is the completion of the *PROTOTYPE* and the implementation of the *PILOT STUDY* in our partner schools in the fall semester of 2024. The pilot study will provide initial insights into the feasibility of implementation, as well as the acceptance, usability, and potential efficacy of the program. The feedback from the pilot study will be incorporated into the adaptation process and the final design of the program. The *INTERVENTION STUDY* is planned for the summer semester of 2025, in which the adapted and finalized program will be tested in a randomized controlled trial in schools in Austria, Poland, and Slovenia. This should provide information about the effectiveness of the program.



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