

EMPOWERING COMMUNITY

HOW TO SUPPORT YOUNG
PEOPLE'S MENTAL HEALTH
THROUGH COMMUNITY?

MINNA WALLENIOUS | 17.4.2024



U
mPOW

ERASMUS+ PROJECT MPOW



“Empowering and inclusive model to create an experience of a supportive community for NEET youngsters”



SOSPED



ASOCIACE TRIGON

ASSOCIAÇÃO
CHECK-IN
COOPERAÇÃO E DESENVOLVIMENTO



Funded by
the European Union

www.empow.eu



FINANCIAL CHALLENGES

**NEUROPSYCHIATRIC
SYMPTOMS**

LONELINESS

**CHALLENGES IN SOCIAL
INTERACTION**

MENTAL HEALTH



INTERRUPTED STUDIES

SUBSTANCE ABUSE

NARROWED PROSPECTS FOR THE FUTURE

THE AIM OF THE PROJECT



The project will develop and describe an approach to support young people with mental health and social challenges or difficulties in coping with work or studies.



The project describes how to build an empowering community, the role of peers and training, and how professionals can support young people in empowerment in the best possible way.



The project aims to bring together existing expertise and build on it to develop a new approach, the Empowering Communities approach.



IN THE PROJECT, WE WILL:

- Collect **case stories**
- Do **desktop study** on the situation of NEET youngsters
- Carry out two **surveys**: one for young people and one for professionals
- Design and pilot two **trainings**: one for young people and one for professionals
- We describe **how to build a community**
- Write a **handbook** which combines all of these



**FIRST RESULTS OF SURVEYS
CONDUCTED IN FINLAND**



SURVEYS FOR YOUTH AND PROFESSIONALS



SURVEY OPEN

- january-march 2024



RESPONDENTS

- 108 young adults, 103 professionals
- average age of young people 25 years



BACKGROUND

- 75% young adults were NEET youths
- 53% belong to a minority



COMMUNITIES

- 57% felt a sense of belonging to the community, 43% did not belong to the community

BELONGING TO A COMMUNITY MEANS...

A GROUP YOU FEEL
YOU BELONG TO

SUPPORT AND SAFETY

ACCEPTANCE, A SENSE OF
BELONGING, BEING ACCEPTED,
CARING AND HELPING

THE FACT THAT I'M
NOT JUDGED, EVEN
THOUGH I'M SEEN AS
DIFFERENT BY SOCIETY
DUE TO ADHD

THAT NOBODY IS
LOOKED DOWN
UPON, EVERYONE IS
EQUAL

WORKING TOGETHER AND
MAKING A DIFFERENCE

BEING KIND TO
EVERYONE

YOU GET TO BE YOURSELF, WITH YOUR GOOD
AND BAD QUALITIES. HOWEVER, TAKING CARE
NOT TO HURT ANYONE OR MISTREAT OTHERS
ON PURPOSE.

CHARACTERISTICS OF A GOOD COMMUNITY

Survey in Finland
1-3/2024.

Respondents:
108 young adults,
103 professionals



	Young adults	Professionals
1	I can be myself	Young people feel safe
2	I feel safe	Young people can be themselves
3	Relaxed and friendly atmosphere	Can do meaningful things
4	Like-minded people	Action adapts according to needs
5	Open communication	Like-minded people

CHARACTERISTICS OF A GOOD COMMUNITY

Survey of young people
and professionals
1-3/2024 in Finland

Respondents:

- young adults
- professionals



BELONGING TO A COMMUNITY EMPOWERS

72%

The opportunity to express oneself

72% of community members,
43% not belonging

77%

Enough meaningful things to do

77% of community members,
59% not belonging

70%

Enough good relationships

70% of community members,
29% not belonging

91%

Get support when they need it

91% of community members,
65% not belonging

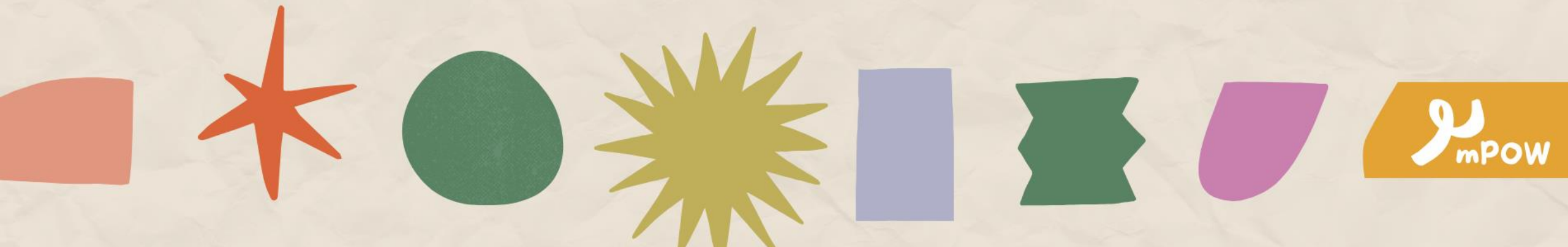
THERE WAS A STATISTICAL DIFFERENCE BETWEEN THE GROUPS ACCORDING TO WHETHER THE RESPONDENTS BELONGED TO THE COMMUNITY OR NOT.

- Survey conducted among youth in Finland in 1-3/2024, with 108 respondents.
- 75% of respondents were NEET youth.
- 57% felt a sense of belonging to a community, while 43% did not.



**THE RESULTS OF THE SURVEYS AND
THE HANDBOOK WILL BE AVAILABLE
ON THE WEBSITE**

WWW.EMPOW.EU





THANK YOU!



Funded by
the European Union

SOSPED

ASSOCIAÇÃO
CHECK-IN
COOPERAÇÃO E DESENVOLVIMENTO


*il grande
carro*


ASOCIACE TRIGON