

"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

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

4th Project Meeting in Aksaray, Turkey 11-15 April 2016

Host:

Behcet Hastalari ve Saglikli Yasam Dernegi (BEHDER)



Fourth Meeting in Aksaray – Turkey, was organized by Behcet Hastalari ve Saglikli Yasam Dernegi (BEHDER) in the period 11-15 April 2016.





Action Items:

❖ Mine Field and Lemon

A group dynamic called **Mine Field** was introduced. Although it has aspects of working in a team with a little bit of communication touch we will be using this method to get deeper in communication with people. After the dynamic, all partners were skilled with effective communication and they asked some questions about the mine field.

A group dynamic called **Lemon** exercise was introduced. Aim of the exercise was that having disadvantages as a young person comes with several other disadvantages. With this exercise partners will try to increase awareness on labeling, stigmatizing, social exclusion and possible solutions to these issues. All partners broke their prejudices and they learned a new way to approach people and ideas.

❖ Effective listening and Open Space Technology

Effective listening:

- Be fully present and "want to be here"
- Listen with a quiet mind and body
- Suspend judgement and analysis momentarily
- Hear a person out and do not make snap judgements before the speaker has finished
- Summarize what you have heard and ask appropriate question

Open Space Technology:

- Whoever comes are the right people,
- Whatever happens is the only thing that could have happened,
- Whenever it starts is the right time,
- When it is over, it is over



❖ Evaluation of the meeting

Problem Solving Using Forum Theatre Method

On the 21st of April, lector Asta Jaseliūnienė from VšĮ Žmogiškųjų išteklių stebėsenos ir plėtros biuras delivered practical training for social work specialists - "Problem Solving Using Forum Theatre Method" in Šeduva Care Home.

During the training participants have learnt how to solve problems in a creative way, worked on improving their communication skills, strengthening self-confidence, tried to get rid of communication fears. Some methods obtained during the training in Aksaray have also been used.



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Partnership Map

