

27TH INTERNATIONAL CONFERENCE ON HEALTH PROMOTING HOSPITALS AND HEALTH SERVICES
Balancing high tech and high touch in health care: Challenges and chances of digitalization for dialogue
Warsaw, Poland | May 29-31, 2019
03.5 Venue Room Baltic III Floor Adolescent Friendly Health Care
31.05.2019 h 11.00-12.30

The Well Being Coordination Model [WBC]: stakeholders alliances for the empowerment and resilience in young people



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Hospital Assistance Services Area*

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In the past....

HPH Friuli Venezia Giulia network was working since 2003

at the same time I was the representative for Health Education in the schools.....



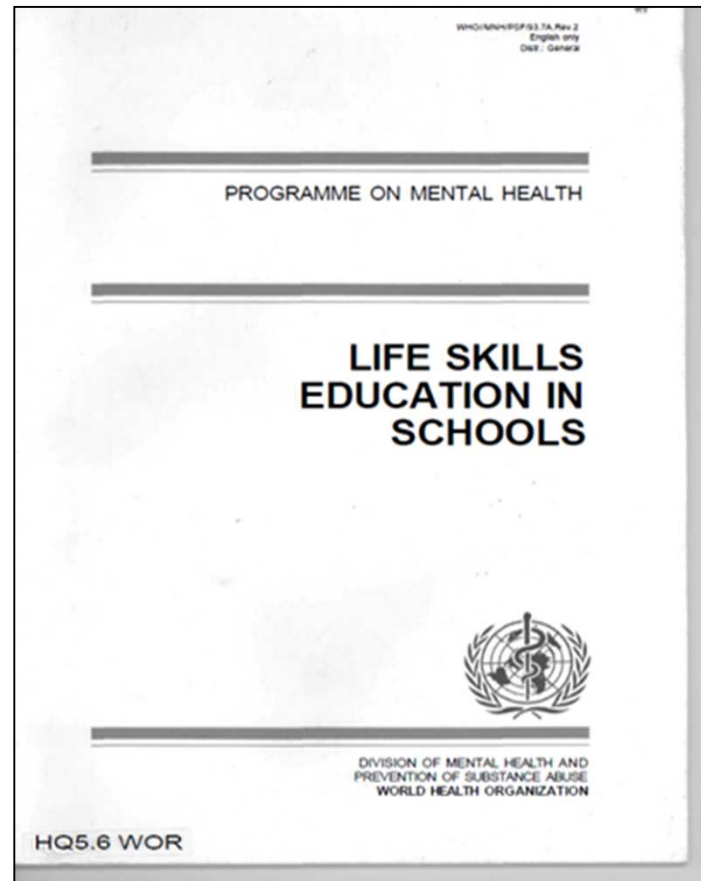
The Schools were in contact with Healthy services in temporary collaboration projects about risk behaviors

- No Network of Health Promoting Schools
- The schools called the health services only in case of emergency, drug abuse, or lessons about food, smoking and alcohol habits
- Great effort to push the life skills strategy, that sometimes seemed so far from the curricula of the schools

We had a great challenge: How to link life skills to lifestyles to promote the empowerment of the young people instead of waiting the bad behavior and blocked it?

BMC Psychiatry. 2012; Common stressful life events and difficulties are associated with mental health symptoms and substance use in young adolescents

Nancy CP Low et al





IL SISTEMA
WHAT'S UP?

WHY IN 2014 EVERYTHING HAS CHANGED

System What's Up [SWUP], was born

This is a program dedicated to mental health and youth resilience

The AIM: to deal with 3 school-age suicides, collaborating with the mother of one of the victims, a team of experts, stakeholders of the community and consulting from the National Institute of Health.

We cannot wait that young people have no choice

We had to face the challenge of distress in adolescence.

It was created a systemic response to the worrying needs that emerged in our region to address the risk of youth self-harm and to improve stress management techniques during the age of growth.

ANALYSIS OF THE BEST EXPERIENCE ABOUT RESILIENCE AND WBC

Head of Wellbeing An essential post for secondary schools?

Discussion paper
January 2015

Julia Manning
Jon Paxman

Forgiveness
Community
Sport
Relationships
Involvement
Wellbeing
Mental health
Counselling
Emotional intelligence
Nutrition
Worldview
Resilience
Functional literacy
Safety
Pressure
Activities
Anxiety

Head of Wellbeing
An essential post for state secondary schools?

1. Executive Summary

It was clear that a Head of Wellbeing concept would prove strong if it:

1. reduced, rather than added to, current staff workload;
2. maintained impetus, year on year, for high standards of health and wellbeing;
3. brought about coordination of existing wellbeing initiatives, inside and outside the school;
4. was not considered an 'optional extra', liable to the vagaries of funding cycles;
5. was able to sustain a strong business case (short and long term cost benefits).

Yale Center for Emotional Intelligence

Who We Are | What We Do | Real Stories | Publications | Media & Events | RULER

RULER
How RULER Works
Staff Development
Students & Families
Evidence
Training at Yale
The Anchor Tools
Visiting Yale
FAQ

RULER Schools
RULER Schools
Marvin Maurer
Spotlight
Real Stories
Evidence
Media & Events
RULER Events
Announcements
In The News
Press Releases
Newsletter
Media

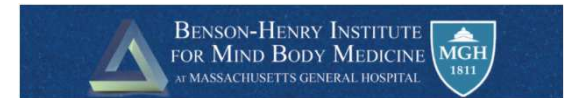
Mission & Vision
Emotions drive learning, decision making, creativity, relationships, and he uses the power of emotions to create a healthier, and more equitable, for future generations.
We conduct research and design educational approaches that support intelligence and the skills to thrive and contribute to society.
We do this work because the well-being and sustainability of our society intelligently.

How RULER Works
Overview of RULER Rollout
RULER begins with staff personal and professional learning, continues with classroom instruction and family engagement, and becomes embedded seamlessly into policies and practices school-wide. RULER integration into a school or district includes 3 main components:
RULER Institute: Creating Emotionally Intelligent Schools: A small team, including one school administrator and at least two educators or mental health professionals from the school, attend a two-day training workshop led by a team from the Yale Center for Emotional Intelligence. The intensive training covers the RULER skills and Anchor Tools of emotional intelligence. Trainings are held at Yale University in New Haven, Connecticut throughout the year. Regional trainings also are offered if 25 or more schools within a district or region show interest in adopting RULER.
Teacher Toolkit
"I absolutely love much a person a professional school leaders of the RULER strategies that help me think about my own strengths and how to capitalize on those strengths and help me name the stress that are harder for me."
—Elementary School Principal

<http://ei.yale.edu/ruler/>

> IN ADOLESCENZA
Criteri di Progettazione di Interventi per la Promozione del Benessere Sociale ed Emotivo in Adolescenza
Angela Guarino
SAPIENZA - Università di Roma
angela.guarino@sapienza.it

?



Resilient Schools

Helping School Communities Manage Stress & Learning Lifelong Resiliency Skills

Teenagers are the most stressed population

The stresses of 21st century living are keenly felt by our youth; a recent study by the American Psychological Association found that teenagers have the highest rate of stress among of demographic in the country'.



Increased stress in teens can result in depression, low academic performance, poor impulse control, violence, and even suicide. Physical health can also be impacted: stressed teens report symptoms of insomnia, stomachaches, headaches and muscle tension.

The Benson-Henry Institute (BHI) is committed to providing adolescents with the resiliency skills they need to master stress and live long, healthy and productive lives.

Resilient Youth – A Proven Solution

Since 1989, BHI's Resilient Youth (RY) and Resilient Schools (RS) programs have offered proven stress-management solutions and strategies to young people, parents and educators. Our research-based curricula helps students and faculty gain control of stressors, thereby reducing student stress, teacher burnout and affecting a positive school climate.

Our research has shown that students who participate in the Resilient Youth program:

- Improve grades
- Increase self-esteem
- Increase spirituality
- Become more self-directed
- Improve attendance
- Feel less stressed
- Improve memory

'American Psychological Association, Stress in America Survey, 2013.'

<https://www.bensonhenryinstitute.org/services-resilient-schools/>

21/06/2019

2020health
MAKING HEALTH PERSONAL

Supported by an unrestricted educational grant from
Nuffield Health
FOR THE LOVE OF LIFE

<https://www.nuffieldhealth.com/>

HEALTH PROMOTING NETWORKS

THE ALLIANCE

1. HEALTH PROMOTING
HOSPITALS & HEALTH
SERVICES (HPH)



2. SCHOOLS FOR HEALTH
IN EUROPE (SHE)



1. **MANAGEMENT POLICY**

1. **HEALTHY SCHOOL POLICIES**

2. **PATIENT ASSESSMENT**

2. **SCHOOL PHYSICAL ENVIRONMENT**

3. **SCHOOL SOCIAL ENVIRONMENT**

3. **PATIENT INFORMATION AND INTERVENTION**

4. **INDIVIDUAL HEALTH SKILLS AND ACTION
COMPETENCIES**

4. **HEALTHY WORKPLACE**

5. **COMMUNITY LINKS**

5. **CONTINUITY AND COOPERATION**

6. **HEALTH SERVICES**

INFRASTRUCTURE FOR HEALTH PROMOTION



IL SISTEMA
WHAT'S UP?

THE STAKEHOLDERS **WHO IN 2014** MADE THE DIFFERENCE?



the main supporters of the **System What's Up** were, the Health Services No. 2 "Bassa Friulana-Isontina" which created it, the Department of Welfare and Education of the Province of Gorizia and the Foundation Carigo of Gorizia which did a strong action of advocacy and economic support.

Partnership with National Institute of Health, psychologists of the private sectors, a TV Radio speaker and writer, expert in social network and teen agers languages, municipalities.



IL SISTEMA
WHAT'S UP?

WHAT IN 2014 MADE THE DIFFERENCE



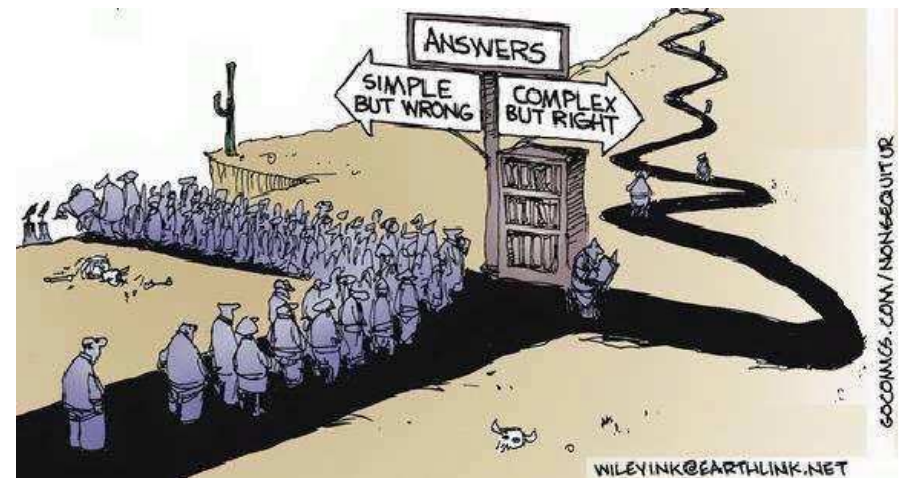
Among the key factors:

- **promotion of protective factors (life skills) useful for facing the physiological risk in adolescence;**
- development of emotional intelligence and critical thinking in schools and during public events;
- **promotion of "learning by doing";**
- integration of good practices regarding healthy lifestyles in the general framework of resilience in the age of development;
- **activation of environments favorable to life skills and healthy lifestyles in school contexts, sports, leisure time;**
- paths for parents on the themes of adolescence in the era of social networks;
- **experimentation of organizational models for the resilience of people and contexts;**
- simplification of access to services dedicated to adolescents in case of need for assistance

WBC Model

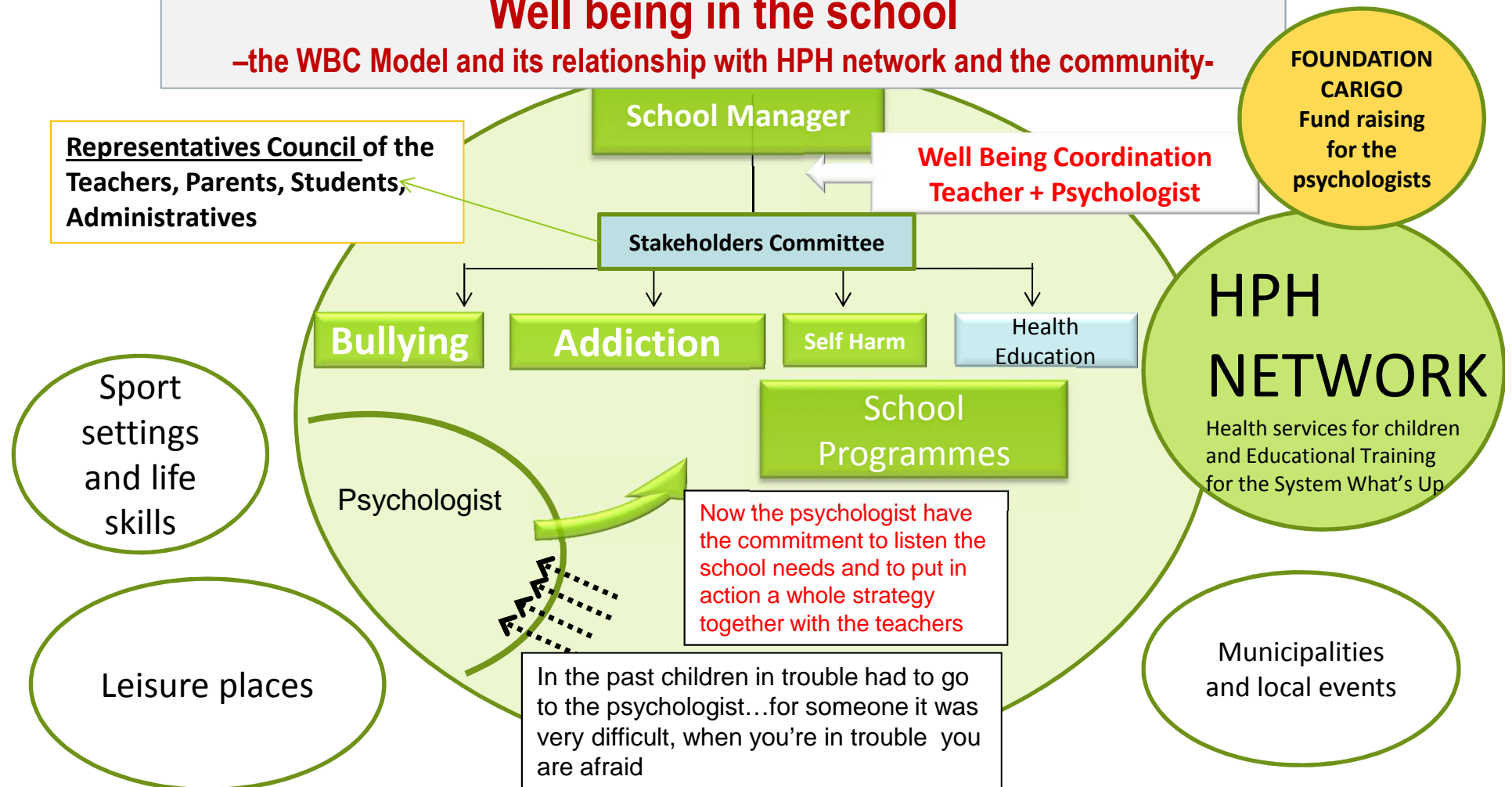
of the System What's Up [SWUP]

The design of the WBC is based on the integration of the HPH and the Schools for Health in Europe (SHE) standards.



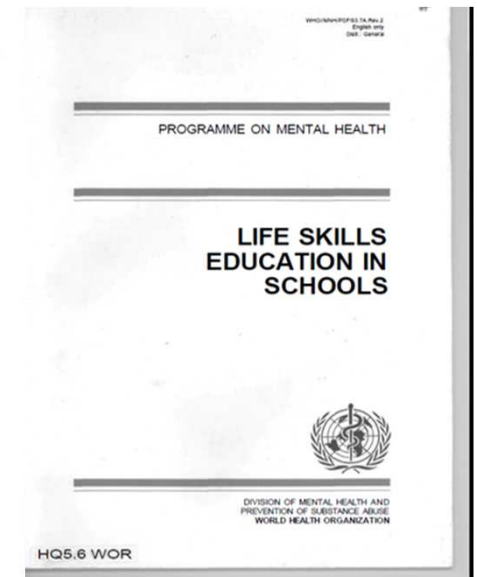
Well being in the school

-the WBC Model and its relationship with HPH network and the community-



How we advocate the activation of a wellbeing coordination (WBC): POLICY MANAGEMENT

1. Nominate the teacher and the psychologist who constitute the coordination centre of the school
2. Activate the first meeting with the school's stakeholders
3. Analyze the needs of the school context by consulting HBSC (www.hbsc.org) data
4. Define together the action plan
5. Describe the actions to be implemented concerning the protection factors (life skills and lifestyles)
6. Describe the strategy for managing risk cases (alcohol, addiction, bullying, self harm, depression, obesity....)
7. Consider the welfare needs of the staff
8. Plan the communication flows between school, health and other community stakeholders to promote well-being and manage risk
9. Calendarize monthly meeting between HPH representatives and WBC of the school networks
10. Record each consultation required by adults and students, so as to understand emerging needs



HPH ACTIONS

MONTHLY MEETINGS BETWEEN HPH COORDINATOR AND THE REPRESENTATIVES OF THE WBC OF THE SCHOOL NETWORKS : TO MONITOR THE IMPLEMENTATION PROCESS

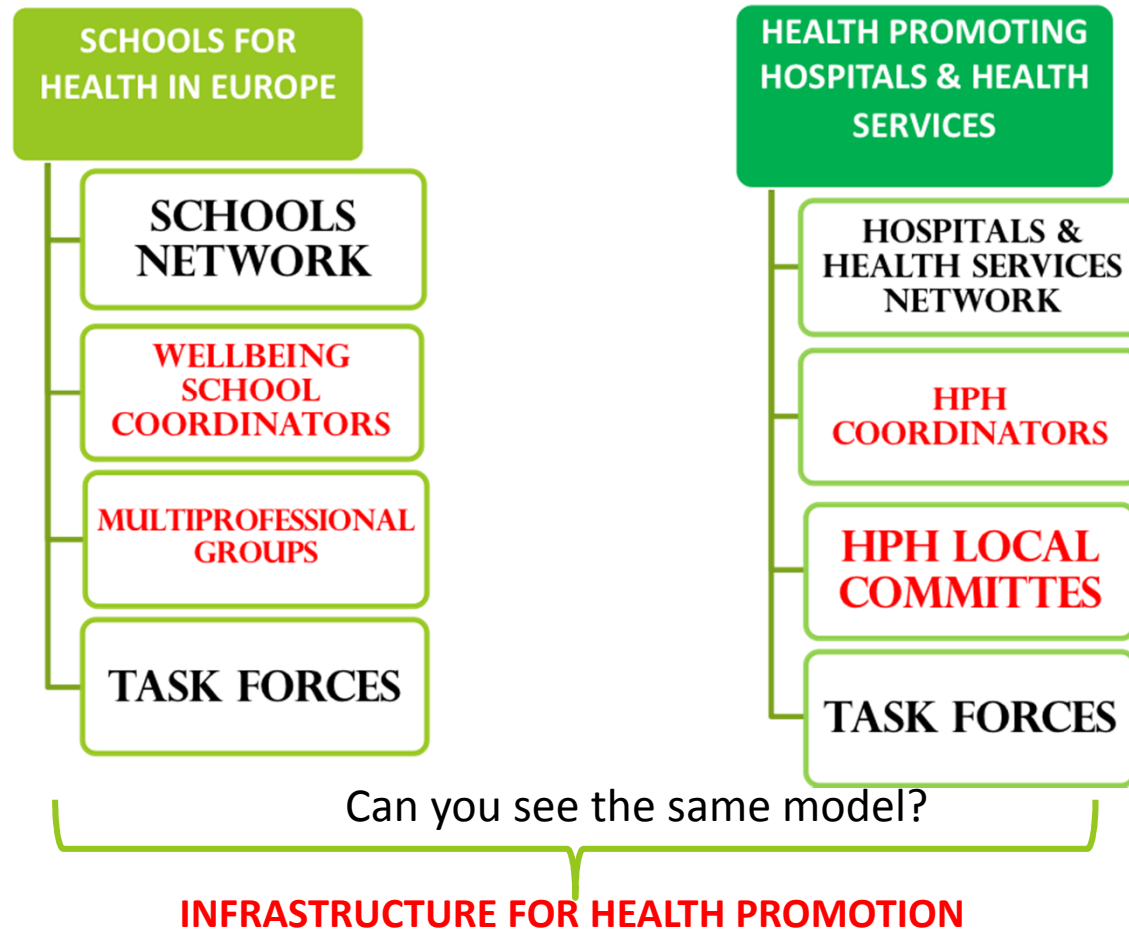
The WBC is activated with a training phase promoted by the HPH health services.

The follow up is done monthly to face the problematic situations.

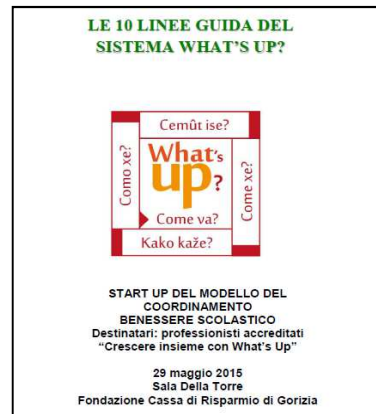


The meeting room
**Health Promotion is a Service located
in the Strategic Management Directorate of the
Company AAS2, HPH Coordinating Centre**

ORGANIZATIONAL MODELS IN ORDER TO IMPLEMENT HEALTH PROMOTION SETTINGS



- The program has become the basis for the youth welfare regional Prevention Plan 2014/2018.



The Guidelines for the psychologists of the WBC



Whatsuppini on air to spread life skills



Piano regionale prevenzione del Friuli Venezia Giulia

2014 - 2018



General Assembly of the schools
For the Video Life skills awards 2016

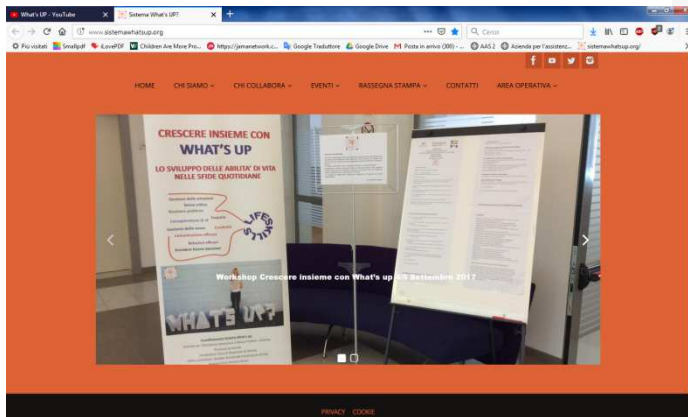
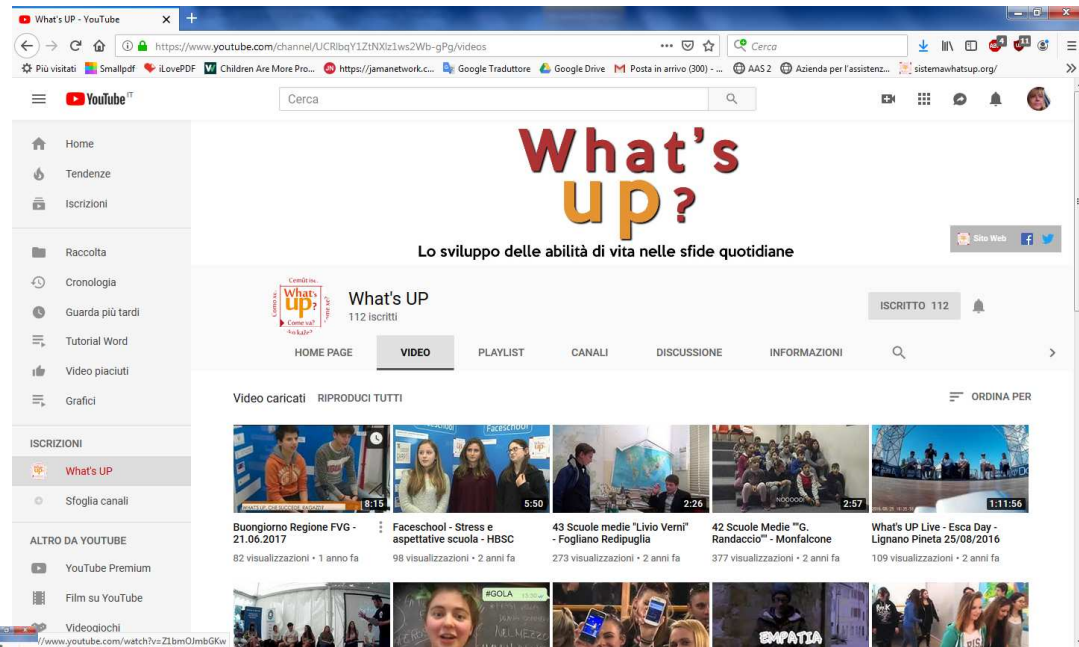


Talk shows : community empowerment

Whats's up fvg You Tube Channel

42391 visualization

At the moment it is included in a
global national strategy dedicated to
the risk of addiction



THE WEBSITE
www.sistemawhatup.org



Special Issue Volume 10, Number 1, April 2018 pp 68-66
www.um.edu.mt/ijee

Media Literacy and Social Emotional Learning for the Net Generation

Marianna Kosic

The paper explores the opportunities and challenges of combining media literacy and social-emotional literacy to promote mental health and wellbeing in school ~~environments~~. It describes the implementation of an experimental module within the program *Crescere Insieme What's Up (Growing up together What's Up)*. This upstream prevention and health promotion program, from the Friuli-Venezia Giulia region (north-eastern Italy) is designed to harness the protective effects of developing and strengthening life skills to move beyond risk factors to prevent youth suicide, fostering connections and support between school and mental health institutions, peers and adults. The ~~program activities~~ involved role play and reflection activities, collaborating in project group work, consulting and producing media (such as articles, Youtube videos and Powerpoint presentations) for peer-to-peer education. It adopted an experiential approach enabling active engagement of high school students, their parents and teachers, and 'learning by doing' with agency and responsibility. Qualitative feedback from students and teachers, study limitations and further implications are discussed.

Keywords: technology, life-skills, health promotion, upstream prevention, adolescence

Transferability to other territories

to inspire the spread of the WBC
method, respecting the territories
and the local organizations

Well Being at School- «Ben Essere a scuola»



SHE For Health in Europe + HPH

SERVIZIO SOCIALE DEI COMUNI
AREA MINORI

The program was born in 2017, is financially supported by the Municipal Administrations, through the provision of educators of association ITACA who, together with the teachers responsible for health, form the "well-being Coordination" in each Comprehensive Institute. The program involves about five thousand students and their families.

The HPH network coordination centre was the promoter for the Well Being Coordination centers in the schools, based on WBC Model.

STAKEHOLDERS

- SOCIAL SERVICE OF THE DISTRICT MUNICIPALITIES OF LATISANA
- HEALTH SERVICES AAS2 HPH COORDINATING CENTRE
- SCHOOLS OF LATISANA - LIGNANO SABBIA D'ORO - SAN GIORGIO DI NOGARO - RIVIGNANO TEOR - PALAZZOLO DELLO STELLA



THE WBC SCHOOL CORNER

The experience 2018/2019
with association COSMO: What'S Up ContaminAction
the peer educators website about life skills

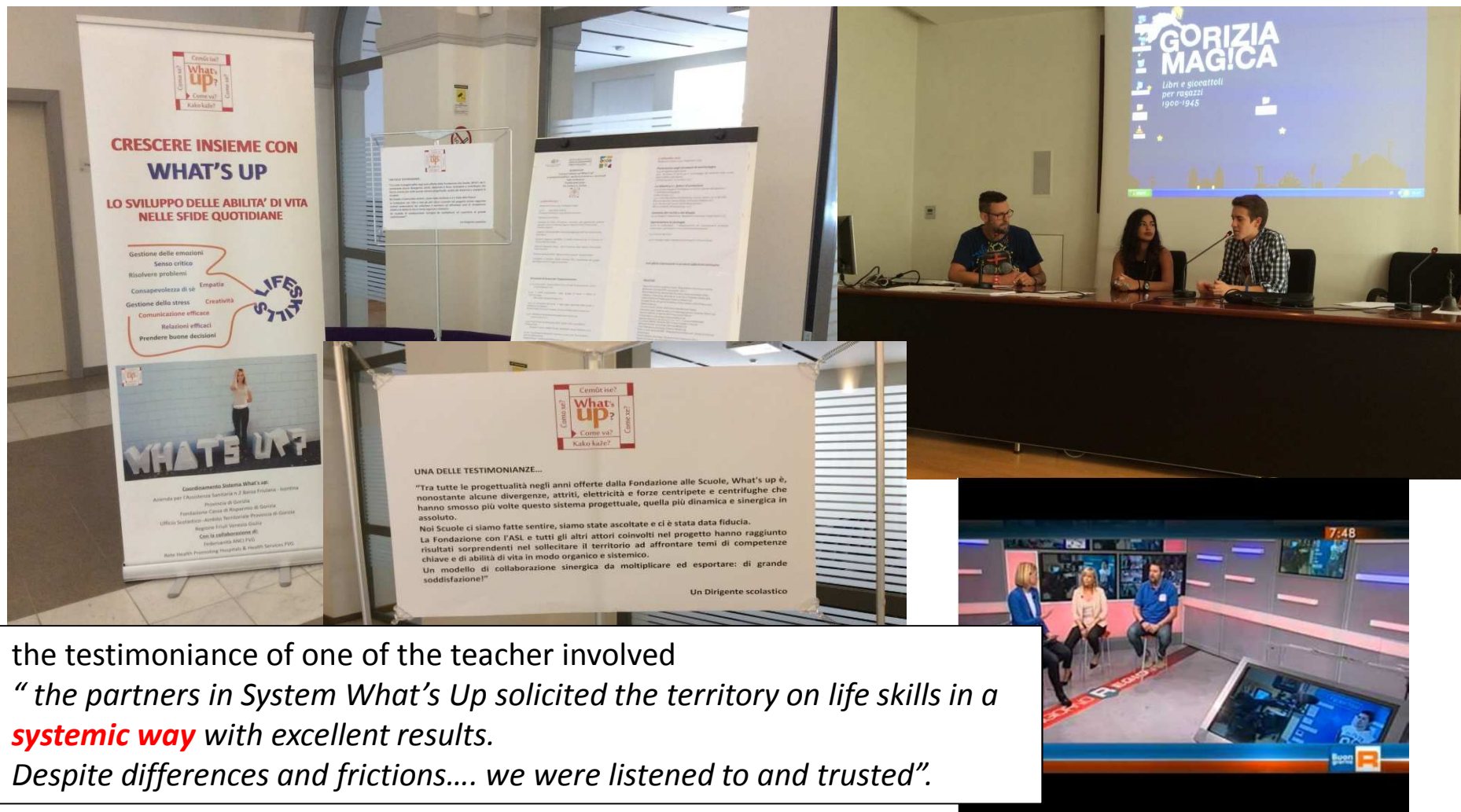


PEER EDUCATION WITH MULTIMEDIA TOOLS

EMOTIONS AND STRESS MANAGEMENT

SUMMARY

- The start up of SWUP (2015/2016) has obtained its final form in the academic year 2016/2017.
- At the moment it involves all the schools in the province of Gorizia (17,000 students, 2 networks= 27 schools), 6 schools in the province of Udine, in a regional dissemination process.
- This strategy is a working way to put in place an infrastructure for the health promotion and resilience of children and young people.
- The model of well-being coordination is based on the synergy between HPH coordination committee of Healthcare Services and Wellbeing Coordination of the Schools for Health present in each school of the SWUP network
- Resources : technical and methodological support by health services in strong connection with schools managers. The sustainability of the collaboration with the Psychologists of the private sectors is possible thanks to the Foundation Carigo. The process monitoring is made by health services HPH, through HPH and SHE standards.





Ministry of Education

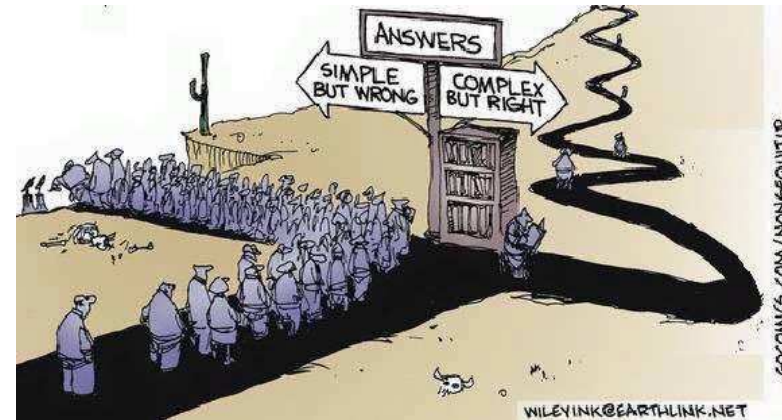
- In 2016 System What's Up was awarded in Rome, as the right way to put in action wellbeing as the national prevention plan asked
- In 2019 the Ministry of Health and the Ministry of Education signed an agreement in order to work together about the HP policy



1300 students for the video life skills award



- resilience
- setting based approach
- children
- teen agers
- lifeskills
- systemic vision



Thanks for your attention!

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www.sistemawhatsup.org

www.contamination.me

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