

26TH INTERNATIONAL CONFERENCE ON HEALTH PROMOTING HOSPITALS AND HEALTH SERVICES  
Health promotion strategies to achieve reorientation of health services: evidence-based policies and practices  
Bologna, Italy | June 6-8, 2018

oral session O2.04, "Health literacy for children and adolescents" on Thursday, June 7, 2018, 14:15-15:45.

# Governance for young people: culture, structures and processes to enable health services and schools to be more health promoting

Aguzzoli Cristina,

Luisa Giacomini, Cinzia Braida, Alessia Colonna,  
and Health Director Lidia Di Stefano



International Network of  
**H**ealth  
**P**romoting  
**H**ospitals & Health Services

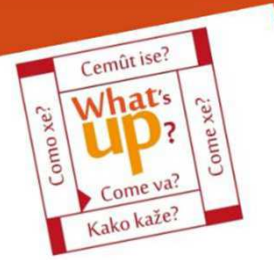


HEALTH PROMOTING HOSPITALS & HEALTH SERVICES  
Ospedali e Servizi Sanitari per la Promozione della Salute



HPH *Una Rete dell'OMS*

Regione Autonoma Friuli Venezia Giulia



# MULTIPLE NEEDS

**Self- harm**



**Bullying and Cyberbullying**

2014

**Occasional presence of psychologists in schools.....**

**Enhance Power of Health Education Teachers**

[www.hbsc.org](http://www.hbsc.org)

**HEADACHE**

**SLEEP**

**DISORDERS**

**MOOD**

**DISORDERS**

**BAD LIFESTYLES**



Request for advice from the banking foundation, which wanted to monitor the investments entrusted to schools on welfare

# YOUNG PEOPLE NEEDS IN OUR ASSESSMENT

»» **STRESS MANAGEMENT SKILL**  
PHYSICAL ACTIVITY  
BREAKFAST IN THE MORNING  
SLEEP BETTER

# LIFE SKILLS STRESS MANAGEMENT

[www.openacademyofmedicine.org](http://www.openacademyofmedicine.org)

## EVIDENCE

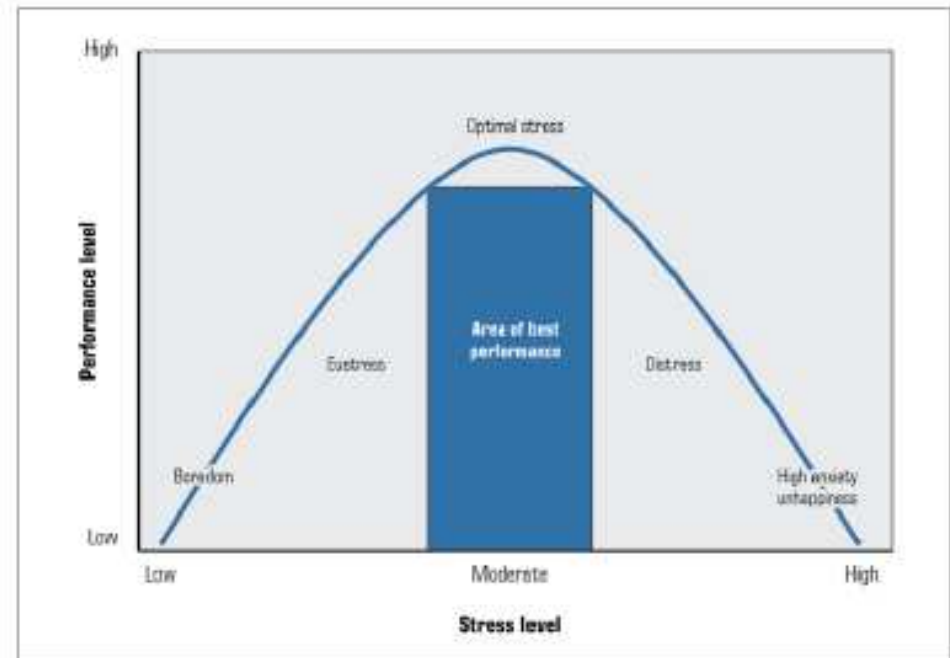
[Eur J Clin Invest.](#) 2015

Feb;45(2):126–34

Stress and inflammatory biomarkers and symptoms are associated with bioimpedance measures.

[Tsigos C<sup>1</sup>](#), [Stefanaki C](#), [Lambrou GI](#), [Boschiero D](#), [Chrousos GP](#).

STRESS: HOW TO HELP PATIENTS?  
AGUZZOLI C, DE SANTI A.  
Clinical Management Issues  
1, June 2018



**Figure 1.** Yerkes-Dodson law. The optimal performance may be obtained when the stress level is moderate. Modified by [6]

### Physical Signs

- Tachycardia, breathless breathing
- Migraine
- Back pain
- Digestive disorders
- Dry mouth
- Buzzing
- Sweating in the hands

### Behavioral Signs

- Compulsive chewing gum
- Being hypercritical towards others
- Bruxism
- Alcohol abuse
- Food disorders

### Emotional Signs

- Frequent crying
- Boredom, loss of meaning
- Feeling of impotence towards change
- Solitude
- Unmotivated sadness

### Cognitive Signs

- Lack of creativity
- Memory loss
- Constant concern
- Loss of sense of humor
- Decision-making incapacity

## **A common vision:**

Life skills as protective factors in order to enhance empowerment OF YOUNG PEOPLE instead of focusing only ON the problems

## **OVER THE PROJECT**

**Design of the Program:**  
**the HPH Standard and**  
**the SHE Standard as**  
**EVIDENCE BASED**  
**drivers**

**GO OVER THE**  
**FRAGMENTATION**  
**OF WORKLINES**

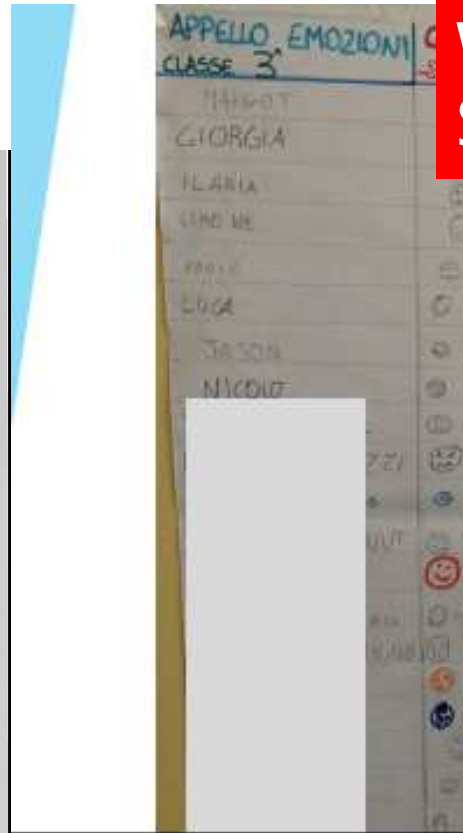
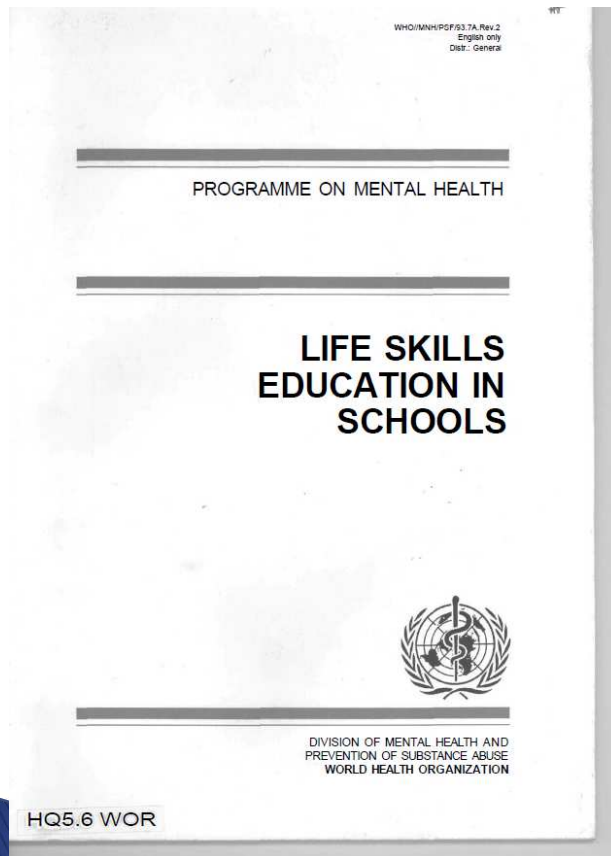
**Health promotion in The**  
**Prevention Plan : HPH as**  
framework for the whole  
community strategy

**A common budget: HPH**  
Expertise in order to reorient  
the resources of the  
community towards health  
promotion in setting  
involving young people



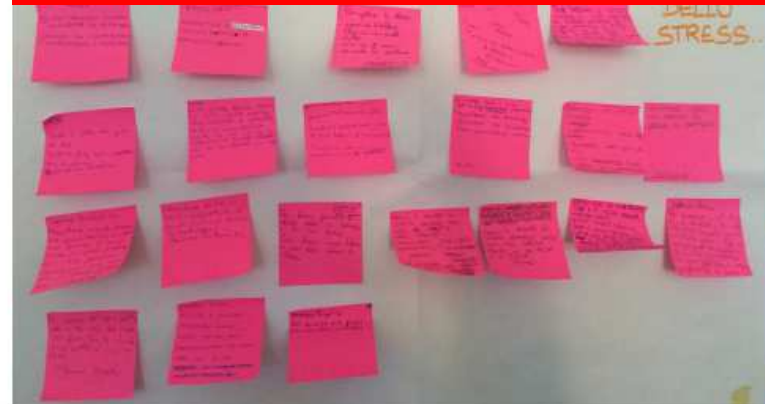
# Standard 3.

Life Skills learning for students  
[from kindergarden to the high school]



EMOTIONAL ROLL-CALL  
WITH SMILES FOR YOUNGER  
STUDENTS

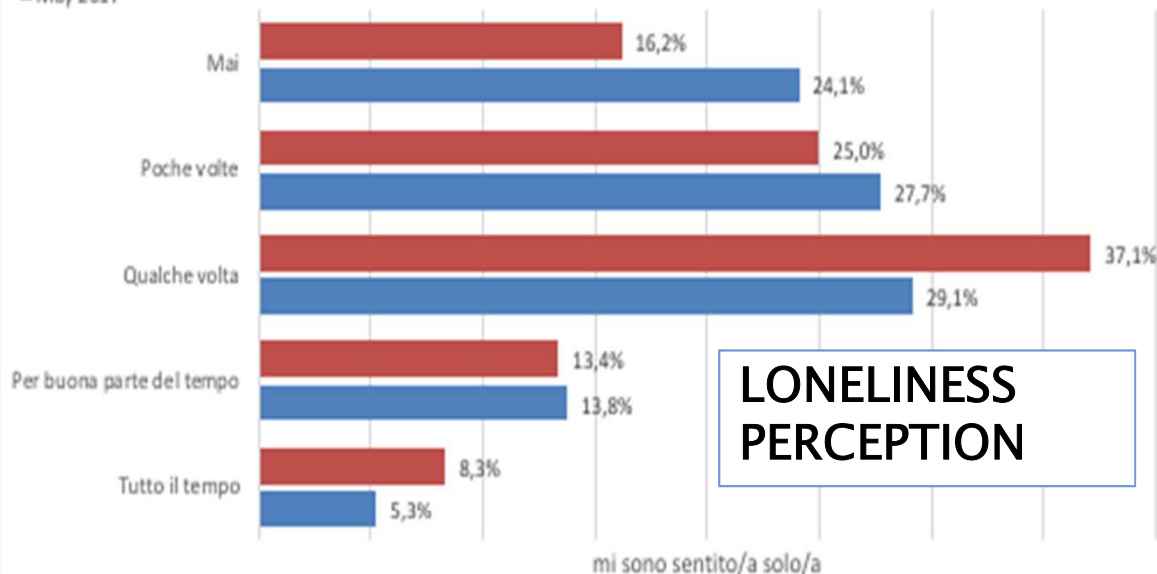
WHAT CAN I DO TO STAY HAPPY  
AND MANAGE DISTRESS?  
BRAINSTORMING



■ May 2018

■ May 2017

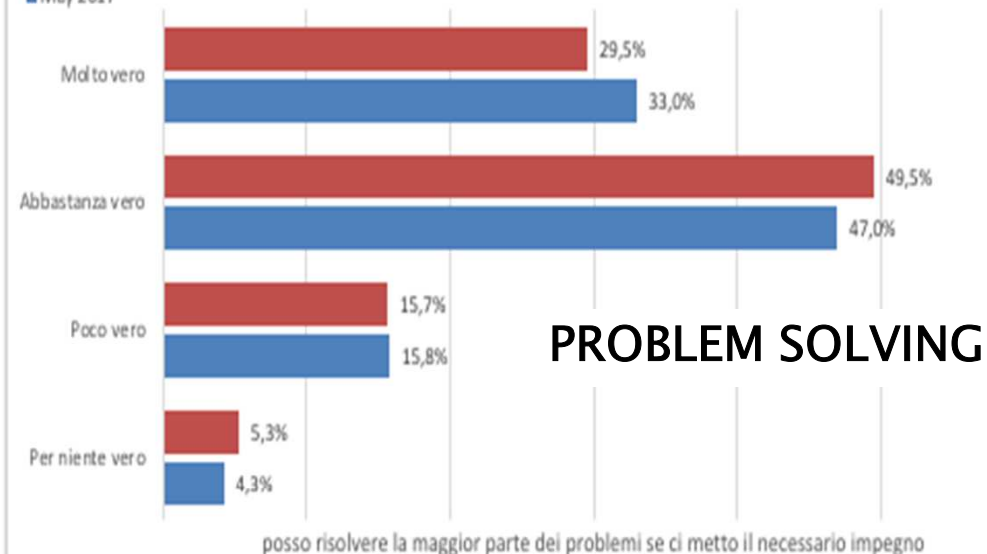
7. Quanto frequentemente ti sei sentito nei seguenti modi nell'ultimo anno?



■ May 2018

■ May 2017

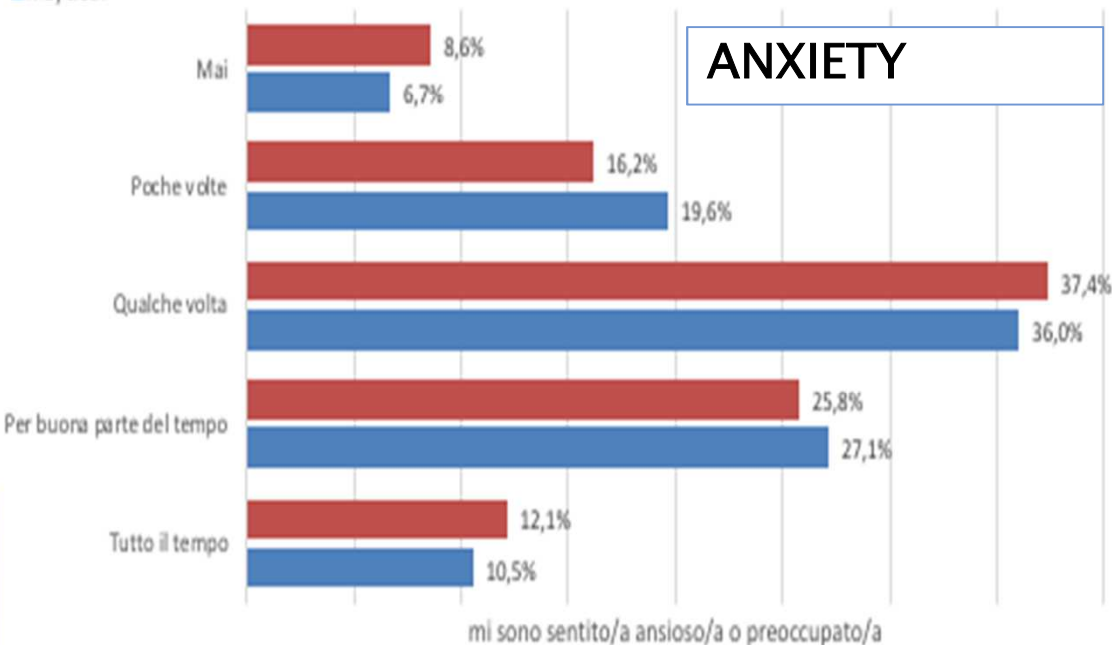
9. In generale quanto credi che le cose elencate di seguito siano vere per te?



■ May 2018

■ May 2017

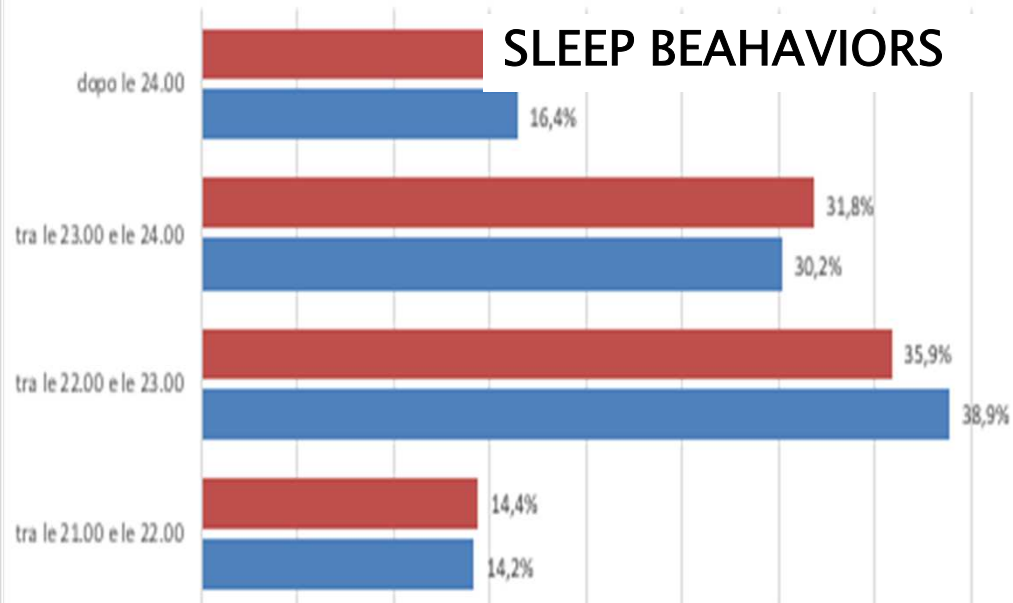
7. Quanto frequentemente ti sei sentito nei seguenti modi nell'ultimo anno?



■ May 2018

■ May 2017

12. Raccontaci di te e delle tue abitudini  
A che ora ti addormenti di solito di sera?



## **A common vision:**

Life skills as protective factors in order to enhance empowerment OF YOUNG PEOPLE instead of focusing only ON the problems

## **OVER THE PROJECT**

**Design of the Program:  
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the SHE Standard as  
EVIDENCE BASED  
drivers**

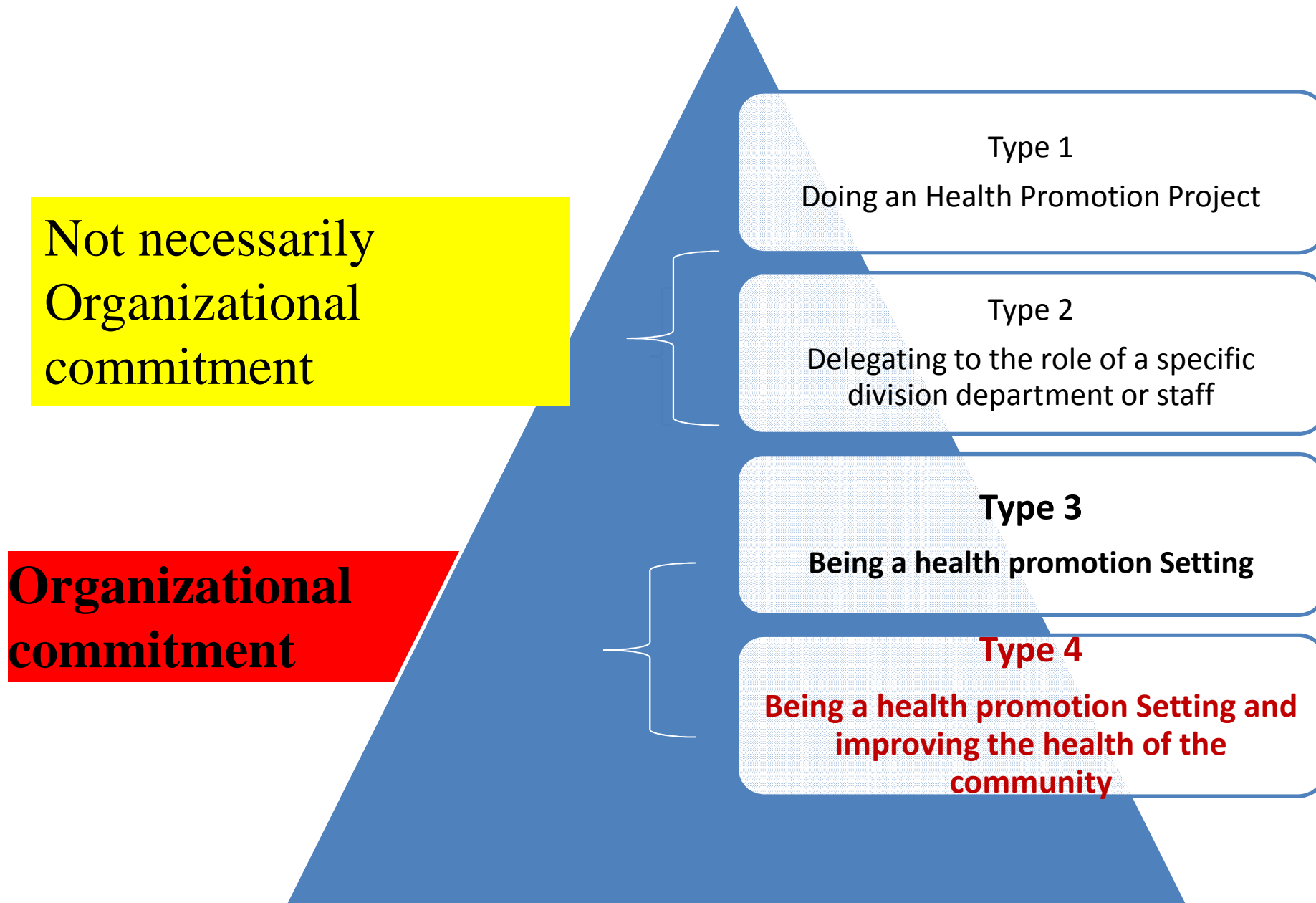
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## Organizational approach to health promotion in Hospitals & Health Services



# CULTURE

the sum of resources available to human beings for making sense of their world [R.Raud]

## WHO SETTING BASED APPROACH

### 1. HEALTH PROMOTING HOSPITALS & HEALTH SERVICES (HPH)



1. MANAGEMENT POLICY
2. PATIENT ASSESSMENT
3. PATIENT INFORMATION & INTERVENTION
4. HEALTH WORKPLACE
5. CONTINUITY AND COOPERATION

### 2. SCHOOLS FOR HEALTH IN EUROPE(SHE)

At the moment it is not activated in our region, we hope it will be in 2019



1. HEALTH SCHOOLS POLICY
2. SCHOOL PHYSICAL ENVIRONMENT & SOCIAL ENVIRONMENT
3. HEALTH SKILLS
4. HEALTHY SCHOOL STAFF
5. COMMUNITY LINKS

#### The WHO HPH Standards

- Standard 1.** Management Policy
- Standard 2.** Patient Assessment
- Standard 3.** Patient Information and Intervention
- Standard 4.** Promoting a Healthy Workplace
- Standard 5.** Continuity and Cooperation



## INFRASTRUCTURE FOR HEALTH PROMOTION



SHE online school manual

5 steps to a health promoting school



## **A common vision:**

Life skills as protective factors in order to enhance empowerment and resilience OF YOUNG PEOPLE instead of focusing **only** ON the problems

OVER THE PROJECT

## **DESIGN OF THE PROGRAM:**

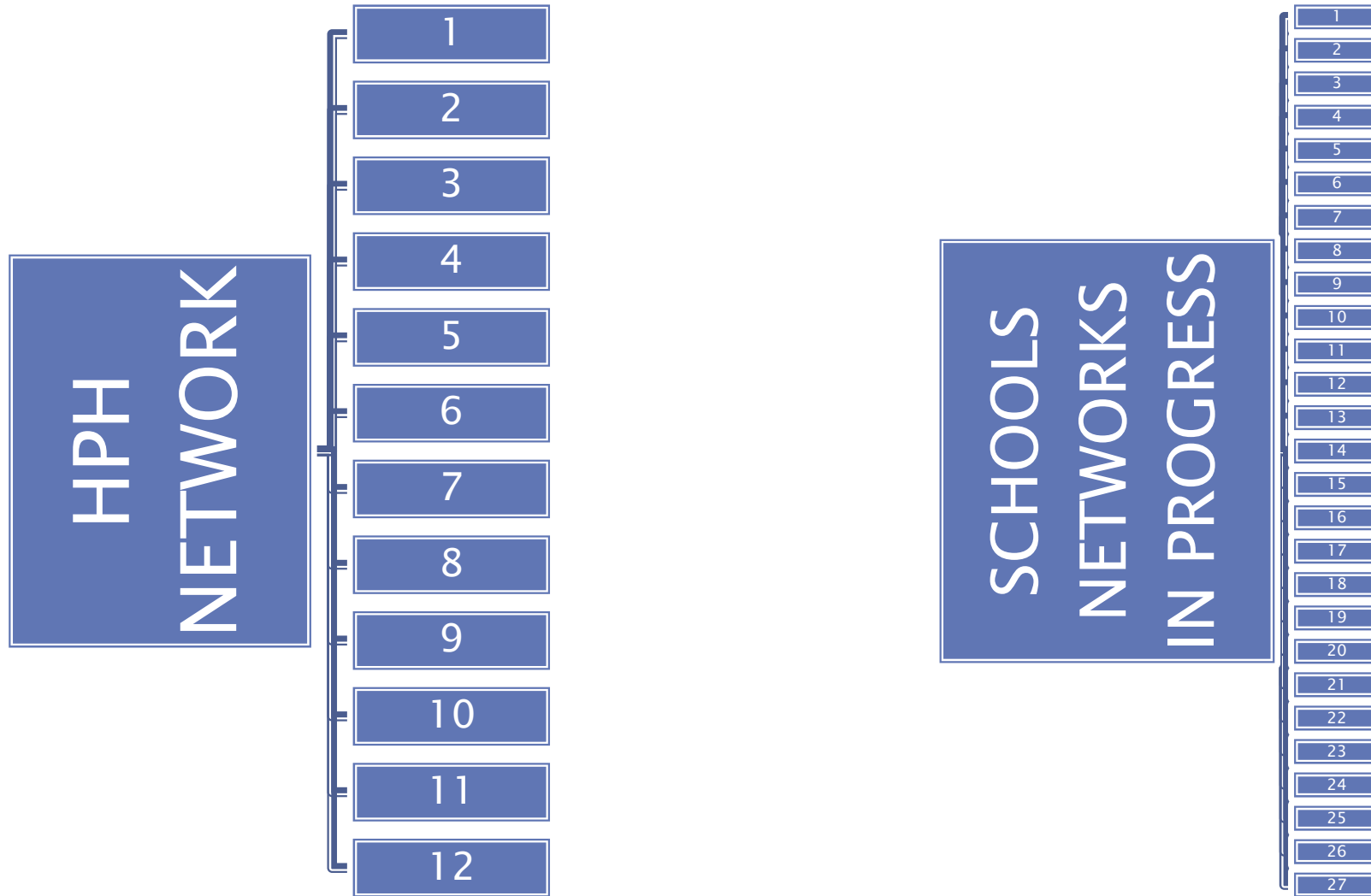
**the HPH Standard and the SHE Standard as EVIDENCE BASED driver**

GO OVER THE  
FRAGMENTATION  
OF WORKLINES

**Health promotion in The Prevention Plan :** HPH as framework for the whole community strategy in order to reduce medicalization of the growth distress

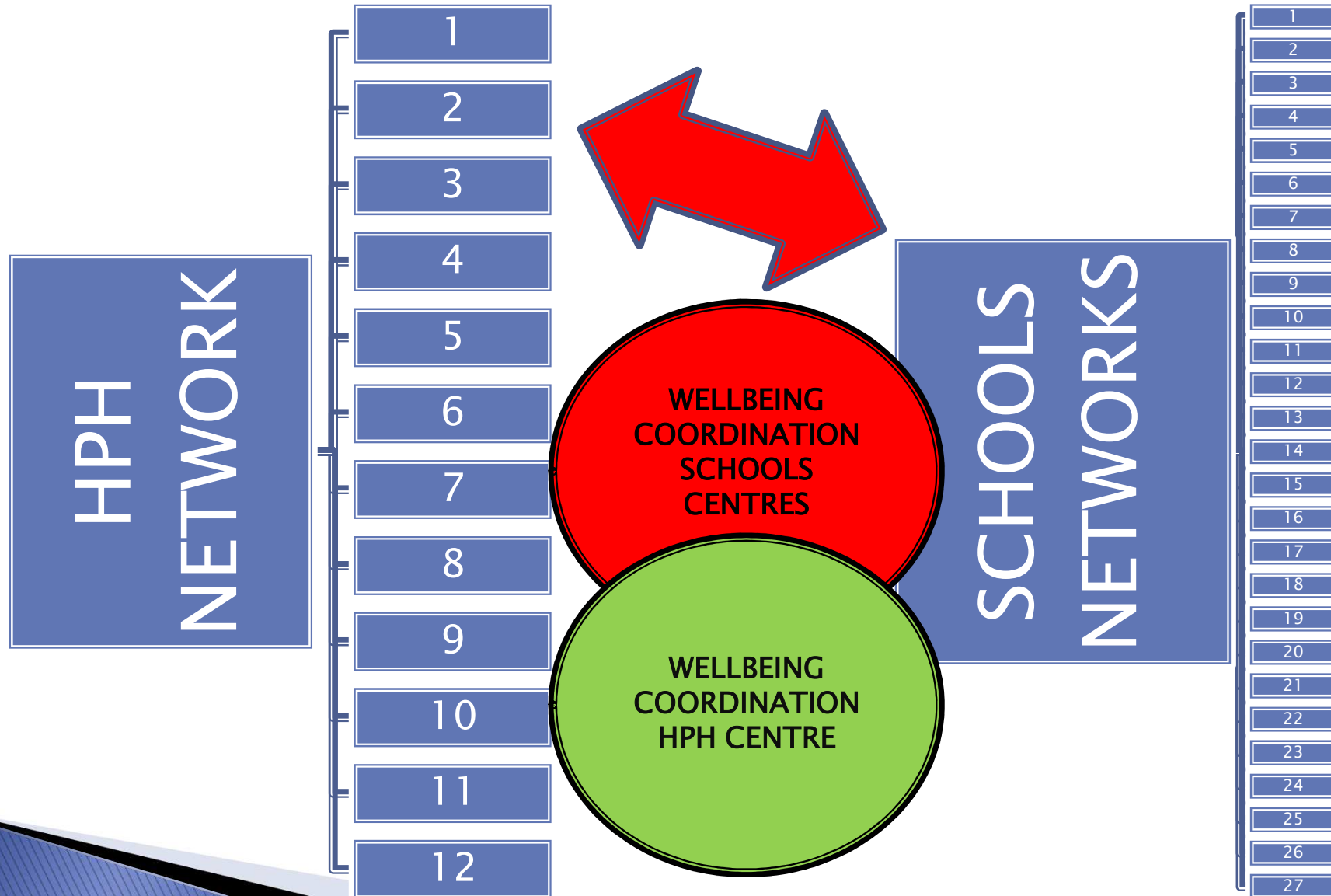
**A common budget:** HPH Expertise in order to reorient the resources of the community towards health promotion in setting involving young people

# INFRASTRUCTURAL HEALTH PROMOTION

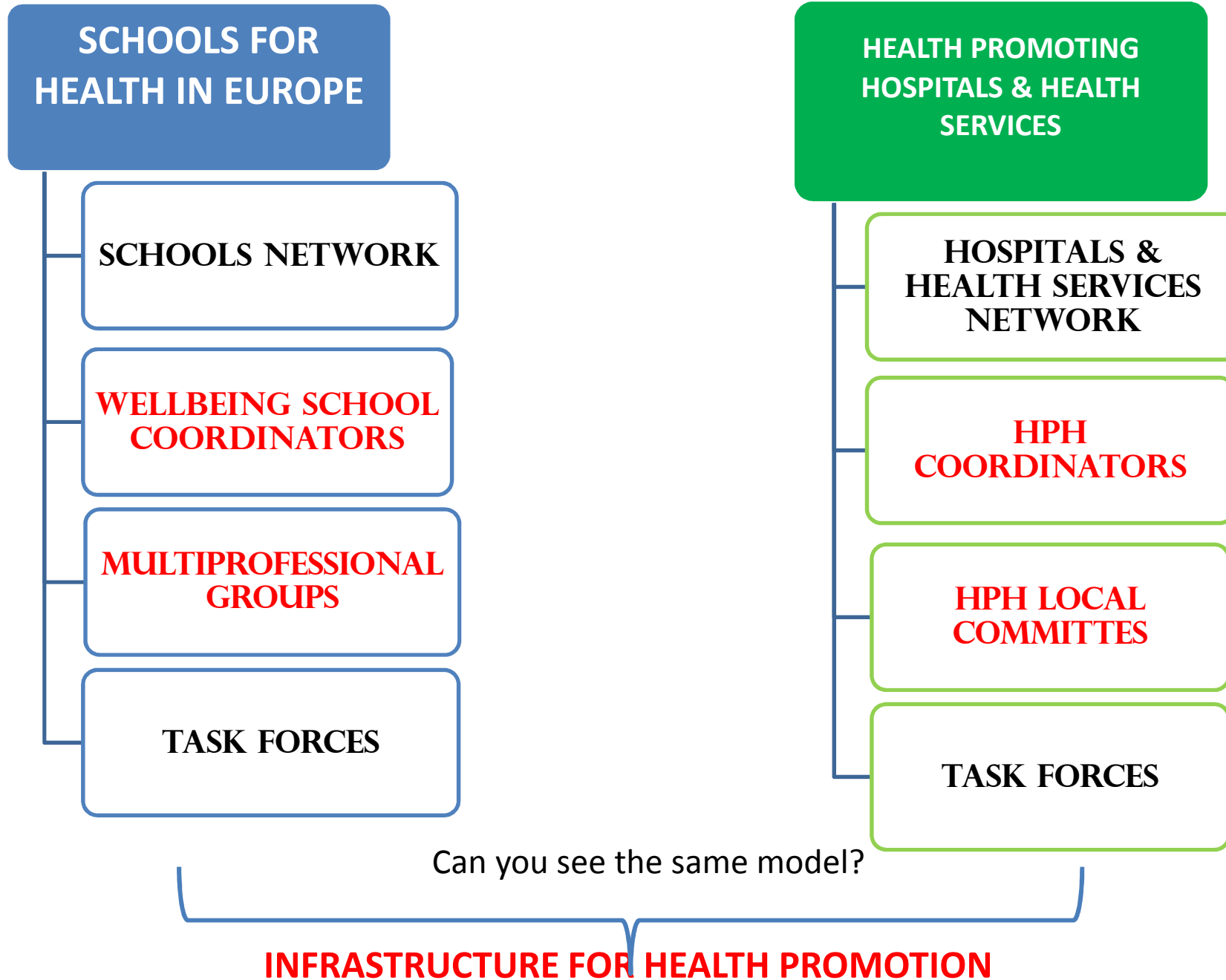


# SYSTEM WHAT'S UP

Since 2014.....15 Psychologists and 1 pedagogist in alliance with teachers and HPH setting promoting resilience of young people



# ORGANIZATIONAL MODELS IN ORDER TO IMPLEMENT HEALTH PROMOTION SETTINGS





## **A common vision:**

Life skills as protective factors in order to enhance empowerment OF YOUNG PEOPLE instead of focusing only ON the problems

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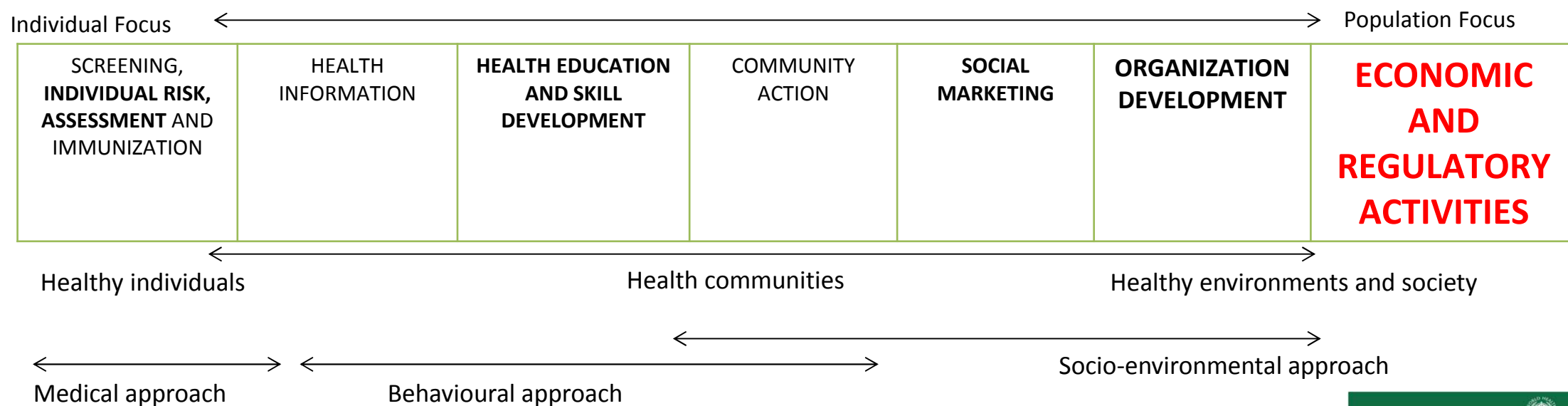
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# PROCESSES

**FUND RAISING:  
WHEN RESOURCES  
ARE REORIENTED**

*Figure 1: Strategies for health promotion*



**PARTNERSHIP : HEALTH SERVICES, RESOURCES BY PREVENTION PLAN**  
**WELFARE LOCAL GOVERNMENT**  
**BANKING FOUNDATION**  
**SCHOOLS .....WORKING TOGETHER FOR A COMMON VISION**





UNIVERSITÀ DEGLI STUDI DI  
PADOVA

Dipartimento di Filosofia, Sociologia, Pedagogia e  
Psicologia Applicata (FISPPA)

CORSO DI LAUREA IN  
PSICOLOGIA SOCIALE, DEL LAVORO E DELLA  
COMUNICAZIONE

Tesi di Laurea Magistrale

APPLICAZIONE DELLA STRATEGIA  
“PROMOZIONE DI SALUTE NELLE  
SCUOLE”: IL SISTEMA WHAT’S UP.

Uno studio descrittivo comparativo su scuole  
secondarie di II grado della provincia di  
Gorizia.

Relatrice:  
Prof.ssa BERTI Anna Emilia  
Correlatrice esterna:  
Dott.ssa AGUZZOLI Cristina

Laureanda:  
COLONNA Alessia  
Matricola:  
1129778

Anno Accademico  
2016-2017



# Thesis in Psychology of work and organizations.

Dr. Alessia Colonna

University of Padua October 17th 2017

Alessia ipotesis:

Is it possible to re - orient Schools  
Settings toward Health Promotion  
through HPH standards ?

Is it possible for psychologists become  
act as health promoters?

## The comparative descriptive study

Griglia valutativa della conformità  
degli standard HPH

Valutazione complessiva della conformità degli standard			
Politica dell'Organizzazione	SI	In parte	No
1	17	17	17
Valutazione del Paziente	SI	In parte	No
2	8	8	8
Informazione e intervento sul Paziente	SI	In parte	No
3	8	8	8
Promuovere un posto di lavoro sano	SI	In parte	No
4	16	16	16
Continuità e Cooperazione	SI	In parte	No
5	19	19	19
Totale:	68	68	68

05/12/2017

Griglia valutativa della conformità  
degli standard SWUP

Valutazione complessiva dell'applicazione degli standard SWUP: Liceo 1			
Politica dell'organizzazione: scuola	Ok (2)	Ritardo(1)	No(0)
1	4	4	4
Valutazione dei bisogni: stakeholders			
2	3	3	3
Pianificazione delle azioni di salute			
3	2	2	2
Promozione di un posto di lavoro sano a scuola			
4	2	2	2
Gestione del rischio, presa in carico se necessaria, evitando la medicalizzazione			
5	1	1	1
Percentuale applicativa degli standard SWUP:	100% (8/8)	83% (6/8)	83% (6/8)

Alessia Colonna  
dott.ssa in Psicologia del Lavoro e delle Organizzazioni



# www.sistemawhatsup.org

## RESULTS

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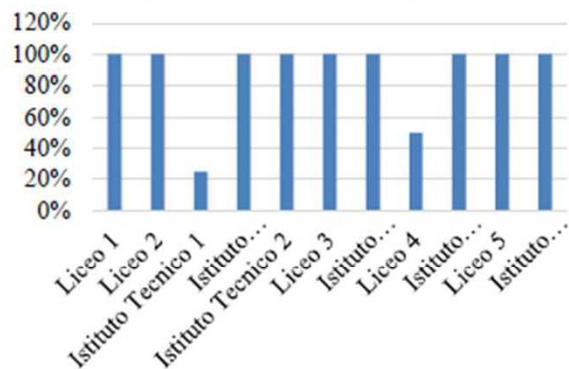
Output e Outcome



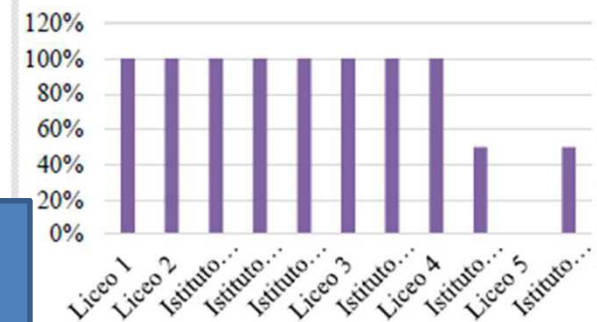
# Is it possible to re - orient Schools Settings toward Health Promotion through HPH standards and re-orient Health Services at the same time?

## STANDARD HPH IMPLEMENTATION IN SCHOOL

1. Politica dell'organizzazione scolastica

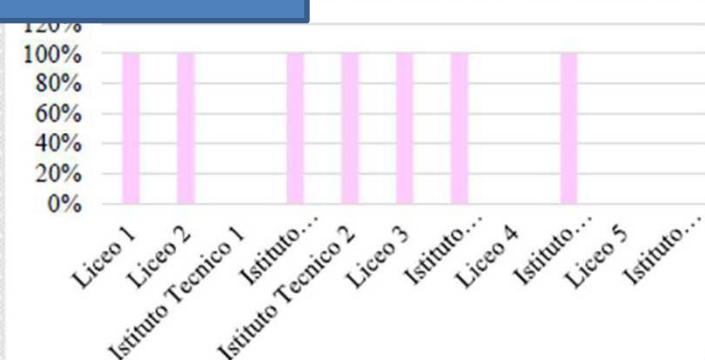
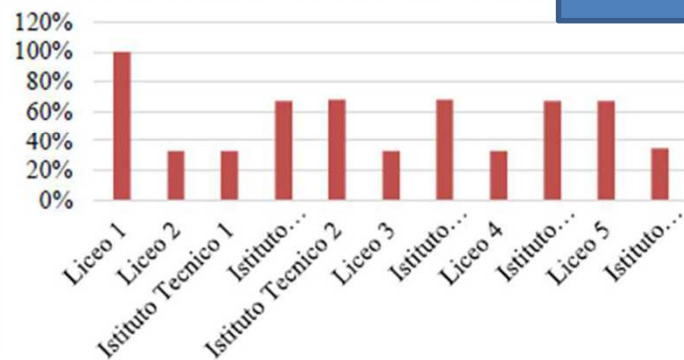


3. Azioni per il miglioramento della salute



YES IT IS POSSIBLE

2. Valutazione dei bisogni degli stake



Alessia Colonna

dott.ssa in Psicologia del Lavoro e delle Organizzazioni

dott.ssa in Psicologia del Lavoro e delle Organizzazioni

# Is it possible for psychologists become health promoters and go over the traditional role of diagnosis and treatment?



Special Issue Volume 10, Number 1, April 2018 pp 68-66

[www.um.edu.mt/ijee](http://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 curricula. 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 plays and reflection activities, collaborating in project group work, consulting and producing (e.g., posters, videos, Powerpoint presentations) for peer-to-peer education. It aimed at the engagement of high school students, their parents and teachers in shared responsibility. Qualitative feedback from students and teachers was discussed.

Article published  
by one of the  
psychologists  
driving a  
Wellbeing  
Coordination  
Centre of the  
System What's Up

**YES IT IS POSSIBLE**

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



According to the Health Promoting Schools (SHE network), the time to root the Health Promotion strategy in schools is 3/4 years

The **What's Up System** was activated in the a.s. 2015/16 and it is subject to continuous improvements, thanks to the teamwork of the partners.

[What's UP – YouTube](#): 40.187 visualizations

**At the moment all the schools of every order and degree of the territory of the province of Gorizia are online**

**(27 institutions : 17000 students involved) and are working through HPH standard and indicators**

The Regional Health Department, the Education Department and the Order of psychologists are in line with the strategy that put in action Schools for Health and Health Promoting & Health Services Setting working together

# WELLBEING COORDINATION IN COMMUNITY SETTING BASED APPROACH

THE CHECK LIST ABOUT SCREENING DISORDERS

THE FLOW CHART FOR PATHCARE



27  
schools

- TWO NETWORKS WAS BORN UNDER INPUT OF HPH STANDARDS AND LINK WITH SHE STANDARDS (schools for health)
- WE ARE WAITING FOR SCHOOLS REGIONAL NETWORK

sport

- EDUCATIONAL TRAINING FOR SPORT TRAINERS
- TALK SHOWS WITH TESTIMONIAL OF LIFESTYLES

Entertainment

- PEER EDUCATORS: THE SHOWS FOR THE COMMUNITY ABOUT LIFE SKILLS AND LIFE STYLES



# **SYSTEM WHAT'S UP**

**THANKS FOR YOUR ATTENTION**

**[www.sistemawhatsup.org](http://www.sistemawhatsup.org)**

**What's Up FVG**

**YOU TUBE CHANNEL**

**[www.youtube.com/channel/UCRIbqY1ZtNXIz1ws2Wb-gPg](http://www.youtube.com/channel/UCRIbqY1ZtNXIz1ws2Wb-gPg)**