

ID TALKS!

*A series of 5 online workshops on 5 major topics in the promotion of "Year on Mental Health".
The autumn edition is under the motto "Discovering Mental Health Practices"*



ID Talks:

PARTICIPATION AND MENTAL HEALTH
MOVEMENT AND MENTAL HEALTH
PEERS AND MENTAL HEALTH
ART-STORY AND MENTAL HEALTH
SOLUTIONS AND MENTAL HEALTH

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ABOUT SALTO

...‘Support and **A**dvanced **L**earning and **T**raining **O**pportunities within the Erasmus+: Youth in Action and European Solidarity Corps programmes’. The European Commission has created a network of seven SALTO-YOUTH Resource Centres to enhance the implementation of the EU Erasmus+: Youth in Action and European Solidarity Corps programmes, which provide young people with valuable non-formal learning experiences.

SALTO’s aim is to support the implementation of the European Erasmus+: Youth in Action and European Solidarity Corps Programmes with regard to priorities such as Social Inclusion, Diversity, Participation, and Solidarity. SALTO also supports co-operation with regions such as EuroMed, South-East Europe, or Eastern Europe and The Caucasus and coordinates all training and co-operation activities, as well as information tools for National Agencies.

In these European priority areas, SALTO-YOUTH provides resources, information, and training for National Agencies and European youth workers. Most of these resources are offered and disseminated at www.SALTO-YOUTH.net. Find online the [European Training Calendar](#), the [Toolbox for Training and Youth Work](#), the database of youth field trainers active at the European level ([Trainers Online for Youth or TOY](#)), links to online resources, and much more.

SALTO-YOUTH actively co-operates with other actors in the European youth field, among them the National Agencies of the Erasmus+ and European Solidarity Corps programmes, the Council of Europe, the European Youth Forum, European youth workers and trainers, and training organisers.

THE SALTO-YOUTH INCLUSION AND DIVERSITY RESOURCE CENTRE WWW.SALTO-YOUTH.NET/INCLUSION/

The SALTO-YOUTH Inclusion and Diversity Resource Centre (based in Belgium Flanders) works together with the European Commission to support the inclusion of young people with fewer opportunities in the Erasmus+: Youth in Action and European Solidarity Corps programmes. Through that, it works to contribute to social cohesion in society at large. SALTO Inclusion and Diversity also supports the National Agencies and youth workers in their inclusion work by providing training, developing youth work methods, disseminating information via the newsletter, etc. By offering opportunities for training, exchange, and reflection on inclusion practice and diversity management, SALTO Inclusion & Diversity works towards the visibility, accessibility, and transparency of its inclusion & diversity work and resources, and towards making ‘inclusion of young people with fewer opportunities’ and ‘positive diversity management’ a widely supported priority.

For more information and resources, have a look at the Inclusion & Diversity pages at www.SALTO-YOUTH.net/Inclusion/



DISCLAIMER

This magazine contains pictures as a result of the Graphic Recording which is an integral part of all the ID Talks events. There are four types of styles throughout the whole magazine.

- **General Cover Picture.** It is used for promotional reasons throughout the social media channels and the dissemination materials and it depicts the logo of SALTO Inclusion & Diversity, the title, and the graphic elements of each version of the ID Talks events. It is displayed as a cover picture of each ID Talks version.
- **Portrait of Speaker.** It depicts each speaker and a few graphic recording elements such as written parts of their "speech" and/or any other graphics according to the style of each ID Talks version. It is displayed on top of the speaker's description page.
- **Main Graphic Recording Card.** It is used for promotional reasons throughout the social media channels and the dissemination materials and it depicts the logo of SALTO Inclusion & Diversity, the title, and the graphic elements of each version of the ID Talks events, including the specific name of the event, the portrait of the speaker, written quotes of their "speech" and/or any other graphics. It is displayed on top of the first page of each article.
- **Graphic Recording Elements.** Throughout each article, the graphic recording elements complement the text with essential parts of each speaker's "talk".



I & D Talks

“Discovering Mental Health Practices”

What is it all about?

ID Talks is a series of 5 stand-alone online events (workshops) of up to 90 minutes each, with inspiring guest speakers, thought-provoking insights, discussion in small groups, and Q&A sessions.

Mental health represents an integral part of an individual’s capacity to think, emote, interact with others, earn a living and enjoy life. Consequently, mental health underpins the core human values of independent thought and action, happiness, and friendship. Mental health and well-being are put at risk by a wide range of factors spanning individual, social, and environmental levels, including poverty and deprivation; debt and unemployment; and violence and conflict.”

- WHO, European Framework for Action on Mental Health 2021–2025

SALTO Inclusion & Diversity Resources Centre and the Mental Health in Youth Work project jointly announce 2023 as “ID Talks: Year on Mental Health”, with the spring 2023 edition under the motto “Understanding Mental Health” and the autumn 2023 edition under the motto “Discovering Mental Health Practices”.

For whom?

Youth workers, youth leaders, professionals, and volunteers involved in ID in the EU youth programmes, as well as all those interested in youth work and Inclusion & Diversity topics.

Main objectives:

- To provide food for thought and learn from inspirational ID stories;
- To provide an opportunity to learn about ID topics from the youth work sector and beyond;
- To get information, inspiration, and methods to help the youth sector address ID;
- To inform about and contribute to quality (international) youth work;
- To identify and learn how to tackle existing and future challenges within ID;



Event Dates:

- 13 September (13h CET) > **ID Talks: Participation and Mental Health** - How can you address young people's mental health and well-being through participatory and democratic approaches? Having a role and being part of something bigger is good for your well-being. But how do you increase transparency about mental health and mental illness prevention at the municipal level? Join us to discover a few simple yet effective solutions that have the potential to inspire policy change. Guest speaker: **Martine Antonsen, Mental Health Youth, Norway**
- 27 September (13h CET) > **ID Talks: Movement and Mental Health** - Can physical leisure-time activities help young people take care of their body and mind? Movement and dance have clear benefits for your mental health and well-being. So how can youth workers incorporate movement and dance in their daily work or in their international projects? Let's walk the talk and do something physical that can be easily replicable in your work as well. Guest speakers: **Jagoda Idzik & Izabela Bejm, Sempre a Frente Foundation, Poland**
- 11 October (13h CET) > **ID Talks: Peers and Mental Health** - Peer-to-peer work is nothing new: it is successfully used both in formal and non-formal education settings. But how can peer support improve young people's mental health and well-being? How does this peer-to-peer magic work in practice? How can you address bullying and do information and prevention work through this approach? And, last but not least, what is the role of you(th workers) in this process? Learn about the power of peer support and its positive impact on young people's lives. Guest speaker: **Inge Esselen, Peer Support Vlaanderen, Belgium - FL**
- 25 October (13h CET) > **ID Talks: Art-Story and Mental Health** - How can creative processes give young people a way to talk about difficult issues? Visual arts and storytelling help to name, explain, and accept feelings and understand why they surface. Through objects and metaphors, it is easier to communicate about mental health concepts. So what potential does storytelling have for your youth groups? If you ever found it challenging to express your thoughts and emotions verbally, join us to discover the alternatives. Guest speaker: **Laura Mellanen, visual art practitioner, Finland**
- 8 November (1 PM CET) > **ID Talks: Solutions and Mental Health** - When tackling the topic of mental health and well-being, we mostly focus on the shortcomings and barriers, offering external support. But it is even more important to focus on talents, inner resources, and giving perspectives. So how do you build resilience and support young people's well-being using a solution-focused approach? To change (y)our perspectives, let's shift the focus and talk about young people's strengths. Guest speaker: **Lize Abrahams, Arktos, Belgium - FL**

ID Talks: Art-Story and Mental Health

How can creative processes give young people a way to talk about difficult issues?

"ART IS A GREAT TOOL
TO MAKE THINGS
STRANGE AGAIN"
— ALVA NOË

"VISUAL ARTS
HELP TO NAME,
EXPLAIN &
ACCEPT FEELINGS"

"ART HAS ALWAYS BEEN
A VEHICLE FOR GOOD"

"WE SHOULD COMBINE
SCIENCE & ART MORE"

LAURA MELLANEN
(FINLAND)



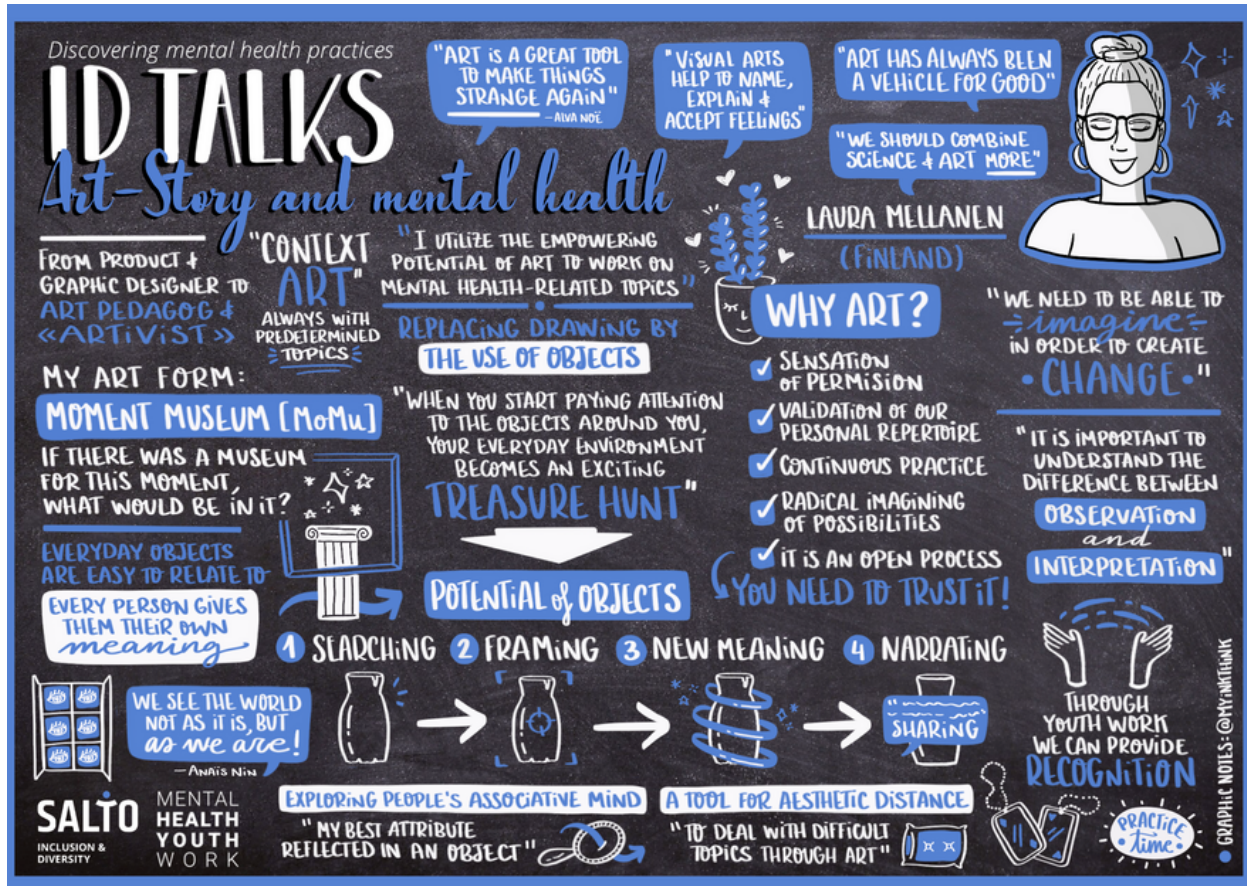
GUEST SPEAKER: LAURA MELLANEN

Laura Mellanen is a visual art practitioner, critical designer, and art activist with a Master of Arts in Visual Cultures & Contemporary Art, bachelor's degree studies in both product and graphic design in Finland and the UK, and studies in art pedagogy. She mainly works in the fields of organisational learning, active citizenship, and youth work. When working Laura values small scale, listening, and chances of coincidence. In her work, she uses objects and ready-made materials for assemblage and conceptual art. People's everyday objects, stories, and seemingly mundane materials are the inspiration and key elements for her practice.



Article

Laura Mellanen



FIVE POINTS WHERE ART AND MENTAL WELL-BEING MEET

Art has an intrinsic value that is linked to basic humanity. Art springs from expressing agency, holistic perception of humans, immeasurable features, and equality as a value. This common core of art is similar to the core of mental well-being and maintaining it. Everything begins with self-expression. Painting, music, poetry, or any other form of art provides an opportunity to express feelings and thoughts. The beauty of art is that it is like another language. It is a language we can use when the words fail to communicate what is going on with us, it offers a way for communicating things that may be difficult to express otherwise.

By adopting, applying, and pursuing principles of art outside the field of art we can sustain mentally better living.



WE SEE THE WORLD
NOT AS IT IS, BUT
as we are!

— ANAÏS NIN

Sensation of permission

In the midst of art is the idea of you being the subject. This applies to both making art or experiencing or interpreting art by someone else. It might sound like a cliché but in art, there is no right or wrong, you make the calls. You determine how you want your creation to be like or what you see in the works of others. You have the unquestionable authorship. By embracing and boldly practicing this authorship the sentiment of self-determination gets stronger and carries you outside of art, in your daily errands, social encounters, personal situations...

"WHEN YOU START PAYING ATTENTION
TO THE OBJECTS AROUND YOU,
YOUR EVERYDAY ENVIRONMENT
BECOMES AN EXCITING
TREASURE HUNT"

Validation of personal repertoire

Art acknowledges us as a whole. A person is a holistic entity with various features and dimensions. In art this personal and unique repertoire can be used for creativity, expressing, and problem solving comprehensively. Your last night's dream, family history, colour of your eyes, personal experiences, misfortunes, your talents, skills, or odd perception – everything is valid. This teaches us to see ourselves as precious and also that anything in us can be turned into a way for maneuvering in life. Through art, we can explore our dimensions and deepen our self-knowledge. Making art helps us to identify your feelings and needs and observing art can lead to insights about yourself.

"IT IS IMPORTANT TO UNDERSTAND THE DIFFERENCE BETWEEN OBSERVATION and INTERPRETATION"

Endless combinations

The human mind has the ability to make endless combinations. Making art can function through recombining and creating new with what is available. It is an ability but also a skill that can be practiced and improved. Art promotes our versatility and inbuilt creativity which can be beneficial for our mental well-being. Through art and creativity, we can learn new ways of seeing and solving problems in our lives. We become more resourceful and confident when facing new challenges.

Radical imagining of possibilities

Realism is not a baseline for art. Empty canvas refers to the metaphoric starting point of the creative process. But emptiness doesn't mean nothingness, it can mean "anythingness". Art allows you to imagine possibilities and beyond, reimagine and redefining existing. Art creates moments where prevailing circumstances can fade. This creates space for exploring as if things were differently, what would happen then and how would we feel about it. The ability and possibility of imagining is a starting point of new and change: Things are (only) possible if you can imagine them. Imagining is also linked to the sense of hope which is a crucial sensation in mental well-being and facing changes in your life.

" I UTILIZE THE EMPOWERING
POTENTIAL OF ART TO WORK ON
MENTAL HEALTH-RELATED TOPICS "

REPLACING DRAWING BY
THE USE OF OBJECTS

Open process

We need a counterpoise for the linear, positivistic, and goal-oriented way of thinking that is dominant today. In art one operates more or less through an open process where starting without knowing exactly where you are going is perfectly OK and acceptable. The open process leaves space for surprises and unexpected end results. In comparison to the linear approach where you set a goal, plan the steps, and achieve what is intended, the open process allows you to go with the flow. You can find new and build on what the process suggests to you. The approach fosters your sensitivity: the capability of being in a moment and observing what is around you develops. Learning to trust the process can change the mentality towards the unknown: uncertainty can turn into curiosity and self-confidence.

In the meeting point of art and mental well-being, everything boils down to social practice. Art doesn't happen in a vacuum, not even if it is enjoyed or created in solitude. It has social or societal resonance due to the fact that a human being is a communal creature. Youth work can work as a scene where art can be expanded further and practiced in communities. One connects themselves to others and society. When shared with others art provides an opportunity for social interaction and promotes a sense of belonging, meaning-making, broader worldviews, and mutual respect. Through art youth work becomes a space for recognition.





WHY ART?

- ✓ SENSATION OF PERMISSION
 - ✓ VALIDATION OF OUR PERSONAL REPERTOIRE
 - ✓ CONTINUOUS PRACTICE
 - ✓ RADICAL IMAGINING OF POSSIBILITIES
 - ✓ IT IS AN OPEN PROCESS
- ↳ YOU NEED TO TRUST IT!

EDITORIAL INFORMATION

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On behalf of the SALTO Inclusion & Diversity!

