



## **“Building social and emotional skills to BOOST mental health resilience in children and young people in Europe”**

### **BOOST Project**

**Kick-off Meeting 18-19 January, Brussels**

In January 2018, EUREGHA started working on a new project, BOOST “*Building social and emotional skills to BOOST mental health resilience in children and young people in Europe*”, which will run over 48 months and gathers 6 partners from 4 countries in the consortium. The project will receive funding under the Horizon 2020 programme.

As a partner and leader of the work package on communication and dissemination, EUREGHA will attend the kick-off meeting of the BOOST project on 18-19 January in Brussels. During the kick-off meeting the partners will convene to present the 7 work packages included in the project and prepare up-coming activities. EUREGHA will be represented by treasurer Raymond Stijns (Limburg, NL), Operations Manager Valentina Polylas and Communications and project assistant Paula Holst.

BOOST project is one of the main results of the EUREGHA Policy Cycle first semester of 2017, focusing on Mental Health.

**The BOOST project aims at building social and emotional skills to BOOST mental health resilience in children and young people in Europe.**

This will be achieved through the development of a new approach to integrate social and emotional learning (SEL) in teachers' pedagogical skills and classroom interaction, and by the design of a tool for organizational development to facilitate implementation and uptake of the approach in classrooms, schools and among school owners. This holistic combination of teacher's empowerment and organizational development will go beyond the current models for social and emotional learning (SEL), and will be referred to as the “BOOST approach”

The target population of the BOOST approach are primary school children, and the end users are schools and teachers who will use the tools developed in the project. To ensure the relevance of the BOOST approach in a wide range of European contexts, the approach will be developed, implemented and tested in three different European settings in Poland, Spain and Norway.

We are also delighted to announce that 3 EUREGHA member regions (Catalonia, Limburg and Skåne region) are a part of the Advisory Board of the project. Moreover, EUREGHA members will benefit of the project progress and results through the dissemination activities organized by the Secretariat. This will enable members to access an innovative approach in the field of mental health prevention in the young.

The project partners are as follow:

SINTEF (NO) is a research organisation based in Norway. Their main expertise is within psychology, pedagogy, health economics, public health and project management. SINTEF is the project leader and coordinator.

AWF Poznan (PL) is a University located in Poland. The university has their main expertise in pedagogy, in methodology of education classes and in evaluating educational activities as well as research on health behaviour patterns, and life skills, and in children with social and learning problems. AWF will lead the work



packages on the formative study and on the design of the BOOST approach, including the pedagogical approach.

UCO (ES) is the University of Cordoba located in Spain. The University has main expertise in educational psychology and more specifically on psychosocial risk factors at school and juvenile violence. UCO will contribute with the implementation of the approach and evaluate its effectiveness.

Modum Municipality (NO) is a school owner where the implementation in Norway will take place with expertise in organisation, drafting policies and management. Modum will contribute with implementation and liaise with school principals and teachers in order to facilitate the study and to ensure uptake at local level.

Buskerud County Municipality (NO) is a regional authority with responsibilities for, among other regional tasks, education and public health. BFK will contribute with expertise on how to ensure uptake at local, regional and national level. They will also contribute with policy briefs needed to reach ministries at national level.

EUREGHA (BE) is a Brussels-based network that gathers regional and local health authorities in Europe. EUREGHA will not only contribute with dissemination among their network, but will also liaise with other EU institutions, stakeholders and projects, to help target dissemination of the BOOST results and will disseminate results more broadly to the public at large.