me_HeLi-D

Mental Health Literacy and Diversity

Enhancing Mental Health and Resilience through Digital Resources for Youth

NEWSLETTER #1 | MARCH 2023

ABOUT THE PROJECT

Sept 2022 – Sept 2025

me_HeLi-D

VISION | AIM

The me_HeLi-D project aims to directly enhance mental health and mental health literacy, and more indirectly, to promote diversity-awareness among students. For this purpose, the aim is to develop and evaluate an evidence-based, effective, target group-specific, diversity-sensitive and freely available digital tool for students (aged 12-15 years) that supports their personal resources, empowers them with regard to their mental health and enhances their mental health literacy.

APPROACH

In a participatory approach, together with the partner schools, a digital tool will be developed that is well-adapted to the needs of the target group and is suitable for promoting mental health in a playful and relatable way. In addition, development will follow the guideline of the Framework for Diversity-Sensitive Content (FDSC), which serves the diversity-sensitive realization of content and will be developed within the project. This is an innovative endeavor, as there are, to our knowledge, no such guidelines available for universal digital prevention and intervention programs.

PROJECT TEAM

An interdisciplinary approach is of great importance when trying to achieve the goals of the project. Therefore, the consortium, is composed of in-service teachers, clinical and health psychologists, and researchers in the fields of inclusive education, pedagogy, psychology, sociology, computer sciences and informatics.

UNIVERSITY PARTNERS
University of Graz | AUT (Project Lead)
UNI-IT | AUT
University of Silesia | POL
Sofia University | BGR
Educational Research Institute | SLO

PARTNER SCHOOLS
MS Heiligenkreuz | AUT
Szkola Podstawowa nr ll Oddzialami | POL
Osnovna šole Elvire Vatovec Prade | SLO

ASSOCIATED PARTNERS
Research Center for Inclusive Education, Logo Jugendmanagement | AUT
Društvo šolskih svetovalnih delavcev Slovenije | SLO

KICK-OFF

SEPT 15-16, 2022
GRAZ | AUT

With the Kick-Off meeting on September 15 & 16, 2022, the international consortium registered a successful start of the 3-year Erasmus+ project. A hybrid setting ensured that all project parterns, including the associated partners, were able to come together to get the collaboration off to a good start. The goal of the meeting was to clarify responsibilities, project milestones, as well as schedule and budget management issues. Quality assurance, risk management, data, and publication plans were discussed and finalized. In addition, initial workshops and brainstorming activities were conducted on the program's topics resilience, mindfulness, help-seeking behavior, as well as prevention of anxiety and depression.

2ND PARTNER MEETING

MARCH 16–17, 2023
LJUBLJANA| SLO

From March 16-17, 2023, the second international me_HeLi-D project meeting with representatives from all partner institutions took place in Ljubljana, Slovenia. The meeting was hosted in a hybrid setting by the Educational Research Institute (ERI) in Slovenia. Important issues and steps for program design and content were discussed, elaborated and decided. In addition, the concept for the participatory workshops in the partner schools (AUT, SLO, POL) was discussed and adapted according to the valuable suggestions and contributions of the teachers of the partner schools. Upcoming tasks and milestones were covered, such as the implementation of the participatory workshops, the launch of the project website, content creation, design development and the final editing of the promotional materials.

me_HeLi-D

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me_HeLi-D

UNIVERSITY of GRAZ

In addition to all necessary project management activities, the University of Graz was instrumental in producing the first project deliverables, namely the three literature reports on mental health literacy, mindfulness, resilience and help-seeking behavior (#1), prevention of anxiety and depression (#2), and diversity sensitive content (#3). The reports form the basis for the evidence-based content and design development of the program's modules. Furthermore, an initial concept for the upcoming participatory workshops was drafted for further discussion at the 2nd partner meeting. Finally, in collaboration with Sofia University, the ethical considerations for digital mental health were summarized to propose guidelines and frameworks for the me_HeLi-D project. The UNI-IT is currently setting up a test course in Moodle, that all project partners will have access to in order to share ideas for design and content.

ERI | Educational Research Institute

ERI oversees the module development work package. The first half-year of the project already led to systematic reviews of selected topics (i.e., resilience, mindfulness, and help-seeking). Furthermore, the evaluation team has selected and prepared (double-blind translations) the screening tool covering the aimed topics of future digital training. We are currently working on the concept and design of the training, which will be addressed with the students in the upcoming workshops, so their ideas and needs will be incorporated into the training tool. We are also trying to reach a wider audience, therefore we will present one of the first outputs of the project (a systematic literature review) at the ECER international conference. The news about the project for the national stakeholders is also available on the partner website and the SLODRE website (The Slovenian Educational Research Association).

UNIVERSITY of SILESIA

University of Silesia is responsible for the dissemination of the me_HeLi-D project. The activities successfully carried out so far in this area are as follows:
- Development of Dissemination plan
- Development of Project Logo
- Writing and Development of Info- and Promo-Material for Project (flyers)
- Translation promo-material for Project
- Launching the project's website

Currently, the team of the University of Silesia is working on the improvement of the website and the completion of the promomotional video.

NEWS | ACTIVITIES

SOFIA UNIVERSITY

Sofia University is the technical expert for digital realization and integration. In an initial step, tasks were allocated between the team members of the Bulgarian team: plugin integration, adaptive components of the user interface and the environment, technical aspects of data gathering, analysis, presentation, and legal specifics. Activities completed in the last six months include conducting an initial infrastructure check, a high level review of available plugins, and a preliminary introduction with the questionnaires to be used. For the purpose of the 2nd project meeting, an introduction to Moodle (Modular Object-Oriented Dynamic Learning Environment) was prepared, as the platform will be used for program implementation. As the project raises many ethics-related concerns, ethics of digital mental health were researched and prepared for the meeting, aiming in developing a common understanding between the team members and discussing principles and frameworks that will be used in the me_HeLi-D project. Finally, legal considerations for digital mental health were prepared, to make sure the project is legally compliant. The aim of the presentation was to present the background, describe existing applicable regulations, propose procedures to be applied, and discuss the specifics for the me_HeLi-D project.

EVENTS

FMI SPRING SCIENTIFIC SESSION 2023 | March 25, 2023
The FMI Spring Scientific Sessions will be held at the Faculty of Mathematics and Informatics of the Sofia University "St. Kliment Ohridski" under the title "135 years of Sofia University "St. Kliment Ohridski". The me_HeLi-D project was presented within a presentation on digital competencies and digital health literacy.

ISESIA 2023 | May 26-27, 2023
Submission of three contributions to the workshop "eHealth: IS and Health Information Technology Adoption" in the frame of the Information Systems, Embedded Systems and Intelligent Applications (ISESIA) that will take place in Sofia, Bulgaria and will be organized and hosted by the Department of Informatics of the Faculty of Mathematics and Informatics and BulAIS (Bulgarian Chapter of AIS).

AUSTRIAN YOUTH RESEARCH CONFERENCE | June 22-24, 2023
Introduction and presentation of the me_HeLi-D project to relevant stakeholders at the Austrian Youth Research Conference in Innsbruck.

ECER 2023 | August 22-25, 2023
Submission of two abstracts to the European Educational Research Association (ECER) in Glasgow: (1) Presentation: *Developing a Digital Mental Health Program for Adolescents: Key Takeaways from Digital-based Programs*; (2) Symposium contribution: *Participatory research methods in the development of a digital mental health promotion program for youth*

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