

The PROMEHS project

An evidence-based curriculum to promote mental health in schools

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FRAMEWORK

Social and **Emotional**

Learning

Themes

Policy-makers

Promoting

Resilience

Preventing

Mental Health



Further information

MENTAL HEALTH PROMOTION AS A **GLOBAL EMERGENCY**

Mental health is defined as a state of well-being in which every individual realizes his or her own potential, cope with the normal stresses of life, work productively and fruitfully, and is able to make a contribution to her or his community (WHO, 2014). Mental health problems among children have been increasing over the past decades. 20% of school children experience mental health difficulties. Schools are an ideal setting in which to promote mental health for children and youth, providing an opportunity to reach large groups of children during their formative years of cognitive, emotional and behavioural development

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TIMELINE

Development of the curriculum

Selection of the assessment instruments

Development of teachers' training course materials

Pre-test

Implementation

Post-test

Evaluation of the effectiveness of the curriculum

> Impact on policy

AIMS

Policy: to promote innovative policy to support mental health in schools Research: to develop a successful evidence-based curriculum on mental health promotion in schools assessing its effectiveness

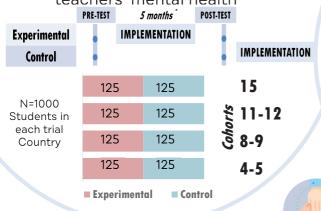
through large scale field

trials.

RESEARCH DESIGN

6 Trial Countries (Croatia, Greece, Italy, Latvia, Romania, Portugal) for a total of 6000 students with their own teachers will be involved.

Teachers will be trained for 25 hours to implement the curriculum in their own schools. Evidence of the effectiveness will be collected using measures on students' and teachers' mental health



EXPECTED OUTCOMES

Students

Teachers

SEL SEL

Resilience Resilience

Positive attitude Positive attitude toward school toward school

Motivation Motivation

Student-teacher Student-teacher

relationship relationship

Achievement Work satisfaction

Internalizing Mental health problems difficulties Externalizing Stress

At risk behaviours

problems Burn out



