

pro mente **JUGEND**

presented by: _____

pro mente **JUGEND**

- We are experts in the field of youth work and mental health
- We support young adults and their families who are struggling with mental health issues or other forms of stressful environments.
- Working together for mental health



Business unit

15 locations / projects

Circa 100 employees

Approximately 750 clients
(children, teenagers and adults)

*Ein Stück
des Weges
gemeinsam
gehen.*



Our four topics

Housing & Life

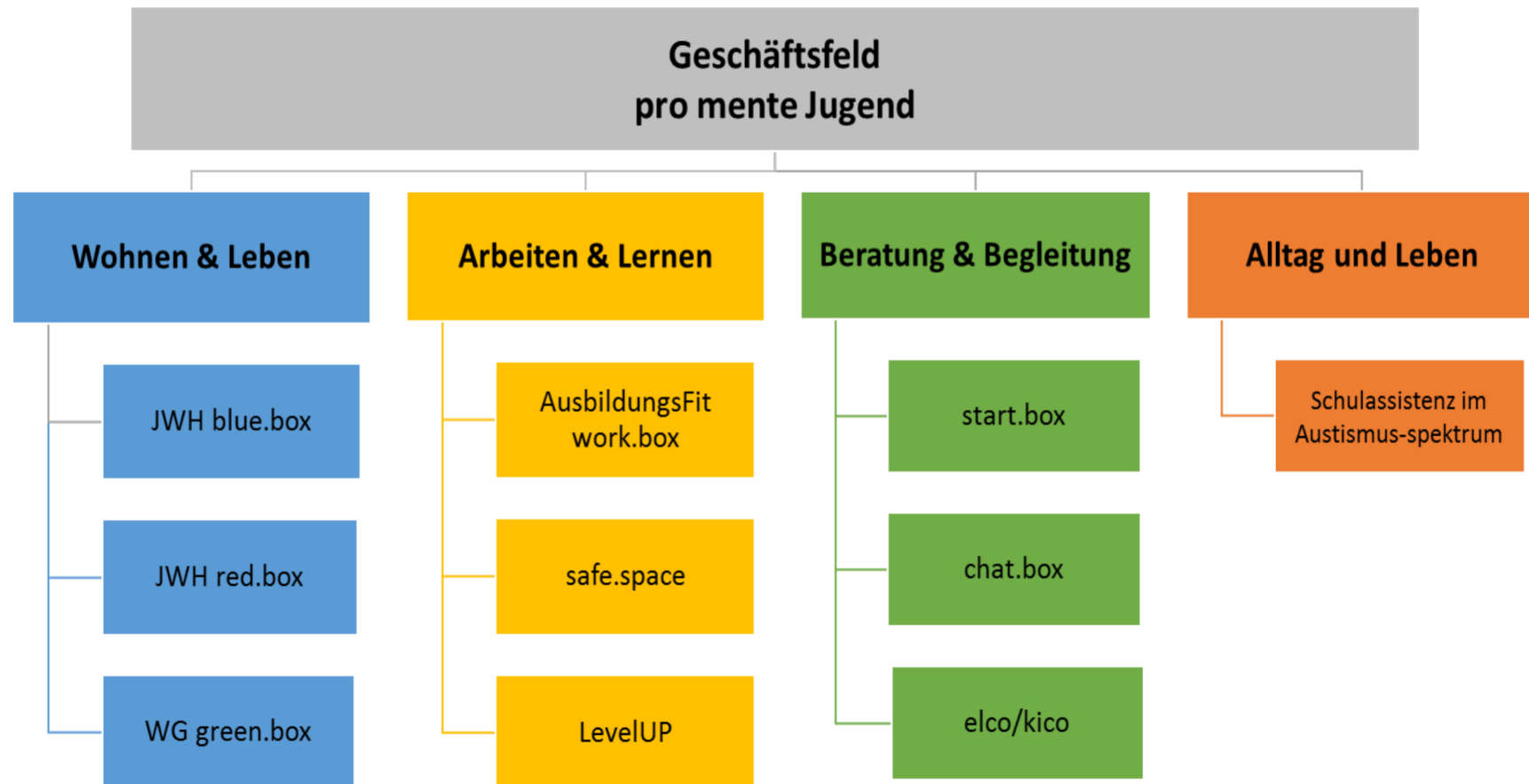
Working & Learning

Counselling & Guidance

Daily Routine & Leisure



Organisation Chart



Our Mission

We accompany young adults who are struggling with mental health disorders as well as their families. We foster and support their abilities to deal adequately with challenging aspects of life and develop better mental health practices in the long run.



Housing & Living



Housing & Living

Offer

social-psychiatric short-term housing with the goal to develop long-term perspectives.

Timeframe

maximum of one and half years (i.R. des OÖ ChG)

Target group

Teenagers and young adults

Admission Process – First Step

one week of trial residence „Probewohnen“

Inter-disciplinary team

psychologist/psychotherapist, social workers, pedagogues, social pedagogues, experiential educators, care workers,

included

- Basic living necessities
- Intensive support (staffed 24/7)
Eight rooms – single occupancy
- One small flat – practice space for unassisted living
- One on one counselling and mentoring
- Goal oriented working methods
- Social competence, household and daily routine trainings
- Support for establishing school and/or work opportunities
- Involvement of and support for the families / relatives
- Medical counselling, crisis support and intervention
- Divers groups activities: sport, movement and health, leisure activities, rituals and festivities, experiential education

Housing & Living



Short term residence

24/7 fully cared for

Teenage boys and young men (including members of LGBTQIA+ community)

13 – 23 years of age

Hörsching

Housing & Living



Short term residence

24/7 fully cared for

Teenage girls and young women (including members of LGBTQIA+ community)

13 – 23 years of age

Hörsching

Housing & Living



**Short term residence
partially cared for**

2 flat- shares

Linz-Dornach

For young adults (15-23y)

Working & Learning



Ein Stück
des Weges
gemeinsam
gehen.



„Ready for vocational training“ – Ausbildungsfit

Vormodul freiraum

- Linz
- Low-threshold „first step“ before entering AFit work.box
- Young adults (15-24y)
- Goal: creating trust and psychological stabilization

work.box / lunch.box

- Wels, Ried, Linz
- Offers the possibility to mature and fosters personal development for young adults (15-24y) who struggle with mental health
- Admission via Youth Coaching (Jugendcoaching)
- Goal: qualified participation within the Austrian work force



Ideen, Stabilität und neue Ziele –
für deine berufliche Zukunft!“

safe.space - Social Media & Participation

„We share facts & experiences concerning mental health – you are not alone“

safe.space puts a spotlight on mental health issues among young adults.
Social workers and peer employees create public content for Instagram and TikTok.

*„It would have been helpful for me if I would have had easier
and access to appropriate information and facts as well as
contact points concerning my disorder“*



 [safe.space_promenteooo](https://www.tiktok.com/@safe.space_promenteooo)

 [safe.space_promenteooo](https://www.instagram.com/safe.space_promenteooo)

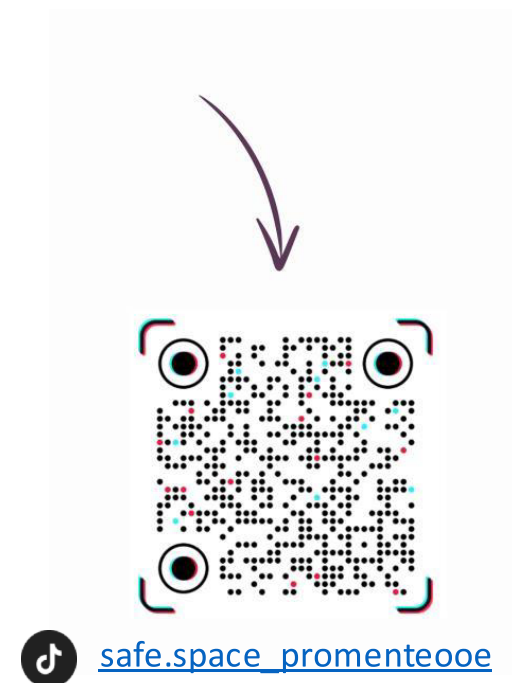
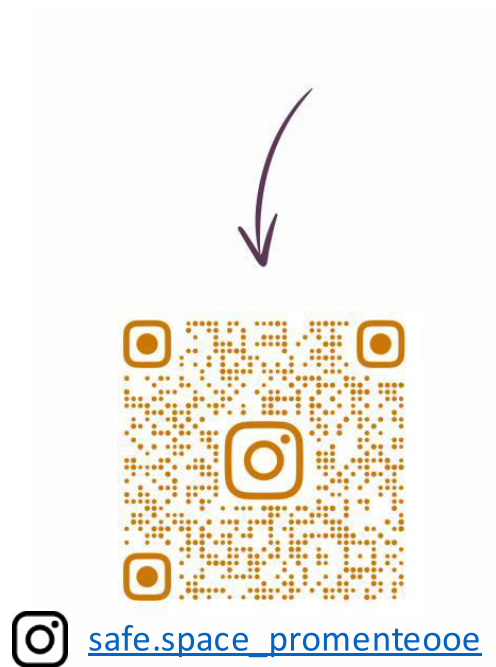
Goals:

- Participative working methods with peer employees
- Reach young adults, who struggle with mental health issues, on social media
- Bridging the gap to existing points of contacts / social services
- Creating a space to share experiences as well as conveying scientific facts regarding mental health
- Contribution towards the destigmatization of mental health disorders
- Prevention of drop outs (vocational training & work force) and facilitation for re-entering the work force or further studies / trainings

Gefördert mit Mitteln aus dem Ausbildungsfonds der AK Oberösterreich

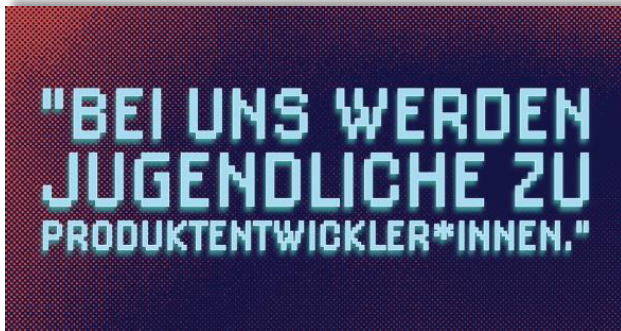
safe.space - Social Media & Participation

Find us on Instagram and TikTok



Gefördert mit Mitteln aus dem Ausbildungsfonds der AK Oberösterreich

LevelUP- Empowerment through Game Design



LevelUP offers the possibility for the youth to engage in **participative game design processes** to create an online **Serious Game**. The main goal is to identify personal hindrances that keeps them from entering the workforce.

The participants (young adults in the NEET status)

- reflect their personal history in the workforce
- are part of a team and can experience a positive and solution-oriented team culture
- their experiences and ideas are taken serious and are important
- Develop professional, social, personal and methodic competencies
- Learn how to work with peers as well as on their own
- Gain new knowledge in the fields of mental health and prevention
- Make hindrances of the target group visible and foster awareness

Gefördert mit Mitteln aus dem Ausbildungsfonds der AK Oberösterreich

LevelUP- Empowerment through Game Design

The users (young adults in workforce related social projects)

- engage playfully with the concept of work
- feel less burdened through sharing experiences
- gain motivation to reach their own goals
- experience an entertaining learning set up

The project coordinators gain experience and knowledge in regards to...

- Participative working and design methods
- Digital tools and game-based learning
- Daily challenges / hindrances for the target group
- Inter-disciplinary cooperation (pro mente Jugend, centre for teacher education University Vienna, institute for addiction prevention)



COMPUTATIONAL
EMPOWERMENT
LAB

pro mente | **jugend**

Gefördert mit Mitteln aus dem Ausbildungsfonds der AK Oberösterreich

Counselling & Guidance

pro mente | oö



Counselling & Guidance

Centre for mental health for young adults (14-29y)

Admission

- Low-threshold, unbureaucratic, free of charge
- „This is the right place for you! You are important to us! We – together for better mental health! Simply come by or write us“

Day centre activities

- Workshop – creative work with different materials (wood, metal..)
- Kitchen – communal cooking and eating together
- Outdoor program – excursions and sport
- Garden – care for our own garden and enjoy it as well

Inter-disciplinary team social workers, social pedagogues, teachers, psycho-therapists, psychiatric doctors

Digital centre for mental health for young adults

online counselling and live chat - Anytime, anywhere and anonymous

- Online Counselling: replies within 48h during the work week / Live Chat: three times per week for two hours each



Counselling & Guidance

Coaching & Counselling for families with a parent diagnosed with mental health disorders

- „elco“ = parent coaching (parents and adult relatives)
- „kico“ = coaching for children

Locations PSBs in Linz, Wels, Steyr, Gmunden

Goals

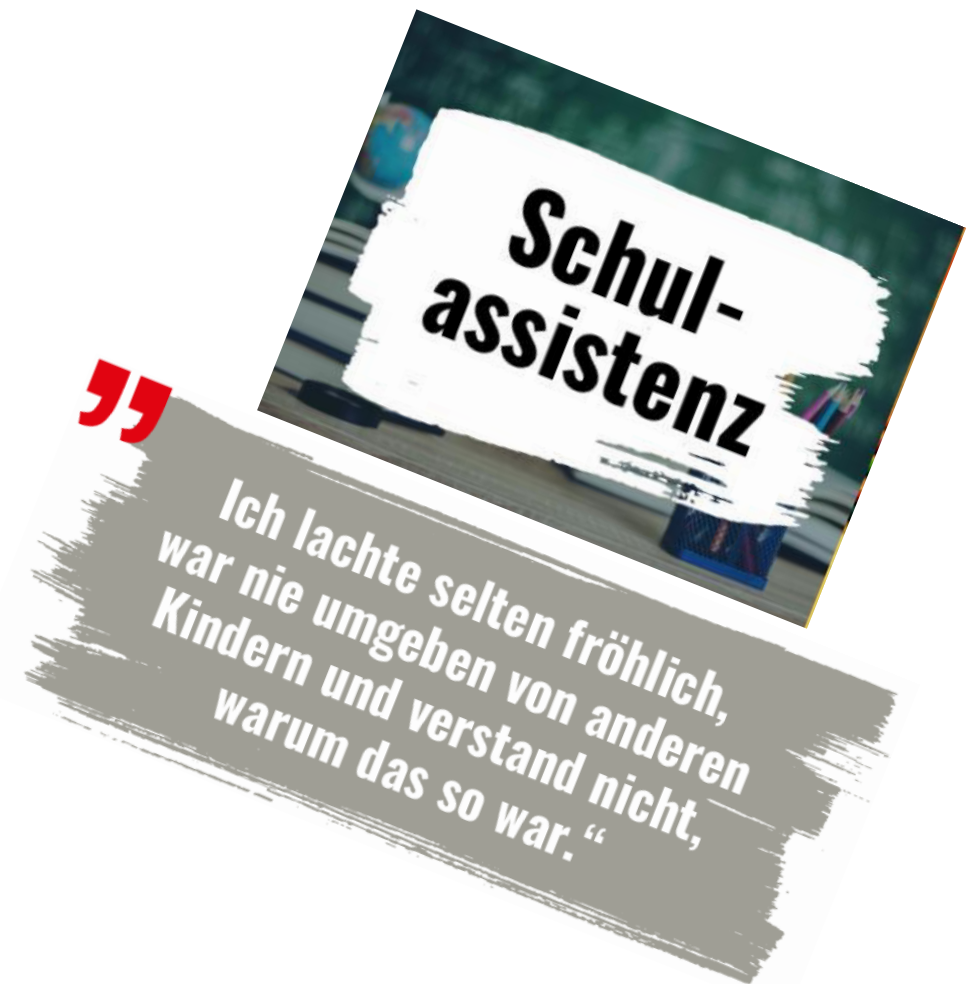
- **Counselling** for parents, their children and other relatives
- Strengthening of **parental competencies** and the parent – child – relationship
- **(age appropriate) Education** and information concerning mental health disorders („**psycho – education**“)
- **Developmental - psychological counselling**
- **Easement** of feelings of guilt and fear of failure for parents as well as children
- **Protection from excessive burdens** for the children (no transfer of responsibilities or duties from the struggling parent to the child)
- Inquiry and empowerment of personal and familial **protective factors**
- Information regarding **other support services** and assistance in establishing contact
- Development of **contingency plans**: In case of crisis – whats next?



Daily Routine

School assistance – autism spectrum disorder

- The school assistants support students with autism spectrum disorder in order to enhance inclusion in public schools.
- High schools in Upper Austria
- Linz, Wels, Steyr, Traun, Vöcklabruck, Gmunden, Freistadt, ...
- Children / teenagers (10-18y)
- Assistance directly at the school
- Guidance through the daily school routine for the student in cooperation with the teachers.



Any questions left? – Feel free to ask

Be part of it and follow us! 😊

- www.instagram.com/promenteJugend



- www.facebook.com/promenteJugend

