

# **The Silta-Valmennus Association's approach to mental health support**

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**VALO**  
valmennus  
yhdistys

# Background

- **silta="bridge", valmennus="coaching"**
- A non-profit social enterprise established in 2001 by non-governmental organisations in Tampere, Finland
- Our **main goal** is to increase societal equality, individual participation and welfare by coaching disadvantaged workers in improving their ability to work and to function, and to find their place in society

## The core values that guide our work:

Respecting  
the individual



Effectiveness



Perseverance  
"SISU"



Succeeding  
together



# How do we support people's mental health?



- Offer our customers support ranging from preventive and early intervention services (e.g. outreach work, open spaces, hobby services for low-income families) to rehabilitation.
- Domestic and international development projects: for example, supporting the mental health of young people transitioning into working life in collaboration with workplaces and educational institutions (Feeling mentally well at work) or development of a trauma-sensitive approach.

# Whose mental health are we supporting? Who are our target groups?



- There is an unequal distribution of mental health problems between population groups (e.g. women, groups with lower income and education levels).
- Our target groups are those who, for various reasons, are in the most vulnerable positions in society and who also face mental health challenges more frequently than the general population.
- Young people, people with partial work ability, immigrants, and individuals belonging to various minority groups.

Goal	Services	Funding
<b>Reaching the target groups</b>	Youth outreach work and outreach work on the streets or in prison environment	<p>Buyers: Municipalities and Wellbeing Services Counties.</p> <p>Funding: ESF+, Funding Center for Social Welfare and Health Organizations and other development funding</p>
<b>Empowerment, participation, (also mental health promotion)</b>	Open, low threshold spaces, group activities, individual coaching F2F and in workshop environments	<p>Buyers: Social Insurance Institution and Wellbeing Services Counties</p> <p>Funding: STEA, ESF+, Finnish National Agency for Education and other development funding</p>
<b>Supporting basic skills and everyday life (also mental health promotion)</b>	Housing services, support services in workshop environments and community rehabilitation	<p>Buyers: Wellbeing Services Counties and Prison and Probation Service of Finland</p>

<b>Rehabilitation</b> (substance abuse, criminal background and mental health problems combined)	Substance abuse rehabilitation, peer-to-peer activities, training experts by experience (together with LAUREA university of applied sciences) Vocational rehabilitation supporting the integration into work	Buyers: Social Insurance Institution and Wellbeing Services Counties Funding: ESF+ and other development funding
<b>Learning and education</b>	Experience-based learning, vocation education in informal learning environments, basic skills coaching,	Buyers: Educational institutions and schools, Municipalities and Wellbeing Services Counties ESF+, other EU and development funding and Finnish National Agency for Education
<b>Employment</b>	Rehabilitating work, job coaching, individual coaching	Buyers: Municipalities, Wellbeing services counties and regional Centres for Economic Development, Transport and the Environment) Funding: ESF+ and other development funding
<b>Supported work</b>	Work try-out Wage subsidy job	National Employment Services and Kela

# Thank You!

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