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

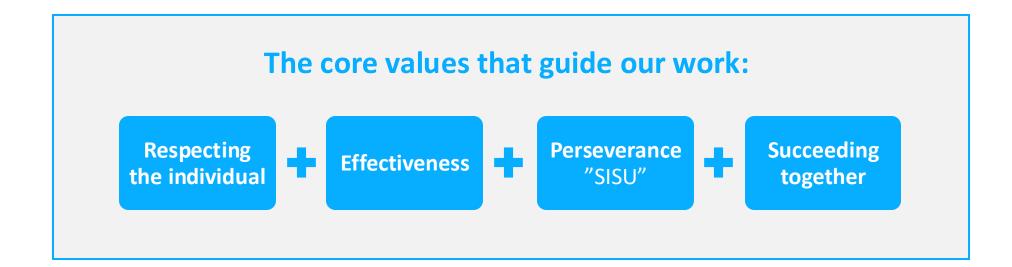
Mira Roine, Director of projects in Silta





#### **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





### 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.

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

Rehabilition (substance abuse, ciminal 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 Isurance Institution and Wellbeing Services Counties Funding: ESF+ and other development funding
Learning and education	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
Employment	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
Supported work	Work try-out Wage subsidy job	National Employment Services and Kela

### Thank You!

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