

EVENT DESCRIPTION SHEET

(To be filled in and uploaded as deliverable in the Portal Grant Management System, at the due date foreseen in the system.

 *Please provide one sheet per event (one event = one workpackage = one lump sum).)*

PROJECT	
Participant:	7 - Pro Arbeit – Kreis Offenbach (AoR) – Kommunales Jobcenter
PIC number:	902361804
Project name and acronym:	Reflexions on Local Resilience and Reactions to COVID-19 impact on Youth – RE-ACT

EVENT DESCRIPTION	
Event number:	7
Event name:	Closing Event
Type:	Conference
In situ/online:	in-situ
Location:	Germany
Date(s):	14.-16.02.2024
Website(s) (if any):	
Participants	
Female:	49
Male:	21
Non-binary:	--
From country 1 [Germany]:	46
From country 2 [Spain]:	5
From country 3 [Netherlands]:	4
From country 4 [Croatia]:	2
From country 5 [Italy]:	2
From country 6 [Cyprus]:	2
From country 7 [Latvia]: ...	6
From country 8 [Romania]:	3
Total number of participants:	70

Description <i>Provide a short description of the event and its activities.</i>		From total number of countries:	8
Report: Reflexions on Local Resilience and Reactions to COVID-19 Impact on Youth — RE-ACT			
Date: 14th-16th February 2024			
Introduction			
<p>The RE-ACT project, focusing on the local impact of the COVID-19 pandemic on young people across eight European cities, culminated in a three-day event from the 14th to 16th of February 2024 in the city of Dreieich, Offenbach (Germany). The event aimed to present the project's results, discuss its sustainability, foster future collaboration, and disseminate best practices.</p>			
Project results and policy guidelines on mental health			
<p>The project has yielded valuable insights into the challenges faced by public institutions concerning the mental wellbeing of young people during the pandemic. Through discussions and analysis, policy guidelines on mental health have been developed, emphasizing the importance of resilience-building measures for young individuals. These guidelines offer a framework for local governments to enhance mental health support systems for youth.</p>			
Sustainability of the Project			
<p>A significant focus of the event was on ensuring the sustainability of the project's outcomes. Discussions revolved around how to leverage the results and recommendations at the local level to benefit young people in the long term. Strategies for integrating project findings into ongoing initiatives and policies were explored, ensuring that the project's impact endures beyond its duration, such as:</p>			
<ol style="list-style-type: none"> 1. Integration into local policies and programs: REACT findings and recommendations can be integrated into existing local policies and programs related to youth welfare and mental health. For example, municipalities can incorporate the guidelines on mental health developed through the project into their youth support strategies or include them in educational curricula. 2. Capacity building and training: Training sessions and capacity-building programs can be organized for local stakeholders, including government officials, educators, healthcare professionals, and youth workers. These sessions can help disseminate knowledge about effective strategies for supporting youth mental health and resilience, ensuring that the project's impact extends to various sectors of the community. 3. Establishment of sustainable partnerships: Building sustainable partnerships with local organizations, youth groups, and community networks can help ensure ongoing support for youth mental health initiatives. Collaborative efforts can lead to the development of joint projects, resource-sharing agreements, and coordinated services, strengthening the overall support system for young people. 4. Youth engagement and empowerment: Involving young people in the implementation and decision-making processes ensures that initiatives are tailored to their needs and preferences. Empowering youth through participation in advocacy campaigns, peer support programs, and leadership opportunities fosters a sense of ownership and commitment to sustaining mental health initiatives in the community. 			
Future collaboration and brainstorming			
<p>Participants engaged in brainstorming sessions to identify avenues for future collaboration within the network. Various projects were proposed, aiming to address emerging challenges faced by youth and build on the successes of the RE-ACT initiative. The collaborative spirit fostered during the event sets the stage for continued cooperation among project partners and stakeholders.</p>			
<p>Among the winning initiatives, we highlight two:</p>			
<ul style="list-style-type: none"> - Digital mental health platforms: Developing an online platform or mobile app that offers evidence-based resources, self-help tools, and virtual support services for youth experiencing mental health challenges. The platform could include interactive features such as mood tracking, relaxation exercises, and anonymous peer support forums, making mental health support accessible to young people wherever they are. - Youth-led mental health campaigns: Empowering young people to lead grassroots campaigns and initiatives to promote mental health awareness and destigmatization in their 			

communities. These campaigns could involve organizing events, creating multimedia content, and advocating for policy changes to prioritize youth mental health in schools, workplaces, and healthcare settings.

Dissemination

During the event, partners discuss the importance of disseminating the RE-ACT project findings through traditional and online media channels for reaching a broader audience and raising awareness about the project's outcomes. Discussions highlighted that partners used the following strategies:

- **Press releases:** Issuing press releases to local, national, and international media outlets to announce key milestones, such as the release of policy guidelines or the completion of project activities. These press releases highlighted the significance of the project's findings and emphasized the impact on youth mental health in the context of the COVID-19 pandemic.
- **Blog posts and articles:** Publishing blog posts and articles on relevant websites, forums, and online publications and traditional newspapers to share insights and reflections from the RE-ACT event. These pieces provided deeper analysis of project findings, highlight best practices, and offered practical tips for supporting youth mental health in local communities.
- **Webinars and online or face-to-face events:** Hosting webinars, virtual or in-situ conferences, and online workshops to disseminate project findings and facilitate discussions among stakeholders. These virtual events attracted participants from diverse backgrounds.

Event highlights

- The event concluded with an interactive workshop on "Combating Juvenile Depression" by Dipl. Psych. Marion Sehr.
- Nicole Kirchner presented the local Rock Festival "Einhardrock" as an example of youth participation in the cultural sector post-COVID-19.
- Interactive workshops and presentations facilitated knowledge sharing and collaboration among participants.

HISTORY OF CHANGES		
VERSION	PUBLICATION DATE	CHANGE
1.0	05.03.2024	Bernadette Böcker / Pro Arbeit