



# UPRIGHT project

## Presentation

[www.uprightproject.eu](http://www.uprightproject.eu)

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Scientific WORKSHOP  
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**kron+kgune**  
institute for health services research

# Universal Preventive Resilience Intervention Globally implemented in schools to improve and promote mental Health for Teenagers



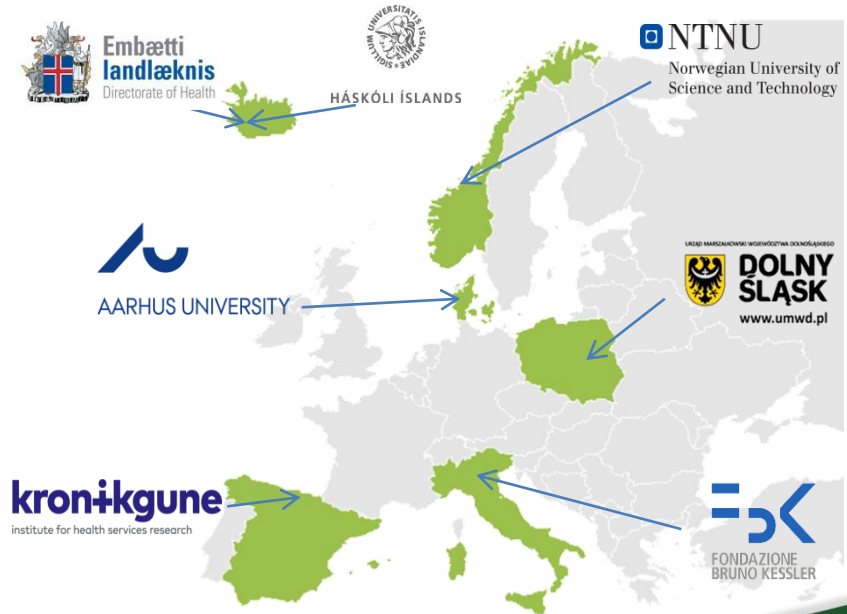
**Funding:** Horizon 2020 - European Commission

**Call identifier:** SC1-PM-07-2017 Promoting mental health and well-being in the young

**Grant Agreement no:** 754919

**Duration:** 48 months

**Started:** 1st January 2018



**UPRIGHT Consortium**

# Background



Adolescence is a crucial period of development

Developmental challenges: Identity formation, independence, control of impulses and social relations

Building resilience in adolescents is essential to cope with challenges and maintain good mental health

# Objective

To promote mental well-being and prevent mental disorders by enhancing resilience capacities in youths, through a holistic approach addressing early adolescents, families and education professionals, creating a mental well-being culture in schools.

## How?

By co-creating a resilience intervention designed for primary prevention, with a universal and holistic approach and implemented in schools.

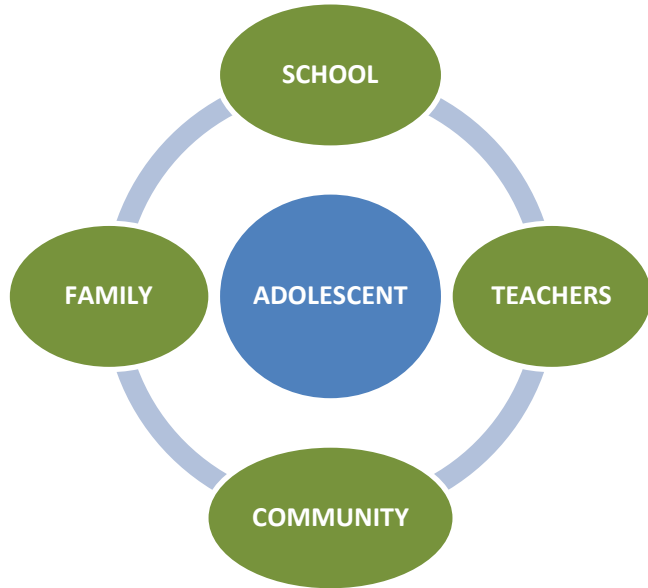


## To whom?

- Adolescents (12-14 years old)
- School staff that interact with them
- The families they live with

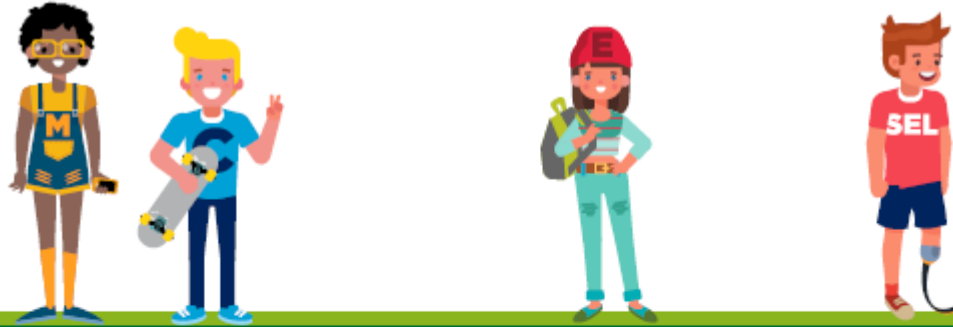
# Holistic intervention

... creating a mental well-being culture in schools



- **Improve adolescents' mental well-being**
- **Promote a culture of mental well-being in schools**
- **Reduce the incidence of mental disorders in adolescents**

# Core-programme



1: Mindfulness	2: Coping	3: Efficacy	4: Social Emotional Learning
Observation	Cognitive Behaviour Modification	Self-efficacy	Self-awareness
Description	Conflict Resolution	Growth mindset	Self-management
Acting consciously	Assertiveness and communication strategies	Emotional resilience	Social awareness
Accepting without judging	Mental Health Literacy	Social resilience	Relationship skills
		Leadership	Responsible decision making

# UPRIGHT intervention



## WELL-BEING FOR US

### FIRST SCHOOL YEAR

To train teachers, adolescents and their families in UPRIGHT resilience skills

#### MANUAL



<b>1: Mindfulness</b>	<b>2: Coping</b>	<b>3: Efficacy</b>	<b>4: Social Emotional Learning</b>
Observation Description Acting consciously Accepting without judging	Cognitive Behaviour Modification Conflict Resolution Assertiveness and communication strategies Mental Health Literacy	Self-efficacy Growth mindset Emotional resilience Social resilience Leadership	Self-awareness Self-management Social awareness Relationship skills Responsible decision making

#### ONLINE PLATFORM

<https://www.uprightprogram.eu/>

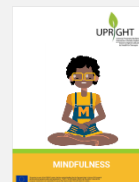
- + Ad-hoc audios for Mindfulness
- + Ad-hoc videos for component and skill [\(click for example\)](#)

## WELL-BEING FOR ALL

### SECOND SCHOOL YEAR

To create a culture of well-being in the school community

#### POSTERS



#### SHORT INFORMATIVE MESSAGES



#### INDOOR/OUTDOOR ACTIVITIES



#### MINDFULNESS SESSIONS



- + Open activities to promote collective resilience and a nurturing school environment

# Evaluation



The UPRIGHT research project is a cluster, randomized, controlled (two parallel groups) trial expecting to involve nearly 6000 adolescents and their families in five regions, including Spain, Italy, Poland, Denmark and Iceland.

1st School year

Well-being for US

September

June

t0

t1

2nd School year

Well-being for ALL

September

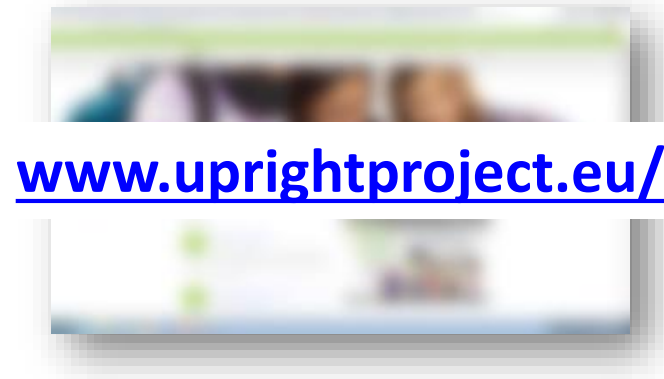
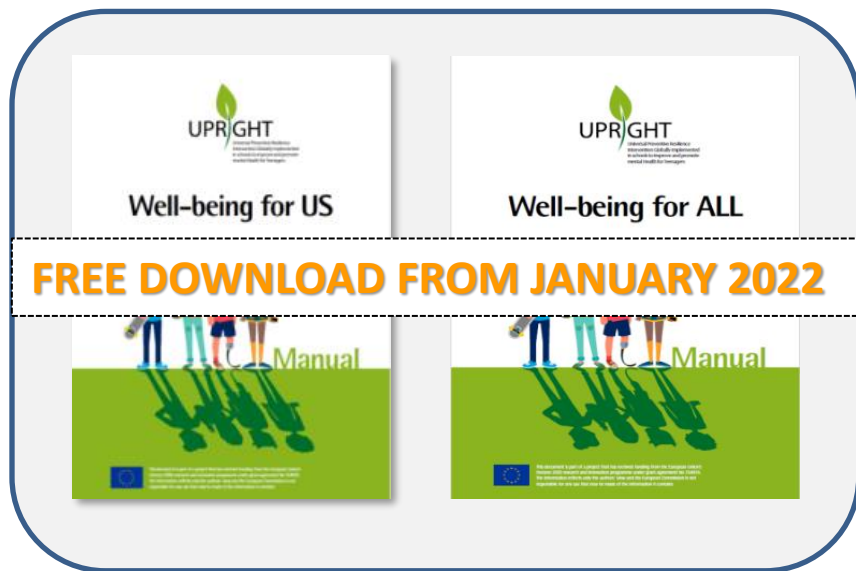
June

t2

Quantitative (including cost-effectiveness analysis) and Qualitative assessment to adolescents, families and teachers



# Free availability of the programme



[www.uprightproject.eu/](http://www.uprightproject.eu/)

# Thank you!



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