



UPRIGHT project

Presentation

www.uprightproject.eu

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Scientific WORKSHOP
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institute for health services research

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



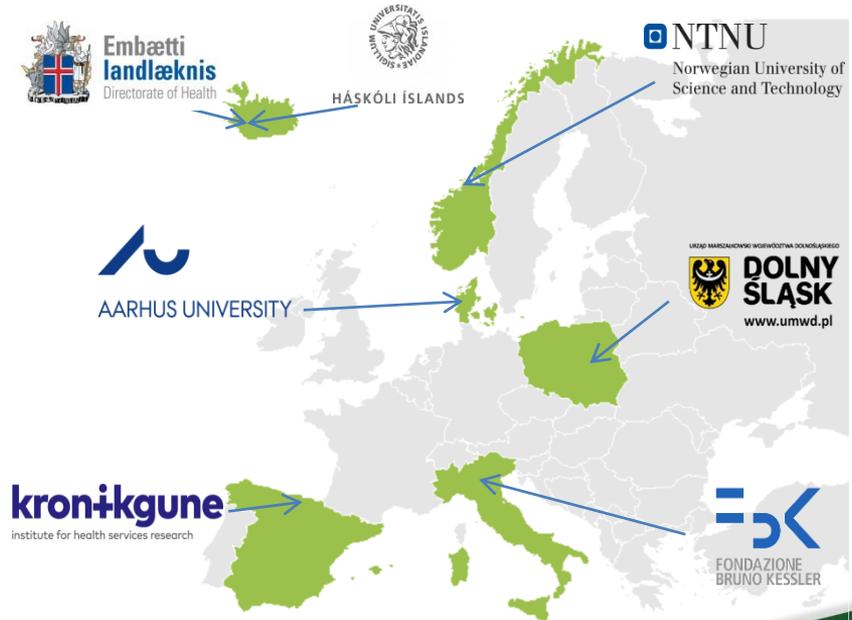
Funding: Horizon 2020 - European Commission

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

Grant Agreement no: 754919

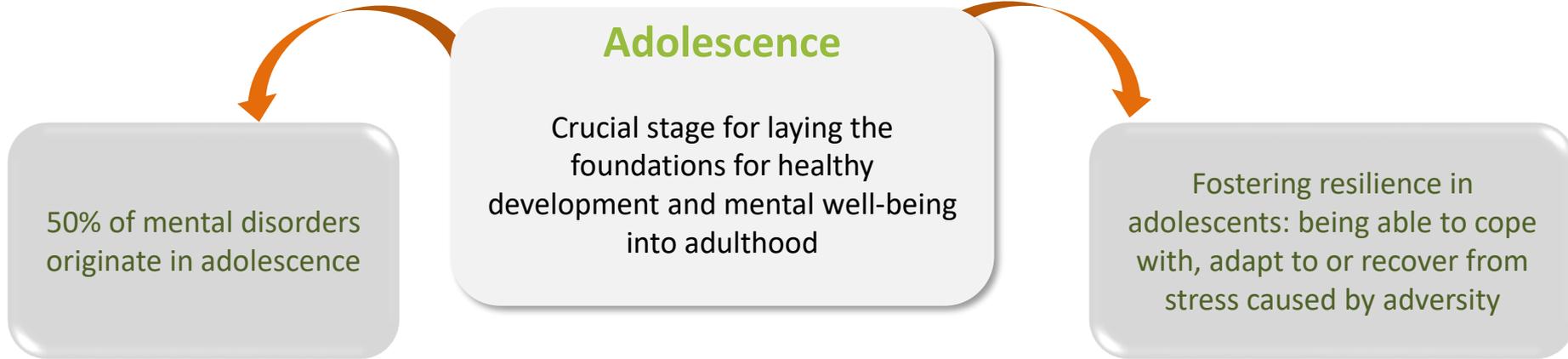
Duration: 48 months

Started: 1st January 2018



UPRIGHT Consortium

General framework

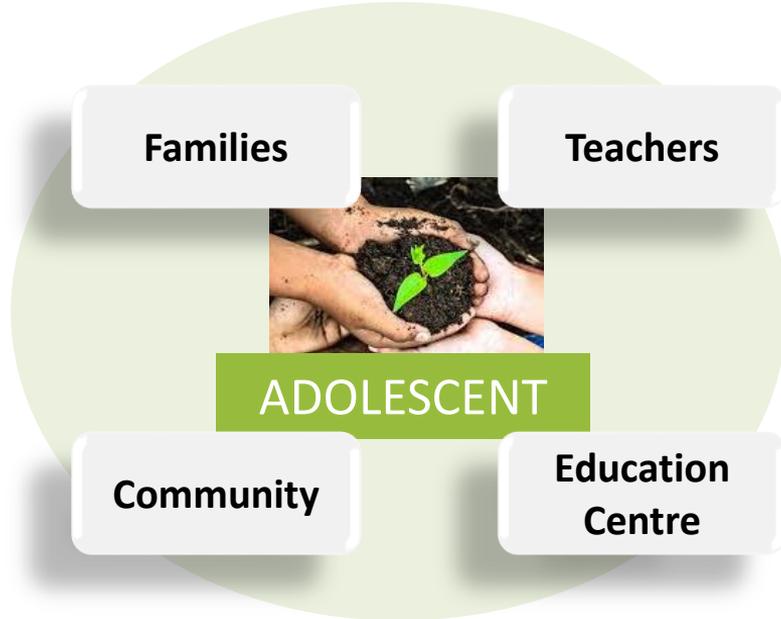


The purpose of UPRIGHT is to promote mental well-being and prevent mental disorders by improving resilience skills in adolescents.

UPRIGHT - holistic approach

How?

Through a holistic programme in schools.



Improving mental well-being and Preventing mental disorders



Creating a culture of mental well-being around the adolescent

Content of the resilience programme



Knowing oneself and relating to others better

- Self-awareness
- Self-management
- Social awareness
- Relationship skills
- Responsible decision making



Believing in one's own abilities, having confidence in oneself

- Self-efficacy
- Growth mindset
- Emotional resilience
- Social resilience
- Leadership



Driving the focus of our attention

- Observation
- Description
- Acting consciously
- Accepting without judging

Effective problem solving

- Cognitive behavioural modification
- Conflict resolution
- Assertiveness and communication strategies
- Mental health literacy



How is the UPRIGHT intervention implemented?

WELL-BEING FOR US

Individualised approach

SCHOOL COURSE



Teacher training



Teachers train students during school hours.



Online training of families

WELL-BEING FOR ALL

Collective approach

COLLECTIVE ACTIVITIES



MINDFULNESS



SCHOOL COURSE

POSTERS



DIGITAL MESSAGES



Evaluation



Evaluate the **effectiveness** of the resilience intervention.

Piloting in 34 schools in **5 European countries**. Three years of implementation from 2018 to 2021.

We have trained in intervention:

2845 adolescents

2430 families

396 teachers

Participants in the evaluation:

4460 adolescents

3812 families

625 teachers

Objectives of the evaluation

Effectiveness of the intervention

- To assess whether the UPRIGHT programme improves the mental health of participants.

Cost-effectiveness simulation model

- Estimate the cost of health and social health services associated with mental disorders.
- Estimate the cost of implementing the UPRIGHT programme.

UPRIGHT response to COVID-19



- Schools closed
- Home-lockdown
- Quarantines
- Physical distancing measures
- Events cancelled
- Travel restrictions



Resuming the programme
after home-lockdown



Activities via an
ONLINE approach

Communication with
schools and the EC

Our main premise is: understanding and flexibility
We all are getting affected by the pandemic!

In a nutshell



- Complete and validated theoretical model of resilience.
- Programme co-created by participants and experts.
- Guided intervention but adaptable and flexible to the needs of the centre.
- Materials available in 7 languages: Basque, Spanish, English, Italian, Icelandic, Polish and Danish.
- Training for students is provided by the teaching staff, generating a culture of mental health from within the school.
- Effectiveness evaluated at regional and European level.
- Public programme from January 2022 at: www.uprightproject.eu/

Thank you!



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