

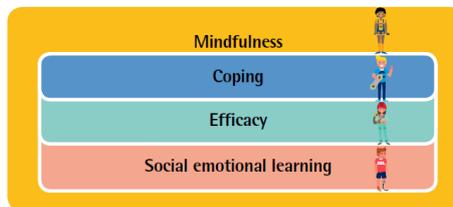
Frequently asked questions - FAQ

What is the basic ideology behind the UPRIGHT programme?

UPRIGHT is a research project funded by the Horizon 2020 Research and Innovation programme (EU) under the grant agreement No. 754919. UPRIGHT acronym stands for the full title of the research project: “Universal Preventive Resilience Intervention Globally implemented in schools to improve and promote mental Health for Teenagers”.

The general objective is to **promote mental well-being and prevent mental disorders by enhancing resilience** among young people, through an integral approach including adolescents, their families and professionals in schools.

The UPRIGHT conceptual framework for the training consists of four different components: mindfulness, coping, efficacy and social emotional learning, including 14 skills. Therefore, the exercises to learn and practice mindfulness are distributed throughout the programme.



Can our school become an UPRIGHT school?

During the research project UPRIGHT was implemented in close cooperation with schools in specific European countries or regions. Materials were then developed in 7 different languages: English, Spanish, Basque, Italian, Danish, Polish and Icelandic.

Now it is possible to become an UPRIGHT school even if you were not part of the research project.

What costs are involved?

All UPRIGHT materials including the manual and online resources are free. Possible costs to be covered by the school may concern training for teachers proposed by qualified personnel, events organised by the school, other materials not available in the UPRIGHT resources.

In which countries or regions was the UPRIGHT programme already implemented?

Countries and regions that have already implemented the programme are:

Italy	<u>Trentino region</u> more info: www.uprightprogram.eu/italiano/
Spain	<u>Basque Country</u> more info: www.kronikgune.org
Iceland	<u>Reykjavik capitol area</u> more info: www.landlaeknir.is and www.upright.hi.is
Poland	<u>Lower Silesian</u> more info: https://umwd.dolnyslask.pl/zdrowie/projekty-eu/projekt-upright/
Denmark	more info: www.projekter.au.dk/upright/

What materials are included in UPRIGHT?

UPRIGHT consists of a variety of training materials. The materials are deployed in two main programmes: **Well-Being for US** (the core intervention for youths, delivering training on 4 different components: mindfulness, coping, efficacy, social and emotional learning, for a total of 18 skills trained) and **Well-Being for ALL** (designed to foster community resilience at school).

Each programme consists of training materials for teachers, students and families including:

- Manual for teachers (both Well-Being for US and Well-Being for ALL programmes)
- Manual for families
- Presentation graphics
- Videos
- Clips
- Online resources (Poster, Short Digital Messages, Mindfulness audio, ...)

How long does it take to start the implementation of UPRIGHT ?

Our experience has shown that in case no UPRIGHT material exists in a certain language, the whole production process will take more or less one year. It is reasonable to allocate a full semester for the production of all material (including videos, manuals, presentations etc.) In case the material already exists in a certain language, the time frame is shorter.

How does UPRIGHT involve parents?

At the beginning of the school year all the parents should be invited to the school and be informed about UPRIGHT and how it works. UPRIGHT school should maintain active communication with families throughout the whole implementation. UPRIGHT also provides a parents' manual which is available online and recommends some face to face parents' training and events.

Who owns the rights to the UPRIGHT programme?

The UPRIGHT project is owned by the xxxxxxx