



DDP-YD/ETD (2022) 251

Strasbourg, 7 November 2022

MANAGING MENTAL HEALTH AS A REFUGEE, ASYLUM SEEKER AND MIGRANT

Study session organised by Voices of Young Refugees in Europe ([VYRE](#)) and Euro Youth Mental Health ([EYMH](#)) in cooperation with the Council of Europe

European Youth Centre, Strasbourg
21-25 November 2022

Draft Programme

Sunday, 20 November 2022

Arrival of participants

19:00 Dinner

20:30 Welcome evening

Monday, 21 November 2022

09:30 Opening and welcoming by MARIE FARIGOULES, executive director of the European Youth Centre

Introduction, aims and objectives of the study session; expectations and programme

11:00 Break
11:30 Teambuilding activity and setting intentions
13:00 Lunch
14:30 Introduction to the Council of Europe and Youth Department, by AGATA STAJER,
Educational Advisor, Youth Department
Basic Notions: Building a common understanding on mental health literacy
16:00 Break
16:30 What Feels Good: Exploring what is 'good' mental health
18:00 Reflection groups
19:00 Dinner
20:30 Cultural Evening

Tuesday, 22 November 2022

09:30 The Council of Europe`s work in the field of health, migration and refugees, with
LEYLA KAYACIK, Special Representative of the Secretary General on Migration
and Refugees
10:15 Human rights education approaches in promoting the right to health of refugees
and migrants
11:00 Break
11:30 Our Right to (Mental) Health: Mental health and a rights-based approach
13:00 Lunch
14:30 Mapping Challenges: Stigmas and narratives
16:00 Break
16:30 Counter and Alternative Narratives: Understanding counter and alternative
narratives as a tool
18:00 Reflection group
19:00 Dinner
20:30 NGO's Bazaar

Wednesday, 23 November 2022

09:30 Exploring interventions for improved Mental Health. Introduction to:
- Trauma-Informed Approaches
- Crash Course: Psychological First Aid (PFA)
11:00 Break
11:30 Non-violent communication as a tool to take action
13:00 Lunch
14:30 Free Afternoon in the city
19:00 Dinner in town

Thursday, 24 November 2022

09:30 Cultural sensitivity in Mental Health: How do we challenge structures that prevent good mental health?
11:00 Break
11:30 Mental Health and Inclusion: How does mental health affect inclusion processes?
13:00 Lunch
14:30 The Neurobiology of Safety, presentation by Daren Abrahams
16:00 Break
16:30 Open Space Technology
18:00 Reflection group
19:00 Dinner

Friday, 25 November 2022

09:30 Identifying Resources: Mapping initiatives and collecting lessons learned
11:00 Break
11:30 Taking Actions I: Developing guidelines and short campaigns
The European Youth Foundation – opportunities for youth organisations with NATALIA MILITELLO, Project Officer
13:00 Lunch
14:30 Taking Actions II: Developing guidelines and short campaigns
16:00 Break
16:30 Next Steps and Evaluation
19:00 Dinner

Saturday, 26 November 2022

Departures

Aim and objectives

To increase mental health literacy of refugee and migrant youth, people working with them and to advocate for the enjoyment of the right to mental health for these groups.

Objectives

- to explore the right to (mental) health and its legal framework, and to map challenges in its implementation;
- to support and empower young refugees and migrants, and professionals working with them in order to challenge dominant negative narratives surrounding mental health and refugees and migrants;

- to promote mental health awareness and the importance of prevention amongst refugee and migrant youth as a group;
- to enable refugees and migrants to seek support in the field of mental health from peers and/or professionals;
- to share lessons learned and (un)successful experiences among the participants regarding their right to mental health in order to map/document initiatives across Europe addressing mental health for young refugees and migrants;
- to create space for networking and future cooperation among participants, as well as international organisations invited to the study session;
- to initiate a campaign on refugee and migrant mental health, creating positive narratives on the topic of mental health.