



Swedish Partnership for Mental Health

## To Grow up and Be Healthy

A project about mental health and increased participation for children and young people at school, in the social services and in contacts with the mental health services.

The Swedish Partnership for Mental Health's "To Grow up and Feel Good" project, financed by the Swedish Inheritance Fund, started in 2016 and will be ongoing for three years. As part of the project, the Swedish Partnership for Mental Health train and supervise agencies in methods that can tangibly improve encounters with children and young people and help them to be more participatory. We produce information and brochures that can support the mental health of children and young people.

### **Target group**

Children and young people 13 – 25 years of age:

- Children and young people with mental ill health
- Children to parents with mental ill health and/or difficulties with dependency disorders
- Children and young people who live/are cared for outside their own homes
- Children who do not complete compulsory comprehensive school (= risk factor for mental ill health)
- Other groups or more groups can be identified during the course of the project

### **Editorial group for the To Grow up and Feel Good project**

The editorial group consists of young people, 13 – 18 years of age, who meet twice a month and exchange ideas, discuss, plan, write, film and take photographs. Together, we test and develop methods for how young people can be heard and listened to concerning issues about mental health. We talk about how media usage affects us, which strategies we have to feel good, about role models and many other matters. The young people in the editorial group make their own documentary films and record pod interviews, amongst other things.

### **The project cooperates with agencies for children and young people**

We cooperate with agencies for children and young people within schools, social services and mental health services that want to work actively with us in the project to increase the influence and

participation of children and young people. We learn together and work together on improvement in schools, social services and mental health services in three municipalities: Stockholm, Uppsala and Östersund.

The agencies participating in the 1<sup>st</sup> year of the project:

- The Psychosis Centre at Serafen, Stockholm
- Maria Youth, Stockholm Centre for Dependency Disorders
- Social Services, Uppsala municipality
- Jämtland's Upper Secondary School, Wargentin, in Östersund

**The aim** of the project is to utilize and further develop methods for increased participation and influence for children and young people in collaboration with local agencies. The methods used are aimed to lead to greater participation and better service quality.

**The goal** is to increase and disseminate knowledge about how children and young people can be helped to participate more in the support, care or education that they receive. The project is to generate the use of evidence-based methods in the agencies and that children and young people will to a greater extent be heard and listened to and be active as co-creating actors. The methods can, for example, be improvements in teamwork, quality measurement etc.

**The Swedish Partnership for Mental Health** is a network with 12 member organizations, who represent patients, users and family carers in the mental health field.

We work for:

- patients, users and family carers to participate more in care and support and to have greater influence at all levels in society
- the mental health services to be accessible, democratic and in compliance with the rule of law
- the mental health and municipal care and support services have good quality and be based on science and proven experience

Follow the project here:  
[instagram.com/vaxaochmabra](https://www.instagram.com/vaxaochmabra)  
[facebook.com/vaxaochmabra](https://www.facebook.com/vaxaochmabra)  
[nsph.se/vaxa](https://www.nsph.se/vaxa)

Contact  
Karin Engberg  
[karin.engberg@nsph.se](mailto:karin.engberg@nsph.se)  
Projektledare NSPH  
+46 73 9409740



SWEDISH INHERITANCE FUND

