Flemish Institute for Health promotion and Disease prevention

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3 years ago i found out i have cancer

I started to cut myself

When my parents were getting a divorce, it was really hard on me

I started to cut myself

My little brother was sick when he was born. Ever since then, my parents don’t even know i exist anymore...

His death changed everything

I was afraid to go to school! And the headache were a good excuse not to go...

It felt horrible! I wanted to feel happy for my friend but i just couldn’t!
## Promoting resilience in teens: 4 steps

<table>
<thead>
<tr>
<th>Me and myself</th>
<th>Increase self-confidence, self-acceptance</th>
</tr>
</thead>
<tbody>
<tr>
<td>My limits</td>
<td>New things, failing, saying no</td>
</tr>
<tr>
<td>Counting on others</td>
<td>Ask help, rely on friends, resources</td>
</tr>
<tr>
<td>Me - time</td>
<td>Balance: work versus play, stress reduction</td>
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</tbody>
</table>
Nok Nok
What you can find on NokNok:

- Information about problems + tips on how to cope
- Info mental problems and refer to help
- ‘Create your own NokNok’
- NokNok- wall with stories
- Personal diary with moodboard
- Feel good tips
- Games and activities for youth organisations
Promotion of Noknok and the resilience scale

- Promotion materials: posters, stickers, post cards
- High SEO scores: seks versus sex
- Activities for youth organisations
- Promotion in schools

- In development: resilience scale for teens!
Warm cities

A place for children and youngsters to feel happy and resilient
Warm cities

- What do you need to be mentally healthy and resilient:
  - As a toddler in day care
  - As a child with a different cultural background
  - As a teen who is being bullied online
  - As a child who is feeling depressed
  - As ...
Beschermende factoren geestelijke gezondheid

**OMGEVING**
- Kwaliteitsvolle leeromgeving die zelfwaarde en vaardigheden
- Gezonde sociale en economische omgeving
- Respect voor kinderrechten
- Veilige omgeving

**FAMILIE**
- Veilige hechting
- Veilige thuisklimaat, voldoende levenskwaliteit
- Aangepaste opvoeding
- Authoritatieve discipline

**INDIVIDU**
- Zelfvertrouwen
- Sense of belonging
- Zelfdeterminatie en empowerment
- Engagement

**ouderen**
- Contacten met familie
- Zich gewaardeerd en gerespecteerd voelen
- Financiële zekerheid in gezin

**volwassenen**
- Autonomie, controle behouden
- Doel in leven
- Goal setting
- Hoopvol naar toekomst
- Openheid voor nieuwe ervaringen en ideeën
- Fysieke activiteit
- Empowerment
- Humor

- Actieve leefstijl, gezonde voeding, beperkt middelengebruik
- Self-efficacy, self-agency
- Voldoende opleiding
- Voldoening gevende job
- Zinvolle vrije tijdsbesteding

**kindertijd**
- Identiteitsgevoel
- Self-agency
- Optimisme
- Schools succes
- Vrouwelijk

**jeugd**
- Respect
- Goede intergeneratie relatie
- Verbondenheid met gezin
- Minstens 1 goede relatie met een volwassen binnen/buiten gezin

**VEERKRACHT**
- Coping skills
- Problem solving
- Sociale vaardigheden

**ouderen**
- Betekenisvol leven
- Positief zelfbeeld

**volwassenen**
- Goede sociale dienstverlening
- Sociale verdraagzaamheid
- Sociale participatie
- Positieve interpersoonlijke interactie

**kindertijd**
- Goede relaties met peergroep
- Sociale verbondenheid, identificatie met groep
- Hoge levensstandaard
- Vroege detectie en behandeling leerproblemen
- Ondersteunende school ethos en –cultuur
- Schoolen met sterke schoolse en niet-schoolse mogelijkheden
- Toegankelijke sport- en vrije tijdsmogelijkheden
Strengthen resilience, a shared responsibility

The individual versus the community
Healthy Cities

Healthy Settings key principles include community participation, partnership, empowerment and equity.

A healthy city is one that is continually creating and improving those physical and social environments and expanding those community resources which enable people to mutually support each other in performing all the functions of life and developing to their maximum potential.

Health Promotion Glossary WHO (1998)
Goal Warm Cities

In 2019, 5 Flemish cities will have developed an integrative approach to improve the mental wellbeing in children and the young (0 - 24 yrs.). It will be evaluated and executed and the city will be labeled as a ‘Warm City’. This project will create good practices for other cities and will deliver recommendations voor the broad dissemination of the method in cities and smaller towns in all of Flanders.
https://www.youtube.com/watch?v=nNKdlF3vQlY
From the Ottawa Charter (1986):

“The aim must be to make the healthier choice the easier choice for policy-makers as well.”

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