

miieli

Susanna Kosonen
Specialist Coordinator

Mental Health Promotion of Children & Young People

The Finnish Association for Mental Health

Child's mind

- Mental health promotion of children



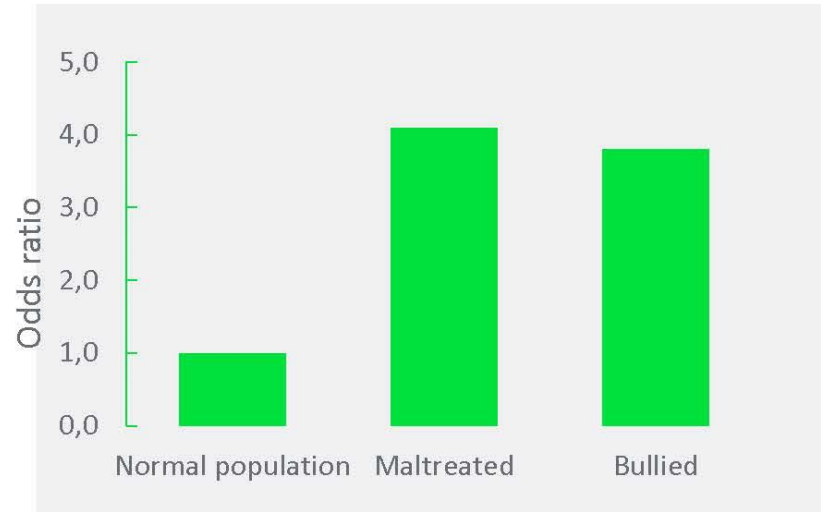
The Finnish Association for Mental Health

- Non Governmental Organisation (NGO)
 - 1897 The world's oldest mental health association 😊
1. Politics and policymaking
 2. Strong civil society and volunteer-based work
 3. Help and support
 4. Training and material



Mental health flourishes in societies and communities

- that are just, equal and non-violent
- where children are not maltreated or bullied
- and where there is economical equality



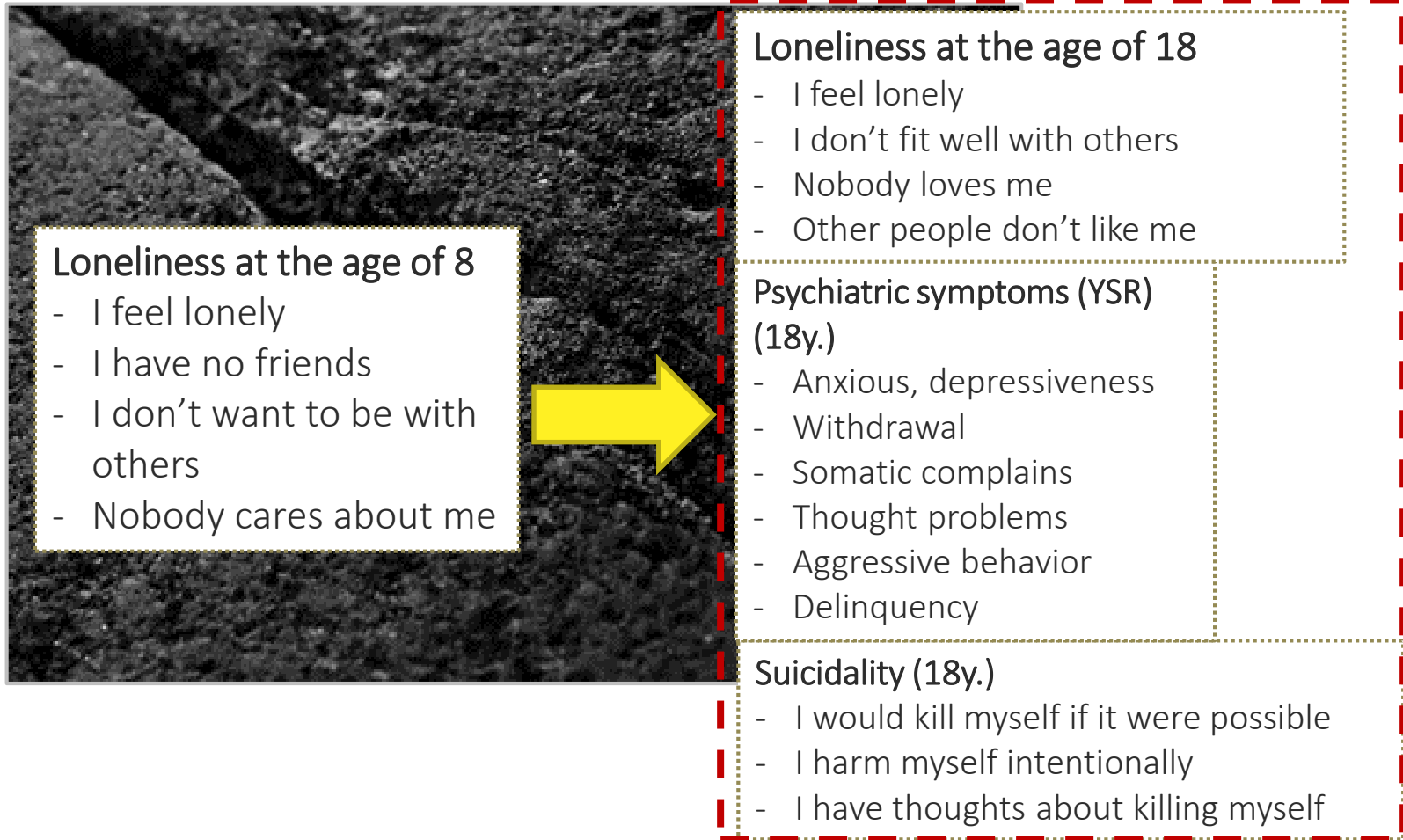
Risk of mental health problems in adulthood

Children who have been maltreated or bullied are much more likely to have mental health problems in adulthood

Great Smoky Mountains Study, Lereya et al
Lancet 2015

Example: Loneliness


(Research Niina Junttila, University of Turku)



Junttila, Sourander, preliminary results 2017

The best arenas and the best promoters for mental health of children



A photograph of a man in a light blue shirt carrying a child in a red and white striped shirt on his shoulders. Another child in a dark blue shirt and green shorts is pointing towards a large tree on the left. The background shows a park with trees and a body of water.

**You can learn and
teach mental health
skills!**

**Mental Health
is the
foundation for
well-being**

**Everyone needs
mental health!**

**Everyone has
mental health!**

**Mental health is a
skill that you can
support always and
in every situation!**

”We need to brush our teeth AND we need to ”brush” our mental health every day”



3 year project Funding from 2012-2015 Dissemination 2015→

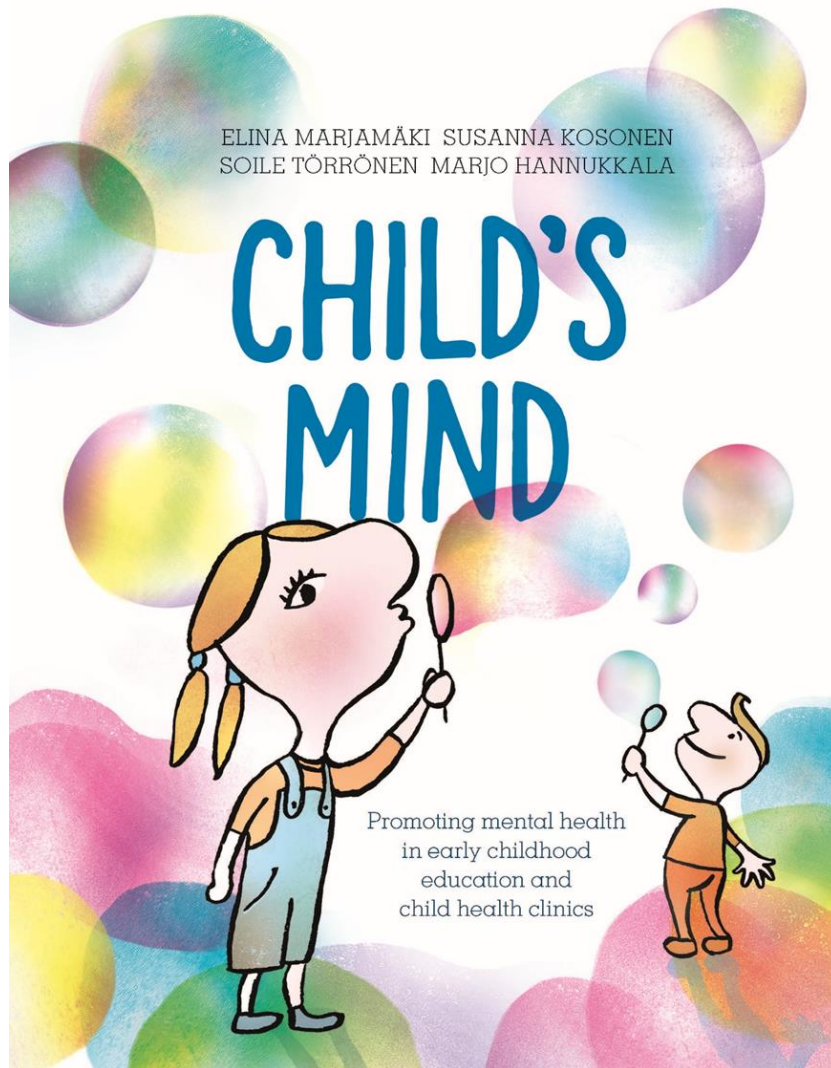


We had:

- 8 kinder-gartens
- 35 professionals
- 750 children from 1-6 years testing and giving feedback



Child's Mind –promoting mental health in early childhood education and in child clinics

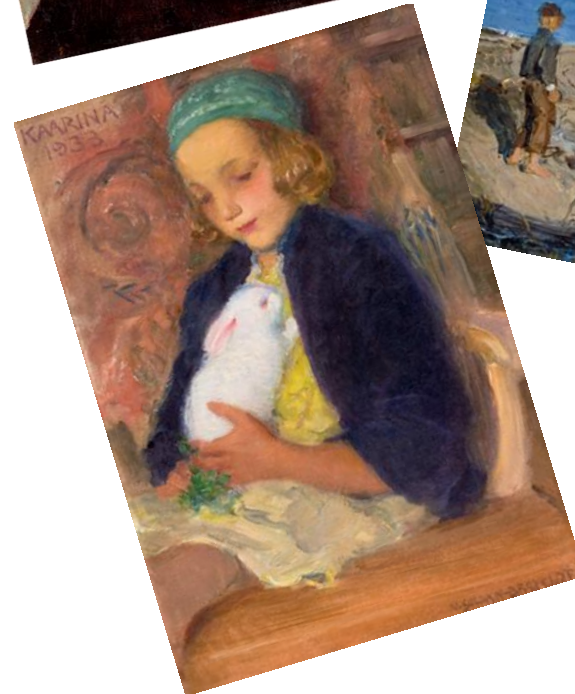


The Child's mind book includes:

- A training model for early education
- Art education: Music, Art, Plays ja Games
- Parental evening model
- Emotion and friendship cards
- Bedtime story for children



Art as a means to mental health promotion - Lovely art by Venny and Eero



Posters and table theater

Eläinlasten elämää

Mielenterveystaitoja
pöytäteatterin keinoin

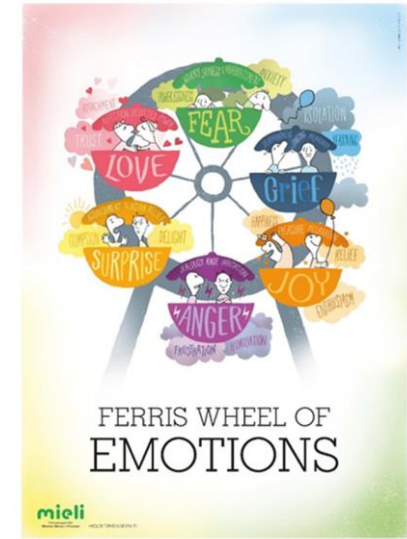


Table Theater



DEALING WITH WORRIES

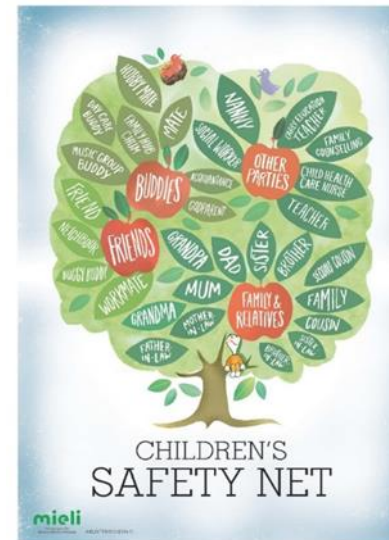
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FERRIS WHEEL OF EMOTIONS

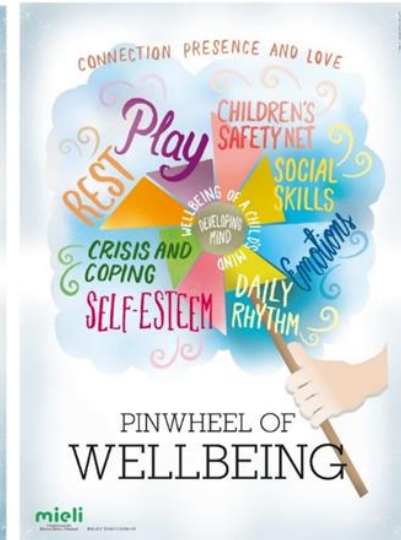
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Posters



CHILDREN'S SAFETY NET

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PINWHEEL OF WELLBEING

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<https://mieli.fi/en/kirjat/childs-mind-mental-health-promotion-early-childhood-education-and-child-health-clinics>

Yoga animation for small children

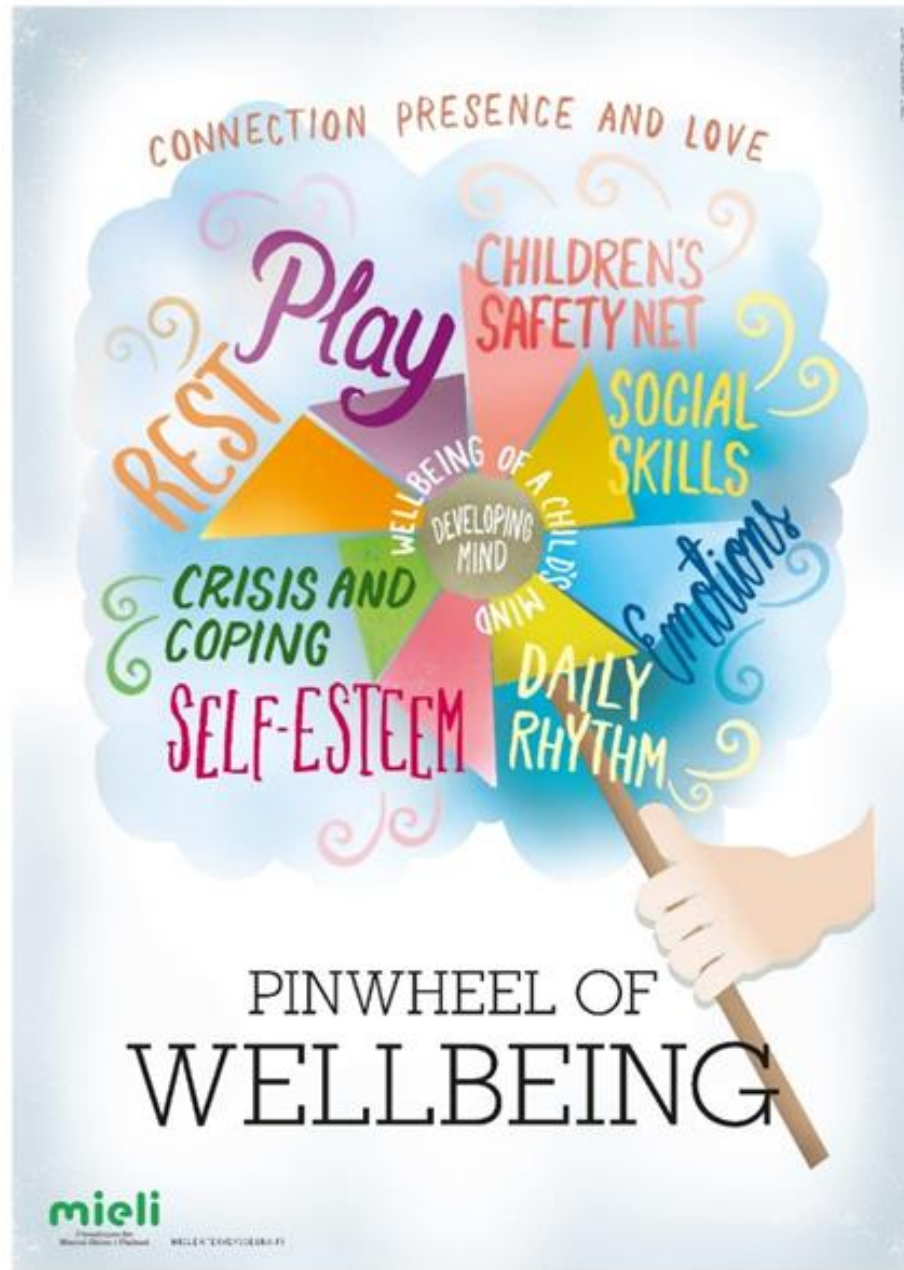


<https://www.youtube.com/watch?v=DmIRTKw-slk>

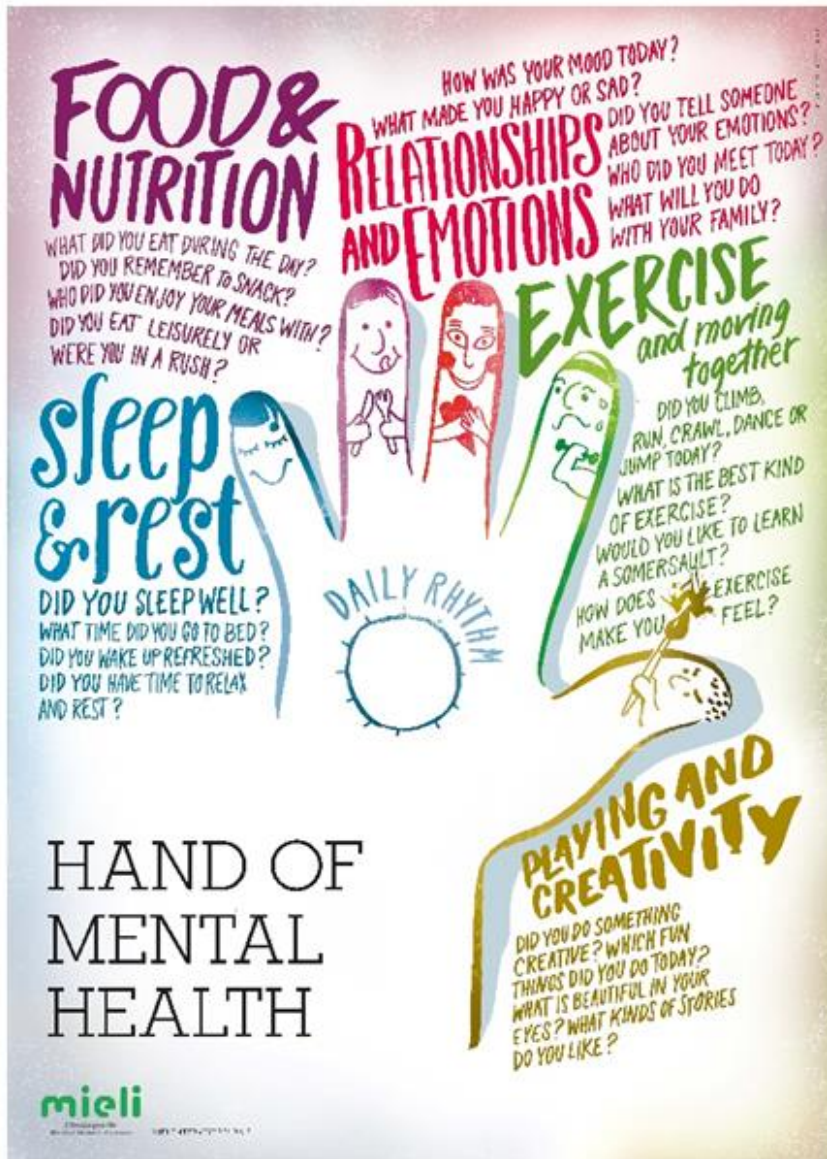
Love, presence and connection



Pinwheel of Wellbeing



Hand of Mental Health



”I am good at eating and sleeping.”

How does your own "Hand of Mental Wellbeing" look today?

Things you can control yourself

HAND OF MENTAL WELLBEING

FOOD AND EATING HABITS

- What did you eat during the day?
- Did you enjoy a healthy snack every now and then?
- Who did you share your mealtimes with?
- Were you able to enjoy your meals at leisure or did you have to hurry?

SLEEP AND REST

- What time did you go to bed?
- Did you get enough sleep?
- Did you sleep well?
- Did you wake up feeling fresh and rested?
- Were you able to take it easy during the day?
- Did you have enough time to relax and rest?

PERSONAL RELATIONSHIPS AND EMOTIONS

- Who did you meet today?
- What activities did you do with your family?
- How did you feel during the day?
- Did you share those feelings with someone?
- Did you have time to listen to a friend?
- What made you happy or sad?

EXERCISE AND SHARED ACTIVITIES

- What type of activities did you do during the day?
- Did you have somebody join you?
- What type of exercise do you like best?
- How does exercise make you feel?

HOBBIES AND CREATIVITY

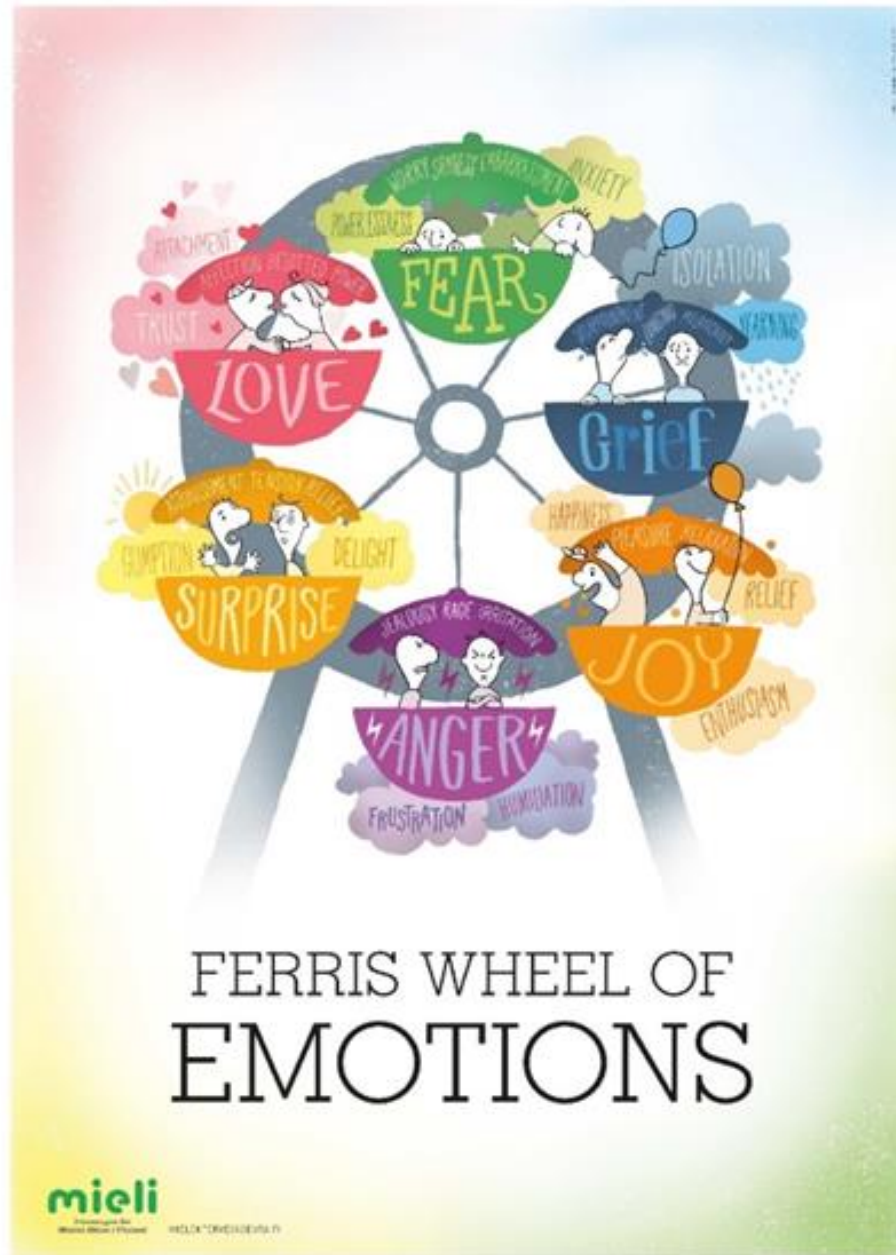
- What kind of fun things did you do?
- Did you do something creative?
- What kind of hobbies make you feel great?
- What do you find beautiful?
- How long did you spend watching TV or using the computer?
- Did you have somebody join you in these activities?

PERSONAL VALUES AND DAILY CHOICES IN VARIOUS SITUATIONS

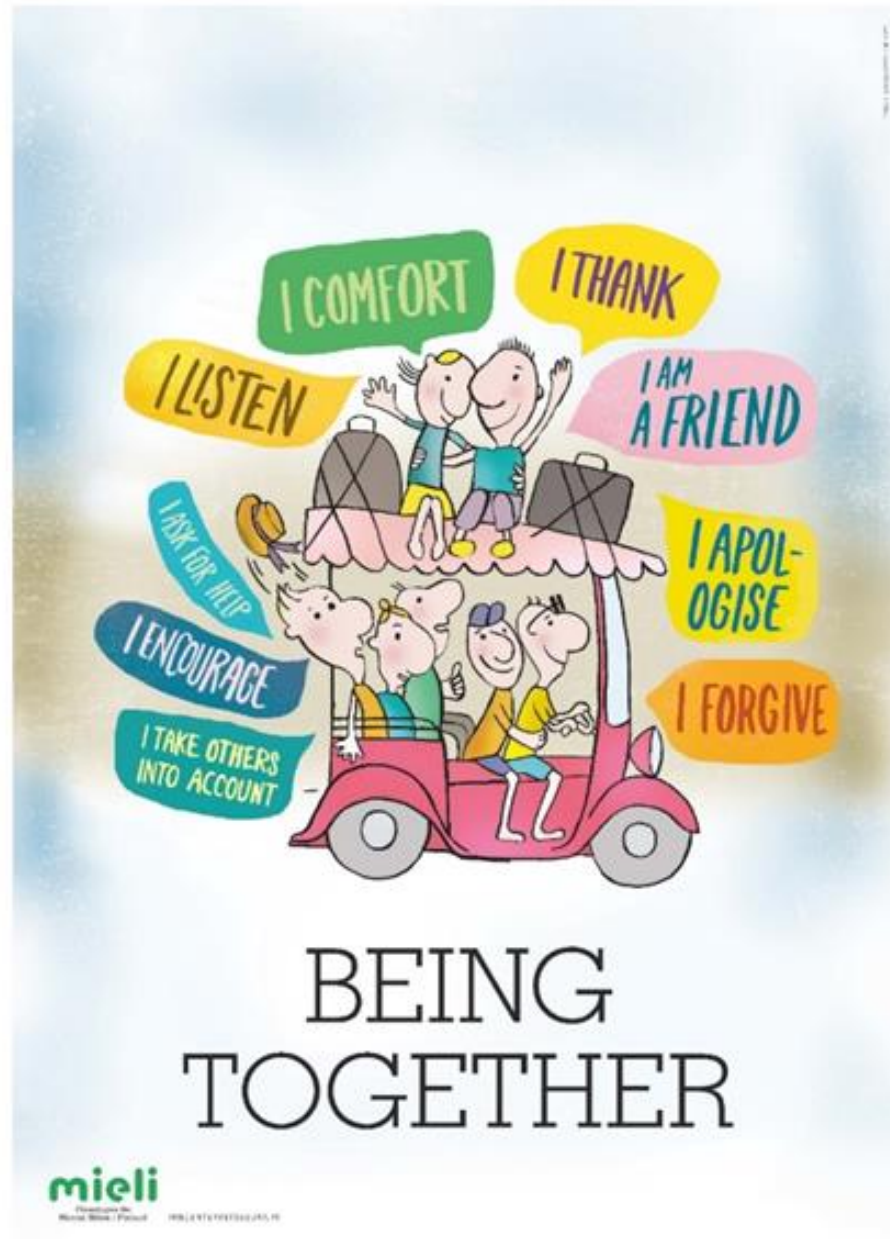
- What kind of choices did you make that made you feel good?
- What do you value and consider important in your own life?



Ferris Wheel of Emotions



Being Together

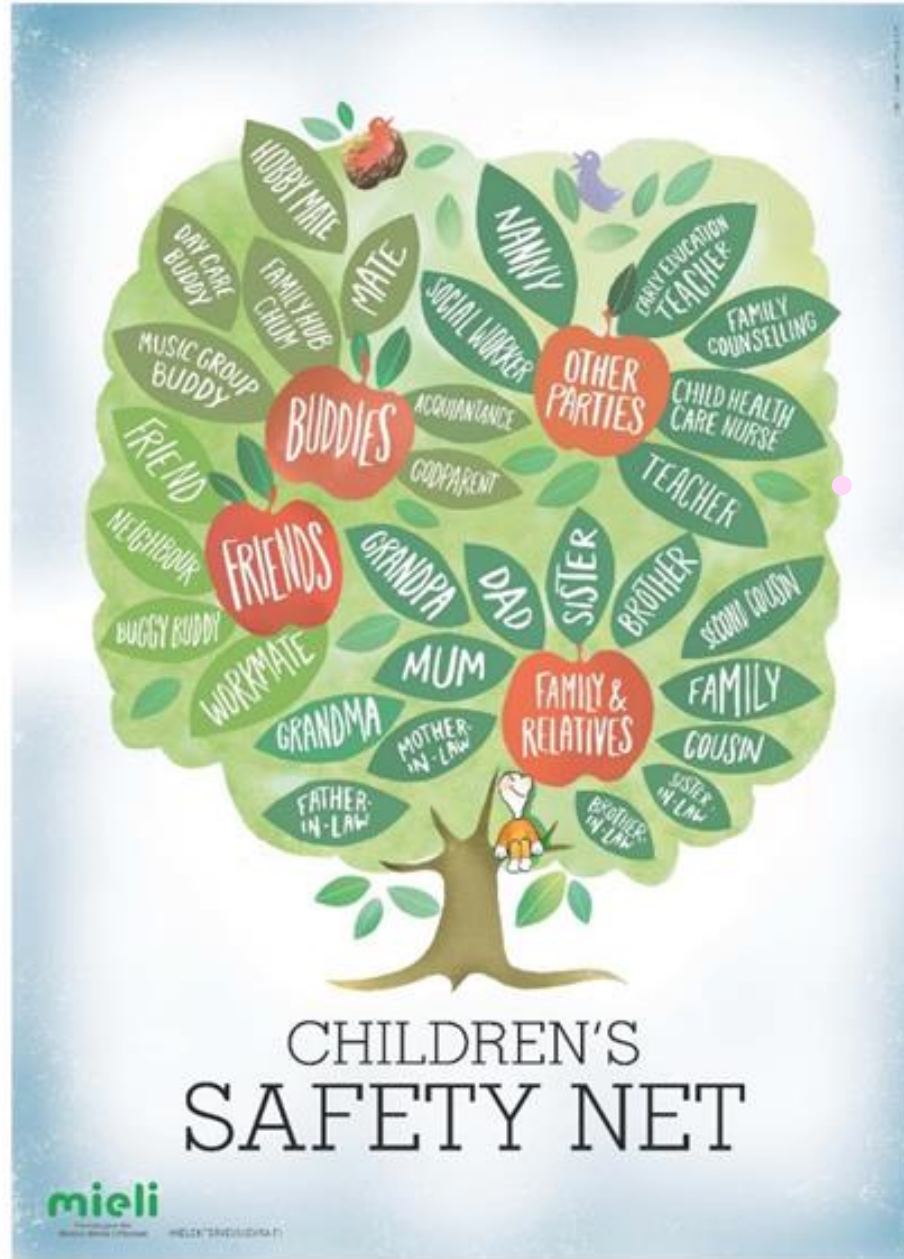


Dealing with Worries



DEALING WITH WORRIES

Children`s Safety Net



How many leaves or apples you play in this tree?

What is your story like?

1.

Tii arrives into Finland



It is so quiet

Let's play with the snow



2.

New things are wonderful

3.

Little by little things start to annoy



Even our food is better

4.



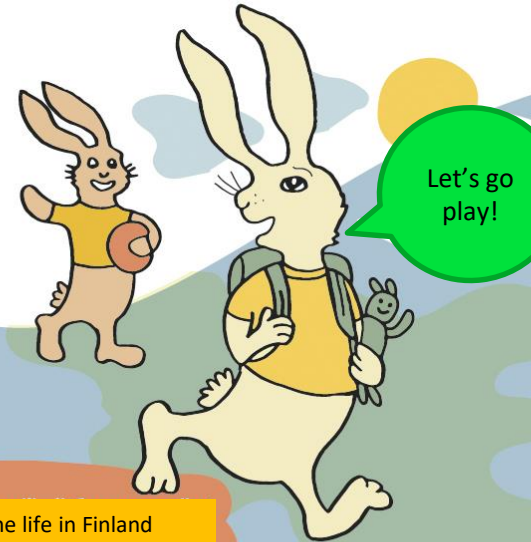
5.

Sorrow goes away with time and with comfort



6.

In time life in Finland starts to feel good



Let's go play!

”Daily routines, like eating together promotes mental health.”



”I am good at jumping up and down!”

We need politics to support mental health promotion

1. National Plan for Early Childhood Education 2017
“Socioemotional skills and mental well-being”
2. National Core Curricula for Basic Education 2016: “Mental health skills”.
3. The Student Welfare Law 2016 “emphasizes promotion”
4. National Youth Work and Youth Policy 2017 “Mental health skills and mental health promotion”

”Wellbeing of adults means wellbeing to children.”

Give me closeness and hugs!

Tell me that I am enough just the way I am.

Let me try and let me make mistakes!

Encourage me!

Do things with me!

Show empathy when I feel sad!

Tell me that I am important to you!

Give me time!

Ask me how I am!

Have fun and laugh with me!



Mental health support for work life

- At the moment we are also developing mental health training and material for work life
- Training includes four modules:
 - A. The foundation of mental health in work environments and basic information of mental disorders
 - B. Emotions and communication
 - C. Change and crises
 - D. Strengthening working capacity
- Basically any organization that wants this course, can pick one to five of these modules

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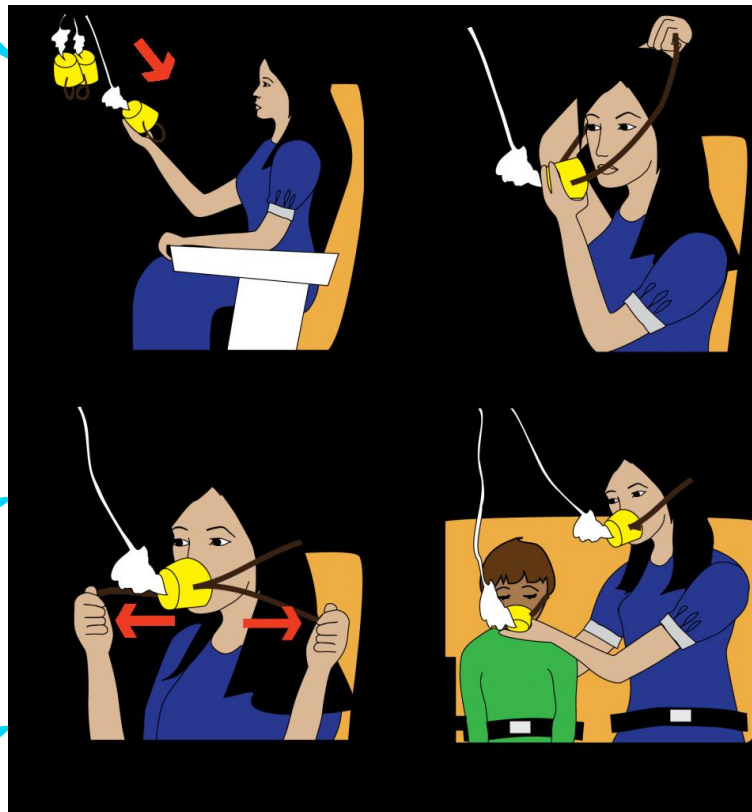
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Tell me that I am important to you!

Give me time!

Ask me how I am!

Have fun and laugh with me!



Never too late and never too young!



Let's promote mental health together!



Susanna Kosonen
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Mental Health Promotion of Children and Young People

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Venny Soldan-Brofeldt, Boys on a Skerry (from Porkkala), 1898, 26,5x53cm