



2 Day Training on Youth Homelessness & Mental Health

Thursday 6th May 2021 – 10.00 -12.30

Friday 7th May 2021 – 10.00 – 12.00

[Register Here](#)

Background

Young people experiencing, or at risk of homelessness, generally present to homeless services with multiple and complex needs, including mental health problems. Homelessness is a stressful experience which both causes and exacerbates poor mental health, stress and anxiety which impacts on the confidence, self-esteem and overall wellbeing of young people. It can be a challenge for homeless service to offer holistic approaches to support improved mental wellness, while meeting other needs. This two-part training will identify key needs of young people experiencing homelessness and practices for services to better support the mental health of young people.

Objectives:

This training aims to:

- Identify and map some of the common mental health needs of young people experiencing homelessness
- Share existing practices across FEANTSA's network which support the mental health of young people
- Provide a space for services to share some of the challenges and obstacles they face
- Offer an opportunity for participants to share their experiences and services and co-create solutions for problems identified

Structure

This training is broken into two mornings. The full agenda is detailed below. The first day focuses more on psychotherapy and similar interventions for young people to address their mental health and respond to traumas. The second day is intended to focus on how services can build confidence and improve self-esteem & wellbeing.



Draft Programme

Day 1: Thursday 6th May 2021

Timing	Session	Description	Speaker
10.00	Introduction	Brief check in with participants and overview of the training	Robbie Stakelum
10.05	Keynote Address	Mapping of mental health needs of young people experiencing, or at risk of, homelessness.	Dr. Adam Burley
10.30	Q&A	Participants have the opportunity for Question and Answers with Dr. Adam Burley	Dalma Fabian
10.40	Presentation of Practices	PIE & Youth Homelessness	Robert Cade, Center Point, UK
		Mental Health Outreach	Charlotte Lenoir, France
		Houvast, strengths-based practice	Holly Haylock, The Netherlands
11.25	Coffee Break		
11.40	Breakout Sessions	<p>Participants will be broken into breakout groups to discuss challenges they face and to co-share solutions for supporting the mental health of youth experiencing homelessness.</p> <p>Challenges:</p> <ul style="list-style-type: none"> - What are the major needs you see in the young people you work with? - How do youth access mental services in your service or other services you partner with? - What are the common barriers young people face? <p>Solutions:</p> <ul style="list-style-type: none"> - Do you have practices that address some of the challenges already flagged? 	Robbie Stakelum & Dalma Fabian
12.15	Closing Plenary	<p>Sharing of reflections from Day 1 of the training</p> <p>Feedback on Day 1 of the training</p>	Robbie Stakelum & Dalma Fabian
12.30	End		



FEANTSA

Day 2: Friday 7th May 2021

Timing	Session	Description	Speaker
10.00	Check in for Day 2	Check in with participants and recap of key topics and discussions from Day 1	Robbie Stakelum
10.10	Presentation of Practices	Art Therapy, Peer Mentoring & Wellness Groups	Emma Wilkinson, Rock Trust, Scotland
		Empowering youth at risk of homelessness through sailing activities	SeaTribe, Y-Foundation, Finland
		Improving self-esteem, confidence and well being of youth through group activities.	Weekend Retreats, Nadeje, Czech Republic.
10.55	Coffee Break		
11.10	Breakout Session	<p>Participants will be divided into breakout groups with the following guiding questions.</p> <ul style="list-style-type: none"> - Do you work on wellbeing/self-esteem in your services? - In your experience what works? - What would work in your service/context? - Are there other ways we can engage with youth? - What challenges and barriers could you face? 	Robbie Stakelum & Dalma Fabian
11.50	Closing Plenary	<p>This closing plenary will share some reflections from the breakout group.</p> <p>Participants will be asked to share some of their key challenges and what supports, or resources would help improve their mental health supports.</p> <p>Final feedback on training</p>	
12.15	End		