

# CONNECT

**Inclusive open schooling  
with engaging and  
future-oriented science**

## BEST PRACTICE

Description for the website:

Title: "Open Schooling for mental health promotion"

This best practice exemplifies an Open Schooling program focused on promoting a Healthy Mind, which was developed by Caterina Albert High School. This project was collaboratively developed by Glòria Rodríguez with baccaureate students.

Taking care of young people's mental health is a necessity. Schools are a fundamental part of their lives, so we could promote their emotional well-being. This year, we have implemented Healthy Minds, an Open Schooling project within the framework of the European project CONNECT, which aims to promote the mental health of students through a participatory research process. Another objective is to raise awareness that science and the scientific method can be useful in solving the challenges we face as a society and to abandon the idea "I'm not into science" that we often hear in the classrooms.

At the Caterina Albert High School in Barcelona, we have implemented Healthy Minds with a group of first-year baccaureate students in the context of the subject of Scientific Challenges. During 2 sessions, we have conducted an analysis of the group members' needs regarding mental health and prioritized them through a consultation process. We have designed and implemented an action plan based on various activities that address the prioritized needs, and we have evaluated the process and the learnings acquired regarding mental health and everything related to participatory research methodology. During the process, we had planned to involve families, but motivating them to participate has been a challenging task.

The results of implementing Healthy Minds in our school are still in a very early phase, although they reflect an increased awareness among students about the importance of promoting mental health. They have begun to integrate participatory research as a process to solve problems that affect them in collaboration with other stakeholders, and they have designed an action plan for the promotion of mental health. The activities that have been carried out are few, and we will evaluate how to implement it further in the coming school year by involving more stakeholders and incorporating it into the Educational Project of the school.

**Select the most representative photo of your practice (it will be public and published under an open license to represent the practice).**

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ABOUT THE CONNECT INSTITUTION that supported the school	
ORGANIZATION	IRSI (SENTINEL SCHOOLS)
COUNTRY	SPAIN
Name of the contact person	LAIA VIVES
Period of implementation	Start date: 15/ 03/22 Final date: 5/ 06/22
ABOUT THE TEACHERS INTERVIEWED	
EDUCATIONAL CENTER	INS Caterina Albert
TEACHERS (name and surname) (for certificates of inspiring practices)	Glòria Rodríguez
GENRE	
AREA (Science, Physics, Chemistry, Biology, ...)	Biology, tutoring sessions
How many sessions have you implemented the CONNECT Education resource for?	10
Title of the educational resource used	Healthy Minds
Curriculum vitae	
ABOUT TEACHERS' STUDENTS	
Course	1 <sup>st</sup> Bacallaureate
Age	16-17
Total number of participating students	13
Total number of students who have completed the activities	13
SCIENTISTS INVOLVED:	
Name	Laia Vives and Rosina Malagrida
Field	Participatory Research, Mental Health

## QUESTIONNAIRE

**01. How did you use the participatory research resources provided by the Living Lab for Health? Were they clear and understandable? Did you modify them to suit your class/subject/curriculum group? If so, can you briefly describe what you did in the modified sessions?**

We used the guide to develop the action plan. Most of the proposals were well understood, and we resolved some doubts directly with the Living Lab, and they also supported us in adapting it to our needs.

**Student activities with scientists:**

**Student activities with families:**

The students shared the research process carried out in the classroom with their families and involved them in the decisions made.





**02. Did the students use the resources provided in the Student Guide? Do you have a final product of the implementation (or can you describe it) of participatory research?**

The students completed the activities from the guide with modifications. However, they designed the activities in the action plan themselves.

**Do you have any examples of what students have prepared?**

The three activities they designed were:

- Description of emotions in a descriptive text.
- Design of a Kahoot on drugs and mental health.
- Dynamics on self-knowledge.

**Image? Poster? Video clip?**

**(Add an image if possible)**





# Open Schooling for Mental Health Promotion

Rodríguez, Glòria; Abdul, K; Badiella, B; Escamilla, J; LLabina, G; Sala, B; Sánchez, I; Samid, L; Vasiliki, V.



## Introduction

Due to the pandemic, the mental health of adolescents has been affected. For this reason, following the guideline provided by the program "Healthy Minds", a group of young people has participated in the **promotion of mental health through participatory research**. Becoming the actors themselves can not only help improve their perception but also raise awareness that science and the **scientific method can be useful in addressing the challenges** we face as a society.

At the Caterina Albert High School, a group of students has actively engaged in analyzing the risk and protective factors that we deem crucial for mental health, adhering to the principles of the scientific method. This analysis has led to the formulation of a series of hypotheses, indicating that the **design and implementation of mental health promotion initiatives** can significantly influence the perception of mental well-being among young individuals. The activities devised have been carefully tailored to suit the specific requirements of our institute and the needs that have been identified.

## Objectives

The overall objective is to raise awareness among young people about the stigma surrounding mental health issues.

The specific objectives are as follows:

- Empower young people to **speak openly and freely about mental health**.
- Enhance the **knowledge** of young people regarding **mental health**.
- Develop **competencies** that enable students to **engage in participatory research processes**.

## Methodology

**Research on mental health and pooling of risk and protection factors.**

Consultation of bibliographic sources, cooperative work, participatory research, scientific methodology and classroom debate.



**Design and implementation of an action plan.**

Cooperative work, scientific methodology, data collection.

**Analysis of the results.**

Scientific methodology.

The participants conducted an **inquiry into mental health** in Catalonia, with a particular focus on its impact on adolescents. After deepening our knowledge of mental health, we **analyzed the risk and protective factors** to determine the ones we considered most significant to address within our high school. Ultimately, we **developed a set of activities** to be implemented during 4th-year ESO tutoring and Spanish language classes in which a total of 60 students participated.

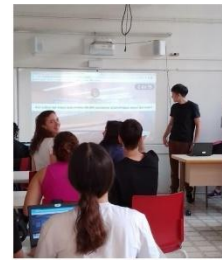


## Results

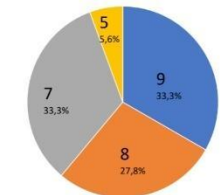
The three activities they designed were:

- Description of emotions in a descriptive text.
- Design of a Kahoot on drugs and mental health.
- Dynamics on self-knowledge.

Upon completion of the activities, the participating students were invited to complete a survey. The purpose of the survey was to **assess whether the activities had been well-designed**, if they had been beneficial to the students, and if they had prompted reflection on mental health. The survey results indicated that the majority of students rated the activity between 7, 8, and 9 on a scale. These results confirm the significance of addressing mental health and the positive impact it has on the perception of mental well-being among adolescents.



Activity assessment  
The students rated the activity from 1 to 10



## Conclusions

The results of implementing "Healthy Minds" in our educational center reflect an increased awareness among students regarding the importance of mental health promotion. Furthermore, the involvement of students in designing and leading the activities has been crucial for successfully addressing this project. The implementation of "Healthy Minds" has provided an opportunity to raise awareness about mental health and foster the development of skills that contribute to mental health promotion. It would be valuable to consider involving families in future editions to engage various stakeholders and analyze the significance of their involvement in greater depth.

## Bibliography

- Living Lab for Health at IrsiCaixa, Escoles Sentinella & "la Caixa" Foundation. CONNECT "Healthy Minds" Teaching Guide, 2022. <https://connect.eu.exus.co.uk/2023/06/29/healthy-minds/>
- Obertament. Per la salut mental dona la cara. Projecte 'What's up!' Com vas de salut mental?, 2023. <https://obertament.org/ca/educacio/projecte-what-s-up?d=1687796620589>
- Organització Mundial de la Salut. Salud mental: fortalecer nuestra respuesta, 2023. <https://www.who.int/es/news-room/fact-sheets/detail/mental-health-strengthening-our-response>







### 03. Do you think participatory research is a process that responds to your needs as a teacher?

Yes. The results of implementing "Healthy Minds" in our educational center reflect an increased awareness among students regarding the importance of mental health promotion. Furthermore, the involvement of students in designing and leading the activities has been crucial for successfully addressing this project. The implementation of "Healthy Minds" has provided an opportunity to raise awareness about mental health and foster the development of skills that contribute to mental health promotion. It would be valuable to consider involving families in future editions to engage various stakeholders and analyze the significance of their involvement in greater depth. Since the methodology used in the synthesis module is based on project work, collaborative research is essential as the initial phase of any plan or action to be generated.

Needs related to the school curriculum:

Student engagement and participation:

Students' interest and confidence in science:

### 04. Were the resources easy to use?

Yes, but the guide could be clearer and more understandable.

Do you have any specific issues related to materials, procedures, resume pressure:

*Click to enter text*











### 05. Do you think participatory research was beneficial for students?

Upon completion of the activities, the participating students were invited to complete a survey. The purpose of the survey was to assess whether the activities had been well-designed, if they had been beneficial to the students, and if they had prompted reflection on mental health. The survey results indicated that most students rated the activity between 7, 8, and 9 on a scale. These results confirm the significance of addressing mental health and the positive impact it has on the perception of mental well-being among adolescents.

It describes student achievements during participatory research related to:

KNOWLEDGE	 What is mental health and how to promote it.
SKILLS	 Identifying risk and protective factors for mental health.  Designing and implementing activities with peers.  Team work.
ATTITUDES	 Awareness for mental health.  Proactivity in addressing their own needs.

### 06. What were the challenges for students to put participatory research into practice?

There were many sessions and that made it a bit difficult to follow-up.

Main challenges for students (select all necessary):

- Difficult...
- Long...
- Bored...
- Other (please specify): ...

### 07. What activities were best suited to the curriculum? Do you think there were obvious ties to the curriculum currently set by the Department of Education?

What helped students achieve learning goals:

...





**08. What activities did not fit well with the curriculum?**

Write anything that can be done differently or avoided:

...

