



NEWSLETTER #1

According to the latest research of the World Health Organization (WHO), **five of the ten most worrying pathologies of the 21st century concern psychiatry.**

« Parlons Psy, une réflexion citoyenne sur la santé mentale » (Talk psychiatrist, a citizen's reflection on mental health), a paper conducted in 2019 by the Fondation France and the Institut Montaigne, indicates that in France about 2 millions people live with serious and long-lasting mental health disturbances; yet, **these diseases are still poorly known, hidden and poorly treated.**¹ In response to this, the European Union take measures to foster equity and inclusion actions to those living under varying situations leading to discrimination, precarity, and mental health instability.

Psych Up : A project aimed to better support learners suffering from psychological disturbances in their training and learning path

Launched in October 2018, Psych Up is co-funded by the European commission. This project target primarily the professionals in the fields of vocational education, training and social integration, who are continuously accompanying learners with diverse profiles.

These professionals are receiving more and more public suffering from psychological disturbances. This situation leads to changes and innovation in their professional practices : their methods and positions must be adapted to better cope this new reality on the ground. However, not all of these professionals are trained to deal with these particular public. They **are lacking of experiences and knowledge** in the field of psychiatry and psychological disturbances.

In order to advance this issue, the project pursues :

- Contribute to the recognition and professionalisation of those working within vocational education and training organisations that play a role in supporting people with psychological disturbances.
- Promote the exchange of existing knowledge and good practice regarding the mentoring and support of learners suffering from psychological disturbances.

What are the tasks, competences for the psych up referent?

This was the main question asked in the first year of the project. In order to provide a better support to learners within the vocational education and training centers, workers organize themselves to take up a complementary function, that of Psychological disturbances referent (« Psych Up Referent »). This mission is carried out by workers with various profiles : trainers, social worker, pedagogical coordinators, psychosocial support worker, **The construction and definition of a functional profile of the psychological referent describing its key activities, competences and knowledge** was the first object of work of partners

¹ https://www.fondationdefrance.org/sites/default/files/atoms/files/parlonspsy_v8_planche_0.pdf



The aim of this first stage was to mobilise experts on the subject (education and training professionals, health professionals, medico-social workers) to identify the **major difficulties encountered** in hands-on experience. These exchanges allowed to identify **the needs and ways to improve** the support provided to the people concerned by the project.

In total, more than **200 people** were brought together for the activities carried out in the **6 countries involved in the project** and **around 100** people participated in the work activities leading to the construction of the function profil of the **Psych Up Referent**. This first production was developed collecting information via :

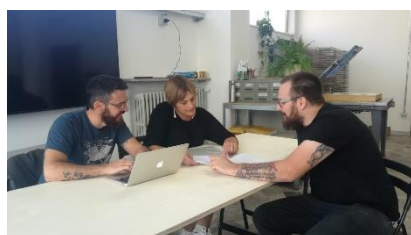
- One online **survey**
- **Observation visits** to education and training centers
- **Individual interviews** with education and training professionals
- **Focus group** gathering experts in the support of the targeted public
- **Summary report** of all the activities conducted in all partner countries

Solid partnership

The consortium gathers 7 organisations revolving around the issues of the project, sharing their diverse expertise :

- Institut National de Formation et de Recherche (INFREP), France : Project coordinator <https://www.infrep.org/>
- Acteur d'Insertion et Partenaire d'Entreprises (ADIS), France <https://www.adis-services.com/>
- Actions Intégrées de Développement (AID), Belgium <https://www.aid-com.be/>
- Associazione Formazione Professionale del Patronato San Vincenzo (AFP), Italy <https://www.afppatronatosv.org/>
- Fundacion Instituto de Investigación Marques de Valdecilla (IDIVAL), Spain <https://idival.org/es/>
- Institute of Psychological Development (IPSA), Greece <http://ipsa.gr/>
- National Association of Professionals working with disabled people (NARHU), Bulgaria <http://www.narhu.org/>

Reflection on the training of the Psych Up referent



Adriana asks us if we are aware of any course for teachers to acquire new skills and deal with the problems of managing the class group. I explained the PSYCH UP project in detail and it seems very interested to stay up to date if specific training was activated.

Extract from the minutes of one interview held in Italy

The first year of the project has come to an end, as well as the production of the function profil for the Psych Up referent. The focus of the second year will be the **design of a training framework** for the Psych Up referent. What does the referent need to learn to be effective in employment ? This is the analysis that the consortium is currently conducting to develop this training framework. Based on the function profil, AID the belgium partner has elaborated a first proposal, which will be discussed at focus group organised in each country involved in the project and will bring together stakeholders from the education, training and mental health sectors.