



# Project Presentation



# BUILDING SOCIAL AND EMOTIONAL SKILLS TO BOOST MENTAL HEALTH RESILIENCE IN CHILDREN AND YOUNG PEOPLE IN EUROPE



BOOST is the result of a cooperative effort between different stakeholders in the field of health and education research, dissemination, educational sector and policy making. Through the development of an innovative approach, it aims to promote mental health and well-being in children and young people in primary schools in Europe.

Mental well-being is integral to population health and well-being. Not ensuring mental well-being can place a great burden on individuals and society. Therefore, it is important to promote prevention interventions that create resilience with long-lasting effects.

## General objective:

BOOST aims to create an innovative approach in order to strengthen social and emotional skills among children and young people in school, and thus promote mental health and well-being.

## Background:

Many school-based Social and Emotional Learning (SEL) programs have proven effective in increasing social well-being and academic achievement in children and have positive long-term effects, such as increased success in the labour market and in life in general.

However, a number of shortcomings have been identified:

- SEL activities are usually implemented by outside experts and not integrated into general teaching activities
- Teachers perceive SEL as time-consuming and often do not engage in this kind of interventions

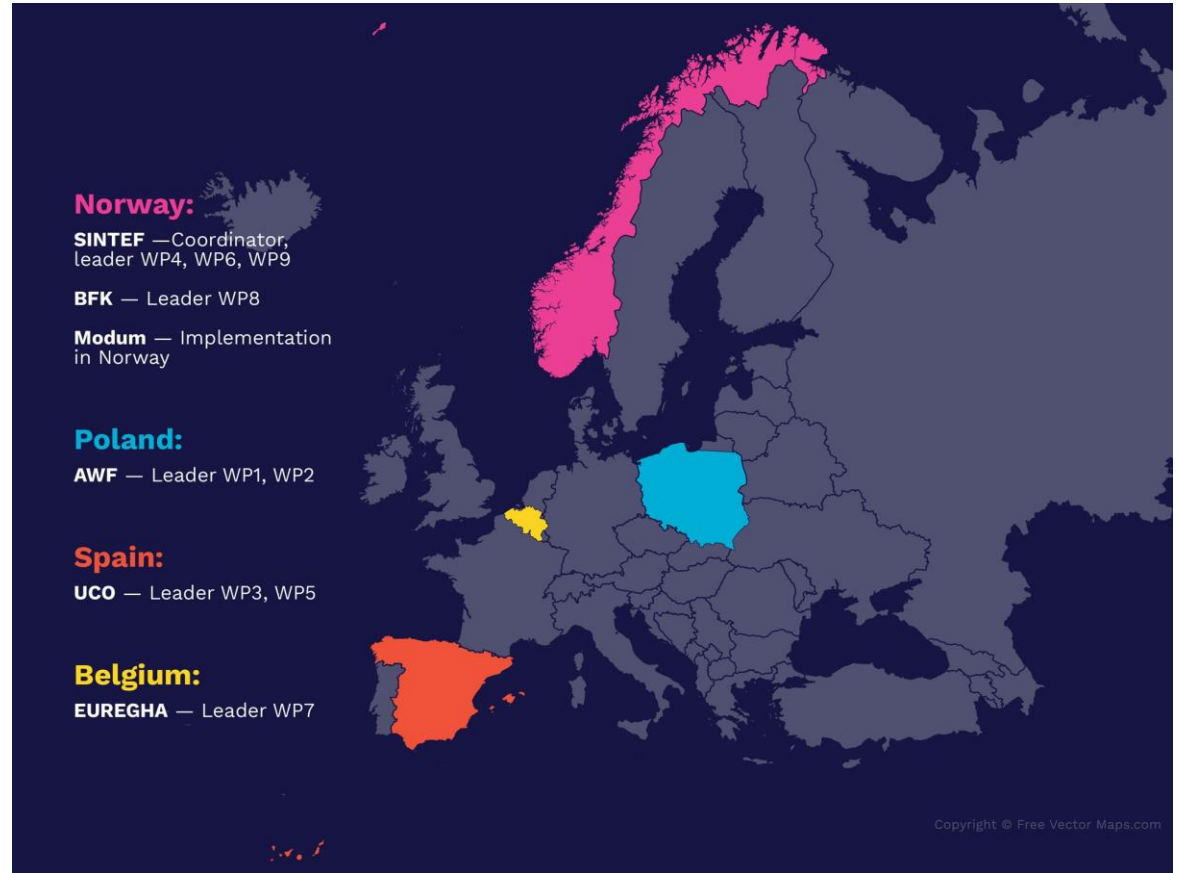


# BOOST Consortium

•The BOOST consortium brings together:

- 1 County Municipality
- 1 Municipality
- 2 Universities
- 1 Research Organisation
- 1 European Regional and Local Health Authorities Network

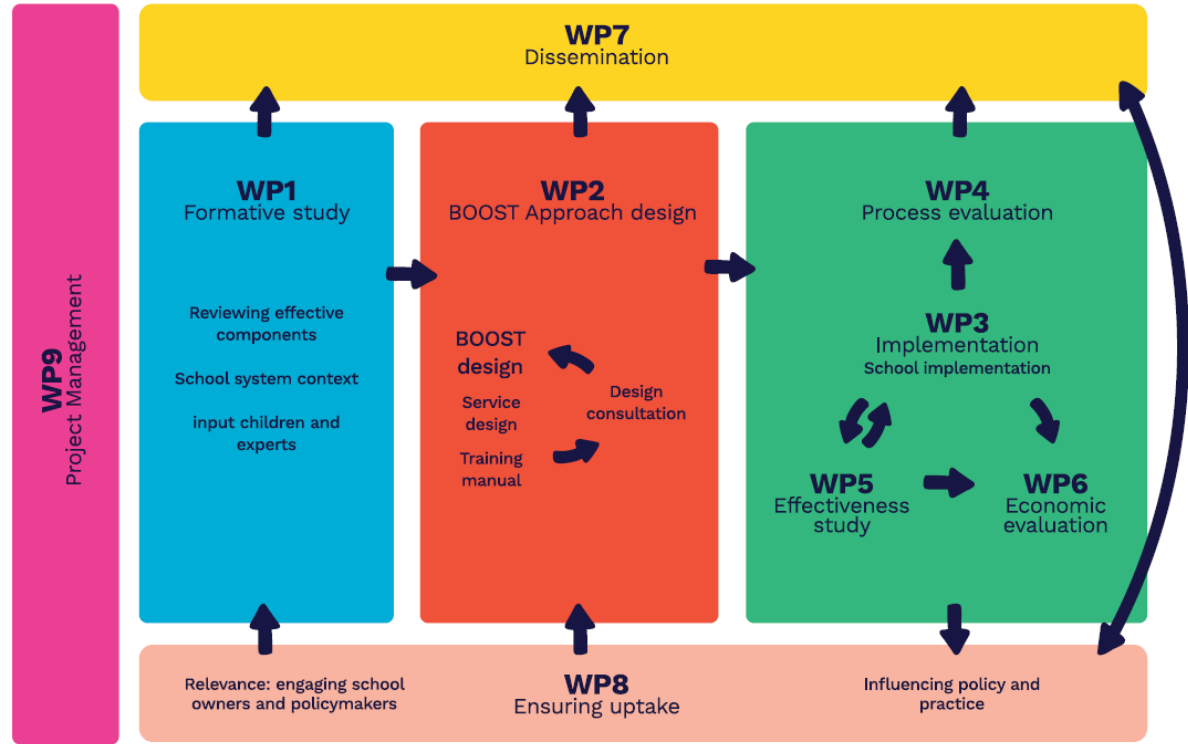
•The consortium partners have complementary expertise and represent the whole chain necessary for acquiring, spreading, ensuring uptake and using new knowledge.



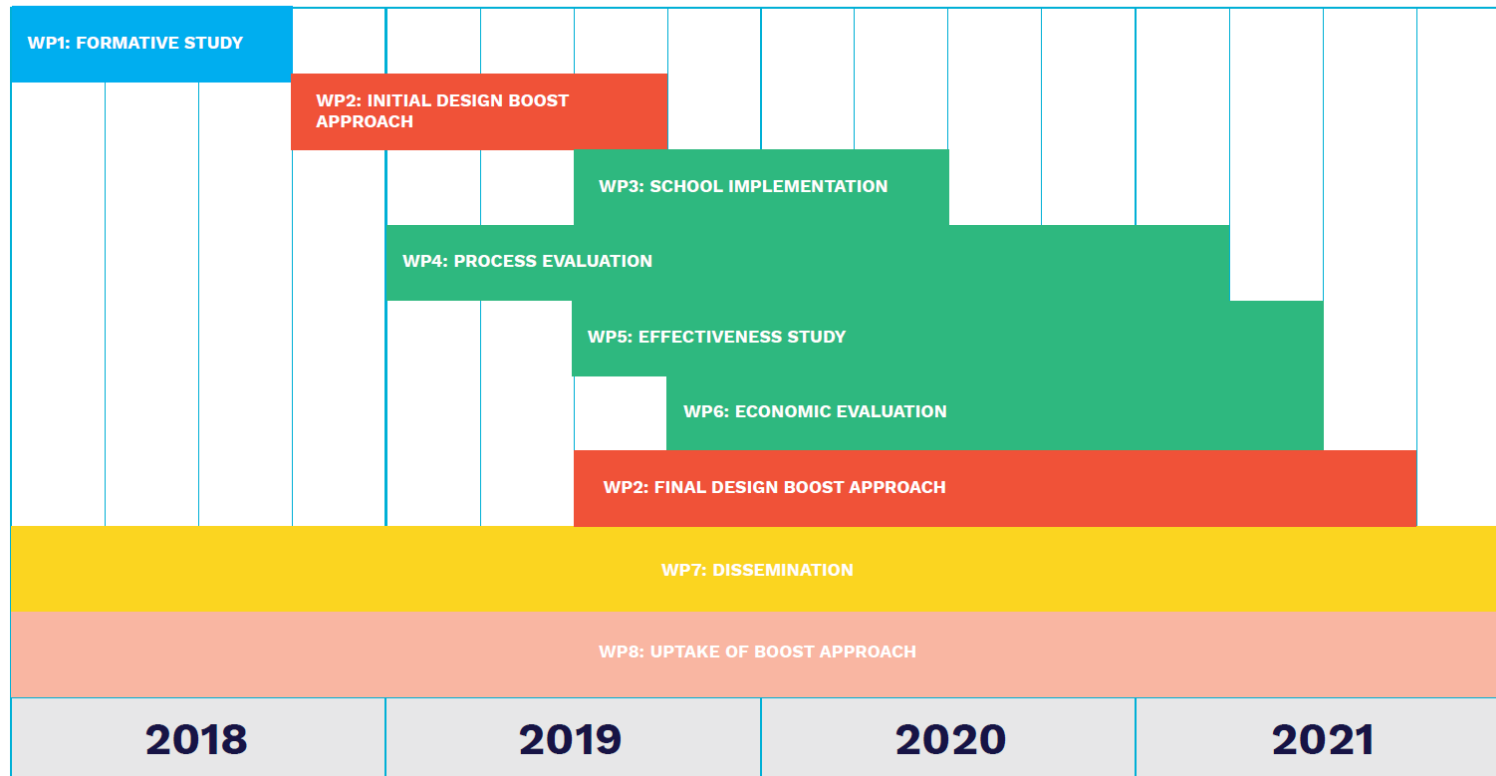
# Work and Methodology

The BOOST project will develop, implement, and test a new school-based population approach for social and emotional learning, which will involve teachers' skills development, organisational development, and classroom implementation.

The approach will be tested in mainstream school environments by regular class teachers in three diverse European contexts in Norway, Spain and Poland.

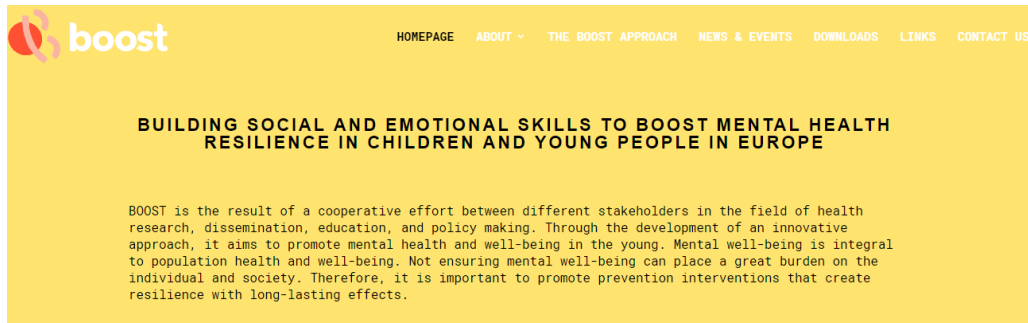


# BOOST Timeframe



The project, launched in January 2018, has a duration of 4 years and is financed by the HORIZON 2020 programme

# Communication activities



Following

The first #H2020 BOOST newsletter will be out **SOON!**

Subscribe here [boostproject.eu](https://boostproject.eu) and do not miss it!

You will receive info on:

- ✓ kick-off meeting
- ✓ dissemination events
- ✓ interview to the project coordinators
- .... and much more! 😊

#MentalHealthMatters

Newsletter  Subscribe at [www.boostproject.eu](http://www.boostproject.eu)

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Twitter: [@BOOST\\_MHealth](https://twitter.com/BOOST_MHealth)



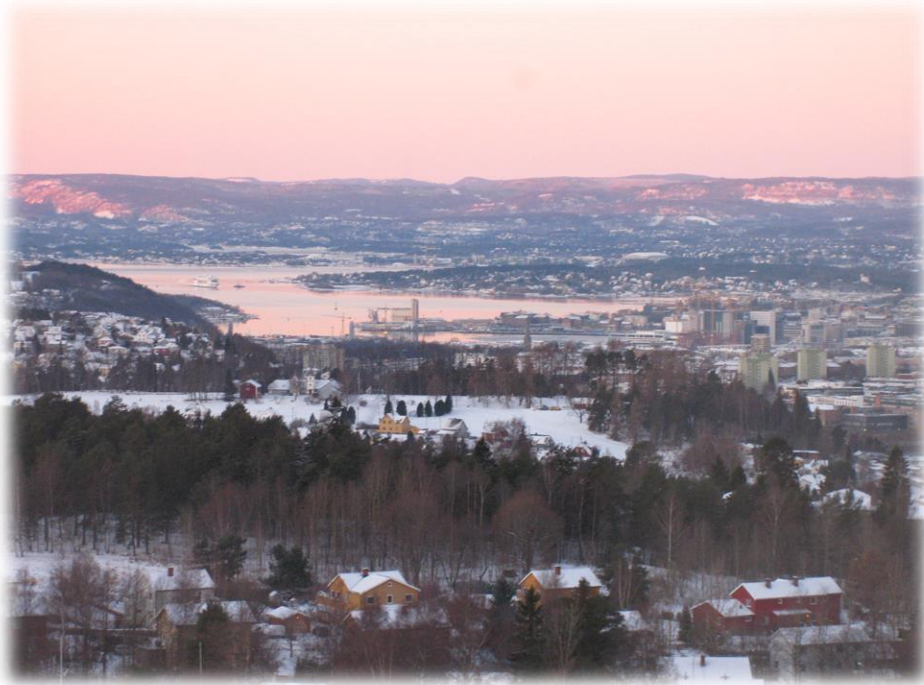
Linkedin: [BOOST project](https://www.linkedin.com/company/boost-project)



Website: [www.boostproject.eu](http://www.boostproject.eu)



## Upcoming events



- Project meeting
- Oslo, Norway
- 24-26 September 2018





# The BOOST Team



# Contacts



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The background features a vibrant, abstract design. A large, light orange circle is the central focus, partially overlapping a bright green area. A thick, curved pink band sweeps across the scene, adding a sense of movement and depth. The overall aesthetic is modern and energetic.

**boost**

Thank you for your attention