

EVALUATION

Mental Health in Youth Work

This is the summary of the participants' evaluation of DBYN's training course 'Mental Health in Youth Work'. This training course took place 01-07/04/2023 at Savio House Retreat Centre in Bollington, United Kingdom. This summary evaluation is the unedited form (with the exception of a spelling check), providing the original feedback of the participants.

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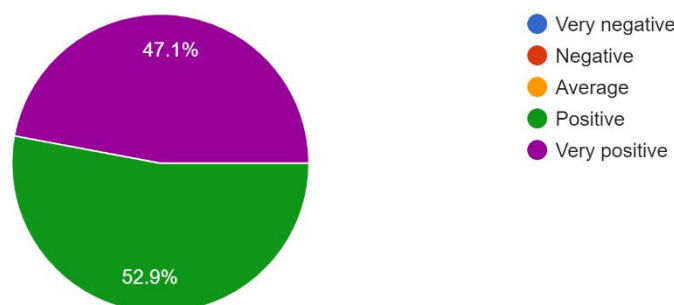
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Evaluation of the participants

1. Experience of the study session

Overall, my experience of this training was:

17 responses



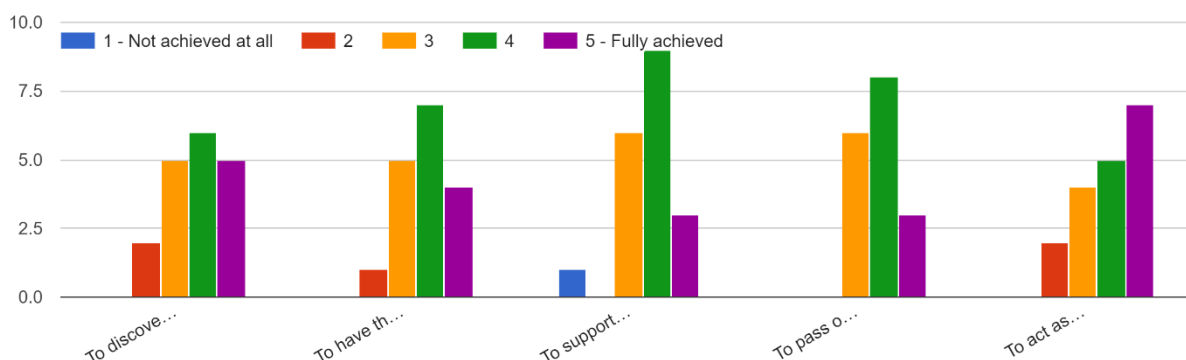
Please comment

- Not so happy about the university class from Malta.
- Great group, lovely location and good food.
- Because it has helped me to reflect about the big field that surrounds mental health and learned much info about the influence of the media, how to safeguard and useful activities.
- Because in addition to training and providing useful information, this course has generated an active and experiential involvement in the participants.
- I learned a lot from this experience personally and to share.
- The people, content and atmosphere.
- The whole course provided a lot of information and conversation education really helped me to understand more, having discussions and going into small groups.
- As I was able to learn a lot more about mental health and how it can affect young people, but we are able to look at ways in which we can support children and young people with their mental health, and also social media. But also always we are able to generally implement good practices. I was also able to meet so many incredible people, and learn so much from them.
- Because it was a new experience for me and I had a very good time both with the group and with the surrounding environment.
- All people are openminded, reflected and respectful. The community grew amazingly together which created a welcoming environment.
- Because it has helped me to improve my English, meet amazing people and learn about mental health and youth work. I didn't know much, and I learned enough to take it to the youth centre.
- The people are so nice and the ambient was so safe.
- The atmosphere was really great, also the majority of the activities. Sometimes the time schedule was a bit chaotic. Sometimes the activities repeated.
- Because it is always nice to meet new people (from other countries) +learning about how their organisations work. I also really liked the subject of this training course!
- Because I spent time with young people, which are interested in mental health. Also the atmosphere was very friendly and open. We can share our own experience.

- The course content was diverse and helped me learn, reflect and, practice and connect activities to mental health in youth work in engaging and creative ways. It was really clear how I could apply the sessions in my organisation to help young people develop.
- I learned a lot about different problems in youth work and what we can do to prevent these and also what to do when it actually happens. I feel like I am going back with more knowledge regarding mental health in youth work that is easy enough to share it with others volunteer. I am not only going back with knowledge but also practical tools. I am grateful that I had the chance to meet all these wonderful peeps.

2. Achievement of the objectives of the training course

In my opinion, the objectives of this study session were achieved as follows:



Objectives

- To discover different tactics to improve or stabilise mental health like relaxation exercises
- To have the youth workers develop knowledge, skills and competences to work with children and young people
- To support our youth workers with good practices and specific activities that can be learned from
- To pass on the knowledge and guidelines we have in our safeguarding policy.
- To act as multipliers within youth organisations

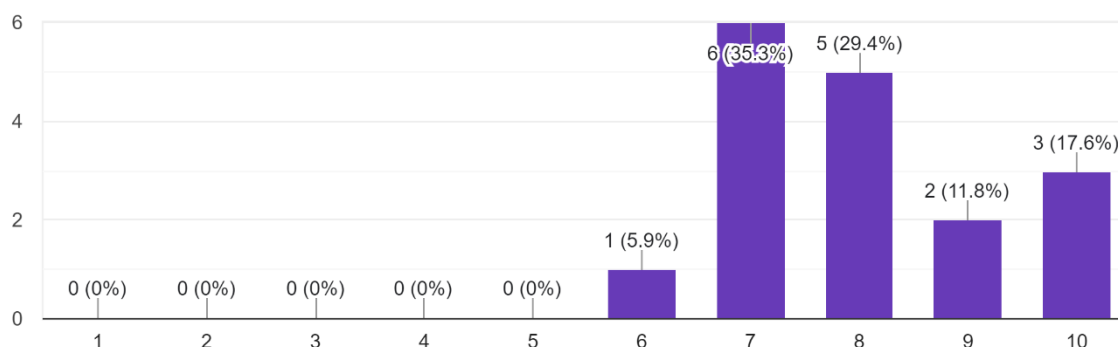
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- I would've loved more time to learn about safeguarding and the impact of social media
- How to communicate someone with mental issues.
- I would like more games between us like football.
- :)
- I think I didn't really learn so much about mental health, at least not me. For other years, I think you should focus more in mental health and some illnesses related to it or how to take care of someone who suffers from it. I've learned some things but in my point of view, in some occasions, it's been more about other things than mental health
- I feel really inspired and I am looking forward to sharing new knowledge, activities and games with animators in our oratory.
- A lot of things what we learned, I knew. But I think for younger participants, it can be new.

3. Expectations of the study session

My expectations of this study session were met up to

17 responses



Please comment

- Some segments were so so.
- I expected to get more practical examples and activities out of this week. The awareness was very well stimulated but I was already very aware of it which is why I signed up. For me personally there are only 3 sessions out of the first 3 days that stuck out to me.
- Because you never know if it is going to be helpful or else if the people you are with will be open.
- Because the knowledge provided is in line with my initial idea
- I came here scared what to find and now I don't want to leave.
- I didn't have a lot of expectations. I tried to come with a fresh perspective.
- It would have been more useful if the information had been presented in ways in which we would with young people
- Because I was able to learn about not only ways in which I can help young people, but take these practices to help myself too. I was able to learn so much about myself and those around me. I was able to meet so many people that are all like-minded and have the same passion as each other.
- Because I expected more outdoor activities, such as yoga.
- Everyone is welcoming and the week was more funny and exciting than strict learning sessions.
- I have learnt English and met amazing people but I have not seen the mental health theme reflected in the talks and activities and I think we have all missed it.
- I've love the people, the ambience, the new games and energisers and some of the sessions but I thought I was going to learn more:)
- I expected more specific topics or methods. Also I feel like the introduction was really slow and after the White Nancy it was more intense.
- I learned a lot of things and really liked the topics but the first days I didn't learned something quite new. I would have liked a role play of what to do if a child or animator comes to me and tells me they're not feeling well. Because it's hard to find a balance between being an animator and be there for the children and volunteers but on the other hand not being a psychologist.
- I really enjoyed the different sessions and hearing from other people's experience and their own organisations. Some of the sessions, particularly the session on trauma and special needs was quite heavy with not a lot of movement, splitting into groups, etc, it also seemed to end quite abruptly, I thought we could definitely have come back to it. I think the sessions that were delivered to us in a practical way, as if it were us delivering it to young people, really helped to see how you could

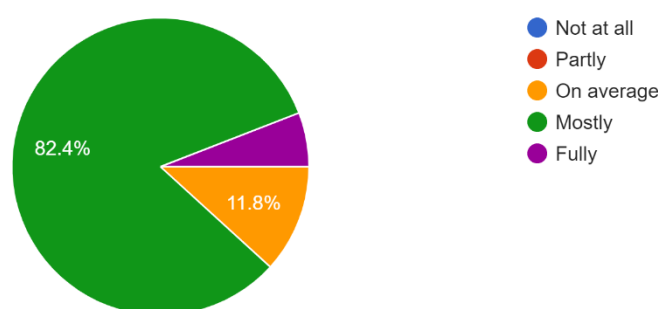
use it in your work. I thought maybe some of the methods of implication for us could have been clearer on how we could help young people and their understanding. All this being said, I absolutely loved it and that's why it's an 8 (even if it's my least favourite number)!!

- It was nice and I learned a lot, but I expected a lot more about safeguarding. It was a really interesting topic that we didn't enough in my opinion

4. Programme and methods

The programme and methods were appropriate to facilitate learning

17 responses



Please comment

- Some speakers weren't prepared for the context
- Because there were reflecting activities, lectures, group work, data from studies
- Yes, we used non formal education and practical activities
- Some of them were tense to understand.
- Sometimes I couldn't understand the correlation between the activity and MH.
- Everything was formative and interesting. But sometimes the information was a lot and it was hard to engage.
- I liked that there was a variety of different ways in which we were able to learn with group work, and also time to reflect on ourselves.
- Sometimes I had a lot of trouble following what we were talking about.
- A bit more different activities
- Yes, I think it has been very playful and fun to learn and to share experiences, moments and opinions and to see the perspective of other people and other countries.
- I've liked all of the group dynamic and the method of putting all our works in the wall so we can all see them.
- Few activities were really strange or random for me – the one with Maria for example.
- I liked working in small groups because then you have more time to discuss subjects. Sometimes I found it sad that there wasn't enough time to discuss deeper. The session where we needed to find the rest of the story of a women who was ready to sign a contract was I big question mark for me.
- The range of sharing, resources and creativity were great! It really helped with my own personal creativity, as well as giving new ideas and practices. Many of the sessions were easily applicable to working with young people and I was able to take it in. Some of the more academic sessions and theories were really interesting for me, but having a lot of sitting and listening for a length of time

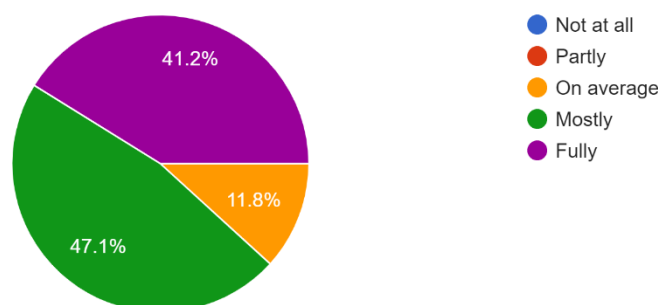
made it harder for me to take everything in. A couple of the sessions weren't fully clear as to how they linked to mental health, but interesting for discussion.

- I liked the interaction but some sessions it was too much information and too much of sitting and listening.

5. I gained confidence and competences

I gained confidence and competences to continue working on the themes of the session

17 responses

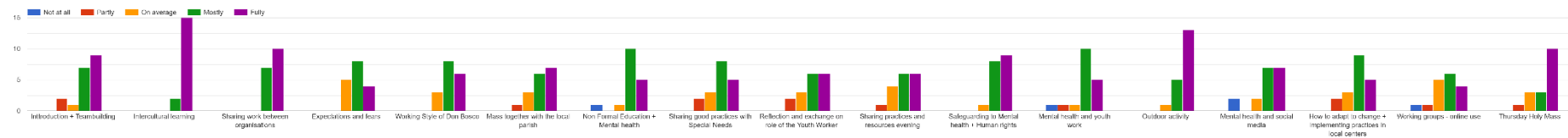


Please comment

- Mindfulness and mental health
- Safeguarding, use of social media, use of hormones, creativity for activities or reflecting sessions
- Especially regarding the activities of the Game with young people in view of the prevention and maintenance of mental health
- I love to listen to people on their problems.
- Through games, opening my heart and sharing experiences.
- It was useful to learn about the different ways in which mental health can be improved and to experience games that can be used in the future and to show my creativity for this.
- I feel I am not able to implement different ways of mindfulness with young people, trying the mindfulness menu with the young people.
- I learned to better organise activities and games.
- Safeguarding
- Yes, but not enough. As I said before, I have learned but I would have liked to have seen the mental health issue reflected more.
- Because I have learn new methods and dynamics I can use in my youth centre.
- It really help to organize my opinions and thoughts about the topic. And I feel really inspired.
- The vocabulary needed to talk about this topic.
- I didn't gain confidence and competences because I know it. But this training confirmed me knowledge.
- I really feel like I'm able to take different practices, activities, games away with me to bring a focus to the mental health of young people and help them develop a better understanding for themselves. The games linked to hormones, the change session on comfort and stretch zones, the energisers throughout and much more!
- To implement the working of the hormones in games, to work with different reward techniques, how to keep it safe and fun.

6. Positive experience in...

This study session was a positive experience in:



Categories

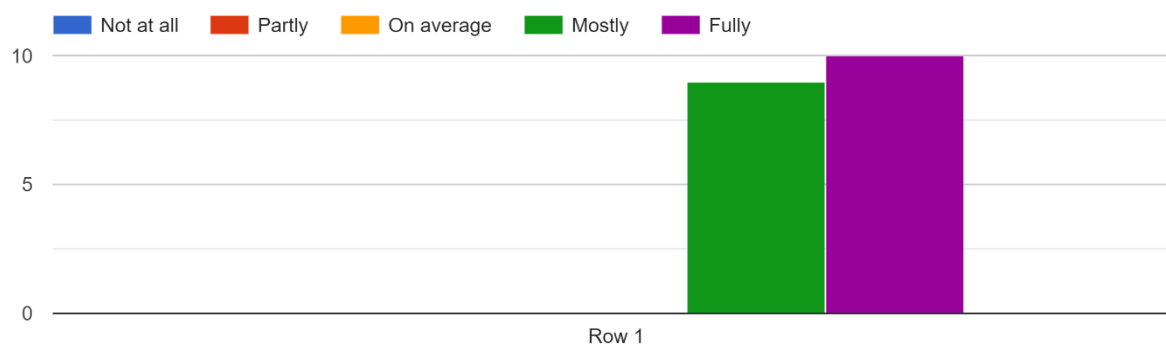
- Introduction + Teambuilding
- Intercultural learning
- Sharing work between organisations
- Expectations and fears
- Working Style of Don Bosco
- Mass together with the local parish (Palm Sunday)
- Non Formal Education + Mental health
- Sharing good practices with Special Needs
- Reflection and exchange on role of the Youth Worker
- Sharing practices and resources evening
- Safeguarding to Mental health + Human rights
- Mental health and youth work
- Outdoor activity
- Mental health and social media
- How to adapt to change + implementing practices in local centres
- Working groups – online use
- Thursday Holy Mass

Please comment

- Nothing
- I personally missed the link with YW in a lot of the first sessions. They seemed to focus more on "companies" or something bigger than youth work whilst they could be easily adapted to it. Other sessions were drawn out way too long compared to the lesson that was taught. I am aware that it might be due to my previous knowledge though.
- More about Don Bosco's life
- More information about Don Bosco and his life.
- Although I enjoyed I think more group work and activities could have been useful for my style of learning
- :)
- Program was good, a little unbalanced but that happens.
- Maybe the reflection sessions, it would have been great to split off more during the week but I appreciate that we had a lot on the schedule and it was great that we could be flexible. Also, the good mornings and good evenings were great for us to reflect together.

7. Assessment of the learning environment

My assessment of the learning environment is that:

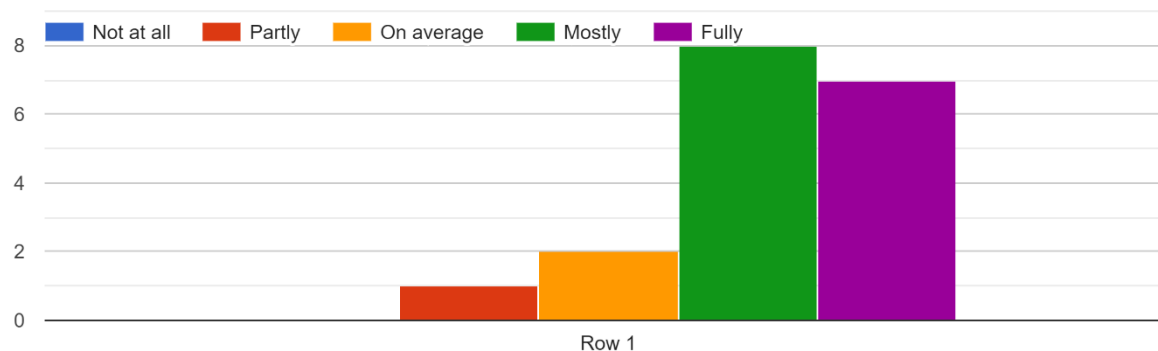


Please comment

- Good environment
- Social and caring environment
- comfortable and suitable
- Begoña is amazing to learn with
- Good hands on stuff from Svenja and Begoña
- It made a lot of sense to me
- As I was able to share my experiences with all those around me
- Because it conveys me very quiet place, but I was also good with the group
- Fun activities & people to work with
- It's such a nice group and most of people is so lovely
- Sometimes the activities were similar...
- Having the sessions and eating moments in the same room was sometimes not good for me, having separate rooms for that helps me concentrate more.
- It was a really healthy learning environment and the fact that we could build each other, we really connected and felt truly comfortable to share with others was great! I felt that we were all supporting one another and it made it easy to speak up and give everything a go.
- Beautiful.

8. Assessment of the accommodation

The facilities of Savio House were appropriate...



Please comment (Please comment (food, accommodation, rooms, welcoming, hosting, training rooms and places, coffee breaks moments, free time activity in the forest...). What was missing for you?)

- Very appropriate
- I really appreciate that there was always something I could eat, I never felt excluded which (compared to Rome) played a positive role in my mental wellbeing for the week.
- Food and rooms were the lowest part for me.
- All good
- Cold water when showering, lack of free time, lack of homemade food during dinner.
- Food: Lots of processed food and more natural stuff. Portions are too small. Lack of soft drinks. Some more free time.
- The amount of food provided was good! I enjoyed the walk and going to the pub. Maybe a little more free time of break every now and again
- The facilities were all great, and felt comfortable here.
- For veggies: no meat at all instead of fake-meat
- The food is very good but in small quantities. Very little free time after the meal. Very few outdoor activities, we could have taken advantage of the facilities (table tennis, football...) and made the most of the good weather.
- Everything was great! it's true that in some meals like the pizza day I would prefer some more food, but apart from that everything was great, in the dinners it was okay because we had dessert and coffee breaks were perfect
- I felt really welcomed here. Food and accommodation was OK
- In the first days I kind of got the feeling that there wasn't enough food, afterwards it was good! The time of the coffee breaks where good!
- I also would've liked the tour of the outside facilities in the beginning because now I kind of have the feeling that I could have done that or that."

- Sometimes I was hungry, but to end of session being better.
- Everything was great!! It could have been good to have a sofa or two in the main group room, there wasn't too much space to relax in complete comfort, but it was great to have the games on offer and the freedom to go out for a walk, etc.
- The food was not enough sometimes.

9. What I take home from this study session is

- New techniques
- Creating games based on the positive hormones, safeguarding & the impact of social media
- Many resources, ideas, proposals and reflections about how I would like some things to be in my centre.
- More awareness
- That I want to become a therapist
- Friends, memories, information and a new sense of self.
- I can apply everything I have learned and it can be implemented in easy subtle ways to improve a young person's mental health.
- How I am able to support and guide my young
- People in my centre with their mental health and just in general. different games to play, how to approach the young people. How I can better myself, from all the support from everyone.
- At home I bring a greater awareness of mental health and especially of the risks that there are on social media
- Everyone has their own unique story and no matter where we're from, our passion and reflected mindset connects us
- Friends, games, ice breakers, energisers and English expressions and vocabulary.
- there's marvellous people strong the world and they will not judge me, i can open myself and have the confidence to meet new people
- New experiences, bigger comfort zone :)
- All the memories of talking and playing, life stories of other participants. The most useful session was about the hormones and creating activities with them because it's really something that I can use when I'm back home.
- Experience with new people from different countries. It is interesting to see how strangers become friends without prejudice.
- So many ways of working and building sessions/activities. Energy and enthusiasm to put these things into practice in my organisation, as well as the creativity for games, resources. A whole new group of friends and connections that I've really valued!
- The knowledge and the experience of getting to know the other participants

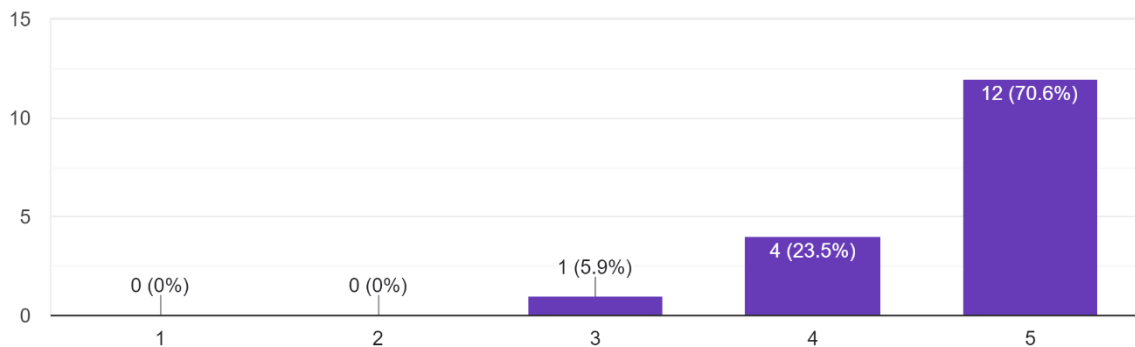
10. *What I missed from this study session is*

- Moment for projects networking
- The link between Mental Health and Youth work, mainly during Francesco's sessions (Just to give an idea, he gives the sessions very well it just didn't fit the course to my expectations)
- More active activities, use of body for relaxation, other ideas of mindfulness, more practical applications. But in general sessions were fine. I just missed other mindfulness/yoga/body exercises to use whenever some young person is feeling down/anxious...
- Confusion
- Warm showers, warm weather.
- My mum's food and my animals.
- When some sessions were long and wordy, it was hard to stay engaged, however this could be improved by energisers or short breaks.
- Just when we had a large amount of heavy information, there wasn't a break in between or a energiser to take some of it in. So maybe just a quick game before getting back to it.
- Nothing.
- More practical inputs for youth work
- More related to the issue of mental health.
- More "technical" or "professional" information and sessions
- More specific tools to know how to for example talk to the young people that are suffering with depression or eating disorders, etc.
- I would have liked that also in the beginning there was more a connection with mental health and youth, I kind of got the feeling that it was too general.
- Nothing :)
- Maybe more on safeguarding, it was a bit short. One or two of the days could have been even better with a group activity (a quiz, football, scavenger hunt, etc,) to help our mental health and focus on the deeper sessions.
- More about safeguarding and more good

11. Contribution of the group

How do you evaluate the contribution of the group of participants to the study session and your learning?

17 responses



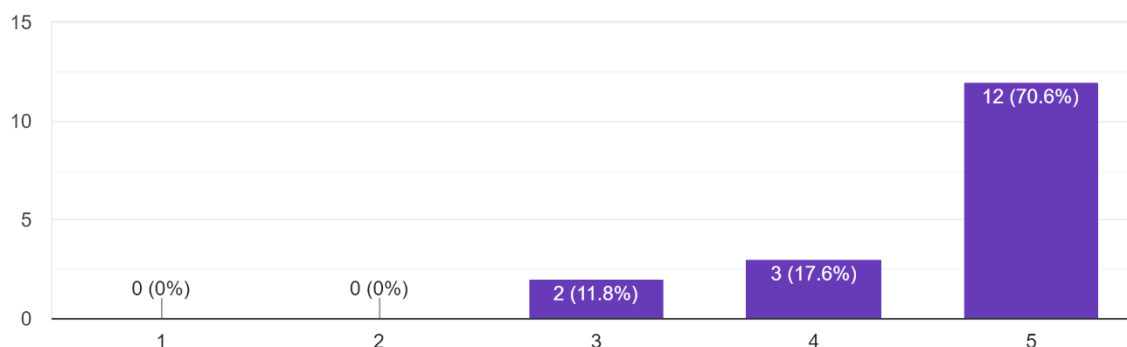
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- Some volunteers were always late and noisy.
- Very good! An amazing group, I just missed a bit of discipline and respect of some of the peers when it comes to timings. Late breakfasts, skipping good evenings, waiting during sessions...
- In general everybody was very nice
- All people were interested and open to dialogue
- Everyone is amazing, with great character.
- We like Begooo. You are a beautiful human. Everyone is amazing and has a beautiful soul.
- Everyone is so engaged and willing to learn which is very encouraging. Everyone has something to bring to the group and isn't worried about putting all themselves and their knowledge
- Everyone was so open-minded and like-minded. And everyone got so involved with everything and keep the energy high, which bounced off each other, and kept the positivity up even when things may have been tough
- We worked well together, harmony was created.
- Everyone is interested and participates.
- :)
- I really liked the group! But I was sometimes frustrated because of participants not being on time. I think sometimes even trainers weren't following the time schedule as well so that was not always a good example.
- For me it's important see that people have same problems, experience... like me. And we can share it
- Everyone really shared from their own contexts and their work. People were free to engage and share as much or as little as they wanted.
- In general, everybody made the effort but sometimes it was always the same we were waiting for the same people or they were speaking on the phone during an information moment and I find that a bit disrespectful.

12. Contribution of the team

How do you evaluate the contribution of the team to the study session and your learning?

17 responses



Please comment

- Very good
- In general everybody was very nice
- Good team! they listened to the needs of the participants and made the training an interesting and attentive path to mental health
- The sessions were super interesting and I learned a lot.
- The level of the sessions were interesting and also interactive at times. They were great!
- Some people were more passionate and able to articulate themselves than others. I also think that some people got a bit silly which is fine because they are tired, which is why I thought more breaks could be useful to recharge.
- Everyone was very passionate with what we were doing, and you could see how much they care and wanted us to learn and the passion for working with young people.
- personally I could have done more
- Fun activities, beautiful presentations, being open for change, thank you!!
- Thank you
- You all did sessions, you also stayed with us during breaks and the evening to connect with and I think that is a really thing that not always happens!!
- Everybody was very kindly and friendly.
- They were great and really knowledgeable of the different areas. They delivered sessions in an open and easily understandable way and really allowed for participation, questions and better understanding. Personally, I want to note how impressed I was with each person's courage and openness to just go for it with English.
- It was okay

13. *How will you transfer what you learnt here to your organisation and/or your reality?*

- By applying what I had learned, mostly about games and group dynamics
- I will create some formation activities and reflections for animators
- Applying new tools and knowledge about non-formal education and youth work
- Through activities regarding this subject
- I will use many ice breakers and also revert information to them by telling them my experience.
- I will be weary and observant with young people and look out for signs of mental health and implement the correct method to ensure that they receive the correct needs. This could be playing a game.
- I will talk with the leader of our youth organisation of ways to be able to play games and take this into the centre to support and guide our young people. I will be playing the different games
- In my organisation I can bring many reflections that we did, many activities and play.
- Telling stories and invite people to the next events.
- I can meet with the board and propose different activities, talks... related to mental health. I can even propose to create a working group to be present throughout the year and to be reflected in all the activities.
- I will try to implement things like the safe space or the happiness hormones.
- There will be many many conversations and brainstorming.
- I would really like to use the hormones in to making activities! Also the mindfulness!!
- I'll really use the creativity and range of activities in my organisation and my every day work. I will also consider mental health when creating sessions and being purposeful with what I do with young people.
- We have regular meetings and I will schedule a moment for doing the most important (in my opinion) activities we did

14. *Any other comments*

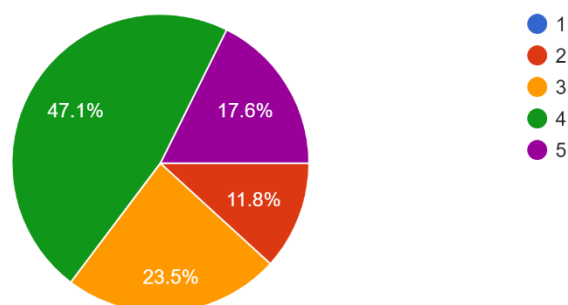
- Great experience, I hope DBYN can keep doing exchanges in the UK.
- I loved every minute, i didn't have any expectations what to find coming here, and now I'm so grateful for this opportunity. Thank you all
- Well done to all the team! Thank you Jonny, Aubérie for being a very calm and lovely woman, Bego you were simply great and your smile is infectious especially when you smile half face and Francesco with your sweet personality and laughter and Svenja what a clever young lady. Well done!
- Thank you for having us, and for teaching us so much not only about mental health, but ourselves and all those around us.
- Thank you for organizing this amazing week, I will remember it for a loooooong time and I learned so so much about different topics. I'm looking forward to the next Meeting <3
- Thank you
- Thank you very much for giving me the chance to participate on this training course! Big love! ♥
- :)
- I have loved this experience and really want to continue doing things with DBYN! Thank you!!!

Educational Impact by the participants

1. I know what DBYN is and what it is doing now

How much I know what DBYN is and what it is doing now

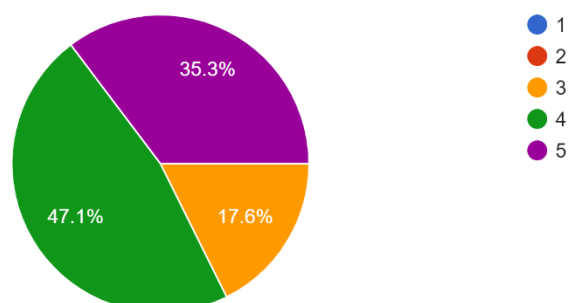
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2. I know what the Don Bosco Movement is about

How much I know about what the Don Bosco movement is all.

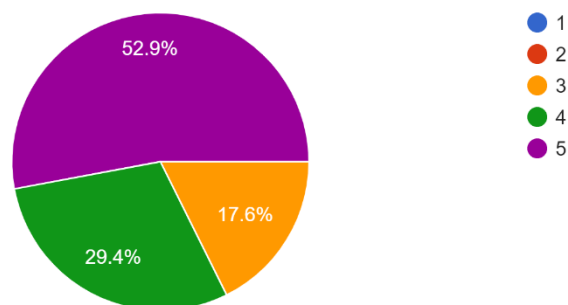
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3. *I know more about other organisations in DBYN now*

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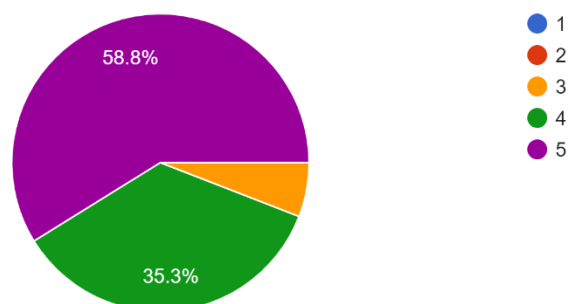
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4. *I am familiar with the content of this training course*

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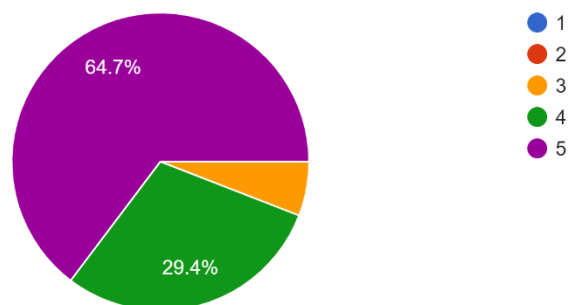
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5. I know what is Mental Health is

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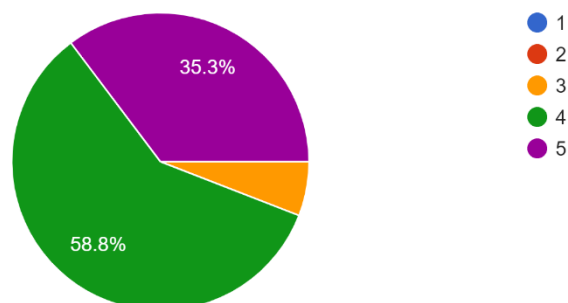
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6. I know how to design an activity and organise the resources I need related to MHYW

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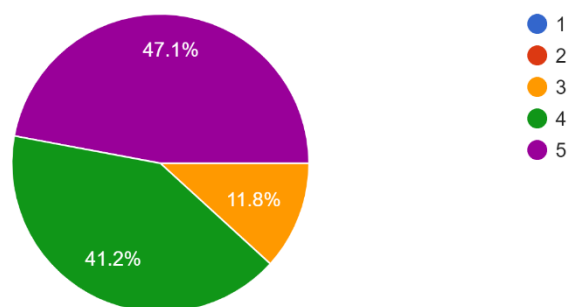
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7. I know which are my skills and how to put them on service of my local centre/organisation

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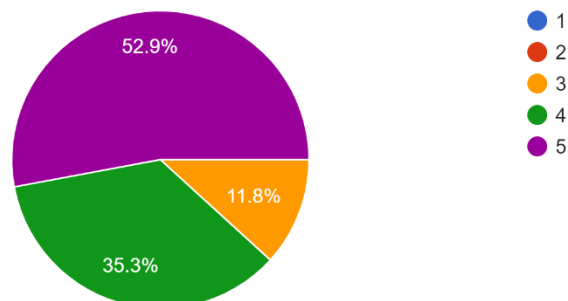
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8. I know more about the risks social media has for mental health

I know more about the risks Social Media has for MH

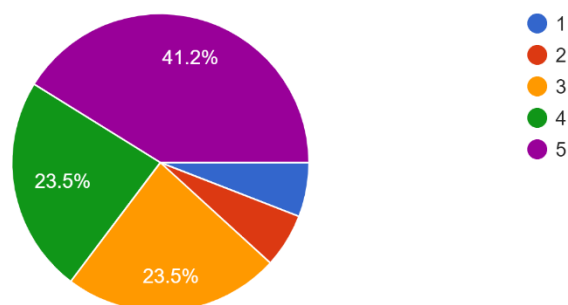
17 responses



9. *I know more examples of apps and digital resources to use them at my activities/ youth centre or oratory.*

I know more examples of apps and digital resources to use them at my activities/ youth center or oratory.

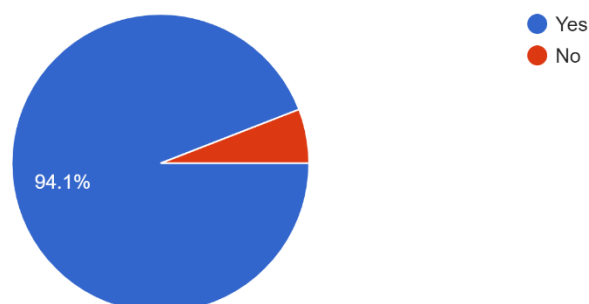
17 responses



10. *Before this training course, have you been active leading in your youth centre?*

Before this training course, have you been active leading in your youth center?

17 responses



11. After this training, are you considering to start being actively more involved leading activities in your youth organisation and promoting more mental health inside of it?

After this training, are you considering to start being actively more involved leading activities in your youth organisation and promoting more MH inside of it?

17 responses

