

EVALUATION

Youth Guardians: Integrating Mental Health and Safeguarding in Youth Work

This is the summary of the participants' evaluation of DBYN's training course 'Youth Guardians: Integrating Mental Health and Safeguarding in Youth Work'. This training course took place 23-29/03/2024 at Domaine Farnières in Belgium. This summary evaluation is the unedited form (with the exception of a spelling check), providing the original feedback of the participants.

Contents

Youth Guardians: Integrating Mental Health and Safeguarding in Youth Work	1
Evaluation of the participants	3
1. Experience of the study session	3
2. Achievement of the objectives of the training course	3
3. Expectations of the study session	4
4. Programme and methods	5
5. I gained confidence and competences	6
6. Positive experience in	7
7. Assessment of the learning environment	9
8. Assessment of the accommodation	10
9. What I take home from this study session is	11
10. What I missed from this study session is	11
11. Contribution of the group	12
12. Contribution of the team	13
13. How will you transfer what you learnt here to your organisation and/or your reality?	14
14. Any other comments	14

EVALUATION: Youth Guardians – Integrating Mental Health and Safeguarding in Youth Work



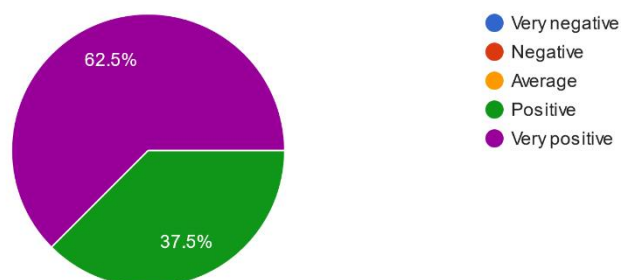
Educational Impact by the participants - Youth Guardians: Integrating Mental Health and Safeguarding in Youth Work	15
1. I know what DBYN is and what it is doing now	15
2. I know what the Don Bosco Movement is about	15
3. I know more about other organisations in DBYN now	16
4. I am familiar with the content of this training course	16
5. I know what is Mental Health is	17
6. I know how to design an activity and organise the resources I need related to MHYW	17
7. I know which are my skills and how to put them on service of my local centre/organisation	18
8. I know more about the risks social media has for mental health.....	18
9. I know more examples of apps and digital resources to use them at my activities/ youth centre or oratory.	19
10. Before this training course, have you been active leading in your youth centre?	19
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?.....	20

Evaluation of the participants

1. Experience of the study session

Overall, my experience of this training was:

16 responses



Please comment

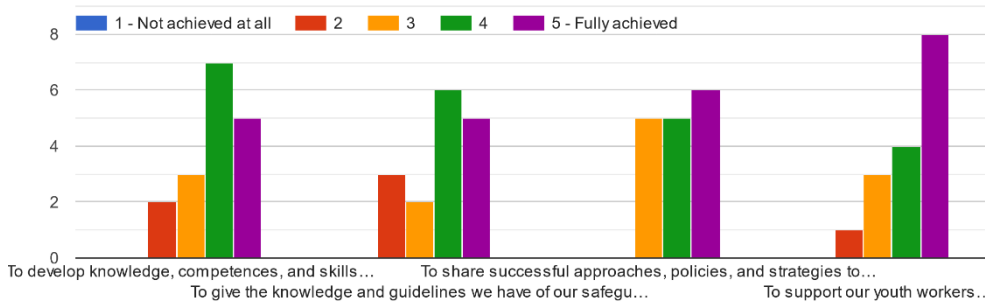
- Everything was as I expected.
- Sometimes I missed a bit of top-down guidance.
- The training seminar was great. only a pity that some trainers are sick and are unable to come. But it was still delivered well.
- I had a lot of fun but also learned a lot! :)
- The content was adequate, and the non-formal methods only got better after the first day.
- Everything was good.
- It is an awesome opportunity. I have met a lot of amazing people and learned a lot of things that I intend on implementing in my youth work.

2. Achievement of the objectives of the training course

Objectives

- To develop knowledge, competences, and skills of our youth workers, that work with children and young who are facing mental health problems, but with a focus on the most vulnerable in their target groups.
- To give the knowledge and guidelines we have of our safeguarding policy and work.
- To share successful approaches, policies, and strategies to expose participants to a range of best practices in safeguarding and mental health.
- To support our youth workers with good practices and specific activities that can be learnt from trainers and other participants, originated in their own organisations.

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

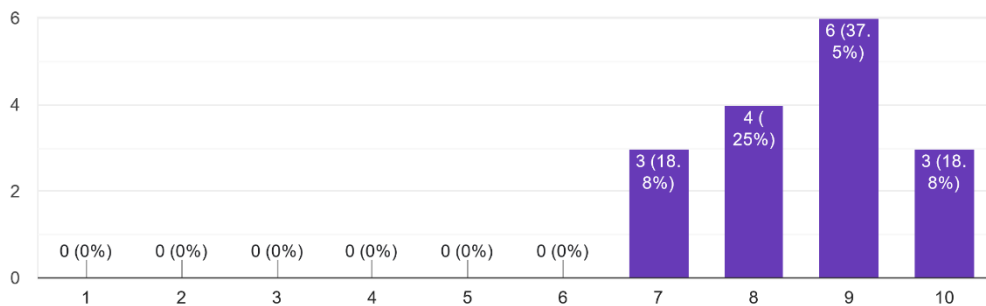


Please comment

- I topic I would have liked to go into is maybe how to notice someone needs help regarding mental health.
- I think nothing was missed
- I had the feeling that the course went from inside out, I think a better organisation would have been the more general overview followed by the preventative system of Don Bosco instead of the other way around.

3. Expectations of the study session

My expectations of this study session were met up to
 16 responses



Please comment

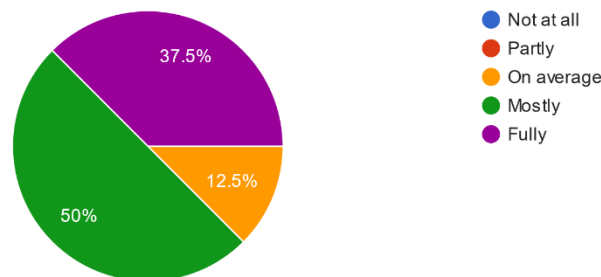
- The accommodation was little bit cold, and food was great, but I would appreciate a little bit more.
- I would have liked a little more theoretical background.
- Both mental health and safeguarding topics were creatively discussed and delivered.

- Amazing experience, insightful sessions. Great information shared.
- It was interesting but in certain cases I would have liked to go to deeper conversations about the topics.
- They were actually surpassed, I learned about the topics and made friends :)
- All the sessions were very interesting and very well planned and executed.
- As I said I wasn't fully satisfied with the other, although I think that the activities and topics were very useful.
- I had a knowledge and practical tools how to use it.
- I am going home with a lot to consider for my work and that is what I was looking for.
- I am satisfied because we did many activities that helped me to better understand the concepts.
- I think I was not entirely sure what to expect, but it was very good ^^.

4. Programme and methods

The programme and methods were appropriate to facilitate learning

16 responses



Please comment

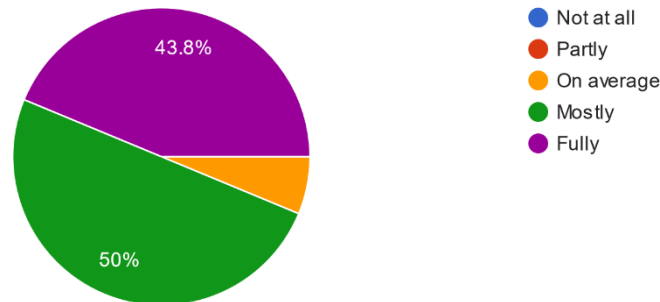
- Almost everything was input-based on the group
- Interactive and collaborate methods.
- A lot of the exercises involved writing, something which many are comfortable with. However, some people's competency in writing English may prohibit them from attaining the maximum from their session
- I would have offered more variation for activities, not just reflection and exposition, but other more interactive methods
- The work method is a bit monotonous, always following the same structure.
- I think they were good but some of them were a little bit repetitive
- I was missing an expert on mental health because we were talking about that topic as well... Ans as long as I know either Ana or Br. Mike are one of those, it was just missing in the course from the very beginning.
- There were more sharing than learning
- They were very interactive and interesting, also creative

- A lot of different nice methods.

5. I gained confidence and competences

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

16 responses

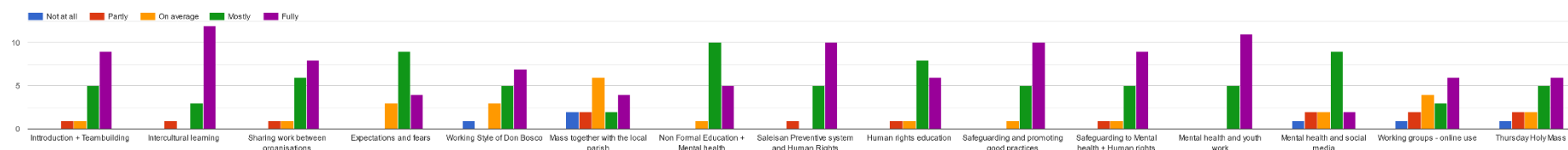


Please comment

- Mental Health
- Knowledge sharing was amazing between all. Because of my studies, I was able to share information about the topics under investigation.
- I gained more knowledge on safeguarding mental health and human rights as well as certain games that can be used in my organisation
- Because now i feel like I know more. In being mindful of the mental health and safeguarding of animators and children
- Knowledge and activities
- Because now i feel like I know more. In being mindful of the mental health and safeguarding of animators and children
- It was very enriching to learn from other perspectives and experiences.
- I will continue studying this theme at home
- I still think there is a lot i should learn about the theme, but I am way more aware of it now.
- Because I learned a lot of things I didn't know. What I also learned is how to work in groups to make the topics more enjoyable and constructive.

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
- Salesian Preventive system and Human Rights
- Human rights education
- Safeguarding and promoting good practices
- Safeguarding to Mental health + Human rights
- Mental health and youth work
- Mental health and social media
- Working groups - online use
- Thursday Holy Mass

EVALUATION: Youth Guardians – Integrating Mental Health and Safeguarding in Youth Work

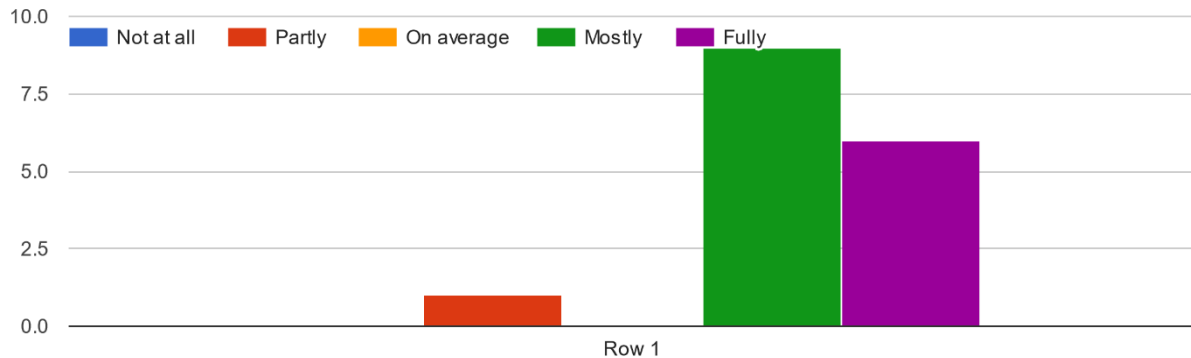


Please comment

- Nothing
- On the day of arrival, some more activity to get to know the people well and facilitate everyone's integration more quickly.
- We didn't talk about social media as a topic, either about online groups and maybe those would have been interesting points.
- Nothing
- I loved that we had so much opportunity for the holy mass and that it was not optional during the programme because then it would be harder to attend because of the fear of missing out.

7. Assessment of the learning environment

My assessment of the learning environment is that:

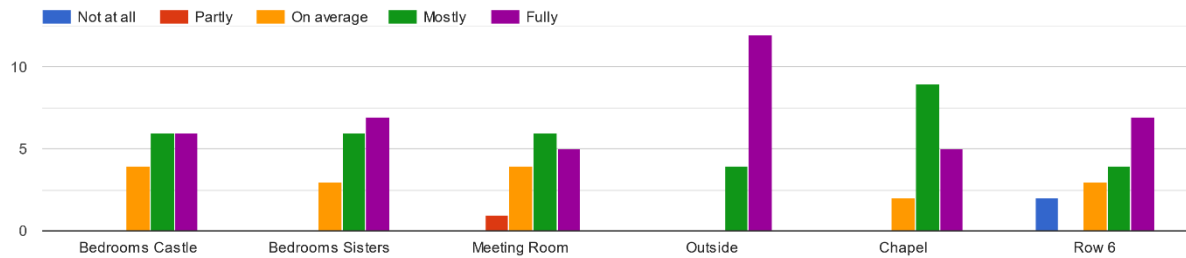


Please comment

- I didn't miss anything during the whole week
- Gained a lot of experiences and learning. The environment gave a space of self and group reflection and bonding.
- Gained a lot of experiences and learning. The environment gave a space of self and group reflection and bonding.
- Excellent and familiar environment
- It was a great environment
- It was positive and good
- The accommodation made it a very good environment to learn more. Also the proactive attitude of both the participant and the trainers!
- Being surrounded by nature was very adequate for this type of training course, however if we could have had access to AV equipment such as a projector, and a speaker it would have been good
- The learning environment was good, with no pressure or fears.
- There were a lot of cultural misunderstandings, I am really sorry to say this, because the representatives of the non-European-union-members were very sweet, but they also left clear by their mindset why they are still not part of the EU and that we should require a bit extra of them to let them access to this open and more modern context.
- There is also a lot what to learn left
- the environment is welcoming
- The environment was very good ^^

8. Assessment of the accommodation

The facilities of Farnières 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?)

- Nothing
- Coffee was rarely available, wifi was shabby in the rooms, sometimes not enough food
- Great 😊
- There did not seem to be enough food in the last 2-3 days. We also had to bother kitchen staff for milk instead of having it in our fridge. Other than that, all was okay :)
- Nothing
- In the work room for the activities there was a lot of noise because of other groups. The food some days was not enough.
- More food!!!
- Food was good most of the time but some of the portions were a bit too small. Would be nice if there was always access to coffee/milk during the coffee break
- Missed a little more food
- The wifi was terrible and they were receiving more groups everyday and apparently Cooking the same amount than the first days, I think that we got more food during the first two nights than after, although we showed from the very first night that we were going to eat it all. If food is a service that is being paid they must supply the right quantity at every time.
- That was really good food. A lot of fruit and vegetables. Their place was absolutely adorable:)))
- Sometimes there was not enough food but it was very delicious, the castle is absolutely gorgeous and I love that we have had the opportunity to stay here. I also like that we were not the only group here, because it made a nice atmosphere, all of the free time was amazing because of the great people and the nature around here is just beautiful
- The rooms were nice, but I think our room was not very protected from noises from outside especially when the kids played their game. The nature and the surrounding is beautiful ^^

- It was nice that fruits were always accessible :)

9. What I take home from this study session is

- More knowledge, inspiration, and very nice memories
- Abuse registration
- Learnings, future projects, networking, games, people
- Although we all come from very varied backgrounds, we share so many common values and morals
- The importance of MH and how to interact with other people in different situations
- The experiences and memories made alongside the knowledge and skills gained from the seminar
- Meaning of resilience, mental health project
- The new people I met and the new knowledge.
- A lot about the theme and a desire to do even better :) Also friends and more confidence
- Personally I will take home all the friendships and amazing memories I have made which I will cherish forever. And I will also take some of the sessions/games to my oratory to share with the animators and youths in Malta
- A new idea and new game to play in my centre
- New perspectives, techniques and confirmed theories.
- Mental Health, Safeguarding, Safeguarding police, Human Rights, a lot of new games, new methods and experience:)))
- A lot of awareness about mental health issues that people around me might be facing, a lot of new ideas and games that I want to implement in our youth centre
- I sure bring home the family vibe. In addition to this I go home with a baggage full of new concepts and activities to do with the young people of my oratory
- A lot of new input of how to implement safeguarding strategies in my work

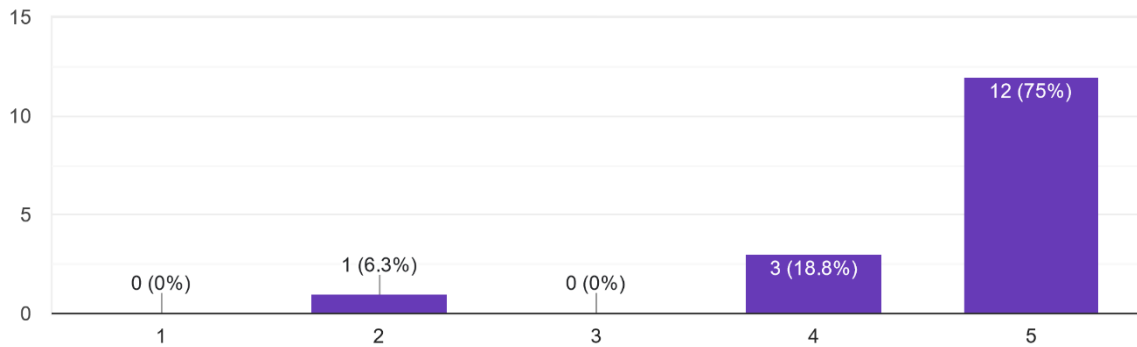
10. What I missed from this study session is

- Respect break time more
- Some concise guidelines, practices
- Nothing
- Maybe a little bit more variety in the exercises? Too much writing about things that were a bit too similar for me
- Maybe I was expecting a book to take inspiration from that wasn't just the Compass
- More general content and expertise.
- Maybe not everything understand clearly, but still learn a lot
- Maybe a little more debate because at one point it was stopped and it was a shame
- Nothing ^^

11. Contribution of the group

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

16 responses



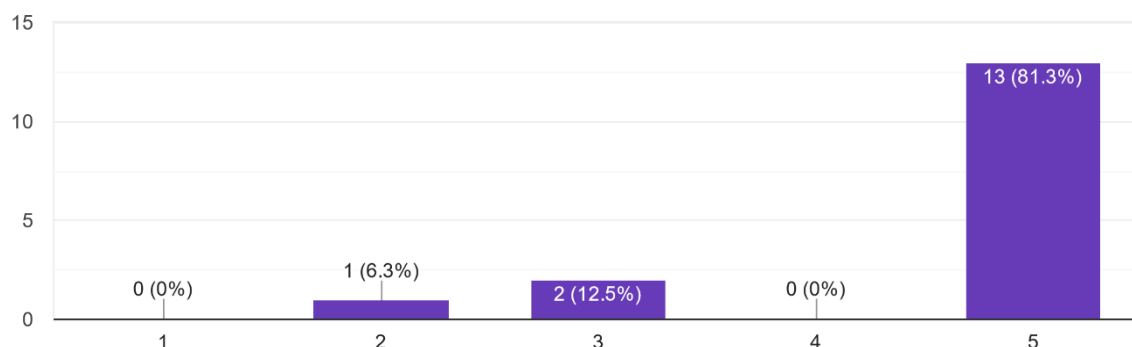
Please comment

- Tried my best to share and to gain from the sharing of others.
- Everyone participated and it was not always the same people speaking
- The energizers and games they suggested were so fun! Ask everyone was very proactive and all added a lot with their own personal experiences
- The group as a whole was very participative.
- The group was great
- Their opinions, their energy....
- It was nice that we were almost as many men than women

12. Contribution of the team

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

16 responses



Please comment

- Great team.
- Both our trainers were highly insightful and provided us with so much food for thought
- They went above and beyond to make sure all of the necessities were met, besides the smiles and constant mood even being busy or sick :)
- We had too many youngsters and too less expertise.
- The best for learning is teamwork.
- Because everything was very nicely prepared
- You did a great job

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

- We made an action plan that we will try to execute
- Vigilance
- Projects
- We will try and implement new ideas in our centre, and share the outcomes of this course in a presentation to other leaders at home
- By let them know the importance of prevention and formation
- By creating more sessions centred around mental health and updating the current safeguarding session to be more creative
- Mental health project, policy for safeguarding
- Implementing the knowledge, tools and activities learned in my daily life.
- I will try to be more mindful of the way I act and take more care with the way I act. I will also try to implement some of the technics and ideas in my work!
- I will take some of the sessions we had here back to the animators and youths back in Malta, especially those related to Safeguarding and the preventive system
- Applying what I planned and teaching
- Through sessions, school of animators
- I will also try to raise awareness and try to help as many as I can
- At first, I would like to share my experience with the Salesian priest of my youth centre and with the leaders of TGS. After we can decide together how and what present to young people and animators
- I try to bring my plan to life.

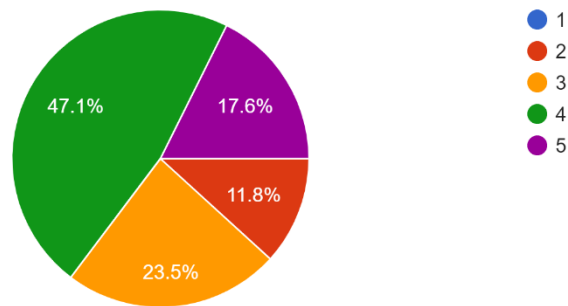
14. *Any other comments*

- Thank you 😊
- Amazing experience, thank you so much. We appreciate your work Bego and Auberie
- Thanks for the experience and for the excellent preparation of the trainers
- In general, the evaluation is quite positive
- I don't have other comments. It was perfect
- Next time we need more experts than people who can play or is nice, I am conscious that there are some professional social educators and psychologists on the poll of trainers.
- Thanks for all organisers and the DBYN Centre
- You are amazing thank you for everything ♥
- I really liked the attention to detail and attention to individual people and the group
- It was a nice experience ^^

Educational Impact by the participants - Youth Guardians: Integrating Mental Health and Safeguarding in Youth Work

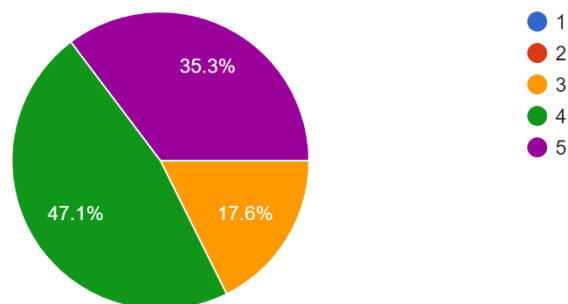
1. I know what DBYN is and what it is doing now

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



2. I know what the Don Bosco Movement is about

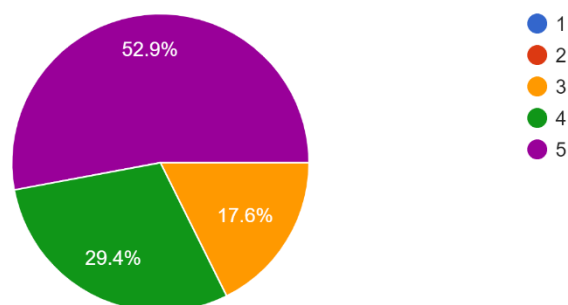
How much I know about what the Don Bosco movement is all.
17 responses



3. I know more about other organisations in DBYN now

I know more about other organisations in DBYN now.

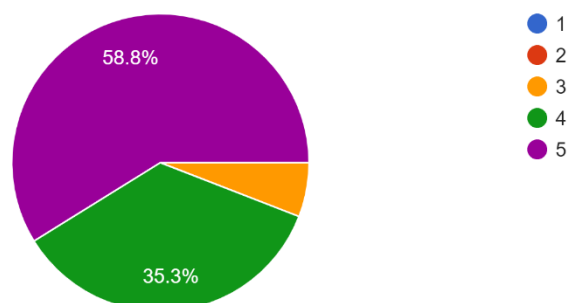
17 responses



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

I am familiar with the content of this training course.

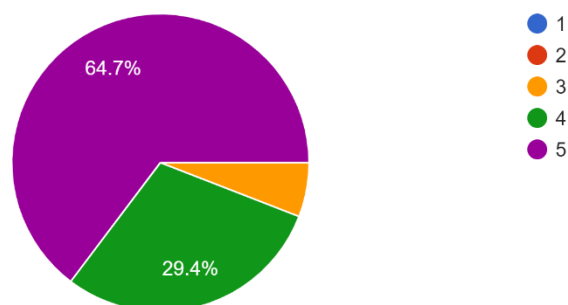
17 responses



5. I know what is Mental Health is

I know what is Mental Health is

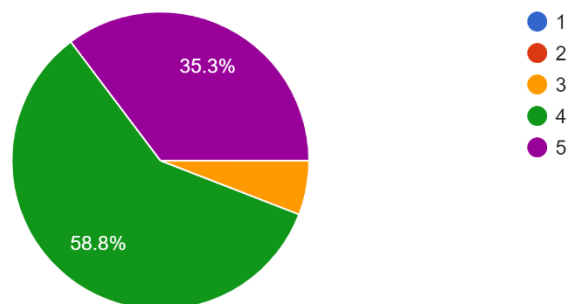
17 responses



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

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

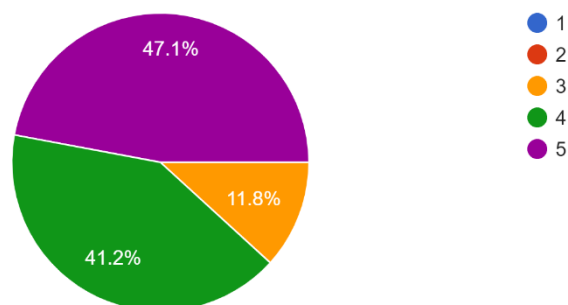
17 responses



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

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

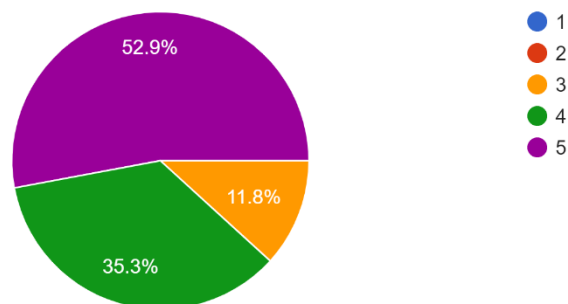
17 responses



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

I know more about the risks Social Media has for MH

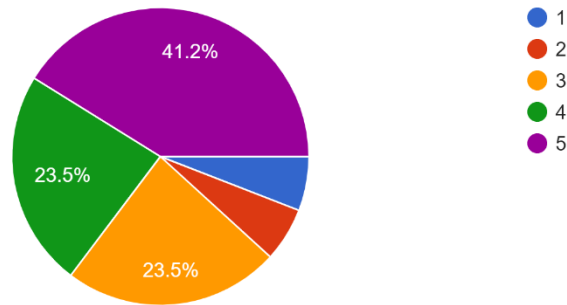
17 responses



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.

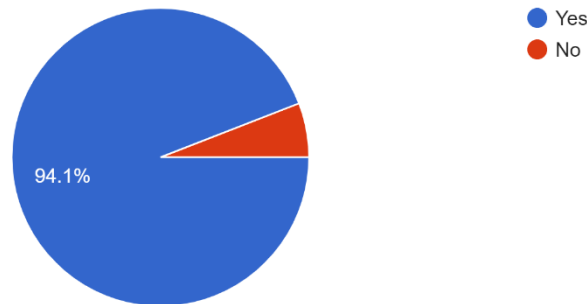
17 responses



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

