CH@T-YOUTH

Crisis Help and Assistance for youth during challenging Times

KA220-YOU - Cooperation partnerships in youth

The main objective of the project is to collect and analyse data about characteristics and good practices of online counselling chat services that aim to support youth to overcome crisis with human help

UNIVERSITEIT GENT — FINNISH YOUTH RESEARCH SOCIETY / FINNISH YOUTH RESEARCH NETWORK — UAM Universidad Autónoma de Madrid — ELTE EÖTVÖS LORÁND UNIVERSITY

Participating centers

Co-funded by the European Union
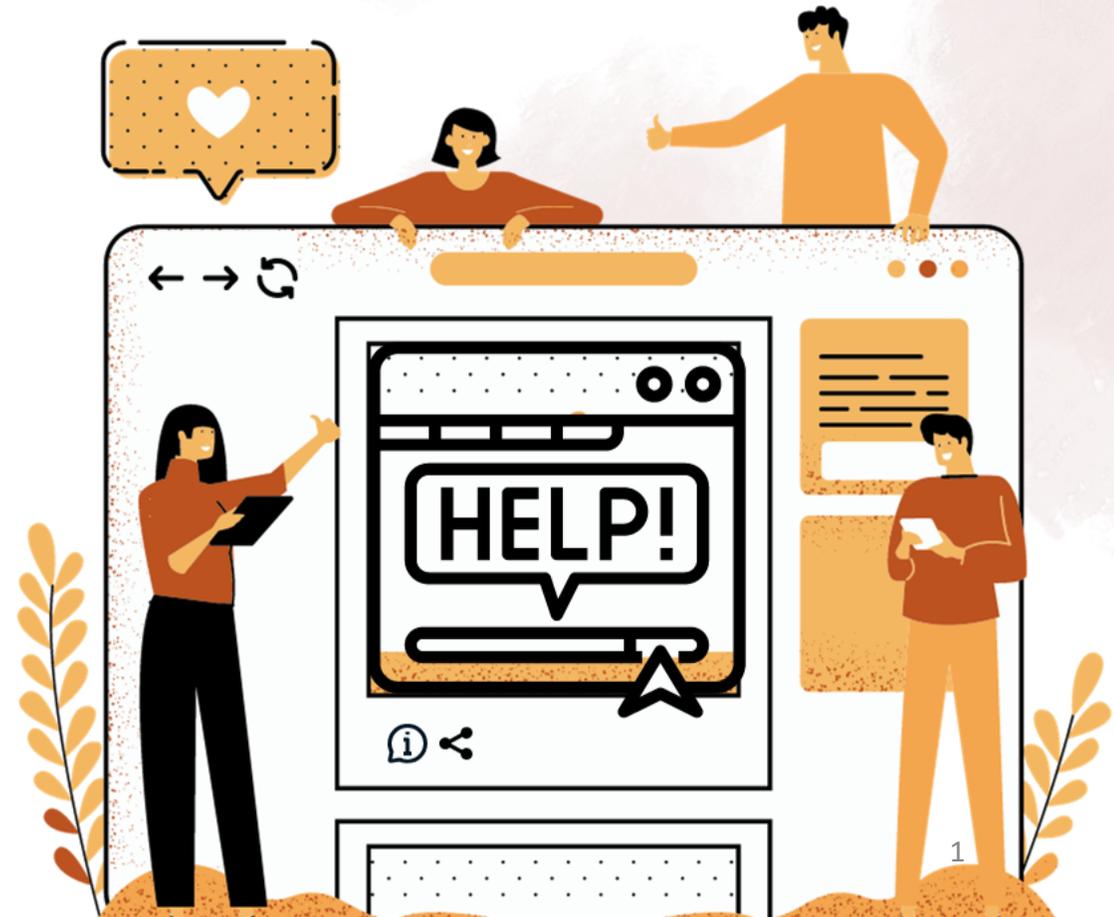
Team België

Projectteam

- Universiteit Gent – Faculteit Psychologie en Pedagogische Wetenschappen
- Prof. Alexis Dewaele, Prof. Lien Goossens and Elke Denayer

Partners

- Awel
- Steunpunt Mens & Samenleving
- Artevelde Hogeschool

CHAT-YOUTH consortium

Finland: **Tuuli** Pitkänen (Project Leader), **Essi** Holopainen (Project Coordinator), Tiina Sundholm (Financial Manager), **Virvatuli** Uusimäki, Finnish Youth Research Society

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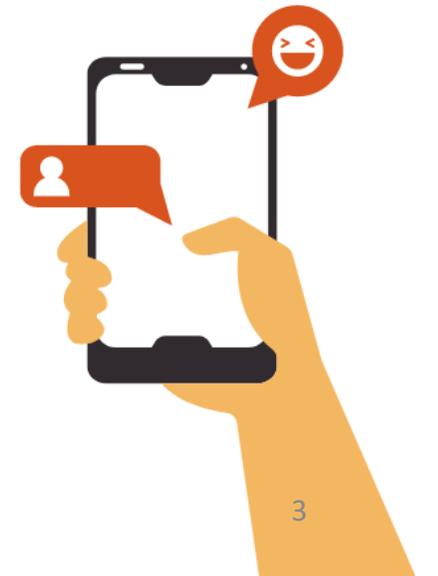
Waarom?

- 50% mentale gezondheidsproblemen < 19, 75% < 27

- Primaire preventie & vroeg interventie

- Jongeren verkiezen online interactie itt face-to-face
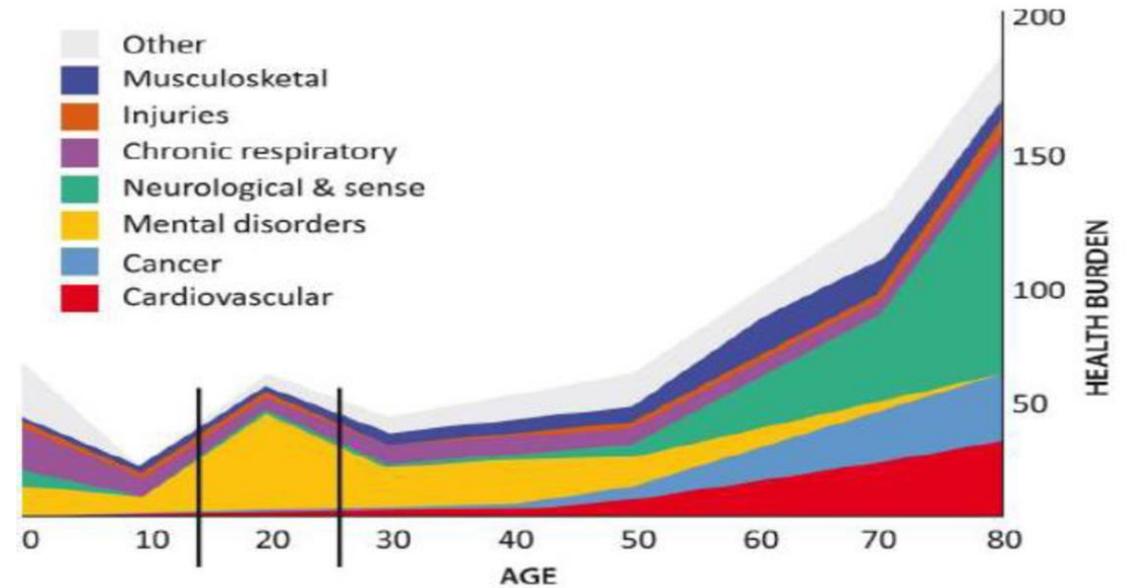
Online Chat Counselling Services (OCCS)

Voordelen

- Toegankelijk
- Anoniem
- Online disinhibition effect
- Onzichtbaar

Online Chat Counselling Services (OCCS)

Nadelen

- Misinterpretatie

- Gemakkelijk afhaken

- Technische issues, wachtrijen

- Gebrek aan non-verbale bemoeilijkt relatie

- Stigma en schaamte (Jongens)

- Suïcide

- Oppervlakkig

Maar het werkt

Werkingsmechanismen?

Logical framework approach

Objective: CHAT-YOUTH mobilises scientific experts and stakeholders to boost the mental health and resilience of European youth in diverse crises

SO1: Deepen the knowledge about the field of online chat-counselling services (OCCS) of youth and young adults across Europe

SO2: Deepen the understanding about encounters and dialogues that empower youth in crisis

SO3: Build up a community of youth representatives, practitioners, health professionals and decision makers, to facilitate knowledge exchange between stakeholders, and to improve practice and policy in youth OCCS

SO4: Improve the understanding and capacity and ethical evaluation about the role and the development of OCCS in youth work with a larger audience of professionals and young participants

WP2: Identifying and assessing existing OCCS for youth

WP3: Chat encounters, characteristics of dialogues

WP4: Community building and knowledge exchange

WP5: Dissemination and promotion

Results:
Production of new evidence summarising the main characteristics of OCCS and good practices, based on data collection and analyses of data from different countries

Results:
Production of information on the characteristics and supportive potential of chat encounters to facilitate youth work practices and policy making.

Results:
1) Gathering strategic stakeholders related to OCCS to improve policy and practice
2) educating and informing relevant OCCS stakeholders about existing evidence and best practices
3) the co-creation of a consensus paper to improve policy and practice in European OCCS

Results:
1) A toolkit for assessing OCCS in Europe
2) Development of practical guidelines and policy recommendations for sharing and promotion
3) Overall dissemination and promotion

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Thank you!

Webpage https://www.youthresearch.fi/research-projects/chat-youth