

## The practical phase of the IMPRES Project begins

The IMPRES project provides schools in Bielefeld with support and resources for an educational program developed to promote mental health as well as reduce the stigma associated with psychological disorders. The program is based on a Canadian educational program; its counterpart in Bielefeld is called **STABIEL** (**Stigma Abwehr Bielefeld**, or ‘Stigma Defense Bielefeld’)

In the last few months, the translation and adaptation of the teaching materials for STABIEL were finalised. It was also possible to test the program in one of the Oberstufenkolleg Bielefeld’s psychology classes, thanks to the school’s active cooperation. The teacher and students that took part volunteered to give feedback on the learning and teaching materials. All in all, the feedback was positive and affirming, allowing for additional improvement and final touches.

On November 21st, a press meeting took place at the Oberstufenkolleg. All of the participants gathered and talked about their initial experiences with the materials as well as the start of the practical phase of the STABIEL program. Pit Clausen (mayor of the city of Bielefeld), official supporter of the event, the



Image: Andreas Mohn Foundation, Sophie Ruda

organisational director of the Oberstufenkolleg, the participating psychology teacher as well as two students of the class, who provided first-hand accounts, were present. Cooperation partners from the Andreas Mohn Foundation, the Regionalen Schulberatungsstelle (the regional school counselling department), the Psychiatriekoordination (psychiatric coordination), the association “Psychiatrie Erfahrener e.V.” (for people with experiences in psychiatric treatment) and the Centre

for Prevention and Intervention in Childhood and Adolescence (CPI) also took part. It was a very enriching and lively discussion that made one thing particularly clear: mental health is a socially relevant topic and mental illnesses are not a minor or uncommon phenomenon at all.

Anyone can experience a psychological impairment and, accordingly, the issue of mental health and mental illness should be addressed with openness and acceptance in society.

In a phase of swift drive and progress, the final materials were prepared and assembled in the so-called STABIEL folder. In addition to the printed module manuals and booklet with background information for teachers, the folder also contains a USB stick, with videos for the lessons as well as the rest of the materials in digital form.

Trainings took place in early October and November, in which we held discussions with the participants about the STABIEL educational program, the materials, and possibilities for implementation in an introductory, but in-depth manner. Different school pedagogues (teachers, social workers, school pastors, etc.) took part in the trainings. Afterwards, we sent the participants the STABIEL folders so that they can, in a next step, plan when and how they may put the educational program into practice in their own classes.

We are looking forward to the practical phase of the project and the new insights that we will gain from the accompanying evaluation study.

If you are interested in bringing up the topic of mental health at the school you are affiliated with, please contact us and be part of the STABIEL project!

We would like to take this opportunity to thank all those involved for their interest and commitment!