



# Promoting and Protecting Mental Health

*Supporting Policy through Integration of Research, Current Approaches and Practices*

In the **ProMenPol project** (2007-2009) funded by the European Commission, partners from Germany, Austria, Ireland, Finland, Estonia, Greece and Belgium produced:



## Online Tools database & Implementation Manual

### Field trials of MHP tools

### A European network for MHP

## Online Tools Database & Implementation Manual

The **ProMenPol Database** contains a structured selection of more than 400 Mental Health Promotion (MHP) tools which can be applied in three settings:

- » Schools
- » Workplaces
- » Older People

Examples of MHP tools include social-competence programmes for schools, guidelines for employers on how to promote a mentally healthy working environment, or a friendship enrichment programme for older women.

Tool descriptions come with a wide range of information that helps users to select the appropriate tool for their needs. For example, when users select a tool of interest, they obtain general information about the tool, publication information, alternative tool languages, the tool URL, its' stage of development, evaluation information and designer contact details. This helps the user find the most appropriate tool for their needs.

Tools are also categorised using a modification of the ICF Classification, the ICD10 Classification and a categorisation based on health promotion models. These codes provide a description of the contents of each tool, and they can also be used as a keyword system to help identify the most appropriate tool of interest for the user.

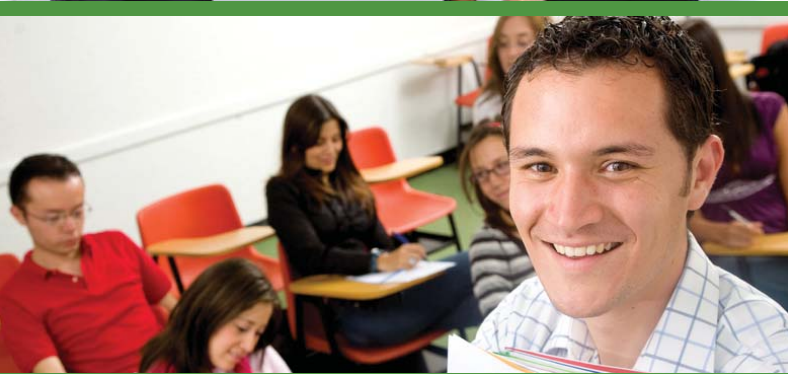
The tools have also been classified using a four step project implementation cycle. This structure helps guide the user through every step in the process, from preparation for the introduction of a programme or project to implementation and progress monitoring.

### Step-Approach:



This step approach is supplemented by an Implementation Manual that describes in detail the steps involved in implementing MHP in each of the three settings.

The database has been evaluated and amended accordingly based on user feedback. At present, it contains more than 400 tools that can be searched for in English, German, Finnish and Estonian.



## European Network

Through various activities and events, a pan-European Network has been created in the ProMenPol-project:

Annual conferences and policy meetings brought together practitioners, scientists, policy makers, NGOs and other specialists in the field of mental health promotion from **30 different countries**.

**700 people** registered on the website to receive the project newsletter and the website is visited on a regular basis (**40,000 hits per month**).

Two follow-up projects will build on ProMenPol activities with 1) the conceptualisation of an MHP E-Learning tool and 2) the preparation of Handbooks for mental health promotion.

In addition, the MHP Network will be formalised in order to promote the cause of mental health promotion across Europe and beyond.



## Field Trials

Documenting good practice provides an essential element to the evidence base for mental health promotion. During the course ProMenPol, organisations and institutions from different settings participated in the ProMenPol-Field Trials. Participants backgrounds were asked to select a tool from the ProMenPol database with a view to implementation, while other participants were already involved in tool implementation prior to ProMenPol. Organisations were asked to report on their experiences and to provide recommendations for future policy development and practice.

Reports were received from schools, workplaces and older people's residences from many countries. Information about the results and experience of tool implementation is available from Dec 09 in the field trial section of the ProMenPol website (<http://www.mentalhealthpromotion.net/?i=promenpol.en.fieldtrials>)

The majority of the institutions reported very encouraging results including high levels of tool acceptance, beneficial and sustainable organisational change, positive effects on mental health and an enhanced sense of wellbeing among participants.

The ProMenPol team believe that valuable insights into practice should also be considered during policy making. Relying solely on scientific evidence neglects the rich and varied information yielded from real-life practice and personal experience that could potentially improve policy development and the monitoring process.

## Partners

**Work Research Centre**  
[www.wrc-research.ie](http://www.wrc-research.ie)

**The Rehab Group**  
[www.rehab.ie](http://www.rehab.ie)

**Research Institute of the Red Cross**  
[www.frk.or.at](http://www.frk.or.at)

**Eworx S.A.**  
[www.eworx.gr](http://www.eworx.gr)

**Estonian-Swedish Mental Health and Suicidology Institute**  
[www.suicidology.ee](http://www.suicidology.ee)

**National Institute for Health and Welfare**  
[www.thl.fi](http://www.thl.fi)

**Mental Health Europe**  
[www.mhe-sme.org](http://www.mhe-sme.org)

## Coordinator

**Federal Institute for Occupational Safety and Health (BAuA)**  
[www.baua.de](http://www.baua.de)

**Contact:**  
Katrin Zardo  
[zardo.katrin@baua.bund.de](mailto:zardo.katrin@baua.bund.de)

More information about follow-up projects and Network activities is available through the newsletter that you can register for at:

[www.mentalhealthpromotion.net](http://www.mentalhealthpromotion.net)

Registered users also have the opportunity to share information about their tools, events and news in the field by uploading this information onto the website.