



Participation of young people with mental health issues

Update on national developments - Finland

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NATIONAL YOUTH WORK AND YOUTH POLICY PROGRAMME FOR 2017–2019 – adopted 12 October 2017

- All children and young people will have a possibility to engage in at least one free-time hobby of their choice;
- Young people's employability skills will be reinforced;
- More opportunities for participation and exerting influence will be created for young people;
- Fewer young people will suffer from mental health problems, thanks to preventive work; and
- Young people will be provided with sufficient guidance and other support for independent living.

NATIONAL YOUTH WORK AND YOUTH POLICY PROGRAMME FOR 2017–2019



The wellbeing of pupils and students, incl. their mental health skills, will be reinforced:

- The Pupil and Student Care Act (2014) obliges the providers of education to have preventive and communal student care in order to support holistic wellbeing. Mental health skills have a natural association with these objectives (FMHA material). Activities will be targeted at preventing loneliness, discrimination, bullying and suicides.
- The role of mental health and substance abuse work will be strengthened in the annual health check-ups done in school and student health care, which reach all pupils and students, and in other individual student care (including school social workers, school psychologists and cross-sectoral expert groups).

NATIONAL YOUTH WORK AND YOUTH POLICY PROGRAMME FOR 2017–2019

- Methods affecting young people's diverse growth environments will be spread and rooted in order to prevent and reduce young people's use of intoxicants (early recognition). Work practices for reducing local alcohol, tobacco and gambling hazards will be incorporated into youth work and the activities of educational institutions.
- Measures will be taken to offer psychosocial support measures to prevent the exclusion of young men (active support for young men during call-ups and if their military or non-military service is discontinued; Time Out! Aikalisä!).
- The inclusion of young mental health rehabilitees (18 -35 years) will be strengthened by spreading the Culture house model throughout the country. Through creative group activities, the objective is to find natural tools for developing life management and social skills, and further for improving work ability and functional capacity.