

PRO ZDRAVÍ DUŠE

A project to support educators by creating a support network in the area of mental health of children, pupils and students



The project is financed from EEA Funds 2014-2021 as part of the Health Program and its implementation will take place from 1 March 2021 to 29 February 2024 (36 months).

Main ideas and vision

- Any trauma fundamentally affects the development of the child and his whole world
- No child "misbehaves" because they want to, but because they have no other choice
- Without knowing the child's story, an adult cannot see into the child's world
- It is not possible to educate without a mutual relationship
- Feeling safe and secure helps build a relationship

Basic activities

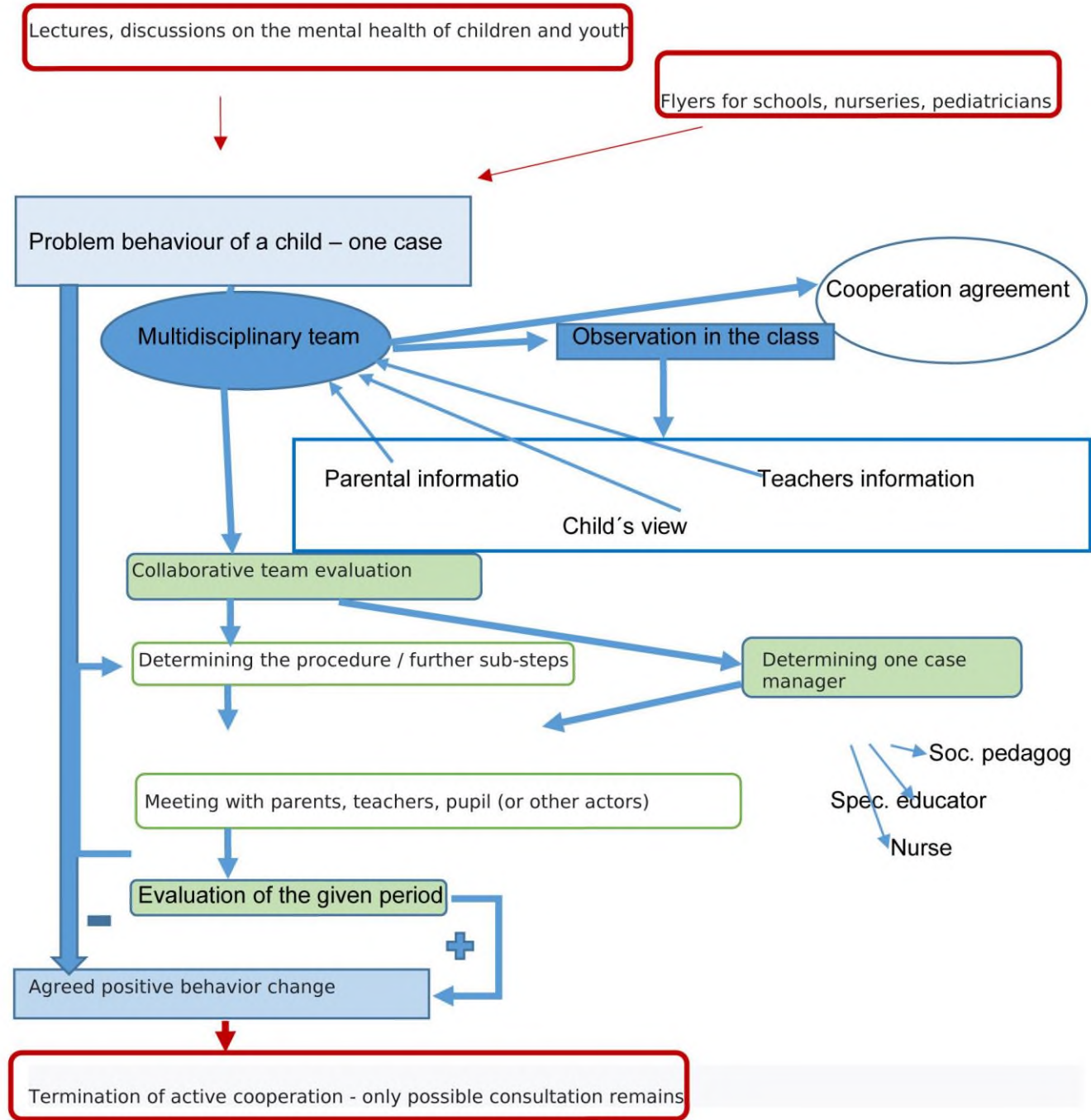
- Strengthening of the support network for children and young people under 18 years of age in the prevention of mental disorders and the pilot verification of the functioning of the multidisciplinary team in cooperation with schools
- Support in foreign methodology verified by many years of practice (intervention based on methodology from the USA - PBIS, therapy based on Kids'skills).
- Our offer includes online support meetings with our Norwegian partner from the Nordland region. The municipality of the entire region (Nordland County Council) coordinates multidisciplinary professional services supporting the mental health of pupils in the schools it establishes.
- Project activities are supported within the Health Program financed from EEA Funds 2014-2021 for 36 months from 1st March 2021



Multidisciplinary team

- 3 regions – Pardubický, Olomoucký a Královehradecký
- Who – special education teacher, social pedagogue, social worker, school and family counselor, psychologist, therapist, nurse and child psychiatrist
- Pilot verification of the functioning of the multidisciplinary team and the formation of methodology

How it works



What do we want it to deliver?

- Changing the perspective on trauma and the traumatized child
- Increasing sensitivity and receptivity in the field of mental health
- Increasing the competence and self-confidence of pedagogues
- Self-regulation training for both teacher and student
- Increasing resilience with correctly chosen strategies
- Promoting positive behavior in schools
- Support for building positive relationships between pupils and teachers
- Increasing the ability to ask for help
- Networking with other actors outside schools



Research materials (our work is based on)

- Secondary analysis PISA 2018
- Secondary analysis TALIS 2018
- Secondary analysis TIMMS 2019
- Secondary analysis PISA a TALIS 2020/21



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