



National
Institute
for Health
Development



Promoting mental health in kindergarten, schools in Estonia

Tiia Pertel

Children and Youth Unit

National Institute for Health Development

21.09.2022

PAX Good Behavior Game (VEPA Käitumisoskuste Mäng)

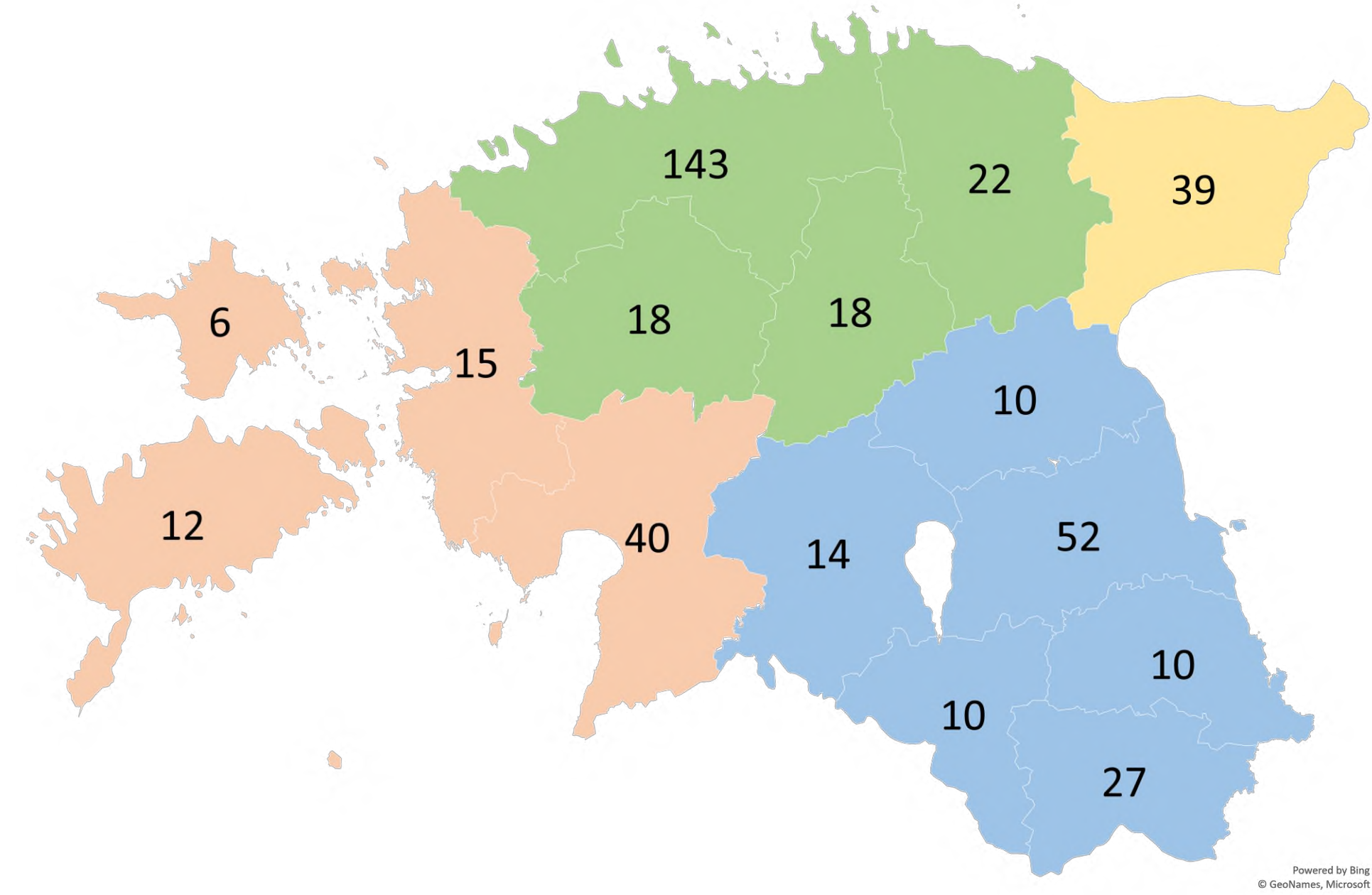
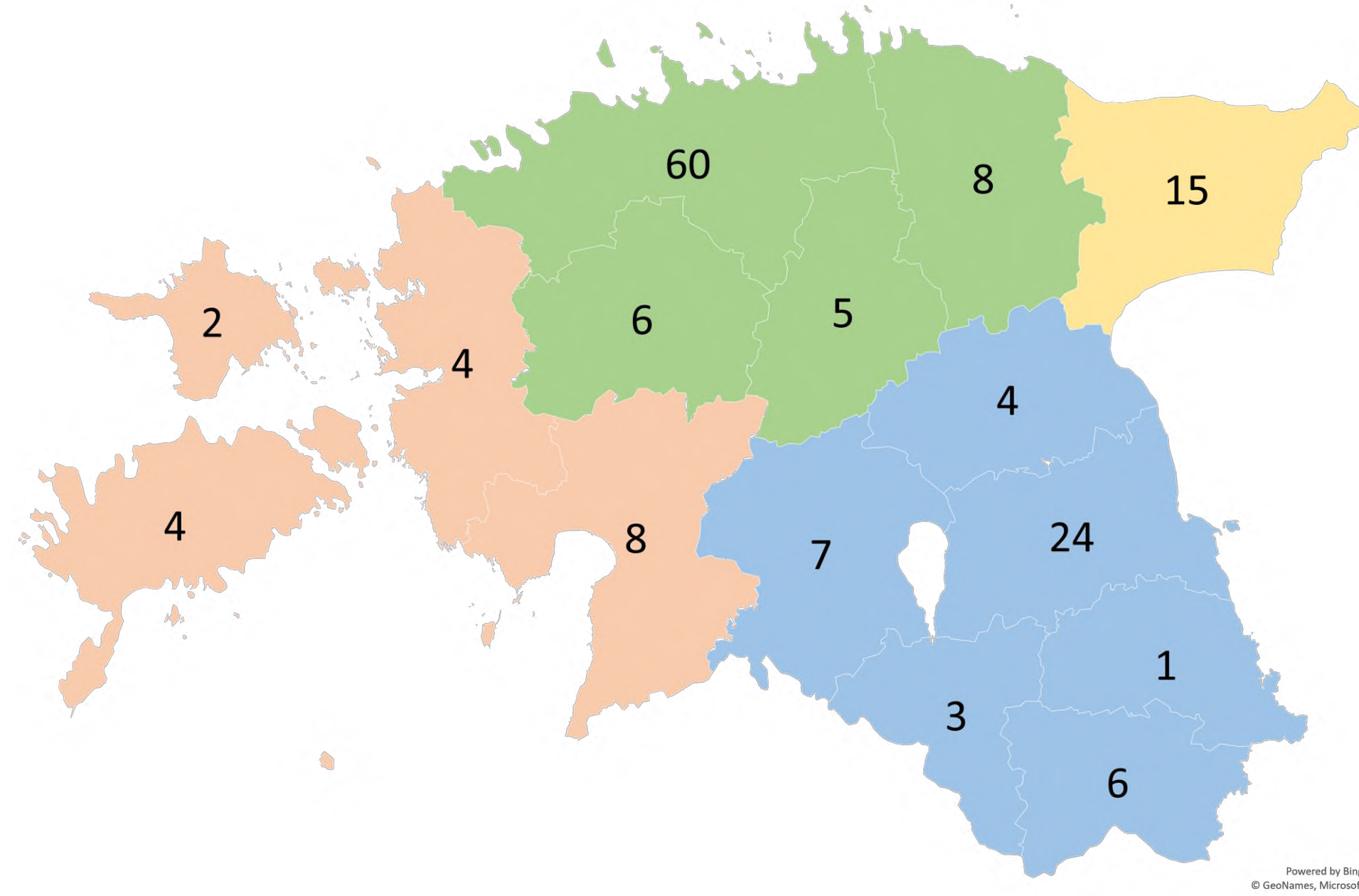
and The Incredible Years in Estonia (Imelised aastad)



157 school affiliated with VEPA
32% of schools are involved



436 The Incredible Years groups
 Involved **87%** of municipalities



Period 2015-2021

The Incredible Years Parent programs in Estonia

Preschool Basic Parent Program

Ages 2 to 8 years

- strengthen parent-child interaction
- reduce harsh discipline
- promote children's emotional regulation and social skills
- promote children's academic skills

Advanced Parent Program

Ages 4 to 12 years

- improve parent-child relationships
- improve parental functioning

Webpage about positive parenting

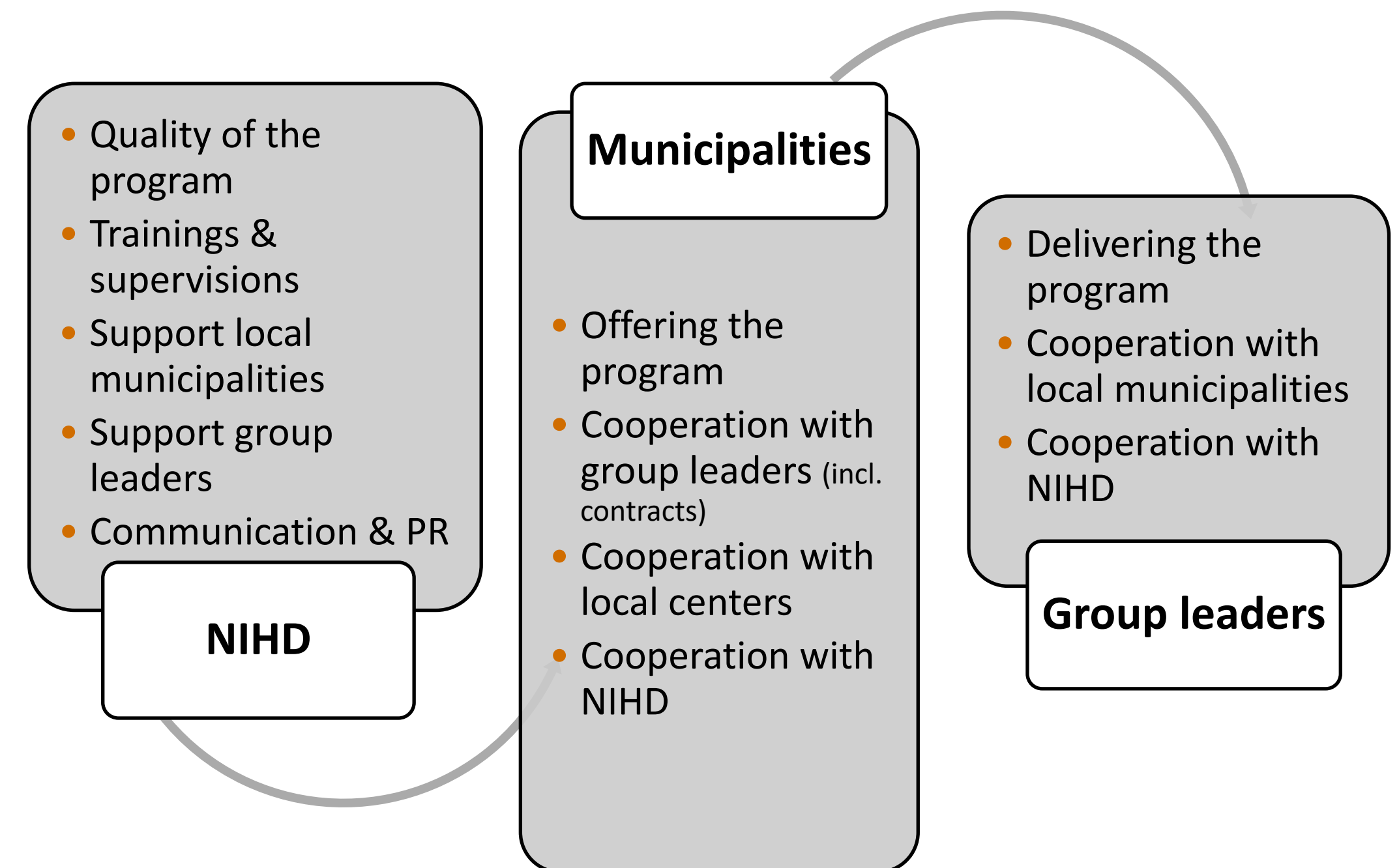
www.tarkvanem.ee and media campaigns

Pilots in process

Provide IY programs

- for parents and educators of foster care
- in workplaces

The implementation system and responsibilities



Since 2017 also cooperation with the Child Mental Health Centres (3)

PAX Good Behavior Game (VEPA) in Estonia

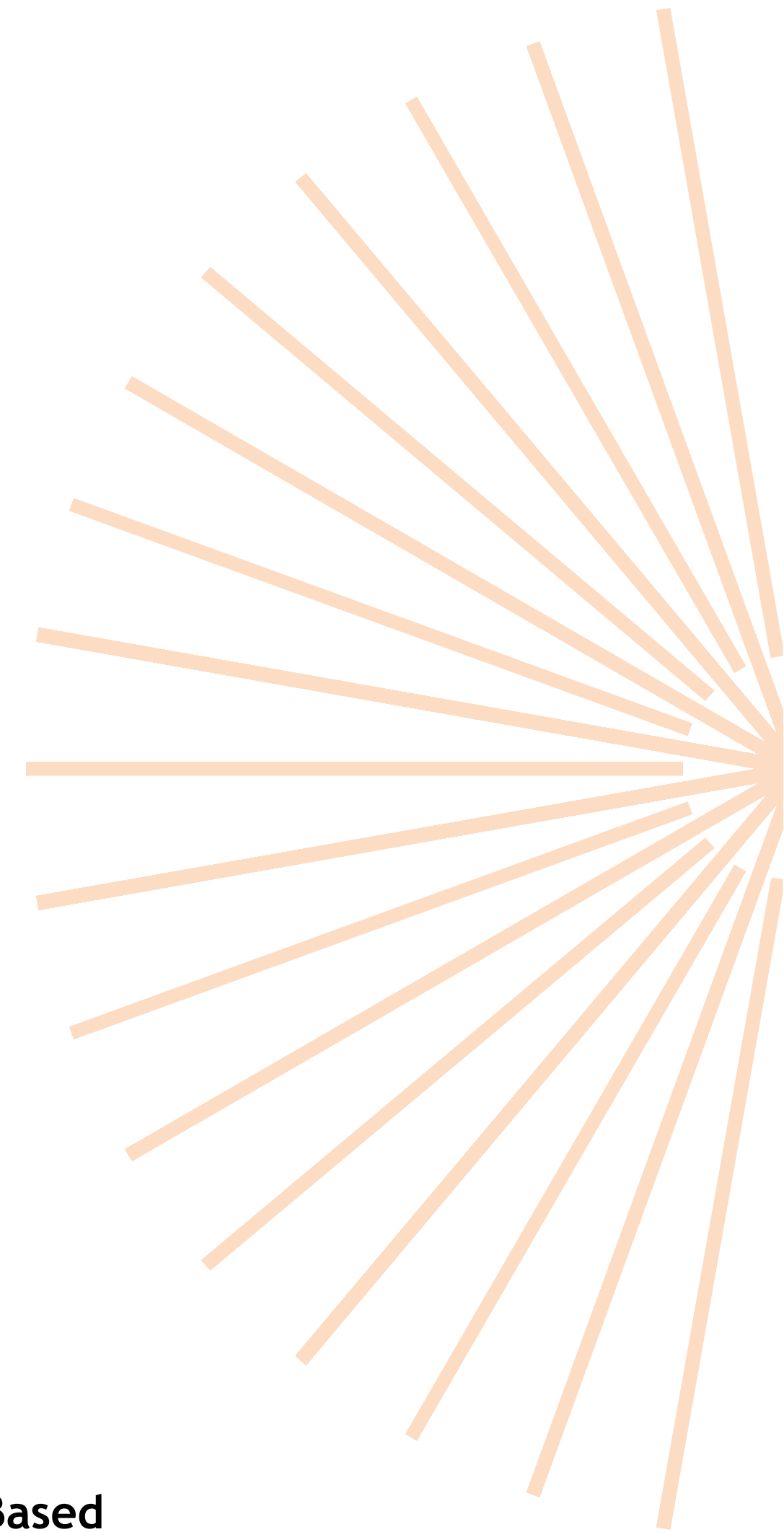
- Universal classroom-based prevention program (for 1-6. class)
 - offers an opportunity to develop self-regulation and social-emotional skills
 - creates a safe environment for skills development
- Implementation system
 - Teachers:
 - complete 3 day training (separate training days) carried out by VEPA mentors
 - receive VEPA kits
 - Are regularly supported by the mentor. Per each implementing teacher, the mentor spends approximately 30 hours per school year on class visits that include coaching sessions

Pilot in process

Provide VEPA in kindergartens

- 2021/2022 adoption with 5 kindergartens
- 2022/2023 pilot with 6 kindergartens

Streimann, Karin; Selart, Anne; Trummal, Aire (2019). Effectiveness of a Universal, Classroom-Based Preventive Intervention (PAX GBG) in Estonia: a Cluster-Randomized Controlled Trial. *Prevention Science*. [10.1007/s11121-019-01050-0](https://doi.org/10.1007/s11121-019-01050-0).





National
Institute
for Health
Development

Thank you!



National Institute for Health Development

