

REGIN testbed regional – local collaboration psycho social support for migrants

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County Administrative Board



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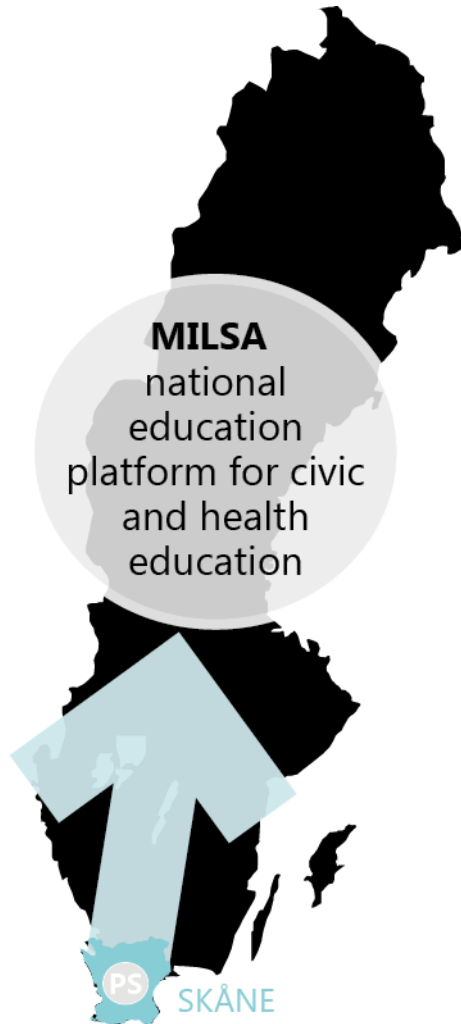


PARTNERSHIP SKÅNE (PS)

- PS gathers organisations responsible for the reception of newly arrived refugees to develop holistic methods for health equity and social inclusion
- Public sector, academia, and civil society
- Capacity development - filling the gaps, started in 2008
- 188 000 refugees and 75 000 family members to Sweden 2015-2019



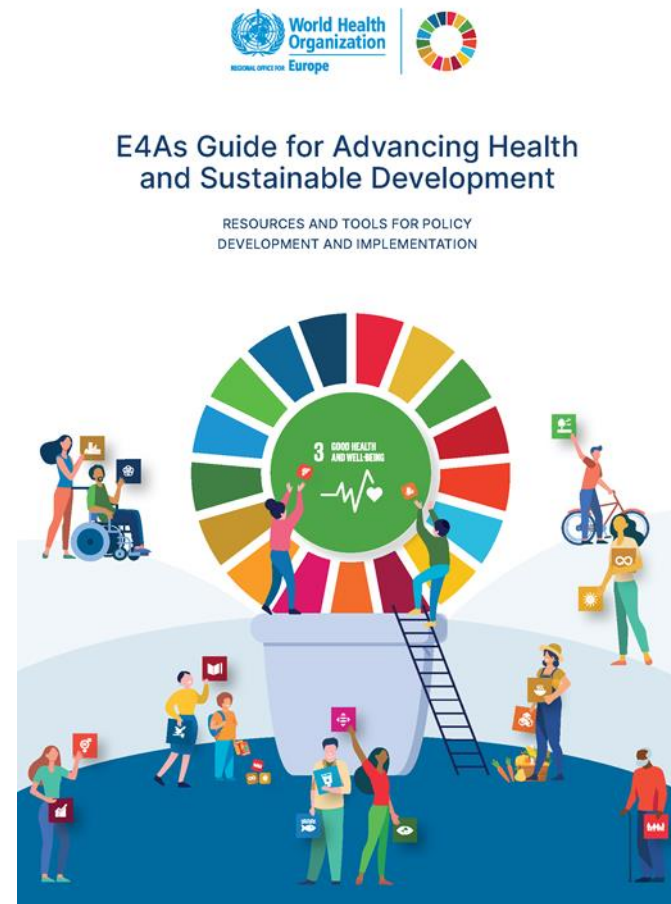
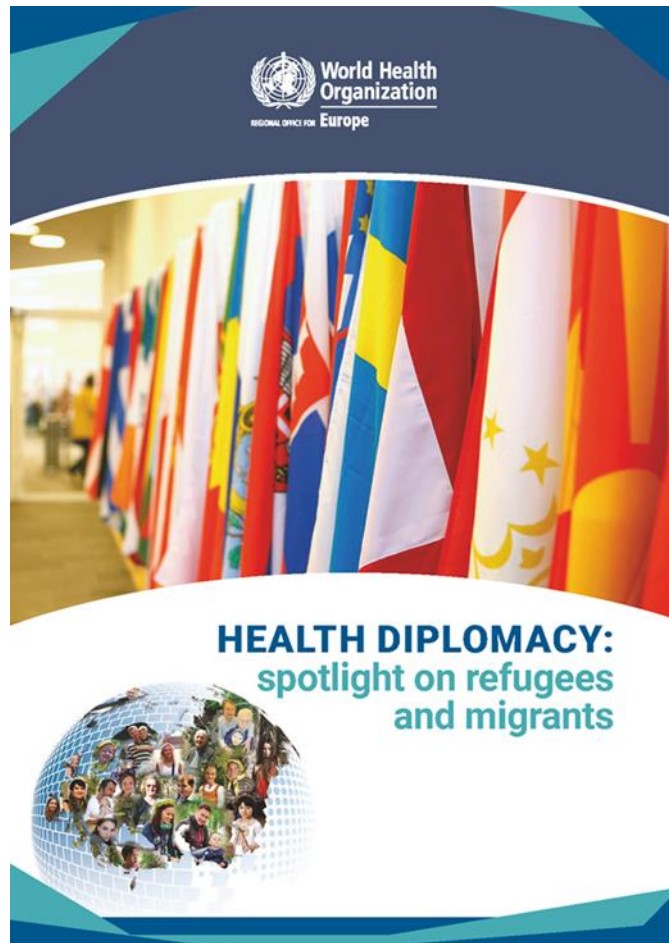
CIVIC AND HEALTH COMMUNICATION (CHC)




- CHC is a part of PS
- A civic orientation course for newly arrived refugees with integrated health communication
- CHC is led by Civic and Health Communicators who are trained in the MILSA education platform

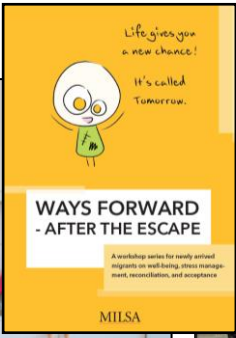


LEARNING EXAMPLE



PS METHOD DEVELOPMENT FOR PSYCHOSOCIAL HEALTH

- Psychosocial prevention model
 - The support group format *Ways Forward After the Flight*
 - An in-depth education for communicators who will lead support groups
 - The method material *Ways Forward After the Flight* for leaders of support groups
 - The film series *After the Flight* to be used in a support group
 - **Local tailor-made programme**
 - **A generic concept description for dissemination**
- 



Development of method material

In-depth education 1

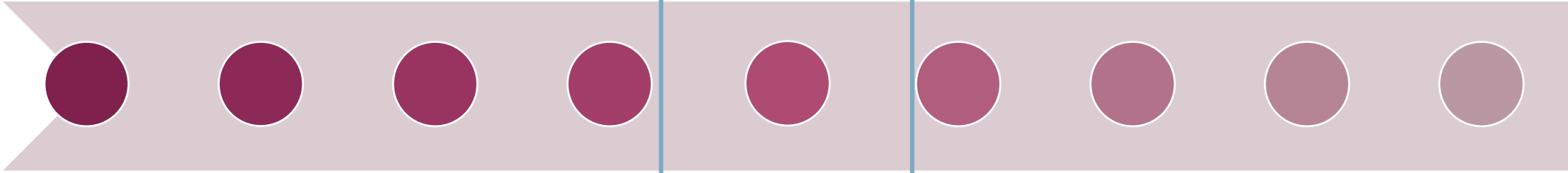
REGIN
Support group and programme 1



Evaluation: Education 1 support group 1 & 2



Continued evaluation, additional pilot tests



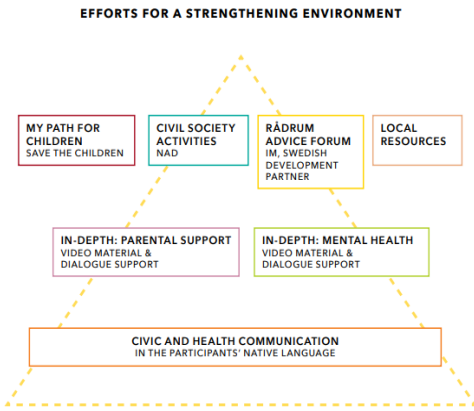
PREMO

Mapping reports

In-depth education 2

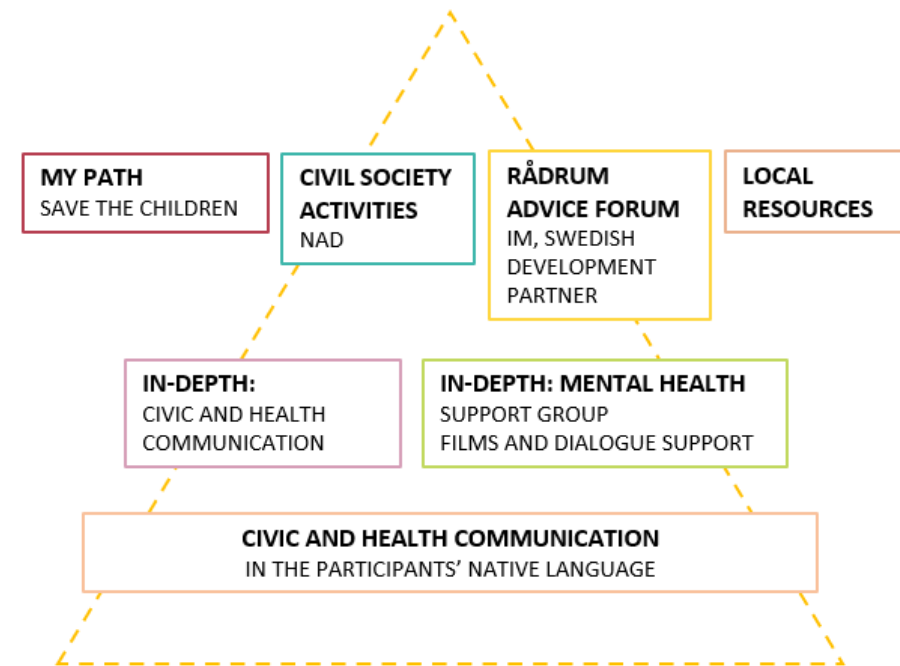
support group and programme 2

In-depth education 3



REGIN TESTBED (MALMÖ)

- An in-depth programme for 11 newly arrived refugees from the Civic and Health Communication (CHC)
- In-depth CHC and the support group *Ways Forward After the Flight* were the cornerstones of the programme, and complemented by:
- *My Path* - Save the Children
- *Associations and civil society activities* - Network, Activity, Participation (NAD)
- *RådRum* - IM Swedish Development Partner



THE SUPPORT GROUP WAYS FORWARD AFTER THE FLIGHT

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- For newly arrived refugees with an elevated stress level or in need of a supporting environment.
- Overall purpose: to help participants find and use methods to reduce their stress level in order to be able to take the next step in life.
- Preventive health promotion that promotes strengths, abilities and resilience.

WHAT DO THE PARTICIPANTS THINK?

- FGD and interviews with testbed participants
- Increased knowledge, new perspectives, new habits
- An overall sense of security and openness
- The group format promotes a normalisation process.
- A sense of community and new contacts.
- The support group, in-depth CHC and civil society activities complement each other.
- Highly appreciated methods and pedagogy from the communicators.



POINTS OF LEARNING

- 1) Multisectoral collaboration is vital and has enabled flexible and needs-based support.
 - 2) Multisectoral collaboration requires merging or creation of new mutual working methods, target group definitions and goal definitions.
 - 3) The importance of considering factors that affect participants' expectations.
 - 4) The support group format promotes valuable openness in the group, still a need to further strengthen knowledge about mental health to combat possible social stigma and taboos.
 - 5) The value of the right representatives in operational activities
- 

"I feel relaxed and satisfied, my mental state is good, and the negative energy was drained through these days. Because I talk about my negative experiences and release stress, release ... relaxed and thus became... very comfortable. When you lock the problems inside yourself, it will get worse and worse."

Through our participation in REGIN we have had the opportunity to conduct a work that now serves as a model for dissemination making a real difference!



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