

## RETHINK (RETHINK)

Programme Priority: P4 Skilled and socially inclusive region

Programme Specific Objective: 4.1. More people benefiting from stronger Central Baltic communities

Sub-programme: Central Baltic

Duration: 01.05.2019 - 30.04.2021

Total funding: 251.396 EUR

ERDF funding: 197.546 EUR ERDF

Project Summary:

Young people in the 18-30 age group with a history of mental illness face the risk of social & economic exclusion. To address this challenge, a cross-border approach is needed because relevant professionals located in different regions, can offer a more comprehensive response to the target group's needs.

The project aims at developing a holistic & transferable training programme which will build on the experience and expertise of the R & D Centre located in Linköping, Sweden & Zemgale Planning Region in Latvia to promote the inclusion of this target group. The programme includes personal action planning, the recruitment & training of mentors, & a toolkit of options including arts/creative activities, sports, excursions, volunteering, vocational 'taster' courses & work experience to support individuals in moving closer to the labour market.

The project activities will be piloted with 20 mentors and 40 young people. The results will be evaluated & disseminated to the project target groups.

## Map of Partners

### Partners

Lead Partner

#### **FoU Centrum Linköpings kommun**

**Country:** SE

[www.linkoping.se](http://www.linkoping.se) [1]

**Partner budget:** 161.407 EUR

**Amount of ERDF funding:** 121.055 EUR ERDF

Project Partners

## Zemgale Planning Region

Country: LV

[www.zemgale.lv](http://www.zemgale.lv) [2]

Partner budget: 89.989 EUR

Amount of ERDF funding: 76.491 EUR ERDF

## Results

### Expected results

### Achieved results

Project result in category - Improved community

### **?RETHINK improved social inclusion of young people**

RETHINK improved social inclusion of young adults aged between 18-30, who had a history of mental illness. The project goals were realised through a holistic and innovative training and support programme which was developed by project partners from the Linköping and Zemgale regions.

The basis for the inclusion programme was created by training the mentors for the target group to support them during the RETHINK programme. In Sweden mentors were volunteers, whereas in Latvia they were professionals from the field of social and health care.

The content of the training and support programme was designed to enable tailor-made solutions and paths based on individual needs of the participant. For example, participants were provided with activities which improved their daily routines, pathways to work and communication skills to help them navigate back to the society.

Altogether, around 20 mentors were trained and 40 young people from the target group participated in the RETHINK programme.

Project page in database

[RETHINK](#) [3]

At a glance

- Holistic and innovative approach to support young adults with history of mental illness
- Tailor-made solutions for real life
- 20 mentors and 40 participants

Files



[Final evaluation report](#) [4]



[Training programme](#) [5]



[Training programme diagram](#) [6]

Tags

[Social inclusion and equal opportunities](#) [7]

## Project Visibility

### Social media links

[Lead Partner website](#) [8]

[Project partner webpage \(zemgale.lv - description, In Latvian\)](#) [9]

[Project info in English on Lead Partner's website](#) [10]

### Other media visibility

[Kosmoss, basketbols, hibr?dhakatons - INTERREG tematiskaj? kampa?? "RADA UN R?DA" | #1 JAUNATNE \(interreg.lv, November 2019\)](#) [11]

[Norisin?jies semin?rs par mentoringu jauniešiem ar GRT \(Interreg.lv, April 2021\)](#) [12]

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### Links

[1] <http://www.linkoping.se> [2] <http://www.zemgale.lv> [3] <https://database.centralbaltic.eu/project/111> [4] [https://database.centralbaltic.eu/sites/default/files/RETHINK\\_Final\\_Evaluation\\_Report\\_210501.pdf](https://database.centralbaltic.eu/sites/default/files/RETHINK_Final_Evaluation_Report_210501.pdf) [5] [https://database.centralbaltic.eu/sites/default/files/Trainingprogramme\\_RETHINK\\_200527.pdf](https://database.centralbaltic.eu/sites/default/files/Trainingprogramme_RETHINK_200527.pdf) [6] [https://database.centralbaltic.eu/sites/default/files/Rethink\\_training\\_programme\\_diagram.pdf](https://database.centralbaltic.eu/sites/default/files/Rethink_training_programme_diagram.pdf) [7] <https://database.centralbaltic.eu/tags/social-inclusion-and-equal-opportunities> [8] <https://www.linkoping.se/utforarwebben/vard-stod-och-omsorg/forskning-och-utveckling/fou-projekt-satsningar-och-aktiviteter/rethink/> [9] [https://www.zemgale.lv/images/info\\_pamatteksti/dati/Projekti\\_Rethink.pdf](https://www.zemgale.lv/images/info_pamatteksti/dati/Projekti_Rethink.pdf) [10] <https://www.linkoping.se/contentassets/c235409a755b472082bfe465ff06aceb/cb-a3-poster-rethink.pdf> [11] <https://www.interreg.lv/lv/aktualitates/aktualitates-un-pasakumi/kosmoss-basketbols-hibridhakatons--interreg-tematiskaja-kampana-rada-un-rada-1-jaunatne/> [12] <https://www.interreg.lv/lv/projekti-un-rezultati/uzzini-par-projektu-rezultatiem-latvija/norisinajies-seminars-par-mentoringu-jauniesiem-ar-grt/>