

CLOSING NATIONAL PROMEHS CONFERENCE IN CROATIA



28TH JANUARY 2022., FROM 1 TO 4 P.M.

ONLINE CONFERENCE – TECHNICAL SUPPORT FROM VIVID

OPENING OF THE CONFERENCE

13:00-13:30

PROMEHS manager for Croatia, *prof. PhD. Sanja Tatalović Vorkapić*
 Dean of the Faculty of Teacher Education in Rijeka, *prof. PhD. Lidija Vujičić*
 Prorector for digitalization and development of the University of Rijeka, *prof. PhD. Senka Maćešić*
 Envoy of the Prime Minister of the Republic of Croatia Andrej Plenković, *State Secretary Ivica Šušak*
 Head of the Department of the City Administration for Education of the City of Rijeka, *Ms. Sanda Sušanj*
 Deputy Prefect of Primorje-Gorski Kotar County *Mr. Petar Mamula*
 Head of the Department of Education of the Primorje-Gorski Kotar County, *Ms. Edita Stilin*
PhD. Dubravka Brezak-Stamać, director of the National Agency for Education

PLENARY TALKS

13:30-14:25

Presentation of PROMEHS curriculum: implementation, evaluation and sustainability
prof. PhD. Sanja Tatalović Vorkapić, Faculty of Teacher Education in Rijeka

14:30-15:00

How to develop your own resilience?
prof. PhD. Majda Rijavec, Faculty of Teacher Education in Zagreb

15:00-15:30

PANEL DISCUSSION:

Possibilities of systematic implementation of PROMEHS curricula in preschool and school curricula (leaders: Lana Golob and Assoc. prof. PhD. Tamara Mohorić)

Local community representative: Ms. Sanda Sušanj
 Representative of the Ministry of Science and Education: Darko Tot, B.Sc. soc. ped.
 Representatives of the Agency for Education, senior advisors: Alma Rovis Brandić, M.Sc. paed. soc.
 Representative of the UNICEF Office for Croatia, Head of the Education Program: PhD. Ivana Ćosić
 Representative of the Croatian Institute of Public Health: PhD. Ljiljana Muslic

15:30-15:35

CLOSING THE CONFERENCE

Prof. PhD. Lidija Vujičić & prof. PhD. Sanja Tatalović Vorkapić

Akvilina Čamber Tambolaš, asistant – Announcement of the participants

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Presentation of PROMEHS curriculum: implementation, evaluation and sustainability

Prof. PhD. Sanja Tatalović Vorkapić

Abstract: Given the alarming data of the World Health Organization regarding the mental health of children and young people, it is extremely important to ensure quality programs and mechanisms within society that will provide support to children and young people in strengthening their psychological well-being. To this end, the international project PROMEHS: Promotion of Mental Health in Schools was launched, which lasts from February 2019 to February 2022. The project leader is the University of Italy, and the project partners are universities and representatives of educational policies from Greece, Croatia, Latvia, Malta, Portugal and Romania. After creating the PROMEHS curriculum based on socio-emotional learning, resilience and prevention of behavioral problems, and the training of educators (N = 88) in the Primorje-Gorski Kotar County, it was implemented in two groups of kindergartens and schools (N = 32 ; 15 and 17), and 790 children participated. Using a quasi-experimental design, data were collected at two measurement points in two groups (control and experimental). Testing the significance of differences determined the expected increased levels of socio-emotional competencies and resilience, and reducing behavioral difficulties in children, and these effects are most pronounced in the assessments of educators, teachers and teachers, as opposed to parents 'assessments and students' self-assessments. Also, significantly higher levels of psychological well-being were found in educators, based on their self-assessments. Considering the established positive changes in children and educators in Croatia, the statistical significance is more pronounced in the sample of all included countries (N = 6611 children) in the first group. Finally, since after the created, implemented and evaluated PROMEHS curriculum it is crucial to think about its sustainability, a survey was conducted with 73 educators who conducted it, the perception of the need for systematic implementation of this program in the existing educational system . This finding should serve as a starting point in reflections on establishing a balance between the quality of implementation of existing cross-curricular topics in schools and PROMEHS curricula, as well as the implementation of other promotional and preventive programs in educational institutions.



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How to develop your own resilience?

Prof. PhD. Majda Rijavec

Abstract: Research shows that children's psychological well-being as well as their academic achievements depend not only on the professional qualifications and on job satisfaction of teachers and educators, but also on their life satisfaction and emotional well-being. "Happy" teachers and educators have a positive effect on children in all aspects of their lives. The COVID 19 pandemic brought many challenges that were better faced by those teachers who have greater resilience and have therefore been able to maintain their psychological well-being to a greater extent.

To date, most research has been conducted to identify factors that help develop children's resilience, but with the advent of positive psychology, research has emerged on what contributes to adult resilience and various interventions have been developed to help people. These interventions cover a variety of areas that include changes in relationships with others, changes in mindset, changes in activities, and changes related to the body.

In times of intense crises, such as the COVID-19 pandemic, much research and activity has focused on human vulnerability and problems, which is perfectly understandable and justified. However, people in such situations can both become stronger and more resilient, and in this, they can make a significant contribution to the findings of research in the field of positive psychology.

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31st JANUARY 2022., IN TWO GROUPS:

FIRST GROUP OF KINDERGARTENS AND SCHOOLS: 12A.M.-2P.M.

SECOND GROUP OG KINDERGARTENS AND SCHOOLS: 3P.M.- 5P.M.

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OPENING OF THE SECOND PART OF THE CLOSING PROMEHS CONFERENCE	
12:00-12:15	PROMEHS manager for Croatia, <i>prof. PhD. Sanja Tatalović Vorkapić</i>
	Dean of the Faculty of Teacher Education in Rijeka, <i>prof. PhD. Lidija Vujičić</i>
	Representative of the Department of the City Administration for Education of the City of Rijeka, <i>Lana Golob</i>
12:15-13:15	Ceremonial delivery of certificates to Croatian teachers for PROMEHS implementation
13:15-14:00	-reception-
14:00-15:00	Break – epidemiological measure
OPENING OF THE SECOND PART OF THE CLOSING PROMEHS CONFERENCE	
15:00-15:15	PROMEHS manager for Croatia, <i>prof. PhD. Sanja Tatalović Vorkapić</i>
	Dean of the Faculty of Teacher Education in Rijeka, <i>prof. PhD. Lidija Vujičić</i>
	Representative of the Department of the City Administration for Education of the City of Rijeka, <i>Lana Golob</i>
15:15-16:15	Ceremonial delivery of certificates to Croatian teachers for PROMEHS implementation
16:15-17:00	-reception-