



Partnership Skåne

# **PROMOTING MENTAL HEALTH, WELLBEING AND PARENTING**

**THROUGH CIVIC AND HEALTH COMMUNICATION  
IN SWEDEN**

## **PS - PARTNERSHIP SKÅNE**

is a multi-level governance partnership for integration; where municipalities and local, regional and national partners cooperate. The work is coordinated by the County Administrative Board in Skåne, Sweden, with the aim of promoting capacity for health equity and social inclusion in the reception of newly arrived migrants.

## **SHK - CIVIC AND HEALTH COMMUNICATORS**

provide quality-assured civic and health information to newly arrived migrants in their mother tongue, as a basis for empowerment, democracy and health equity.

## **NAD - NETWORK - ACTIVITY - PARTICIPATION**

is a holistic and inclusive method to generate activities that facilitate social networks, build trust, and promote health.

## **MILSA - MULTIDISCIPLINARY KNOWLEDGE PLATFORM**

is a joint action of different institutions, universities and researchers providing high-quality knowhow on social and health aspects of integration process for further development of different functions.



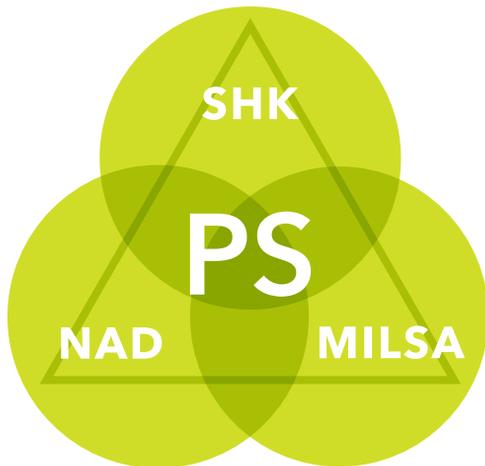


*"When we came here we thought we just needed to learn the language. But when the children started in kindergarten and in school we discovered that we lacked knowledge of the Swedish society, what laws existed, what the traditions were."*

*"Last Christmas we baked both gingerbread cookies and a gingerbread house. We do not want our children to worry about not doing the same things as their friends do. You have to be a little bit flexible, otherwise we might build a barrier between the Arabic and the Swedish. It should be a bridge - not a border."*

*"My parents and I have completely come out of sync with each other. I say something and they don't understand at all what I mean ... And they say things that are hard for me to accept but at the same time I want to respect them. It's not easy ... I've changed a lot without noticing."*





## MENTAL HEALTH AND WELL-BEING

Research indicates that different migrant groups, and especially refugees, have worse mental health than European population in general. There are multiple reasons for this, such as traumatic experiences before and during the migration, family and relatives' safety and security, and socioeconomic challenges in settling and establishing life in the new home country. The daily interaction

with newly arrived migrants within the framework of Partnership Skåne (PS), confirms these findings. To address these issues PS is developing new initiatives and tools to provide support for strengthened mental health and well-being, including parental support. The aim is to support newcomers' empowerment and facilitate access to various social resources.



**RAHEBE - 14 YEARS IN SWEDEN**

*"I was not at all prepared for how I would be treated when I came to Sweden. I could not imagine that my past life would mean so little."*

*"I often felt very alone, and today I wish people around me had dared to ask. Talking a little more openly about how we feel would have helped us all."*

*"In the beginning in Sweden I had nightmares. I was back on the streets, dreaming that we were running and being shot at from behind. And I woke up with a pounding heart, in real panic. But I thought the most important thing now is that I talk about it, that I don't keep it within myself. And it really helped me to move on."*



**AHMAD - 4 YEARS IN SWEDEN**

## PREMO - PSYCHOSOCIAL PREVENTION MODEL

The model used is based on a method called PREMO. The logic behind the model is the finding that having insufficient resources and a lot of stress leads to poorer ability to maintain mental health which in turn impacts many areas in life. Individual's ability to deal with demands and stress is thus also depending on the individual's

internal and social resources, social support, social networks and trust in others.

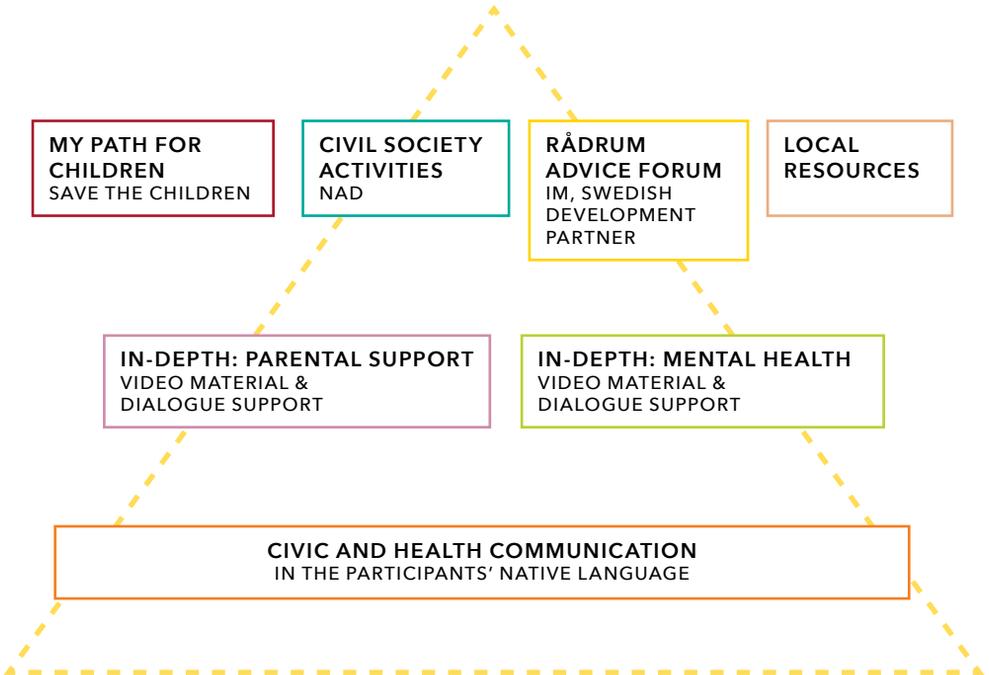
The base of the model used in Skåne consists of proactive efforts to strengthen personal resources and the social integration of newly arrived migrants.

## SHK - DISCUSSION GROUPS AND FILMS TO HELP TO TALK ABOUT SENSITIVE ISSUES

The civic and health communicators (SHK) meet newly arrived migrants on a regular basis, mostly in a class environment, and provide information on a wide variety of topics. An in depth programme is offered with special focus on psycho social health and well-being and parenting by creating informal conversation forums which are lead by special trained SHKs. Five short films featuring experiences of newly arrived

migrants as well as perspectives from experts are used in order to prompt and facilitate conversations, complemented by various tools for dialogue and reflection support. Through SHK, which is operated by municipalities in collaboration with the County Administrative Board and Region Skåne, the participants are then linked to different supportive local resources.

## **EFFORTS FOR A STRENGTHENING ENVIRONMENT**



## NAD - FACILITATING ACCESS TO CIVIL SOCIETY AND NETWORKS

NAD is a method designed to match newly arrived migrants with local civil society organizations, based on their interests. Participation in such activities provides opportunities for social

interaction, to practice local language and to improve health and recuperate. NAD is operated by the Network for civil society organizations in Skåne.

## RÅDRUM - ADVICE FORUM FOR NAVIGATING IN SOCIETY

RådRum offers voluntary-based free, impartial and confidential counseling for migrants who need support in Sweden. RådRum aims at increasing cultural understanding, enhancing individuals' ability to exercise personal rights,

facilitating social inclusion and personal development, increasing opportunities to access labour market and to participate in civil society. RådRum is operated by IM, Swedish Development Partner.



*"I started working as an interpreter after two years in Sweden. It was a big challenge and one day I felt dizzy with heart palpitations. I thought there was something wrong with me, but the doctor explained that my heart worked perfectly but I needed to learn how to deal with my stress. I got help and the problem disappeared. Today I can recognize the warning signs of stress and know what to do. "*

*"In my culture, it's hard to admit that you are mentally ill - that you are depressed, burned out or tired - it is very difficult. Many people would rather talk about having a headache, a stomach ache or chest pain, there is a fear of being labeled with mental health problems."*



**FAUZIA - 20 YEARS IN SWEDEN**



**LOUY & RAHME - 6 YEARS IN SWEDEN**

*"The first 6 months we knew nothing about the children's school. We received a paper, but we had no idea what we were expected to do, and we didn't dare to attend parent meetings."*

## SAVE THE CHILDREN - MY PATH

My path is an individually tailored support from a child's perspective. In My Path, children as well as young people and families have access to a supportive environment for guidance and advice. Through individual conversations, group discussions or group meetings, the individuals are supported, coached and guided in their quest of finding ways

forward. Self-empowerment is in the focus and the process leader mainly strengthens the person's own ability to find solutions. Individual's needs are often complex. My path is thus connected to various actors in the fields of education, leisure and voluntary organizations, healthcare and so forth. My Path is operated by Save the Children.



**RAMA & HANI - 6 YEARS IN SWEDEN**

*"We thought about the children, when we decided to flee - they couldn't continue living in the middle of the war, among bombs and death. They must be able to study, have a future."*

*"It is important that you do not forget where you come from. You have your roots and a foundation there. But you also have to make a decision to look forward. These are new steps that you are taking, a new country to enter, new contacts and new social contexts."*



**CHRISTOPHER - 15 YEARS IN SWEDEN**



## Partnership Skåne

**The project on mental health, well-being and parenting** is funded by the AMIF and the Swedish Ministry of Health and Social affairs and is evaluated by Uppsala and Lund Universities. The project is linked to the MILSA National education platform for civic and health communication, funded by the European Social Fund. It is performed in partnership with Conference of Peripheral Maritime Regions of Europe (CPMR) and the EU project REGIN.

Website: [www.partnershipskane.com](http://www.partnershipskane.com)

*For more information, please contact*

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Save the Children



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SUSTAINABLE  
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GOALS