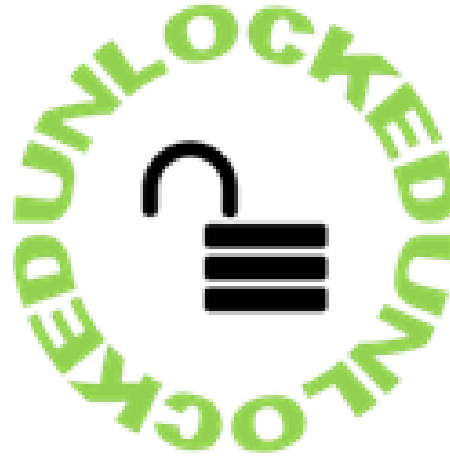




2020-1-HU01-KA204-078660

MULTIPLIER EVENT

Date: 30.11.2022

Location: Subotica, Serbia

Organizer: Mental hygiene association „ANTROPOS“

Introduction

The Mental hygiene association „ANTROPOS“ was founded in 2010 with the collaboration of mental health professionals.

Antropos is responsible for the prevention of contemporary aggression, and the organization of individual and group consultation, psychotherapy (psychodrama self-knowledge groups), psychological workshops, self-reinforcing trainings, lectures, films, performances, and grandstands on mental health.

Since 2017, our members have completed several shorter or longer trainings. Our toolbar has expanded with: integrative hypnotherapy and integrative pediatric as well as with tale therapy methods, which are used primarily in the field of primary prevention, but they also have a place in secondary and tertiary prevention.

We help young people and their families who encounter the difficulties of adolescence hood, with our workshops, lectures and individual sessions.

We also work with pregnant women, families with small children and young children to achieve these goals.

Other goals of the association:

- ❖ organizing interactive group sessions and psychological workshops about drug addiction
- ❖ organizing and conducting self-knowledge group sessions
- ❖ contacting and cooperating with all institutions dealing with the problem of drug addiction (schools, police, health care institutions, Social Work Center, etc.) operating in our narrower and wider environment
- ❖ organizing training for school professionals on violence against children and young people
- ❖ developing, organizing and coordinating various occupations, activities, and trainings to increase tolerance
- ❖ organizing and coordinating the involvement of school professionals in the prevention of abuse of children and young people (physical, mental and sexual)
- ❖ organizing interactive group sessions and psychological workshops for young people on the topic of abuse
- ❖ professional training of prevention workers and professionals
- ❖ initiating and implementing projects in cooperation with domestic and foreign governmental and non-governmental organizations

The UNLOCKED project

The UNLOCKED project started in September 2020 and will end in February 2023.

It is a partnership project of 4 partner organizations (Váltó-sáv Alapítvány, Crime Prevention Fund - IGA, Amaka NGO, Antropos Mental Hygiene Association) from 4 countries (Hungary, Bulgaria, Greece, Serbia) based on innovation, common experience and method exchange, knowledge extension and sharing, focusing on the especially vulnerable, disadvantaged target group of offenders, detainees and ex-detainees with a high criminality risk, addicts and those in a marginalized situation, as well as on professionals and experts treating them.

The project aims to develop and improve local and international (re)integration programs who have as target group offenders, detainees and ex-detainees with a high criminality risk, addicts and generally those living in marginalized contexts. It further aims to educate and support professionals and experts that work with this population. This will be achieved through sharing of knowledge and experience and by employing innovative, non-formal creative programs and methods in order to facilitate personal development, motivation and learning for the beneficiaries of the program.

The project is funded by Erasmus+ and the European Union and is coordinated by the VSA organization.

IO5 - Release Diary (preparation for release with art therapy tools)

- Target groups: marginalized target groups with high criminality risk of detainees, ex-detainees, and addicts, and the expert group working with them.
- Elements of innovation: a creative diary preparing the client for release





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ANTROPOS Mental Hygiene Association

Help! Obstacle!



Edvard Munch: The Scream (1893)

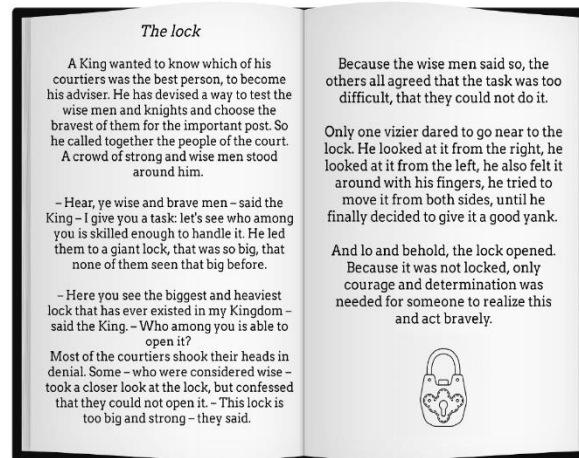
We face many obstacles in our life's journey. These can be external or internal. We don't always see them as obstacles, but they are our entrenched beliefs that have been with us for a very long time, perhaps we don't even know how long, or they are obstacles because others say they are and we believe them.

In this chapter, we look at how to overcome these obstacles.

The biggest obstacle you'll ever have to overcome is your mind. If you can overcome that, you can overcome anything.

- Les Brown

Let's read the story below:



The story is familiar, isn't it? You may be having this conversation with yourself, like the wise men in the story: Ahhh, it will never work, it's too big, too powerful, too distant, etc.

The easiest way to overcome the obstacles we face is to:

- 👉 approach them, as in do not rely on the experience of others
- 👉 not give up easily
- 👉 take the control and the solution into our hands, and don't expect others to solve the problems for us
- 👉 be brave and determined

The following **exercise** will help you to formulate the obstacle in front of you, and to find your own solution to it.

You will need:

- ✎ a piece of paper
- ✎ some kind of drawing tool (marker, crayon, colored pencil, paint, etc.)

Instructions:

Lay the drawing sheet horizontally in front of you and divide it into three parts in your head.

Step 1:

Outline your current problem or obstacle on the first third of the drawing sheet. First try to be as precise as possible, and then start drawing. Do not think in general terms, but in specifics!

Step 2:

In the last third of the drawing sheet, sketch the state when this obstacle has been removed. Be thorough about this too. Think about it first, then draw it.

Step 3:

Draw in the middle of the drawing sheet what the solution would be to remove the obstacle. If that doesn't work, try to draw a picture of what makes it impossible for you to overcome the obstacle in front

Notice the colors and shapes you used in the first and third drawings.

Do you see any similarities in them?

Look at the middle drawing. What colors and shapes did you use in it? Is it related more to the barrier or the state after the barrier was removed?

Maybe you've already found the key to the solution? It's only on paper for now, but you can get started right away!



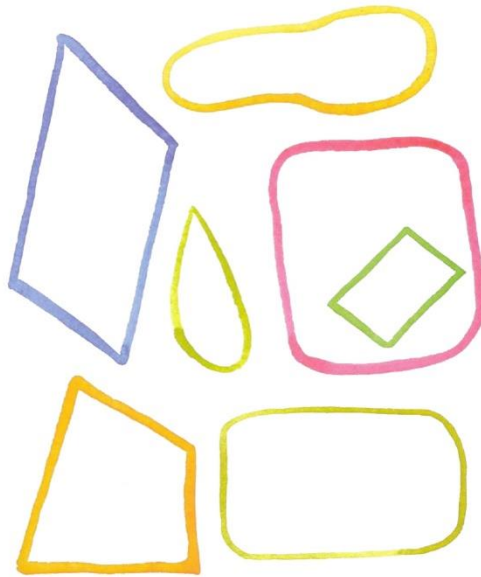
I wish you an exciting and successful obstacle removal! ☺

Váltó-sáv Alapítvány



2 How are you?³

How are you feeling now? Can you articulate it? Does it have a color? A shape? Can you draw it?
If you find it hard to create a free-hand drawing you can take the shapes here as starting points.



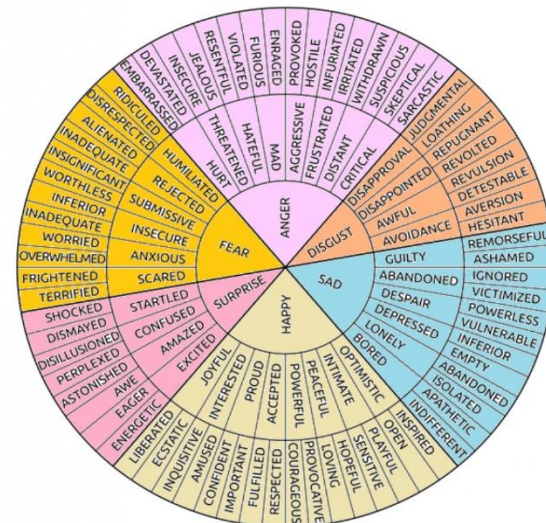
When we ask someone how they are feeling the most common answer is "fine", besides you can also hear "well" and sometimes "not good". However, these are not really emotions,

³ The Wellbeing Journal Creative Activities to Inspire. Michael O'Mara Books Limited, 2017.



feelings, rather expressions describing our state, from which we cannot actually get knowledge regarding the feelings occurring within someone. Articulating and expressing our emotions and feelings aren't an easy task. What makes the situation even more complicated is that we are seething with several emotions at one time, this way finding the appropriate word describing our current state is even more difficult.

The wheel of emotions displays the emotions in a thematic way; going outwards from the middle on the spokes the emotions are getting more and more specific.



Crime Prevention Fund - IGA

"You know my name, not my story. You've heard what I've done, not what I've been through."

Story of my name

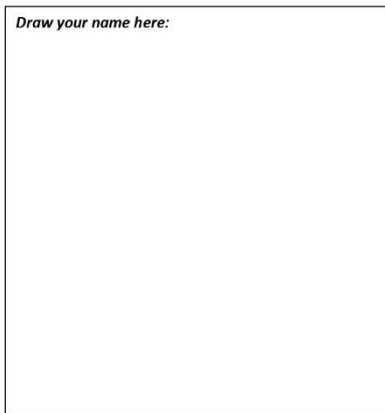
Our names are not simply tags that we wear. They are reflections of our parents' wishes and desires for us, or memories of our ancestors. Some are grounded in our roots, others – in the dreams or fears of the ones who give us our name.

Please write in two or three sentences the story of your name. Who gave you your name? Who or what are you named after? Do you know what your name means? Do you like it?

If you could encode
your name
and its story into
a drawing,
what would it
look like?

David
Chloe
Amber
Mia

Draw your name here:



"Be yourself; everyone else is already taken." - Oscar Wilde

Write your name. Then for each letter find a character trait that describes you. You can find some tips below.

Name:

common character traits vocabulary

active	fun-loving	petty
adventurous	generous	poor
artistic	gentle	protective
athletic	grumpy	proud
awesome	happy	quiet
beautiful	hideous	respectful
bold	honest	rich
bossy	hostile	sad
brave	humble	serious
caring	humorous	shy
charming	independent	simple
cheerful	ingenious	sloppy
considerate	intelligent	sly
courageous	inventive	smart
creative	lazy	studious
cunning	mean	successful
curious	messy	thoughtful
dangerous	mischievous	timid
daring	narcissistic	trustworthy
a dreamer	nasty	unselfish
energetic	neat	warm
entertaining	nervous	wild
exciting	nosy	wise
far-fetched	open	witty
ferocious	persistent	wonderful
friendly		

AMAKA NPO

Activity 3 CUT, MOVE, PASTE!

This activity offers a cool way to express yourself and gain a glimpse of your Present Life, your internal motivations, your hopes and your attitude in the "Here and Now".



Collage by Richard Hamilton, 1956

Collage in art language means "to glue," and is the combination of different images to create a new whole. It was first introduced by famous artists, Picasso, Braque and others. In the early 20th century. In this collage, the British artist Richard Hamilton in 1956 expressed the consumer culture of that time, by assembling cut-out images of consumer products and logos to a single artwork.

Instructions:

- 1) Go ahead and find some interesting images that represent something of your life NOW or collect pictures that speak to you, and arrange them on the paper in a way that it makes sense for you.
- 2) Collage the pictures that you have found sticking them on the paper with glue.
- 3) Some pieces will go behind and some pieces on top in such way that they overlap each other. You may also use some words or phrases that catch your attention and stick them as well.

Note: Until you reach the final stage and stick the images to the space below, you can change your mind as many times as you like, experiment with composition, add and subtract pictures until you get it right!

Art Supplies:

- Old magazines, newspapers
- Scissors
- Glue or glue sticks
- Paint, paint brushes, crayons or colored pencils

(Magazines, old calendars, things that you can find for free anything will work as long as you can cut it out. If you don't have any of those you can also use newspaper)

Notes- Reflection:

Did found images generate something completely different from your original intent?
How do you feel about your present Life? How do you feel looking at your artwork?
What thoughts or sensations do they come up?

Activity 2

Photos tell our stories without words!

Create a series of Self-portraits that shows how you feel Today!

"As you look through your photos, you realise that the feelings you have are coming from inside you, which means they've always been inside you. It's simply that the photo has given you the opportunity to know that they are there."

Cathy Malchiody, Pioneer Phototherapist.

This activity offers you an opportunity to reveal both visible and invisible elements of your Self and understand better your Self. It will also help you keep track off your Life, and document the status of your personal development and self- growth.

Instructions:

Step 1: Take one Selfie every day. It can be in the morning, afternoon or evening it doesn't matter. Choose the setting, background and pose to represent your different moods. You have the full control and power over all aspects of the image's creation. Then look at the photo for a while, and ask yourself:

What is my initial impression when looking at the photo?

What is the meaning I get from the photo?

What feelings, emotions and thoughts does it express?

What does the picture convey?

Step 2: Reflect on each photo by writing one feeling word or title in each box accordingly.

Calendar sketch :

Monday	Tuesday	Wed/day	Etc.

Art Supplies:

Camera (cellphone or other), Pencils, markers

Notes:

- Try taking candidly emotional portraits or even a non-flattering self-portraits. It can be very liberating!
- Observe differences in your Self over time

IO6 - Free – as Women?

- Target groups: marginalized, mainly female target group with high criminality risk of detainees, ex-detainees, addicts, and the expert group working with them.
- Elements of innovation: the guidelines and pedagogical strategy collects the types of complex services that are effective and suitable for mental hygiene, labor market reintegration of women of a vulnerable social group



WORKSHOP WOMEN'S CIRCLE



IO8 - Ways of implementing game therapies in adult learning

- Target groups: marginalized target group with high criminality risk of detainees, ex-detainees, and addicts, and the expert group working with them.
- Elements of innovation: gamification is a process through which psychologically motivating elements and mechanisms of a game are integrated into a non-game medium in order to make processes more interesting and effective





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Váltó-sáv Alapítvány

The ChangeFever: preparation for release board game





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PERSONAL FILE



JOB SEARCH + 1: 1 POINT

AVOIDING POLICE CHECKS: 1 POINT



JOB SEARCH + 1: 1 POINT

ONE MORE STEP: 1 POINT



JOB SEARCH + 1: 1 POINT

AVOIDING ILLNESSES, ACCIDENTS: 1 POINT



JOB SEARCHES + 1: 1 POINT

ONE MORE STEP: 1 POINT

DAILY MEALS HUF 1500

INITIAL CAPITAL:
NUMBER OF YEARS WORKING
IN THE PRISON x 10000

WITH PUBLIC TRANSPORTATION
(tram, metro, bus, etc.)
5 STEPS
(SINGLE TICKET: HUF 500,
MONTHLY TICKET HUF 9500)

CIGARETTE: HUF 1500/DAY

ALCOHOL: HUF 1000/DAY

COFFEE: HUF 3000/MONTH

DAILY MEALS FOR YOUR
CHILDREN IS HUF 500 PER HEAD

EDUCATIONAL QUALIFICATIONS FOR JOB SEARCH

8 GRADES+1,

10 GRADES+2,

HIGH SCHOOL DIPLOMA+3,

VOCATION+3,

HIGHER EDUCATION+4

JOB SEARCH:

AFTER OBTAINING THE NECESSARY DOCUMENTS (IDENTITY, ADDRESS, SOCIAL SECURITY AND TAX CARDS), GO TO ONE OF THE FIELD THAT ALLOWS YOU TO FIND A JOB AND ROLL TWO DICE.

BY DEFAULT, YOU WILL FIND A JOB IF YOU ROLL 11 OR 12. YOU CAN ADD THE INDICATED VALUE OF EXTRA POINT TO YOUR ROLL POINTS.

IF YOU HAVE EXTRA POINTS, THE ROLL POINTS CAN BE INCREASED BY MAXIMUM 4 EXTRA POINTS. YOU CANNOT USE EXTRA POINTS AT HOME.



MISSIONS:

PROBATION OFFICER

ID CARD

ADDRESS CARD

TAX CARD
HUF 3000

SOCIAL SECURITY CARD
HUF 3000

BANK CARD
HUF 5000



CLOTHES DISTRIBUTION:
+ 1 APPEARANCE POINT



INTERNET SUBSCRIPTION: HUF 4000 ON SALE, HUF 5500
NORMALLY:
+ 1 INFORMATION POINT FOR EVERY USE



TICKET CONTROL:
IF YOU DO NOT HAVE A VALID TICKET, PAY HUF 6000.



YOUR "FRIENDS" OFFER YOU A "JOB".
ROLL 2 SIXES TO AVOID PRISON.



SOUP KITCHEN:
YOU DON'T HAVE TO PAY FOR YOUR DAILY MEALS



CELL PHONE:
Device HUF 6500, 5000 Ft on sale
Prepaid card HUF 5000, 2500 on sale
+ 1 INFORMATION POINT FOR EVERY USE



POLICE CHECK:
IF YOU HAVE NO ID AND ADDRESS CARD, YOU WILL BE TAKEN TO THE POLICE STATION. YOU MISS ONE ROUND.



YOUR BET IS DOUBLED IF YOU ROLL 2 SIXES, OTHERWISE YOU LOSE IT.



CASUAL LABOR: IF YOU HAVE A TAX CARD YOU GET HUF 6000



THE COAST IS CLEAR:
NOTHING UNEXPECTED WILL HAPPEN TO YOU THIS TIME



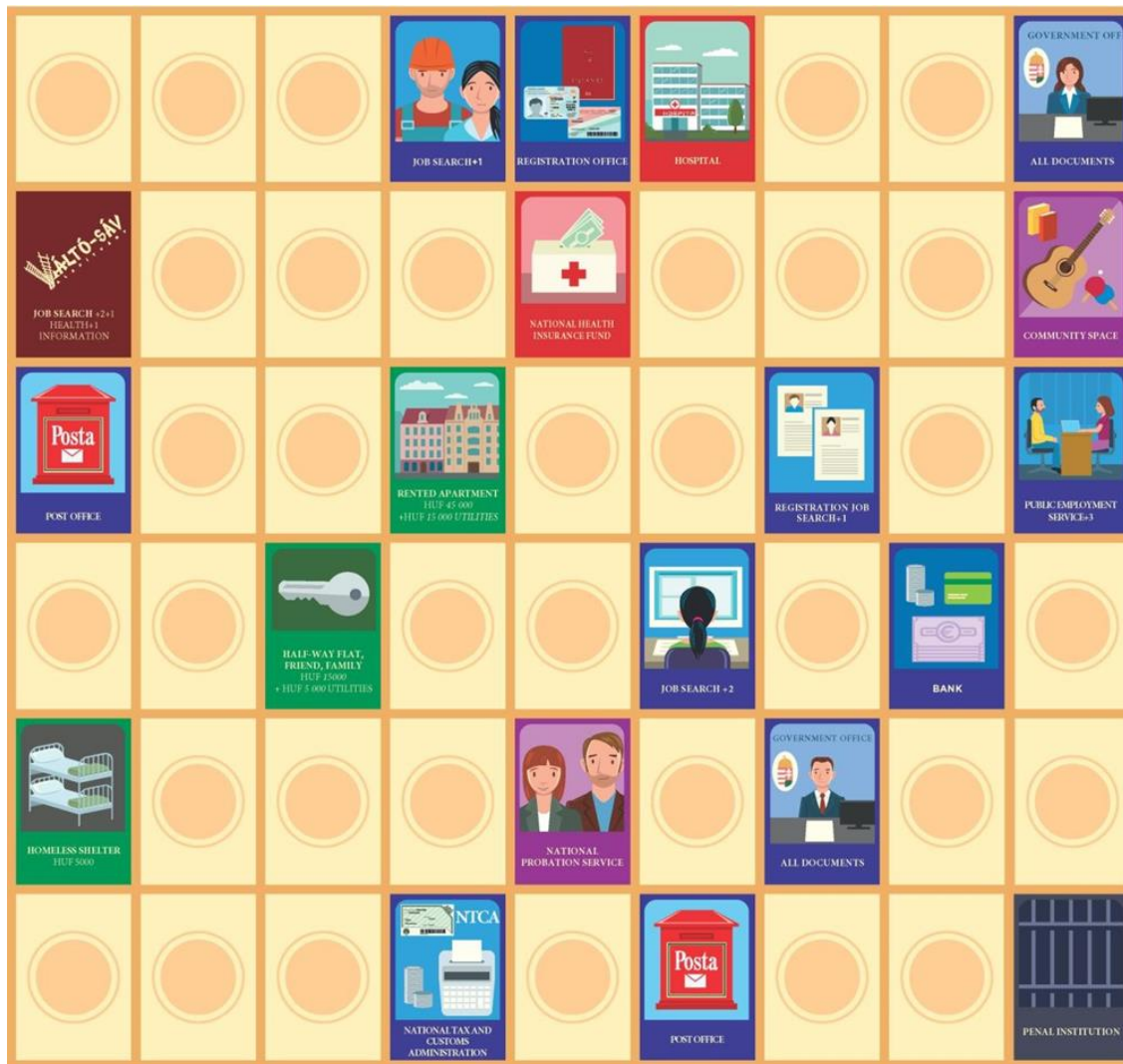
EVENT CARD



YOU HAVE TO GET HOME FROM PRISON FIRST, THEN YOU CAN CONTINUE THE GAME.



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The good life card game, developed by Crime Prevention Fund - IGA



Megbízhatóság	1	2	3	4	5	6	7	8	9	10
Társas kapcsolatok	1	2	3	4	5	6	7	8	9	10
Tanulmányok	1	2	3	4	5	6	7	8	9	10
Készletek	1	2	3	4	5	6	7	8	9	10
Bevétel	1	2	3	4	5	6	7	8	9	10





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IO9 - Methodology options of protected and halfway accommodations



- Target groups: marginalized target group with high criminality risk of detainees, ex-detainees and addicts, and the expert group working with them.
- Elements of innovation: there are basic starting points in the concept that increase opportunities for human dignity, and for an independent personality who is partly stuck (unresolved accommodation, crisis) but motivated for change and moving on.





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Váltó-sáv Alapítvány

The Halfway House Complex Reintegration Programme



AMAKA NPO EPANODOS housing program



Crime Prevention Fund - IGA

Crash course in cooking



Common kitchen equipment

If you are just starting out cooking at home, you will most often find just a few pieces of cooking equipment around: a stove (also called range) with an oven and hot plates, a griddle and perhaps a chopper/ blender, a mixer. A couple of pots, pans and baking/ roasting trays should also be available, as will be some knives and basic utensils. The recipes in this book are suited for preparation at home.

Nevertheless, if you decide at some point to pursue a career in culinary, you can be overwhelmed by the range of equipment in professional kitchens. Therefore here an overview is provided of the most common types of the basic food production equipment you will find in **professional kitchens**.

Burners

They are used for cooking, boiling, and steaming. They often operate on Liquid Petroleum Gas (LPG). Now induction burners and hot plates are available, which operate on electricity. They come with open top, mesh top, or flat top.



Cooking Ranges

Cooking range is the most versatile equipment as it can perform a range of functions such as cooking, frying, boiling, grilling, and baking. It comes in two basic versions

- **Restaurant range** – Less expensive, good for less food volume, and is stand alone.
- **Heavy duty range** – Expensive, suits a large volume of food production, and can be banked with other ranges using a battery.



Ovens

They are used for cooking, baking, roasting, and browning. They operate either on LPG or electricity. There are various oven models such as **Rack** with the option of rotating or steady racks, **Deck**, and **Tunnel** depicting their shape and working style.

Cooking measures

Temperatures

The chart below explains what exactly is meant when terms like "low" or "medium" heat are used. An useful addition is the mentioning of the exact temperatures at which your common cooking fats/ oils start boiling (and burning, hence the "smoking point").

TEMPERATURES	From °C	To °C	Oils and fats smoking point °C
Low heat	107	120	Linseed oil, unrefined sunflower oil – 107
Low to moderate heat	121	161	Unrefined corn oil, cold pressed olive oil – 160
Moderate heat	162	189	Butter, sesame seed oil – 177, Pork fat – 180
Moderate to high heat	190	231	Virgin olive oil, grape seed oil – 216
High heat	232	343	Refined sunflower oil – 232

Volume measures

This simple chart will help you convert between the main volume measures used in cooking: cup, tablespoon and teaspoon (you will often find them written "tbsp" and "tsp" respectively).

Cup measures	Table spoon	Tea spoon	Milliliters
1 cup	16	48	240
1/2 cup	8	24	120
1/4 cup	4	12	60
1/8 cup	8	24	120
1/16 cup	1	3	15

Sometimes it would be hard to understand the measures written in a recipe, especially if you don't have dedicated kitchen scales. The chart below will help you measure some common products with a cup, and determine the weight of its contents.

VOLUME TO WEIGHT RATIOS	
Product	Grams per milliliter
Plain flour	0.48
Whole wheat flour	0.51
Butter	0.96
White sugar	0.85

FISH SOUP – TETEVENSKA SALAMURA (Bulgaria)



Ingredients

2 portion sized trouts (300-350 g each)	dill
1 can (fresh will not do) diced tomatoes (400g)	vinegar
800 ml water	chili peppers
coarse salt	

Instructions

First of all, this soup is not for the faint hearted. It **has** to be salty, sour and spicy. If you don't start sweating when you are eating it, then it is not good enough.

Cover the cleaned whole fish with coarse salt. Don't forget to fill the belly with salt too. Let it rest in the fridge for 12 hours.

Put the water and tomatoes in a pot and bring to a boil, the mixture needs to cook for about 20 minutes.

While the tomato "sauce" is cooking, take the fish and pat them so the coarsest salt grains are removed. Do not wash off the salt! Put the fish on a preheated griddle and grill for about 4-5 minutes on each side, till ready. Resist temptation to eat the fish at this point! Place 2-3 chili peppers on the grill too, until they start to "pop" and form black spots.

When the fish is cooked, carefully remove the meat from the bones and put it into the tomato and water mixture. Add the whole chili peppers (or chop them at your own peril), a generous amount of fresh or dried dill and at least 2 tablespoons of vinegar and simmer for about 20 minutes. You can serve this soup hot or cold.

ANTROPOS Mental Hygiene Association

Tale therapy sessions, that can facilitate reintegration for halfway house residents

The workshop series covers the following 5 topics:

- I have a lot of work ahead of me!
- Pick up the thread of your life!
- Decision-making (inability)
- In the web of relationships
- On the Road

Workshop/Session structure

- ↪ Topic
- ↪ Theoretical summary
- ↪ Competence fields involved
- ↪ Competences to be developed
- ↪ Aim
- ↪ Tools
- ↪ Content / issues to be discussed
- ↪ Related other methods / methodological guidelines for trainers in brief (good advice, suggestions)
- ↪ Exercises, tasks, games, techniques
- ↪ Evaluation
- ↪ Homework



More info about the project, materials, and activities on:
<http://www.unlocked.hu/index.html>

Antropos

Contact:

antropos.mental@gmail.com

<http://www.antropos.org.rs/sr>

<http://www.antropos.org.rs/hu>

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[Ment%C3%A1lhigi%C3%A9n%C3%A9gyes%C3%BClet1104208349632715/?ref=py_c&_xts_ \[%2Ffacebook\]](https://www.facebook.com/Antropos-Udru%C5%BEenje-za-mentalnu-higijenu-Ment%C3%A1lhigi%C3%A9n%C3%A9gyes%C3%BClet1104208349632715/?ref=py_c&_xts_[%2Ffacebook])

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Thank You!