

UNLOCKED

2020-1-HU01-KA204-078660

Report Multiplier event

Date of the event: 09/05/2022

Location: Matije Korvina 9, 24000 Subotica

Organized by the Mental hygiene association „ANTROPOS“

Present:

- Tünde Ricz Dencs, Mental hygiene association „ANTROPOS“ - Matije Korvina 9, 24000 Subotica
- Anna Benkó, Mental hygiene association „ANTROPOS“ - Matije Korvina 9, 24000 Subotica

Participants of the event:

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Summary of the event:

The event attracted 35 pre-registered participants, of which 32 turned up.

In the introduction, we explained the purpose of the event, which was to familiarize local professionals with the activities and innovations of the partners involved in the project, and to highlight the results of the project so far and their possible applications.

Several organizations were present with whom we had only tangential contacts before, so it was important to talk about Antropos first. In the presentation, we gave an overview of the activities carried out since our establishment, the importance of the partnerships we have developed, and the projects we are currently running.

This was followed by the presentation of the UNLOCKED project, where we listed the different methodologies and development opportunities in line with the project. It was also important to give the audience a more comprehensive picture of the partner organizations, and to this end we presented them through IO1, highlighting one or two of their rich fields of activity to give a deeper and more comprehensive picture. Of course, we have not forgotten to talk about Antropos' involvement. We then gave participants the opportunity to ask questions. Mostly questions were about the work in prisons (there is no such wide-ranging reintegration programme in Serbia to our knowledge), with a special focus on the activities of Váltó-sáv and AMAKA (how they get into prison, what permits are required, who decides whether they can participate in a reintegration programme and on what basis, what is the impact of these programmes). To answer these questions, it was very helpful for us, that we were able to visit a prison ourselves during transnational meeting.

Most of the questions about Antropos' activities centered around the theme of tale therapy and addiction prevention.

After coffee break, we presented IO4. In the ppt only the module titles were showed, however, during the presentation we went into more detail about the modules and then gave the opportunity for questions. In this case, the material developed by IGA and burnout prevention developed by AMAKA and Váltó-sáv received the most questions. The material created by Antropos was found to be exciting, but we had already indicated at the beginning of the day that there would be a practical demonstration, so we postponed answering questions on this until that part of the day came. Following the IO4 presentation, we asked participants to continue the work in the order indicated during registration, this time with workshops.

In view of the length of the program, a lunch break was incorporated.

After the lunch break, work continued in two groups.

In the first group, we organized a one-and-a-half-hour workshop titled "The possibilities of tale therapy in reintegration", in which we worked with the Hungarian folk tale "The tree that reaches the sky", with a focus on identifying and applying coping strategies and resources. We also used art therapy and psychodrama (movement) elements in the workshop. At the end of the workshop, participants were able to ask questions about what they had experienced during the workshop. They could easily relate to the story and could imagine using elements from the workshop in their work. There have been several requests to do similar activities in schools with students and teachers.

The second group went to a workshop on the possibilities of applying folk techniques in reintegration, where they learned about the history and techniques of felting. This was chosen because it is a method that can achieve spectacular success in a relatively short time and is very applicable in this region. Felting was introduced by Olívía Erdélyi, who knows the technique well and presented it not only as a tool to pass the time but also as a practical activity.

After some initial nervousness, the participants quickly got the hang of the technique of felting, and even the relatively monotonous tasks were well attended. The participants were able to take the finished objects home.

In this case, too, the workshop was followed by a q and a session, which here was mainly of a technical nature.

At the end of the workshops, the groups rotated and returned to the same room at the end of the conference.

The expected elements of the project were presented and participants gave feedback on the event verbally and by filling out the evaluation sheets.

Report created by: Tünde Ricz Dencs



Subotica, 12/05/2022