

Presentation of the EU-MiCare project and its partners

The EU-MiCare project is part of the European Commission's overall strategy to improve the mental health of migrants. The overall objective of the EU-MiCare project is to improve the mental health training of professionals in contact with migrants and refugees. EU-MiCare offers the development of an innovative training programme through an e-learning platform.

EU-MiCare stands for a programme training the healthcare workers to improve migrant and refugee mental healthcare. It is a project funded by the European Commission under the Erasmus+ programme. It has a duration of 36 months.

- Project website: <https://projectmicare.eu/>
- Project leaflet: https://projectmicare.eu/wp-content/uploads/2023/04/EU-MiCare-Leaflet-A5-ENG_web.pdf



In our consortium, six partners from five EU-countries are working together:

1. EMZ (ETHNO-MEDIZINISCHES ZENTRUM E. V.) - coordinator - Germany
2. POLIBIENESTAR - Spain
3. PROLEPSIS - Greece
4. CYPRUS UNIVERSITY OF TECHNOLOGY (CUT) - Cyprus
5. ZADIG SRL - Italy
6. SYN-EIRMOS NGO OF SOCIAL SOLIDARITY - Greece

A brief description of the project

The EU-MiCare project will develop an innovative and comprehensive training program for health professionals: psychologists, psychiatrists, social workers, physicians, nurses or other professionals like cultural mediators, interpreters, counsellors and volunteers on the topic of mental health of migrants and refugees. The training will be available through an e-learning platform and will be developed based on the target groups' needs, including views contributed by focus groups and research in each partner country.

EU-MiCare is intended to improve professional capacity to deliver and respond to the mental health needs of vulnerable migrant and refugee populations and so improve mental health service delivery to this group. A further aim of the project is to increase participating partners' aptitude to develop and deliver appropriate training to health professionals working with migrant/refugees experiencing psychological discomfort. EU-MiCare wants to raise awareness among the migrant and refugee population and engage them in recognizing mental health issues and ask for support.

The training will include a general module on mental health and migration and additional specialized parts addressing issues relevant to the migrants and refugee populations and all those working with them, be they professionals or volunteers.

First transnational meeting of the project

The first transnational meeting of the consortium took place on the 15th-16th November 2022 in Athens, Greece. During these days the objectives and work packages of the project were presented in order to initiate the allocation of tasks and plan of action. Furthermore, the protocols on evaluation and dissemination of the project were presented.



Activities developed since the beginning of the project

In the Framework of Work Package n° 2 "Conceptual Framework and Co-created Training Scheme" the EU-MiCare consortium has successfully:

- reported on the different national frameworks concerning migration and their mental health care systems in all partners countries, thus setting up the context for the further development of the training.
- mapped out the available relevant training opportunities and evidence-based initiatives on mental health issues in all five partner countries, highlighting the strengths and gaps in the existing training landscape.
- carried out co-creation activities with experts in all partners countries to identify needs and expectation of the target group regarding training content and methodology.

The conducted activities emphasized the need for an innovative, holistic, and comprehensive training approach.

In Summer of 2023, we have started working on the "Methodology and Training" Work Package, which is a very exciting phase of the project! We developed the methodological framework and built the groundwork for our training. Here, we identified the main target groups of our training and developed different curricula according to their needs, designed the overall structure of the modules and defined the different chapters as well as the course methods and materials.

Once the draft of the methodological framework was finalized, we conducted national validation workshops with experts and received feedback on the contents and planned methodology. This step was of great importance to us. We want our training to really address the needs of mental health professionals as well as the volunteers as well as support them in their daily work. In addition to that, we enjoyed the exchange with professionals and volunteers. They reacted very positively to our draft and were glad to actively follow the progressive development of the EU-MiCare training.

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What is coming next

The valuable feedback which emerged in the validation workshop is currently being incorporated in the final version of the methodological framework.

At the same time, we have started developing the training contents, with each partner contributing with expertise on specific modules.

Next to the detailed content of each training module, partners will work on learning objectives and expected outcomes, as well as any accompanying educational resources.

All modules will first be developed in English translated at a later stage into all the partners' languages (German, Greek, Italian and Spanish).

We are thrilled to keep preparing our training and look forward to the next steps! Follow our project updates on our social media channels and on our website!



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