

**OVER
KOP**



OverKop-houses

ENSA Child, Youth and Families Working Groups - 26th
of January 2022

What does 'OverKop' mean?

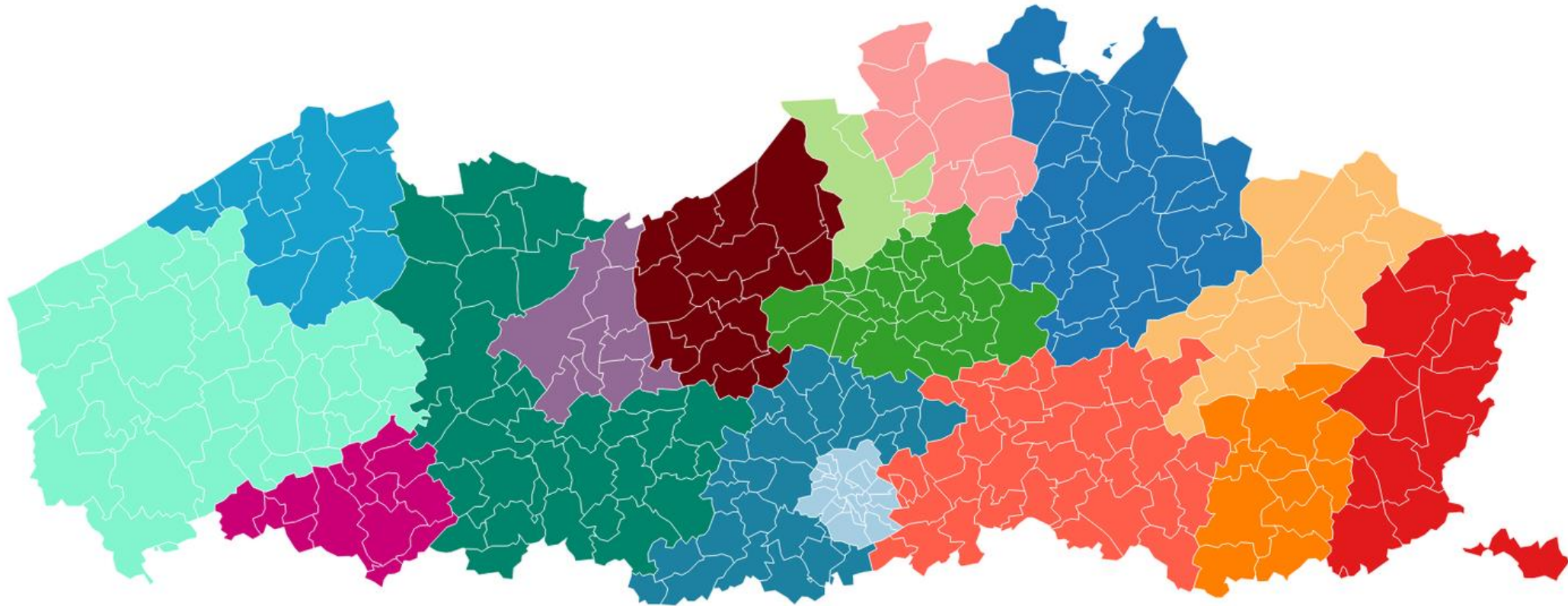


to 16 OverKop-networks -> >30
OverKop-houses



Werkingsgebieden OverKopuizen

- | | | | | |
|-------------------|-------------------|-------------------|-------------------|-------------------|
| Werkingsgebied 01 | Werkingsgebied 02 | Werkingsgebied 03 | Werkingsgebied 04 | Werkingsgebied 05 |
| Werkingsgebied 06 | Werkingsgebied 07 | Werkingsgebied 08 | Werkingsgebied 09 | Werkingsgebied 10 |
| Werkingsgebied 11 | Werkingsgebied 12 | Werkingsgebied 13 | Werkingsgebied 14 | Werkingsgebied 15 |
| Werkingsgebied 16 | | | | |



What is OverKop? What are OverKop-houses?

- Leisure meets mental health care
- OverKop-houses
 - = safe spaces, safe places for young people (12 - 25 years old)
 - = (!) place to meet people, to have fun, to chill, ... (-> social cohesion)
 - = a place where you can find a listening ear, support in a broad sense - focus on mental wellbeing
 - = 'presence' -> caring, empathy and connection: qualities required to build rapport and trust
 - = low threshold, accessible (free, anonymous, no labelling, no obligations, ...)
 - = for everyone - special attention for vulnerable young people / disadvantaged backgrounds

What is OverKop? What are OverKop-houses?

- OverKop-houses

- = participation, 'ownership' by youngsters - 'taking it in their own hands'

- = peer-to-peer support, tools -> care for yourself, care for each other

- = 'mental health is for everyone' - public mental health approach

- = positive identity development, improving resilience

- = destigmatisation, normalising mental health issues, 'it's okay not to be okay'

- = prevention and early intervention -> identifying and/or treating risk factors for, or early symptoms of, emotional and behavioral disturbance that may lead to mental illness in childhood or adolescence

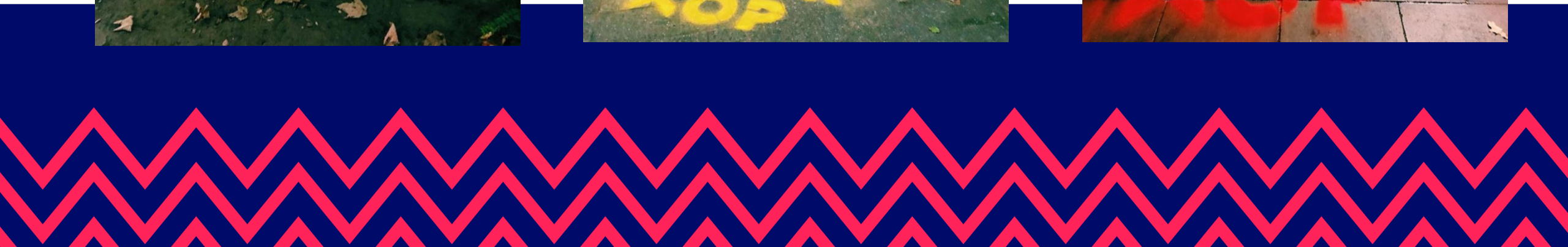
- = "referring to" specialized help -> "enabling and providing support" within basic facilities, within places where young people go to + improving smooth referral to more specialized help if necessary

What is OverKop? What are OverKop-houses?

OverKop-networks

= integrated collaboration by organisations in different policy fields/different expertises on a (supra)local level

- Youth work organisations (variety of out-of-school activities for the promotion of leisure, sports, culture and creativity)
- Welfare organisations (General Welfare Centres)
- Mental health care organisations (Mental Health Care centres, Psychiatry, primary care psychologists, ...)
- Education (schools, Student Guidance Centres, ...)
- Gezinsplan (youth care organisations, ...)
- Local Government





3 Min. • 🌐



overkoppelt
Overkop Pelt



Opening Overkop Hasselt en
Trots om samen met de 2 s
vrienden van **Arktos Lin**
Habbekrats dit mogelijk



p.aalst



👍❤️ Du und 4 weitere Personen

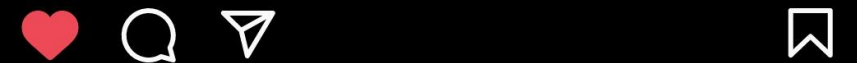


Gefällt **overkop_zuidwestvlaanderen** und
weiteren Personen



ns und weiteren Personen
t Wat een TOPavond 🤩🎉 DANKJEWEL
rousiaste vrijwilligers om er bij te... mehr

overkoppelt Overkop Pelt is open!!! 🦁 We hebben



 Gefällt **overkoplommel** und weiteren Personen
overkoppeer Onze eerste promodag op het
@agnetencollegepeer is een feit, in samenwe... mehr
16. September · Übersetzung anzeigen



Gefällt **julie_vddt** und weiteren Personen
overkopvilvoorde ✨ OverKop komt
in Vilvoorde! 🙄... mehr



Gefällt **overkopplommel** und weiteren Personen
overkopvilvoorde 🙄 OverKop =

Vriendschap
Lachen
Vertrouwen



Gefällt **overkophasselt** und weiteren Personen
overkopkempen 📍 vandaag te vinden in Thomas
More Vorselaar 📍 Allemaal welkom om te... mehr



overkopberingen
Overkop Beringen



© Zahra Boufker
**Jongeren bezoeken
splinternieuw overkop
Beringen**



overkoppelt
Overkop Pelt



Gefällt overkoplommel und weiteren Personen

overkoppelt Get to know our team! 🤝 Er lopen enkele vaste waardes rond in het Overkop huis in Pel... mehr



overkopmolenbeek



3/3



Gefällt ruthdienull und weiteren Personen
overkopmolenbeek Kennismaking met één van de vele functies bij de @mivbstib, buschauffeur... mehr

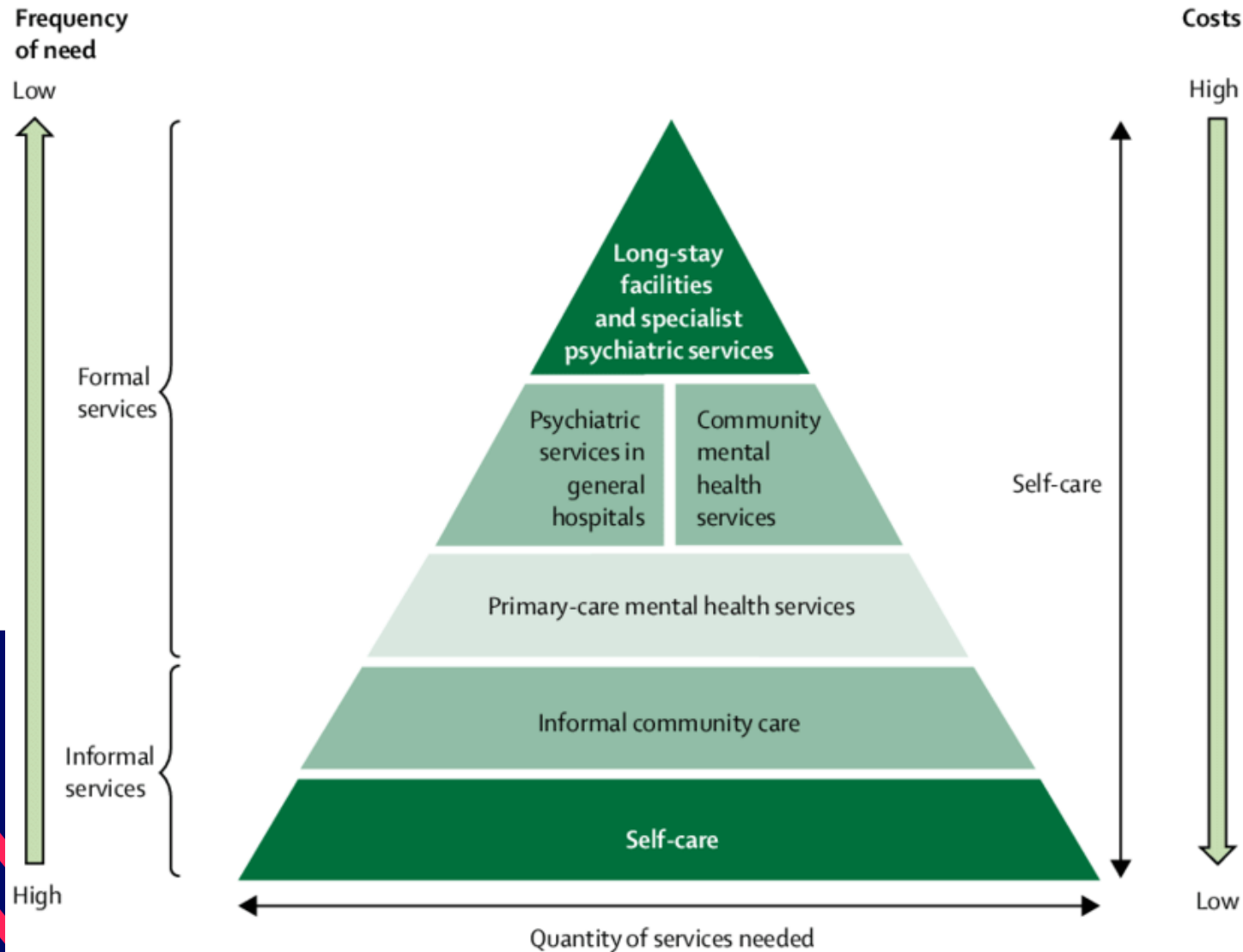
Vor 3 Tagen · Übersetzung anzeigen

Why do we invest in OverKop-houses?

- General need of attention for mental health issues among young people - importance of prevention and early intervention
- "75% of the major psychopathology begins before the age of 18 years" (Kessler e.a. 2005, Arch. Gen. Psychiatry; Auerbach e.a. 2018, J. Abn. Psychol).
- Investing in mental health care = gain in DALY's (disability-adjusted-life-years = measure of health burden, including both reduction in life expectancy and diminished quality of life (World Health Organization - WHO)).
- Huge impact on personal, social and economical costs. Total direct and indirect costs in Europe are estimated at 450

Why do we invest in OverKop-houses?

WHO optimal mix of mental health services



Why do we invest in OverKop-houses?

COVID-19 pandemic -> rise in mental health problems, particularly among youth population

- Increased demand for hospitalisation in child and adolescent psychiatry
- Young people more likely to report symptoms of depression or anxiety, higher levels of loneliness reported
- Closures of educational institutions at all levels have contributed to weakening of protective factors
- Impact of COVID-19 on labour markets is disproportionately affecting young people, reducing opportunities for part-time work and work-based learning for students, and leaving soon-to-be graduates and recent graduates facing an uphill task to find and keep a job, putting them at elevated risk of experiencing mental health issues throughout

Why do we invest in OverKop-houses?

- Investment in bottom-up innovative initiatives and good practices
- Investment in accessible safe places
- Investment in supralocal networks

Future...

- policy evaluation
- importance of durable and integrated networks in tackling complex societal challenges
- more *OverKop-houses?*



Questions? Suggestions?
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