



Application

Programme	Erasmus+
Action Type	KA220-YOU - Cooperation partnerships in youth (KA220-YOU)
Call	2025
Round	Round 1

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Context

Field	Youth			
Project Title	IMPACT			
Project Acronym	IMPACT			
Project Start Date (dd/mm/yyyy)	Project Duration	Project End Date (dd/mm/yyyy)	National Agency of the Applicant Organisation	Language used to fill in the form
01/09/2025	24 months	31/08/2027	BE05 - JINT	English
Project lump sum	400 000,00 €			

You can find the contact information of all National Agencies at the following webpage: [List of Erasmus+ National Agencies.](#)

Project Summary

Please provide a short summary of your project. Please be aware that this section (or parts of it) may be used by the European Commission, Executive Agency or National Agencies in their publications. It will also feed the Erasmus+ Project Results Platform.

Be concise and clear and mention at least the following elements: context/background of project; objectives of your project; number and profile of participants; description of activities; methodology to be used in carrying out the project; a short description of the results and impact envisaged and finally the potential longer-term benefits. The summary will be publicly available in case your project is awarded.

In view of further publication on the Erasmus+ Project Results Platform, please also be aware that a comprehensive public summary of project results will be requested at report stage(s). Final payment provisions in the contract will be linked to the availability of such summary.

Objectives: What do you want to achieve by implementing the project?

We aim to strengthen the mental health and well-being of young people in the cities of Helmond, Ghent, and Espoo by integrating a scientifically-based factors model into local youth work services. It combines scientific studies and local data, helping policymakers and practitioners to prioritize actions and set up effective interventions. The project will identify key factors, collect data, and set up interventions, fostering collaboration between research, policy, and the youth sector.

Implementation: What activities are you going to implement?

We will set up effective youth work interventions in each city, using the factors model and its related products (data collection) to achieve this. Trainings and workshops will be organized to support youth workers, focusing on mental health factors and the application of the model. Together with the youth sector, pilot interventions will be carried out. Findings will be shared through workshops, meetings, and reports to promote the model's practical use and lasting impact.

Results: What project results and other outcomes do you expect your project to have?

The primary outcome is the implementation of youth work interventions grounded in scientific insights. A general model highlighting key mental health factors will be available for European cities, while each partner city will have a localized version tailored to its specific youth data. These insights will empower youth workers, city officials, and practitioners to make data-driven decisions and promote evidence-based youth policies and interventions.

Applicant organisation

OID	Legal name	Country	Region	City	Website
E10206461	STAD GENT	Belgium	Prov. Oost-Vlaanderen	GENT	www.stad.gent

Partner organisations

OID	Legal name	Country	Region	City	Website
E10371009	Gemeente Helmond	Netherlands	Noord-Brabant	Helmond	www.helmond.nl
E10117172	ESPOON KAUPUNKI	Finland		ESPOO	www.espoo.fi
E10370440	Impactpunt VOF	Netherlands	Zuid-Holland	Nieuwerkerk aan den IJssel	impactpunt.nl

Work package

Please note that it is recommended to split your projects in a maximum of 5 work packages, including the one on project management.

In this section, please do not add the work package project management already included in the previous section.

Work package id	Title	Number of activities	Grant (EUR)
WP1	Project Management		62 750,00
WP2	Local youth work interventions and stakeholder involvement	5	134 750,00
WP3	Data collection and analysis	3	42 000,00
WP4	Optimization and implementation of the factors model	4	89 500,00
WP5	Communication, dissemination and sustainability of results	4	71 000,00
Total			400 000,00

Budget Summary

This section provides a summary of the estimated project budget. The table is automatically completed taking into account the described work packages and their estimated cost.

Budget Items	Allocated amount (EUR)
Work package No.1 'Project Management'	62 750,00
Work package No.2 - Local youth work interventions and stakeholderinvolvement	134 750,00
Work package No.3 - Data collection and analysis	42 000,00
Work package No.4 - Optimization and implementation of the factors model	89 500,00
Work package No.5 - Communication, dissemination and sustainability of results	71 000,00
Total	400 000,00

Distribution of the grant amount among participating organisations

	Work package No.1 'Project Management'	Work package No.2 - Local youth work interventions and stakeholderinvolvement	Work package No.3 - Data collection and analysis	Work package No.4 - Optimization and implementation of the factors model	Work package No.5 - Communication, dissemination and sustainability of results	Total (EUR)
STAD GENT	42 500,00	42 250,00	16 000,00	0,00	41 500,00	142 250,00
Gemeente Helmond	7 500,00	52 250,00	0,00	0,00	5 000,00	64 750,00
ESPOON KAUPUNKI	7 500,00	32 250,00	26 000,00	0,00	5 000,00	70 750,00
Impactpunt VOF	5 250,00	8 000,00	0,00	89 500,00	19 500,00	122 250,00
Total (EUR)	62 750,00	134 750,00	42 000,00	89 500,00	71 000,00	400 000,00
Project lump sum (EUR)						400 000,00

Participating Organisations

To complete this section you will need your organisation's identification number (OID).

If you have an OID number please introduce it in this section.

If you are not sure if you have OID number, you can check here: [Organisation Registration System](#)

If you do not have OID number, you can create one here: [Register New Organisation](#)

According to the Programme Guide, each organisation (OID) can be involved in a total of 10 Cooperation partnerships in the fields of vocational education and training, school education, adult education and youth per application round. The maximum number includes all applications in the listed fields, regardless of whether the organisation is a coordinator or a partner. Once this limit is reached, it will not be possible to submit further applications with the same organisation (OID).

Applicant - STAD GENT (E10206461 - BE)

Organisation ID	Legal name	Country
E10206461	STAD GENT	Belgium
Establishment/Registration date of the organisation		
31/12/1903		

Applicant details

Legal name	STAD GENT
Country	Belgium
Region	Prov. Oost-Vlaanderen
City	GENT
Website	www.stad.gent

Profile

Is the organisation a public body?	Is the organisation a non-profit?
Yes	Yes
Type of organisation	Local Public body

Background and experience

Please briefly present the organisation (e.g. its type, scope of work, areas of activity and if applicable, approximate number of paid/unpaid staff, learners).

Ghent is a city in Flanders, Belgium, with about 270,000 inhabitants. The City of Ghent is a human-scale city with the heartbeat of a metropolis. It is a city of trailblazers and free spirits, an authentic place with a rich past and an exciting future. For this project, different departments will be involved. The City of Ghent employs 7,000 people, including various profiles such as urban education teachers.

>> Department of Health and Care > Service for Health and Care Management: The project coordinator for this project will be situated in this city service. One person in this service works specifically on the mental well-being of children and young people. The work from this department is mainly policy-preparing and policy-executing. Employees collect signals about needs, gaps, and thresholds, analyze them, and then look for the right partners to work together towards a solution. This can result in policy advice, cooperation between partners supported by the city service, or innovative projects where the City plays a more active role. The role can include financial support, practical support, and substantive support, such as bringing in scientific and practical expertise or connecting relevant partners. For example, last year, we initiated a project employing a licensed psychologist in the daily operations of a youth center that primarily reaches immigrant youth. The aim is to explore how these young people do or do not talk about emotions and mental well-being. The psychologist is expected to immerse themselves in the world of these youth and seek out appropriate preventive and curative methods to improve their mental well-being. This project also involves the Overkophuis, the City of Ghent, and a higher education institution (research center).

>> Department of Education, Parenting and Youth: Within this department, the Youth Service will play the biggest role in this project. The Youth Service is accredited and has experience in European projects. Moreover, the City of Ghent was the European Youth Capital in 2024, with one of the three pillars being 'care'. The Youth Service, together with many partners,

is building a child- and youth-friendly Ghent so that children, teenagers, and young people have every opportunity to develop and be themselves. There is an extra focus on supporting youth work, youth welfare, and participation. The program director for 'child- and youth-friendly Ghent' strategically supports and facilitates city-wide policy for children and young people. Key points include implementing the voice of children and youngsters in policy, increasing knowledge and experience, networking and exchange, communication, monitoring Ghent's child- and youth-friendly policy, strengthening and supporting citywide child- and youth-friendly themes, and conducting supra-local child- and youth-friendly policy in relation to local policy.

>> The General Department:

- Strategic Coordination Service: Supports internal city services in strategic thinking and reporting.
- Strategic Funding Office: Provides support for European projects.
- Data and Information Service: Supports internal city services in data management, data collection, and data analysis.

What are the activities and experience of the organisation in the areas relevant for this project? What are the skills and/or expertise of key persons involved in this project?

The City of Ghent has extensive experience in addressing youth mental health and well-being, with both the Youth Service and the Service for Health and Care Management playing pivotal roles. Their activities and expertise align with the goals of this project, particularly in the areas of mental health, prevention, and creating accessible support systems for young people.

The Youth Service of the City of Ghent has experience in creating youth-friendly policies and programs that address the holistic well-being of young people. They focus on engaging youth in various activities and providing support for their social and emotional development. The service works closely with local schools, youth organizations, and other stakeholders to ensure that the voices of young people are heard and reflected in policy-making processes.

The Service for Health and Care Management is dedicated to promoting mental health and well-being, with a specific focus on prevention and accessibility. It works with young people, their caregivers (parents, teachers, youth workers), and mental health professionals to address barriers to mental health support and improve access to care. The service also has experience in organizing community outreach activities, workshops, and events aimed at boosting the mental health of young people.

Their experience includes:

- Preventive Mental Health Work: Creating psycho-educational materials, organizing peer support meetings for young people, and offering training for parents and educators on social-emotional learning.
- Bridging Mental Health Care and Youth Work: Connecting the mental health care sector with youth services, ensuring a mutual exchange of knowledge and experience between practitioners. This ensures that young people who need mental health support are effectively connected to the right services in an accessible manner.
- Support for Key Figures: Supporting parents, teachers, and youth workers to strengthen the social-emotional environment of young people, providing resources and training to these figures so they can offer guidance and care.
- Co-creation and Collaboration: Focusing on collaboration across policy domains to ensure that different stakeholders (such as education, healthcare, and youth services) work together towards the common goal of improving youth mental health.
- Grant Agreements: Working through grant agreements with one or more NGOs to achieve the above objectives.
- Running Quality European Projects: Managing and executing high-quality European projects.

Both services adopt a collaborative approach, working with various departments in the city as well as external partners to ensure that the needs of the youth are adequately addressed, particularly through co-creation and participatory processes.

Project coordination will be included in the Health and Care Management service. Once the project is approved, there will be additional recruitment from this department for a project coordinator. We chose this service as our base of operations because of its existing experience in working with youth work and its intensive partnership with the Youth Service, including in the context of Ghent being the European Capital of Youth in 2024.

The tasks of the project coordinator are further elaborated in WP 1.

People involved will be:

- Marianne Labre: Youth Service
- Joke Vasseur: Service for Health and Care Management, prevention and mental well-being, and mental health care
- Els Bauwens: Data and Information Service
- Ruth Saey: Strategic Coordination
- Line Ostyn & Jan Van Cauwenberge: Strategic Funding Office

Action Type	As Applicant		As Partner or Consortium Member	
	Number of project applications	Number of granted projects	Number of project applications	Number of granted projects
Strategic Partnerships for youth (KA205)	0	0	3	0
Cooperation partnerships in school education (KA220-SCH)	0	0	5	2
Cooperation partnerships in youth (KA220-YOU)	1	0	1	0
Newcomer organisation	No			
Less experienced organisation	Yes			
First time applicant	Yes			

Would you like to make any comments or add any information to the summary of your organisation's past participation?

Thank you for the feedback on the first version of this project proposal. It really helped us to clarify important aspects of the approach of the project.

Partner Organisations

Organisation ID	Legal name	Country
E10371009	Gemeente Helmond	Netherlands
E10117172	ESPOON KAUPUNKI	Finland
E10370440	Impactpunt VOF	Netherlands
No. of participating organisations		4

Gemeente Helmond (E10371009 - NL)**Partner organisation details**

Legal name	Gemeente Helmond
Country	Netherlands
Region	Noord-Brabant
City	Helmond
Website	www.helmond.nl

Profile

Is the organisation a public body?	Is the organisation a non-profit?
No	Yes
Type of organisation	Local Public body

Background and experience

Please briefly present the organisation (e.g. its type, scope of work, areas of activity and if applicable, approximate number of paid/unpaid staff, learners).

The city of Helmond, located in the southern part of the Netherlands (region Noord-Brabant), is a local government organization responsible for governing and administering the city and its surrounding areas. As a municipal authority, Helmond plays a crucial role in delivering a wide range of public services and managing various aspects of urban life.

The Municipality of Helmond operates within the framework of Dutch municipal law, with responsibilities defined by both national legislation and local policies. It serves as the primary point of contact between citizens and the government, handling various administrative, regulatory, and public service functions. The Municipality of Helmond has a broad and diverse scope of work, reflecting the needs and demands of its population, which is approximately 96,000 residents. The city of Helmond employs around 700 staff members.

What are the activities and experience of the organisation in the areas relevant for this project? What are the skills and/or expertise of key persons involved in this project?

The city of Helmond has extensive experience in addressing youth well-being and mental health. Under the Youth Act, the municipality of Helmond is responsible for all help and support for young people, ranging from prevention to curation. This includes assistance with family problems at home as well as psychological and behavioral issues in children and young people. The youth policy of the municipality of Helmond increasingly focuses on prevention. In 2024, the municipal council established the multi-year program 'Growing Up with Opportunities, Health, and Safety in Helmond'. This program aims to strengthen the effectiveness and quality of the preventive youth approach. It is based on the principles of impact-driven work and uses the factors model to provide focus and coherence. The municipality implements this approach in collaboration with organizations in the fields of welfare, sports, culture, social work, health, education, and safety. For example, starting in 2025, the municipality will base the provision of subsidies for preventive activities and programs on the impact of these activities and programs, with mental health being one of the main areas to be addressed.

People from Helmond involved in the project are:

- Ireen van Enkevort, Program Manager of the Multi-Year Youth Program
- Marthe Kamminga, Analysis and Intelligence
- Chafia Ezzarfani, Project Leader for Youth Affairs

They are all familiar with the factors model and the principles of impact-driven work, have knowledge of various preventive (mental health) interventions in the field of youth, and are experienced in building partnerships. Additionally, they have extensive expertise in monitoring needs and impact. They have developed a tool to monitor the extent to which young people are growing up healthy, safe, and with opportunities. This tool is used to monitor youth development and make adjustments in their approach as needed.

Action Type	As Applicant		As Partner or Consortium Member	
	Number of project applications	Number of granted projects	Number of project applications	Number of granted projects
Cooperation partnerships in youth (KA220-YOU)	0	0	1	0
Newcomer organisation	Yes			
Less experienced organisation	Yes			

ESPOON KAUPUNKI (E10117172 - FI)

Partner organisation details

Legal name	ESPOON KAUPUNKI
Country	Finland
City	ESPOO
Website	www.espoo.fi

Profile

Is the organisation a public body?	Is the organisation a non-profit?
Yes	Yes
Type of organisation	Local Public body

Background and experience

Please briefly present the organisation (e.g. its type, scope of work, areas of activity and if applicable, approximate number of paid/unpaid staff, learners).

The City of Espoo, located in Finland, is a local government entity operating independently under the principles of local self-government. As the second-largest city in Finland, Espoo is part of the Uusimaa region and integral to the Greater Helsinki area.

Espoo functions as a municipality, primarily responsible for delivering essential public services. It is governed by a City Council, elected every four years by residents, which determines the city's budget, development, and strategic objectives. The council appoints a City Board to implement its decisions, with the Mayor managing daily administrative tasks.

The city oversees public schools and offers educational services from early childhood to vocational and higher education.

Espoo supports both Finnish and Swedish-speaking schools and collaborates with Aalto University in Otaniemi. Espoo provides healthcare services through public hospitals and health centers, along with social services for the elderly, children, and individuals with disabilities. The city manages urban development, including zoning and construction permits, with a strong emphasis on sustainability, aiming to become carbon-neutral by 2030 through initiatives like the Espoo Story.

Espoo supports various cultural institutions, including museums and theaters, and promotes leisure activities through events and sports facilities. The City Council and Board direct policies and manage the budget. The city delivers education, healthcare, social welfare, and cultural services to residents of all ages.

Espoo encourages business growth, particularly in technology and research sectors, leveraging its proximity to Aalto University and partnerships with companies like Nokia and Microsoft. The Espoo Innovation Garden supports startups and fosters innovation.

The city is a leader in sustainable urban development, focusing on reducing carbon emissions and promoting green energy. Espoo manages urban infrastructure, including public transportation and housing, and features five major urban centers for a decentralized urban structure. Espoo employs over 14,000 professionals across various sectors, primarily in education and social services. The city also engages numerous volunteers in social services and community initiatives, fostering a strong culture of civic participation. Espoo emphasizes lifelong learning with over 100 schools and Aalto University. The city serves tens of thousands of learners, including children and adult education programs aimed at enhancing professional skills and fostering ongoing education.

Espoo prioritizes collaboration with local businesses, educational institutions, and civic organizations. The Espoo Innovation Garden serves as a platform for innovation, while partnerships extend internationally through networks such as UNESCO Learning Cities and ICLEI.

Espoo operates on an annual budget set by the City Council, funded by municipal taxes, state subsidies, and service fees. Its strong economic base is reinforced by being a hub for high-tech industries and research institutions.

Espoo's strategic plan, the Espoo Story, envisions the city as a leader in sustainability, innovation, and quality of life, with a goal of achieving carbon neutrality by 2030 and enhancing public service quality for its residents.

The City of Espoo is a dynamic municipality focused on sustainable development, innovation, and public service. Its governance structure and collaborative approach position it as a vital player in both national and global contexts, with a significant workforce and commitment to education and environmental sustainability.

What are the activities and experience of the organisation in the areas relevant for this project? What are the skills and/or expertise of key persons involved in this project?

The City of Espoo has established itself as a leader in youth services, well-being initiatives, and impactful leadership, fostering a nurturing environment for its young residents. Espoo's youth services encompass a wide range of activities

aimed at supporting the holistic development of young people, emphasizing accessibility, participation, and collaboration. Key offerings include recreational activities, educational support, and counseling services, which facilitate participation and help young people build social networks through youth clubs, workshops, and cultural events.

The city is dedicated to inclusivity, ensuring that all young individuals, regardless of their backgrounds or abilities, can access its services. Special initiatives target marginalized groups, such as immigrants and those facing mental health challenges. Espoo collaborates with schools, non-profit organizations, and community groups to provide comprehensive support, tailoring services to meet the unique needs of young people in different contexts.

At the heart of Espoo's youth services is a strong focus on well-being. The city prioritizes mental health support by offering counseling and guidance to help young people navigate challenges. Additionally, physical health is emphasized through sports and wellness programs, promoting a balanced approach to overall well-being.

The city recognizes that effective leadership is essential for addressing complex societal challenges and improving residents' quality of life. To inform its decision-making, Espoo has established a comprehensive impact evaluation framework that incorporates social, economic, and environmental indicators. By utilizing data and evidence-based methodologies, the city ensures that its policies are not only effective but also sustainable, aligning key performance indicators with its strategic goals for transparent and accountable governance.

Engagement with various stakeholders—citizens, businesses, and academia—is crucial to Espoo's impact leadership. Espoo's impact leadership emphasizes sustainability, striving to create a resilient urban environment. The city aims to drive sustainable growth and enhance community well-being through innovation and collaboration.

In this project, the City of Espoo aims to utilize data from the Ohjaamotalo concept. Ohjaamotalo is a one-stop guidance center for young residents of Espoo under the age of 30. It supports various needs and life situations, including well-being, studies, career choices, job-seeking, income, financial situation, housing, and leisure opportunities. The center offers both individual guidance and targeted group activities. It started as an ESF project in 2015 and became a permanent operating model in March 2018, funded by the city and based on youth work. The main goals are to streamline young people's transitions into work, education, or other activities, promote youth inclusion, empowerment, and life control, and bring service providers together.

Ohjaamotalo provides a wide range of services related to education, work, everyday life, and well-being. These include housing, finances, substance abuse, mental health, and more. Operators at Ohjaamotalo include various city services, educational institutions, mental health associations, and other organizations. Overall, Ohjaamotalo provides a comprehensive support system for young people in Espoo, helping them navigate various life challenges and transitions. Key individuals in Espoo's youth services and impact leadership include Peter Ylén and Marko Karttunen. Ylén, Principal Scientist at VTT, leverages his expertise in foresight and data economy to tackle complex challenges and optimize outcomes. Karttunen, a data analytics consultant in the Mayor's office, drives strategic policies, fosters partnerships, and champions data-driven decision-making to enhance youth services and outcomes.

Action Type	As Applicant		As Partner or Consortium Member	
	Number of project applications	Number of granted projects	Number of project applications	Number of granted projects
Cooperation partnerships in school education (KA220-SCH)	0	0	1	0
Cooperation partnerships in youth (KA220-YOU)	1	0	1	0
Newcomer organisation	Yes			
Less experienced organisation	Yes			

Impactpunt VOF (E10370440 - NL)

Partner organisation details

Legal name	Impactpunt VOF
Country	Netherlands
Region	Zuid-Holland
City	Nieuwerkerk aan den IJssel
Website	impactpunt.nl

Profile

Is the organisation a public body?	Is the organisation a non-profit?
Yes	No
Type of organisation	Small and medium sized enterprise

Background and experience

Please briefly present the organisation (e.g. its type, scope of work, areas of activity and if applicable, approximate number of paid/unpaid staff, learners).

Impactpunt support governmental organisations, social entrepreneurs, non-governmental organisations (NGO's) and research institutes in contributing to making societal impact. Among the organisations Impactpunt have been working for are renowned institutes such as the Dutch Youth Institute (Nederlands Jeugdinstituut), The Dutch Institute for Mental Health, Alcohol, Tobacco and Drugs (Trimbos Instituut), The Dutch national institute for Public Health and Environment (RIVM), the Dutch Platform for young people who experienced mental health issues (MIND Us) and the Dutch National Institute for Social Issues (Movisie). The two founders of Impactpunt, who are the only (full paid) staff of the organization, have been working with impact driven work and scientific based policy for over 10 years prior to founding Impactpunt. Impactpunt exist since January 2023 and have since then been working in various fields for 15 organisations in the fields of mental health for children and young people, youth policy, public health and environment, social community approaches, municipal policy, employment, anti-discrimination and inclusion.

The founders of Impactpunt are the developers of the factors model. They have been implementing the scientific knowledge within the factors model for policy makers, scientists, youth workers and other practitioners in the field of social work, youth work, youth policy and mental health. Among the organisations Impactpunt have been working for are The Dutch national institute for Public Health and Environment (RIVM) for which Impactpunt provided state of the art scientific data in order for the institute to make an impact calculator of mental health actions. Impactpunt also helped practitioners of a social work and youth care organisation in a Dutch city to enhance the quality of their work by using more scientific insights, working more methodologically and measure outcomes for learning and improving. Also in cities such as Amersfoort, Zoetermeer and Helmond policy makers, youth workers and other social workers use the impact driven methods of Impactpunt to make more societal impact with their services.

In the field of generating data, Impactpunt helped to improve the data collections of the municipalities of Helmond and Amersfoort and made the State of the Youth report for the city of Zoetermeer in their neighbourhood approach in the district of Meerzicht. The works of Impactpunt include a cost-benefit analysis of effective preventive intervention for the city of Zoetermeer which was the reason for the city council to invest 0.5M euros in additional youth prevention by psychologists and social workers. An innovative data-science analysis that Impactpunt carried out for a social entrepreneur supplied insights in effectiveness of an intervention for youth at risk.

Impactpunt combined thorough scientific knowledge, research skills and experience with innovative data science analysis with experience and knowledge in praxis in the field of youth work, social work, youth mental health promotion, youth care, child protection and youth policy.

What are the activities and experience of the organisation in the areas relevant for this project? What are the skills and/or expertise of key persons involved in this project?

The key persons in this project, Rina Stoorvogel and Denis Wiering, have been working in the domain of social policy for municipalities since 2007. Since 2010 they have been working with impact driven work and scientific based policy and praxis in different fields such as drugs- and alcohol prevention, mental health promotion and prevention of psychosocial problems, youth development and broad social development at the city of Rotterdam and the Public Health Service of

Rotterdam (GGD) (respectively as program manager and project manager/advisor). Since the founding of Impactpunt they have been working for 15 organisations in the fields of mental health for children and young people, youth policy, public health and environment, social community approaches, municipal policy, anti-discrimination and inclusion. The founders of Impactpunt are the developers of the factors model. They developed the factors model through the experience of the program 'Rotterdam Groeit' in Rotterdam, 2015 – 2020. The key persons in this project have experience in building scientific models, data science analysis, building data monitors, developing interventions and carry out impact- and effect research.

The work Rina Stoorvogel and Denis Wiering have carried out for 'Rotterdam Groeit' includes the design and implementation of the factors model in policy and in praxis with practitioners in social work, youth and mental health promotion, youth work and youth care. It also includes the design and implementation of The State of The Youth, a yearly data monitor with stats and stories from young people, parents, youth workers and scientists within the city, a policy of more effective interventions and measurements for learning and improving at the level of practitioners and the methodological neighbourhood approach 'Wijkprogrammering' that was designed and implemented with the Dutch National Youth Institute (Nederlands Jeugdinstituut, NJi). This approach has been hailed by the premium Dutch youth expert prof.dr. Tom van Yperen as the answer to the negative trend of youth care consumption in the Netherlands (Van Yperen et al., 2019), as a best practice for fighting poverty amongst young people and their families (Eurocites, 2020) and as a best practice for development for children and young people (A&O Innovatiefonds Gemeenten, 2021; FNO, 2022).

The keypersons of Impactpunt have been implementing the factors model and impactful driven work in various cities in the Netherlands after they have done this in 40 neighbourhoods in Rotterdam, such as Helmond, Zoetermeer and Amersfoort. In this approach they always combine scientific knowledge from the factors model, local data, insights inhabitants and insights of practitioners from social work, youth work and health promotion. Together with inhabitants, youth workers, social workers, youth health promotion practitioners and policy makers the approach is implemented in various neighbourhoods and the municipality as a whole. This leads to larger societal impact as is shown by the State of the Youth in Rotterdam (2020) which points out that children and young people live healthier, safer and with more chances in life than before the approach started. It resulted in lower crime rates, better school performances, better birth outcomes and fewer children and young people growing up in poverty among other positive outcomes.

Action Type	As Applicant		As Partner or Consortium Member	
	Number of project applications	Number of granted projects	Number of project applications	Number of granted projects
Cooperation partnerships in youth (KA220-YOU)	0	0	1	0
Newcomer organisation	Yes			
Less experienced organisation	Yes			

Relevance of the project

Priorities and Topics

All project proposals under the Erasmus+ Programme should contribute to one or more of the programme's policy priorities.

Please select the most relevant priority according to the objectives of your project.

YOUTH: Reinforcing links between policy, research and practice

If relevant, please select up to two additional priorities according to the objectives of your project.

YOUTH: Increasing quality, innovation and recognition of youth work

How does the project address the selected priorities ?

The project strengthens the connections between policy, research, and practice in mental health and youth work by developing evidence-based interventions to enhance young people's mental resilience in Ghent, Helmond, and Espoo. Using the factors model, a scientifically based framework, the project enables policymakers to identify and address key factors that impact youth mental well-being. By combining scientific insights, local data, and youth workers' expertise, the model supports the selection of the most effective interventions.

Youth workers play a pivotal role in promoting mental well-being by offering safe spaces, fostering social skills, and providing emotional support. Rather than assigning additional responsibilities, the project empowers youth workers by clarifying which factors they can influence and how they can integrate mental health promotion into their daily work.

The factors model serves as both an analytical tool and a knowledge management system, guiding the development of interventions and supporting cost-benefit analyses to strengthen political mandates. It visualizes scientific knowledge in a dynamic model, identifying risk, protective, and positive factors that influence youth well-being. By merging scientific data with local insights and youth workers' practical experience, the model generates ranked lists of key influencing factors. This ranking supports cities in making well-founded decisions on intervention priorities and resource allocation.

By embedding the factors model into city policy development and fostering collaboration with youth partners, the project encourages a holistic approach to youth mental health that goes beyond isolated interventions. This approach ensures that efforts focus on factors that yield the greatest societal impact, fostering long-term improvements in youth well-being.

Additionally, the project addresses the priority of "Increasing quality, innovation, and recognition of youth work" by introducing a data-driven methodology that strengthens youth work's role in mental health prevention. Through tailored training, co-creation processes, and cross-sector collaboration, the project enhances the skills of youth workers and policymakers. It provides practical tools and insights that elevate youth work's contribution to addressing pressing social challenges, positioning youth work as an essential partner in fostering youth mental well-being.

The IMPACT project's learning outcomes can be validated through Europass and Youthpass, officially recognizing participants' skills. Youth workers, policymakers, and stakeholders in workshops and trainings can receive a Youthpass certificate for competencies in decision-making, evidence-based youth work, and mental health. Europass tools will document individual achievements digitally, aiding professional development and employability across Europe.

Please select up to three topics addressed by your project

Youth policy development

Quality and innovation of youth work

Reaching the policy level/dialogue with decision makers

Project description

Please describe the motivation for your project and explain why it should be funded.

Our project, IMPACT (Integrated Model for Policy Action and Change Targeting Youth Mental Health in Youth Work), addresses the urgent need to combat the mental health crisis among young people in cities. It empowers youth workers in their role of preventing mental health problems, a support they have increasingly requested in recent years. The name underscores our goal to use a scientifically grounded model to guide policy and interventions in the youth field, ultimately improving youth mental health.

In recent years, the mental health of young people has deteriorated, exacerbated by the COVID-19 pandemic. Studies show an increasing demand for mental health care, prompting experts to call for stronger prevention and early intervention strategies. However, existing programs often lack the evidence-based tools needed to respond effectively. Additionally, there is not yet a tradition of collaboration between the mental health sector and youth work.

This is where our project can make a difference. It provides a framework for understanding the diverse influences on youth mental health by combining scientific evidence and research with local data and practical insights from youth workers. This leads to a greater understanding of influencing factors and the role youth workers can play in prevention and early detection. It can create a broader base of support for collaboration around a common goal: strengthening the resilience of young people.

The main strengths of this project are that it allows us to:

- Translate research into policy and action: Making scientific knowledge on mental health more accessible through a visual model.
- Take a holistic view: Addressing mental health from multiple angles, considering both risk and protective factors that shape young people's well-being.
- Strengthen collaboration by formulating collective priorities: Using a shared framework to bring together youth workers, mental health professionals, and other stakeholders.

In cities like Ghent, collaborations between youth work and mental health sectors are just emerging. Recent projects in Ghent show how youth workers struggle to address complex mental health issues, leading to a growing partnership with mental health services. For example, the Ghent "Pont-On" project has supported youth workers with mental well-being training and consultation services. Despite progress, the demand remains high for more structured, evidence-based interventions.

The insights and tools developed through this project will not only benefit the participating cities but also serve as a replicable model for other European cities. The factors model will provide a structured, science-based approach to improving youth mental health through youth work, offering valuable lessons for policymakers across Europe. By funding IMPACT, you enable a powerful response to the youth mental health crisis, driving impactful, evidence-based policy changes that will make a lasting difference in cities across Europe

What are the objectives you would like to achieve and concrete results you would like to produce? How are these objectives linked to the priorities you have selected ?

The primary objective of our project, IMPACT (Integrated Model for Policy Action and Change Targeting Youth Mental Health in Youth Work), is to improve policy decisions related to youth mental health and youth work by integrating the factors model and impact-driven policymaking into relevant city services. This model will provide a deep understanding of the factors influencing youth mental well-being, enabling informed decisions on which interventions to prioritize and implement.

Key Objectives:

- 1) Improved youth interventions, tested on their effectiveness: Each participating city will develop or adapt youth work interventions based on the factors model and local needs, and have them tested (and readapted) on their effectiveness
- 2) Enable evidence-based decision-making in youth work: The project aims to provide policymakers and stakeholders with accessible scientific research to support informed discussions and decisions about which interventions to prioritize. This will lead to cohesive and impactful policies in the youth sector.
- 3) Foster cross sector collaboration between stakeholders (collective action): By aligning local administrators, youth workers, NGOs, and mental health professionals, the project promotes a collaborative approach to positively influence youth mental well-being. Making research accessible and understandable will help these actors work together more effectively and direct forces in the same direction.

Concrete Results:

- Evidence-based interventions: New or adapted quality youth work interventions will be developed in each city, targeting the key factors identified by the factors model. This can provide valuable insights for (other) youth work and potentially other sectors. Innovation in youth work should always be impact driven.
- Accessible scientific framework: The factors model will make scientific research on mental health accessible to city administrators, youth workers, and stakeholders, fostering evidence-based policy discussions and decision-making.
- Improved data on youth mental health: Each city will have a comprehensive overview of youth mental health and well-being, using optimized data collection methods.
- Identification of key factors: The project will define the most relevant factors influencing youth mental health in each city, combining scientific knowledge with local data and practical experience. Key factors will be monitored in each city.
- Monitoring and evaluation: A robust monitoring method will be developed to assess the effectiveness of the interventions, ensuring continuous improvement. Monitoring will help safeguard and enhance the quality of youth work services, and adjust them when necessary.
- Dissemination and scalability: The project will produce documentation and guidelines, allowing other cities to replicate the model and apply it in their contexts, ensuring broader impact across Europe.

What makes your proposal innovative?

Not all policy decisions are based on data and research. City governments lack a tradition of systematically using scientific data, particularly in youth work. Our project aims to address this gap by using the factors model to visualize and understand the complex interactions between risk, protective, and reinforcing factors. This model fosters science-based decision-making, guiding politically supported interventions.

We adopt a participatory process with youth workers to develop the most effective interventions. The combination of participatory work based on scientific data is unique. The collaboration between youth work, the mental health sector, academics, and local government will be groundbreaking.

Our project is innovative because it introduces a structured approach to linking research directly to decision-making in promoting youth mental well-being, specifically within youth work. It provides a sustainable way to embed scientific

knowledge into youth policy and practice by giving city stakeholders permanent access to relevant research. This model translates complex data and scientific studies into an easily understandable format for non-academic stakeholders, fostering stronger collaboration between scientists, policymakers, and field practitioners.

The model not only shows the weight of each factor influencing youth mental health but also distinguishes between protective and risk factors, helping stakeholders set clear, objective priorities for action. Once these priorities are established, it helps cities identify and select the most effective interventions. Its visual and communicative design makes it easier to align a wide range of stakeholders on shared goals, making interventions more impactful, coordinated, and targeted toward key mental health factors.

In summary, this project innovates by using a scientific, data-driven approach to guide youth interventions, improving coordination and making research more accessible to those who need it most.

How is this project complementary to other initiatives already carried out by the participating organisations?

Helmond has already laid a strong foundation with its youth program 2024-2032, 'Kansrijk, gezond en veilig opgroeien in Helmond,' which focuses on strengthening preventive measures in youth and mental health work. The principles of impact-driven work are firmly anchored in this program. By identifying key factors affecting mental health and providing tools to monitor the outcomes of interventions (e.g., measuring whether young people benefit from these interventions), the project fills the gap in Helmond's current monitoring system, which is limited to outputs. This approach enhances the effectiveness and quality of youth policies.

Espoo has been using impact-driven leadership since 2019, evaluating city initiatives with innovative tools. The city already applies data-driven decision-making. This project will provide additional insights into mental well-being. By incorporating the factors model into Espoo's youth services, the project aligns perfectly with the city's strategic goal of using systematic, data-driven approaches to tackle complex social issues. Specifically, the focus on intervention monitoring will measure the effectiveness of Espoo's ongoing project "Ohjaamotalo."

Ghent has a multidisciplinary program, 'Ghent, child- & youth-friendly city,' designed to promote cooperation between different sectors, city services, and youth work. The factors model provides a structured methodology that strengthens this cooperation by introducing scientific evidence. In addition, the Family Cell—a city-wide initiative aimed at aligning support services—will benefit from this model in its need to approach youth issues holistically. The model will also improve existing mental well-being projects by offering clearer priorities and more targeted interventions. After the October 2024 elections, the new board agreement clearly stated the intention to prioritize promoting the mental well-being of children and youth.

How is your proposal suitable for creating synergies between different fields of education, training, youth and sport or how does it have a strong potential impact on one or more of those fields?

The decline in mental health is a complex societal challenge. To address the mental health crisis and develop effective prevention policies, we need an integrated and coherent approach that spans the entire life course of individuals and their environments. Each stage of life presents different mental health risk and protective factors, which are influenced by the different environments in which individuals grow up, live, work and thrive. This includes policy areas such as sports, culture, youth work, education but also employment, housing, media, mobility, poverty and public spaces. A multidisciplinary and intersectoral approach is essential, as no single domain has all the knowledge or expertise needed to achieve the necessary level of change.

Although this may seem obvious, we are still far from this ideal in practice, partly due to a lack of understanding of the essence, causes and appropriate strategies for addressing psychological issues. The existing knowledge is often fragmented and knowledge around the influencing factors often remains within the health and wellness sector, gradually within education as well. The leisure sector, so crucial to mental well-being, is less reached with that knowledge but, more importantly, is not recognized as important sectors (thus not supported or funded either).

In addition, local governments usually lack a strong tradition of data- and knowledge-driven practices.

The factors model visually illustrates the many connections between these areas/sectors and beyond. By focusing on the intended impact on the target group - young people - rather than on the organisational structures or existing (financial) frameworks of city governments, it broadens our perspective to other domains and the added value of cooperation between them. We are convinced that if the factors model brings clarity about the importance of youth work and what preventive interventions can be developed there, it will also provide relevant knowledge that can be extended to sports or culture. We firmly believe in strengthening the links between education, youth work, sports, training and youth services, as well as with other domains. The factor model provides a solid, objective framework for translating scientific insights into collective, cross-domain action.

How does the proposal bring added value at European level through results that would not be attained by activities carried out in a single country?

This project adds significant value at the European level by using the factors model to address youth mental health challenges in various city contexts. It aims to create three customized versions for Ghent, Helmond, and Espoo, facilitating cross-city benchmarking and learning. This type of collaboration wouldn't be possible within a single country, as each city faces unique challenges and circumstances. A general model will also be available for other European cities.

By working across borders, the project encourages new perspectives and helps prevent the tunnel vision that can occur when local authorities operate in isolation. The exchange of ideas, data, and interventions among cities fosters more innovative solutions. Additionally, cross-city collaboration allows for the comparison of interventions in different settings, making the results more generalizable and applicable across Europe. Moreover, an international approach expands the project's evidence base by incorporating scientific research and data from multiple countries. This results in more robust, data-driven policies that can effectively address the root causes of youth mental health issues. The project also emphasizes a multidisciplinary approach, engaging policymakers, research institutions, youth work organizations, and other NGOs in all partner cities to enhance collective efforts in tackling mental health. By demonstrating how to adapt and apply the factors model across different European cities, the project generates insights and frameworks that can be widely shared across the continent. In summary, this collaboration fosters innovation, comparability, and broader applicability that could not be achieved by a single city or country working alone.

Needs analysis

What needs do you want to address by implementing your project?

Recent youth surveys indicate that mental well-being issues such as anxiety, depression, and social isolation have become top concerns. Despite various initiatives in our cities, current efforts remain fragmented, focusing more on reactive support than on preventive strategies. This highlights the need for a more integrated, evidence-based approach that targets the root causes of mental health problems among youth.

Youth Work and Welfare Needs: Young people are increasingly struggling with complex mental health issues that go beyond the capacity of traditional youth work, which historically has not focused on mental health prevention. Youth workers, however, are increasingly confronted with these challenges and need support in understanding their role in this field. They are asking critical questions such as, "How do we work with young people facing mental well-being challenges?" and "Where do we draw the line, and when do we call in mental health services?" They also wonder how to strengthen the resilience of young people, what to pay attention to, how to be a support figure, and how to handle young people struggling with mental health issues during activities. Addressing these needs is crucial because youth welfare services are uniquely positioned to act preventively, yet they lack the tools and frameworks to do so effectively.

Integration of Youth Welfare Work and Cross-Sector Collaboration: Currently, many organizations in the youth welfare sector operate in isolation, leading to a fragmented approach to mental well-being. There is a strong need for better coordination between sectors such as youth work, education, health services, and youth welfare. The project aims to foster greater collaboration between different sectors, such as education, healthcare, and family support services, which are all crucial to addressing youth mental well-being. By using the factors model as a guiding framework, the cities involved will be able to collaborate more effectively, ensuring that mental health initiatives are integrated into broader city policies. This will also help youth workers and organizations align their efforts with other city services and focus on shared goals for improving youth well-being.

Addressing the Complexity of Mental Well-Being: Mental well-being is influenced by a complex interplay of social, psychological, and environmental factors. Currently, welfare programs tend to address isolated issues, such as peer support or family dynamics, without considering the full spectrum of factors that contribute to youth mental health. The factors model offers a multi-dimensional, evidence-based approach to mapping out these factors, helping stakeholders better understand their interconnectedness. This enables the development of more effective preventive interventions that target the root causes of mental well-being challenges.

What are the target groups of the project? How do the participating organisations engage with the project target groups in their activities?

The most important target group in this project are young people between the age of 3 and 25 in the cities of Ghent, Helmond and Espoo. We want to establish interventions that benefit their mental health and wellbeing.

The framework of this project however aims directly at:

- City administrators: policy execution in the city administration of larger cities is spread across various services and departments. They all rely on different frameworks, procedures, networks, etc. for decision making. With this project we want to facilitate this process of decision making by providing them with a shared evidence based framework.
- Youth workers and social workers and youth work organisations: Choices of which factors are most essential to work on, and which interventions are most suitable for each city rely not only on the evidence of the model but also on the experience of the field. We want to work closely together with them, make them familiar with the model and its insights (through training) and use it as a framework for collaboration and alignment of their knowledge and expertise around mental wellbeing.
- Policy makers and local government authorities: Policy makers, and regional, and national authorities are a critical target

group, as the project seeks to inform and influence policy changes around mental health and wellbeing for young people. The project will provide them with data-driven insights and evidence-based tools, as part of a broader approach, to help design better policies and interventions.

- Researchers and academic institutions: Research partners are directly involved in the project through collaboration on the optimization and implementation of the factors model.

- Other European cities and municipalities: Cities outside the direct partnership of the project, who want to lay out wellfounded welfare policies for their young population, are also a significant target group.

How did you identify the needs of your partnership and those of your target groups?

Young people aged 3-25 have been identified as particularly vulnerable due to the increasing incidence of mental health challenges, such as anxiety, depression, and social isolation. The urgency of addressing these needs is reflected in both data-driven analyses and feedback from frontline workers. Data highlight a rising concern in areas such as family dynamics, peer relationships, and socio-economic pressures, which have significant impact on young people's mental wellbeing.

We know through direct experiences shared by youth and social workers that youth work plays a crucial role in promoting the mental well-being of youth and that youth workers can play a role in early detection of mental problems, but youth workers should not be expected to become caretakers. In Ghent, for example, during a reflection day, youth workers expressed a need for better support in handling complex mental health issues, among the youth they serve during their activities. They indicated that they require clear guidelines to understand the extent of their role and when to refer young people to mental health services. Additionally, they reported that increasingly complex and severe problems among young people are having a major impact on their activities and on group dynamics.

This highlights the necessity for collaboration centred, evidence-based approach to address these challenges. The factor model can support this by identifying crucial factors together.

The partnership needs were identified through bilateral meetings and discussions during a 2-day workshop in June 2024. City administrators and youth workers from all three cities expressed their struggle with fragmented approaches to mental health and their desire for a unified methodology. The diverse but overlapping needs across the cities pointed to the necessity for a common framework, such as the factors model, to help streamline decision-making and intervention planning.

How will this project address these needs?

Mental resilience is influenced by many interconnected areas— for example education, sports, youth work, and urban planning. This project provides a visual framework for understanding and prioritizing the complex factors influencing youth mental well-being. Through this visual framework it helps us build common knowledge, to search for the right, most effective and feasible interventions and supports within youth work.

Because of its holistic approach the model fosters cross-sectoral collaborations: Youth workers, city administrators, mental health professionals all have the same goal in mind: how to empower young people and increase their resilience. But too often sectors still do so separately, with their own knowledge and frameworks. We hope that through a common language and understandable determinants, the factors model will foster an integrated approach. The model is particularly suited to bridge the gap between research and practice, allowing decision-makers to rely on evidence without needing to be experts in mental health research themselves. This empowers city administrators and youth workers to take the lead in interventions, with confidence that their strategies are backed by data and best practices. This is a powerful approach for highlighting the right interventions to the political boards as well.

Finally, the project includes training and guidance for the involved partners, helping them effectively use the model. This training will enhance the capacity of city administrators and youth workers to make informed decisions, select appropriate interventions and monitor their impact. The model's visual and communicative design ensures it is accessible even to nonexperts, making it a sustainable and scalable solution across the three cities.

Partnership and cooperation arrangements

Partnership composition

Organisation ID	Legal name	Country	City	Organisation type	Newcomer
E10206461	STAD GENT	Belgium	GENT	Local Public body	No
E10371009	Gemeente Helmond	Netherlands	Helmond	Local Public body	Yes
E10117172	ESPOON KAUPUNKI	Finland	ESPOO	Local Public body	Yes
E10370440	Impactpunt VOF	Netherlands	Nieuwerkerk aan den IJssel	Small and medium sized enterprise	Yes

Cooperation arrangements

How did you form your partnership? How does the mix of participating organisations complement each other and what will be the added value of their collaboration in the framework of the project? If applicable, please list and describe the associated partners involved in the project.

The partnership was initiated through the Eurocities network, specifically within the "Children and Youngsters" workgroup. Ghent's program director for 'Child- & Youthfriendly Ghent' connected with Denis Wiering, then coordinator of the Factors Model in Rotterdam. This exchange led to exploratory workshops with city administrators to assess the model's potential for Ghent's youth work and mental health strategies.

Recognizing the model's relevance and scalability, Ghent sought partners with complementary expertise:

Helmond had recently adopted the Factors Model and was working on refining its monitoring and intervention strategies. Their practical experience made them an ideal partner to share learnings and refine the implementation process. Espoo contributes expertise in integrated youth services through Ohjaamotalo, a one-stop guidance center supporting young people in various aspects of life, including mental well-being. Their holistic approach adds depth to the project's focus on resilience-building. Impactpunt, as a key developer of the Factors Model, ensures that its implementation across cities is scientifically sound and adaptable to diverse urban contexts.

To ensure the project's success, research institutions in each city play a critical role:

- Ghent University will monitor the project, ensuring that the factors model is tailored to Ghent's local needs.
- Trimbos Institute, a key player in the development of the original Factors model, brings technical expertise and will contribute to customizing the model further through WP4 (Work Package 4).
- VTT Technical Research Center of Finland: has supported the city of Espoo in their data analysis in various domains. They will share their expertise in the data collection steps of WP3

The involvement of these research institutions ensures that the project remains grounded in scientific evidence, while also adapting to the unique circumstances.

We spoke to several cities with our project concept. The cities of Stockholm and Goteberg were very interested in being involved, as were a number of other cities. They signed a letter of intent, demonstrating their commitment to the project. Other cities are also interested in being involved in the project. They will also be addressed with activities A5.2 and A5.3.

What is the task allocation and how does it reflect the commitment and active contribution of all participating organisations (including the associated partners, if applicable) ?

To ensure smooth collaboration and effective communication between all participating organizations, including associated partners, a dedicated project coordinator will be appointed within the Service of Health and Care of the City of Ghent. This coordinator will oversee project progress, facilitate information flow, and proactively address coordination challenges while serving as the central contact point for all partners. By maintaining regular communication, they will ensure alignment across work packages and support timely decision-making. Progress will be continuously monitored (See WP management).

In June 2024, the four partner organisations met, to get to know each other and discuss common needs in relation to the factors model. This gave us a chance to understand each other's strengths and weaknesses. We worked out an intervention logic together and discussed who could best take the lead in what. In that way we share the workload and responsibilities and honour every city/organisation main strengths and experiences:

WP1: City of Ghent, WP2: city of Helmond, WP3: city of Espoo, WP4: Impactpunt, WP5: city of Ghent

- City of Ghent – As the lead partner, Ghent oversees overall project coordination, ensuring compliance with funding requirements and efficient execution. Ghent coordinates stakeholder engagement, knowledge sharing, and policy dissemination to maximize the project's impact.
- City of Helmond – With prior experience implementing the Factors Model, Helmond takes the lead in refining intervention strategies, offering practical insights and lessons learned.
- City of Espoo – Given its expertise in data-driven decision-making, Espoo leads efforts in gathering and structuring data to enhance the model's predictive capabilities.
- Impactpunt – As the original developer of the Factors Model, Impactpunt ensures that all modifications remain aligned with the model's scientific foundation while making it scalable for other cities.

Each city and organization commits significant resources and expertise, ensuring an equitable distribution of responsibilities. Research institutions will contribute by critically evaluating the model and ensuring that its adaptations are grounded in scientific evidence. Their involvement strengthens the project's credibility and facilitates future scalability beyond the partner cities.

The research institutions will be both enriching and challenging the existing research in the factors model, ensuring its robustness and universality (see also above).

Cities of Göteborg (the Columbus project) and Stockholm will closely follow up this project, especially in the last phase of this project, when general conclusions start to be made up and we can reflect on opportunities and challenges in setting up evidenced based actions, for example with the factors model, in other cities or domains.

The City of Göteborg and Stockholm and the research institutions (University of Ghent and Trimbos Institute) signed a letter

Describe the mechanism for coordination and communication between the participating organisations (including the associated partners, if applicable)

Before the project officially starts, a formal collaboration agreement will be cocreated with and signed by all participating organizations. This agreement will clearly define the roles and responsibilities of each partner in project management, outline obligations and commitments, and set common expectations regarding communication, reporting, and decision-making. By establishing these clear guidelines in advance, the project will ensure a structured and transparent collaboration framework, minimizing potential misunderstandings and enhancing efficiency.

The City of Ghent will start from existing templates and will adjust it accordingly to the needs of the different partners.

For coordination and communication, different project body meetings will be installed:

- Core Team Meetings: Held biweekly to manage day-to-day operations and address immediate issues. Existing of the dedicated contact persons within each organisation. CMT is responsible strategic co-ordination and facilitation the other project body meetings.
- Monthly Progress Meetings: Conducted online, to review overall project progress, align the different WP's, discuss milestones, identify dependencies, resolving conflicts and plan upcoming activities This meeting ensures that any issues impacting multiple work packages are addressed. The goal is to keep the project on track by ensuring coordinated efforts across all teams involved. Existing of all people actively involved in the project.
- Partner Meetings: Three physical meetings will be organized throughout the project duration to foster deeper collaboration and address strategic issues.

> Important decisions about the project direction and finance will be taken during partner meetings, if possible. If more urgent, during the monthly progress meetings. The decision making structure will be mentioned in the partnership agreement.

- City-Focused Meetings: These meetings will focus on city-specific activities and challenges, ensuring local contexts are considered. Each city will organize its own meetings to manage local activities and ensure alignment with the overall project.
- Specific Work Package Meetings : Organized as needed to address issues and activities within each WP.
- Activity-Focused Meetings: Dedicated to specific project activities, these meetings will ensure detailed planning and execution.

> While regular meetings will be scheduled to maintain momentum and coordination, the frequency of these meetings—whether City-focused, "Work Package" or "Activity Focused meetings" — will be flexible and responsive to the demands of the project at different stages. This adaptive approach ensures that meetings are both efficient and aligned with the project's evolving requirements.

Impact

How are you going to assess if the project objectives have been achieved?

The main objectives of this project are:

- 1) Improved youth interventions, tested on their effectiveness
- 2) Enable evidence-based decision-making in youth work
- 3) Foster cross sector collaboration between stakeholders (collective action)

More info about objectives> see project description.

To assess whether the project objectives have been achieved, several key indicators will be used, focusing on different levels of outcomes, from interventions to overall project impact:

Assessment of the objectives will be done by evaluations of:

- Effectiveness of interventions to improve youth mental health and wellbeing
 - Each city will describe and analyse at least one new intervention, assessing its scientific validation and effectiveness.
 - Each city will implement at least one optimized intervention.
 - At least one intervention will have a survey instrument to collect data on outcomes and effectiveness
 - General evaluation of the quality of the intervention
- The evolution of youth mental wellbeing on selected key factors

Ultimately, we want to see a clear change in youth mental wellbeing in each of the participating cities. However, it's important to keep in mind that societal changes will only be visible on the middle-long – long term. But having a start point to measure this, is a crucial step:

 - Each city has a solid dataset that allows participating cities to follow up and monitor the state of youth mental health and wellbeing
 - We are able to monitor the selected (key) indicators measuring youth mental health and wellbeing and report it to all stakeholders in each of the participating cities
 - Ability to Compare key indicators in the three relevant cities
- Collaboration and alignment between research, policy and practitioners/youth work.

The extent to which different stakeholders experienced how the factors model can add value to existing or new collaborations and make choices around a complex societal challenge

 - Effectiveness of the factorsmodel as a tool for decision making
 - Assessment by scientist about the relevance of the factorsmodel as a tool
- Regular formal and informal evaluations will help assess whether the collaboration has improved and stakeholder engagement (e.g., among youth workers) has been enhanced.
- Better collaboration should help everyone agree on which factors to focus on and join forces on top priorities before starting interventions. These evaluations will check if meaningful actions are being taken and how well stakeholders are working together.

Explain how you will ensure the sustainability of the project: How will the participation in this project contribute to the development of the involved organisations in the long-term? How do you plan to continue using the project results or implement some of the activities after the project's end?

This project will significantly impact the long-term development of the involved organizations, especially the cities of Espoo, Helmond, and Ghent.

Sustainable Use of the Evidence-Based Approach:

The cities will be equipped with the adaptable "factors model," which offers a comprehensive understanding of youth mental well-being. This model will continue to be used as a strategic tool for city administrators, politicians, and stakeholders, enabling them to develop evidence-based policies and interventions even after the project ends. The model fosters collaboration across sectors, empowering youth workers, NGOs, and policymakers to better address mental health challenges. This cross-sectoral framework will also promote ongoing dialogue between researchers, youth workers, and policymakers.

The "train-the-trainer" method will ensure that the model remains adaptable and sustainable, empowering local actors to independently refine and implement mental health strategies in the future.

Application Beyond Mental Health:

The project's use of a standardized framework will have applications beyond mental health. The cities can adapt the collective-action approach of the factors model and gain valuable experience in monitoring, evaluating, and refining interventions based on the factors model. This can contribute to tackle other societal challenges, such as social welfare or public health. This will expand the project's impact, allowing cities to leverage the model for broader policy development and community interventions.

Free Access to Tools and Materials:

All support materials, guidelines, and templates developed during the project will remain freely accessible, enabling other cities to adopt similar approaches. The involvement of Impactpunt ensures ongoing support and expertise for cities interested in implementing the model. This open access fosters knowledge-sharing across the youth work sector and beyond, promoting long-term capacity-building in evidence-based policymaking.

External Sharing and Commercial Use:

The optimized factors model, along with the project's learnings, will be shared widely across Europe. Specific expertise from Impactpunt, having supported various city in the implementation of the model, can be offered commercially, but this is not a necessity when working with the model.

Strategic Roadmap and lobby activities:

A roadmap will be drafted based on the learnings of the project and lobby activities can be scheduled based on the roadmap.

In conclusion, the project will leave participating organizations with tools and expertise to enhance their mental health interventions and apply the same approaches to other complex policy issues. The knowledge generated will be sustainable, adaptable, and accessible, supporting both long-term organizational development and broader societal impact.

Please describe the impact of the project on the participating organisations and their target groups. How the outcomes will be integrated in their regular work ?

Beneficiaries in the 3 countries are:

Youth Organizations: The factors model introduces a transparent, scientific framework for decision-making in youth mental health and well-being. Youth workers will gain a clearer understanding of how interventions are designed and chosen, enhancing collaboration with policymakers. This structured approach will empower youth workers to engage more deeply in decision-making processes, contributing to more effective interventions and collective action.

Subsidized Organizations: Cities can use the factors model to create clearer, more transparent criteria for NGOs and partners who receive subsidies for youth-related interventions. This improves negotiation, accountability, and alignment between subsidized organizations and city objectives. By linking funding to evidence-based priorities, cities will enhance the effectiveness of these partnerships, ensuring that resources are directed toward impactful interventions.

Citizens: The ultimate beneficiaries of the project are the youth and citizens of each city. The factors model will allow cities to intervene more effectively, leading to better-coordinated efforts among stakeholders. This will improve the overall well-being of the youth population, with societal benefits extending to other community members.

National Impact: Structured platforms like "Warme Steden" (Warm Cities), "Overleg Centrumsteden rond Gezondheid" (Center Cities Health Discussions), and the Network for Child- & Youth-Friendly Cities will serve as channels to disseminate the project's outcomes. Cities can share their findings on this project, encouraging other cities/municipalities to adopt similar approaches. In Flanders and Belgium, organizations such as the VVSG (Flemish Association for cities and communes) will support the broader dissemination of lessons learned, enabling other cities to improve their youth mental health strategies.

European and International Impact: Beyond national boundaries, the project aims to contribute to the international discourse on youth mental health and wellbeing. By sharing the factors model and developed tools across Europe (f.e. in the Eurocities working group), the project offers a scalable solution that can be adopted by other cities. They can learn from the methodology and interventions used, either by adopting the factors model directly or by applying its lessons to their own local contexts. The scientific foundation of the model ensures that its principles are universal, while its adaptability allows it to meet city specific needs.

Please describe the wider impact of the project on local, regional, national or European level relevant for the field of the application.

1. Youth Workers and Youth Organisations: Through workshops, training sessions, and existing local youth networks, we will engage youth workers in the factors model's methodology. This will empower them to apply the findings to improve interventions in mental health, promoting evidence-based practices within their organisations. In this way, we also hope to strengthen and support those youth workers in what they need (by understanding the influencing factors).

2. Citizens and the General Public: Public engagement will take place via newsletters, online platforms, and community forums. The project's outcomes will be communicated to citizens in a transparent manner, ensuring that the public understands the impact on local youth services and mental health interventions. We thus demonstrate to the general public, based on what conclusions we draw from the model, the role youth work has/can have in prevention, early detection of mental health and in referral to appropriate care.
3. Policy Makers and City Administrators: In each participating city, results will be shared within internal networks such as policy evaluation, quality assurance groups, and learning networks. This will facilitate discussions on how the factors model can be applied to city strategies. Policy makers across multiple sectors will be equipped with data from the model to influence decision-making and ensure alignment with broader societal goals.
4. Findings from the factorsmodel can create a common language and knowledge, facilitating local or regional collaborations.
5. The project's findings will be presented at national platforms/forums like "Warme Steden" and other structured platforms. This will ensure that cities across the country can benefit from the lessons learned. Also also in the regional networks and in the relevant expertise and support centers. For Ghent, this includes, for example, VVSG, Ambrassade, Instituut Gezond Leven, Uit de Marge, Formaat, ...
6. We also hope to pass on the knowledge that we distill from the factorsmodel to regional and national governments so that effective policies can be developed
7. Project Partners and Researchers: Comparability of the model across cities is a key project goal, and will be emphasized during partner meetings. By defining and monitoring Key Performance Indicators (KPIs), project partners can track progress and effectiveness of interventions. Results will be shared in international research networks, at conferences, and through academic publications, encouraging replication and adaptation of the model in other European cities. Internationally, results will be disseminated through European youth work networks and other international platforms for policy exchange and collaboration such as the working groups of Eurocities f.e.
8. After the project ends, tools and materials will be available for future use. Cities and organisations will have access to a tested and adaptable framework for improving mental health interventions.

Project design and implementation

In addition, subcontracting of services is allowed as long as it does not cover core activities on which the achievement of the objectives of the action directly depends. In such cases, the amount budgeted for subcontracting must be included in the description of the activities covered by the subcontract.

Work package No.1 Project Management

How will the progress, quality and achievement of project activities be monitored? Please give information about the involved staff, as well as the timing and frequency of the monitoring activities.

Defined Activities for Work Package Management:

- A1.1 Project Coordination & Oversight – Managing project activities and ensuring alignment with objectives.
- A1.2 Financial Management & Budget Control – Overseeing financial resources and ensuring budget compliance.
- A1.3 Organizing Project Meetings & Workshops – Facilitating collaboration and knowledge-sharing.

As mentioned before the role of the project Coordinator is very important. He or she monitors the progress of the project and keeps an open communication with all partners.

Each work package (WP) will have a designated leader responsible for the timely and quality delivery of activities within their WP. They will report to the project coordinator. By making all partner organisation having the lead in one of the work package, we make sure that ownership of the project is shared.

As described under “cooperation arrangements” some project bodies will be installed: core team meetings, monthly meetings, partner meetings, city-focused meetings, specific work package meetings and activity-focused meetings. The frequency of these kind of meetings will vary depending on the needs throughout the project.

Some monitoring activities will also take place during the project period. The content of this is further described in the workpackages.

- The coreteam meetings will be used to strategically plan all the other kind of meetings, according to the needs of the partners to reach the project goals.
- A detailed Gantt chart will be used to track project timelines and activities, ensuring deadlines are met.
- Specific project milestones will be identified (f.e. closing event, trainings, etc.), and their achievement will be closely monitored and documented. Partner meetings will be planned around important milestones.
- Different Microsoft 365 tools (such as SharePoint, Planner and Loop) will facilitate real-time communication, task management, and collaborative work among partners. There will be a continuous feedback and communication through these tools.

- Indicator matrix: A template will be developed to monitor all indicators. Indicators will be followed up on during work package and progress meetings.

WP leaders are entitled to ensure that indicators are effectively follow up and that there's a clear task distribution

- We will follow up on risks during the monthly progress meetings (for smaller issues and minor risk) and partner meetings (for major risks).

Additionally training and capacity-building sessions for project staff and partners will be provided by the city of Ghent to ensure they have the necessary skills and knowledge to execute their tasks effectively. F.e. training about using the Sharepoint environment, financial management, reporting on activities, etc.

As mentioned above a partnership agreement will be drafted together with all the partners to make the project management and decision making structure clear to all partners (see partner cooperation).

How will you ensure proper budget control and time management in your project?

- 0,15 FTE Project Coordination & Management, 2 years, A-level (Ghent): €30.000
- 0.05 FTE Financial Management, 2 years, B-level (Ghent): €5.000; additional time and costs will be covered through own contribution
- Support from different city services will be through own contribution (Ghent)
- 3 Partner Meetings: 1 meeting in Ghent, Espoo, and Helmond (€12.000; €4.000 each to organize); €1.750 per partner to travel (2 people), per Partner Meeting (€15.750 for travel)

To ensure proper budget control and time management in our project, we will implement a structured approach, leveraging the expertise of the Strategic Funding Team of the City of Ghent. This team will not only manage the project budget but also provide support in general project management.

A budget manager from Ghent's Strategic Funding Team will oversee all financial aspects, ensuring that expenditures align with the approved budget and that the funds are properly linked to the city's budget and distributed to project partners. A

detailed budget has been developed in collaboration with partners, allocating resources to specific activities and work packages (WPs). This ensures clear agreements on how the budget will be used throughout the project (see annex for budget details).

All partners will provide regular financial reports, which the budget manager will consolidate into a comprehensive overview. These overviews will be presented during the three partner meetings. Concrete financial issues can also be addressed during the monthly progress meetings. This allows for ongoing monitoring of project expenditures, ensuring they remain within the approved budget. The project manager will work closely with the budget manager and the partners to regularly review the budget over the two-year period, ensuring resources are used effectively and efficiently.

A comprehensive Gantt chart (see attachment) will be used to outline all project activities, deadlines, and milestones. This will be regularly updated and shared with all partners, ensuring that the project stays on track. The project coordinator will refine the detailed project plan with input from all partners, incorporating all tasks, schedules, milestones, and necessary resources. This will serve as the foundation for managing both time and budget throughout the project.

What are your plans for handling risks for project implementation (e.g. delays, budget, conflicts, etc.)?

In the project management WP we will conduct a workshop with all partners to identify potential risks across various categories. The potential impact and likelihood of each identified risks will be evaluated. Risks will be ranked based on their severity and likelihood to focus on the most critical ones.

During the 2-day (6/2024) with all partners, the objectives, outcomes and intervention logic of the project were decided. Risks were also discussed already and mitigation strategies were incorporated in the proposal as much as possible.

- Recruitment of the project manager can only start after approval of the file. In a government, this takes 1 to 2 months on average.
- Delays: Buffer times in the schedule, regular progress checks, and quick corrective actions. For example: it's possible that some activities will take more time than expected.
- Budget Overruns: Regular financial monitoring, contingency fund, and cost-saving measures. Every partner is responsible for their own budget but the lead partner will monitor if budget will be used as planned.
- Conflicts and adjustments to specific obstacles: Clear communication protocols, conflict resolution mechanisms, and team-building activities will be set up, we also plan regular evaluation moments to ensure adjustments and continuous improvement in our approach when necessary
- This project strongly relies on data and research. Meeting data security standards can cause potential delay. We take this into account during our data collection phase.
- We rely on other authorities/organizations for some of the data collection which also forces us to foresee enough time for this.
- This projects aims to enforce evidence based work in policy making. However, past years (COVID 19, Ukraine, energy crisis,...) have shown that both external as internal events can change course of local politics and policy making. We'll lean on agile project management principles to be able to change course.

How will you ensure that the activities are designed in an accessible and inclusive way?

The project is committed to fostering an inclusive environment where everyone feels welcome and has equal access to participation. We view diversity as a strength to unlock the project's full potential. Barriers will be identified and minimized at every stage of the project by embedding inclusivity in the internal organization (within the 3 cities), the broader delivery of interventions in the youth field linked to mental health and the workshops and trainings.

1. Inclusive Internal Organization within Cities:

We will ensure that all internal project activities are accessible and inclusive:

- Collaboration will be fostered across different city departments (e.g., youth welfare, education, public health) to ensure diverse perspectives are included in decision-making. The method of "deep democracy" will be applied to encourage all voices, including underrepresented ones.
- Project communication, meetings, and reports will be made accessible to staff with varying backgrounds and competences. Materials will be provided in local languages (Dutch, Finnish), with additional support for digital tools if needed.

2. Accessible Youth Interventions:

The interventions addressing youth mental health will be designed and delivered in an inclusive manner, building on the experience of partner organizations. Local expertise will be shared across cities to improve accessibility and tailor interventions to the diverse needs of young people.

3. Inclusive Workshops and Trainings:

- Diverse Formats: We will offer both online and in-person participation options, with multilingual materials available in Dutch, Finnish, and English.

- **Barrier-Free Participation:** Financial, technological, or geographical obstacles will be minimized through targeted support, such as covering participation costs or providing digital access tools.

Continuous feedback and evaluation will be embedded in all activities to identify inclusivity challenges and adapt the project where necessary. This iterative approach ensures that inclusiveness remains a guiding principle throughout the project's implementation.

How does the project incorporate the use of digital tools and learning methods to complement the physical activities and to improve cooperation between partner organisations?

Digital tools and learning methods will complement physical activities and enhance cooperation among partner organizations. For communication and collaboration, various tools from Microsoft 365 will be used. This includes setting up a centralized project workspace in SharePoint, where team members can collaborate in real-time, track progress through Gantt charts, manage tasks, and share important documents. The use of these tools will streamline communication across all teams, ensure adherence to project timelines, and facilitate transparent reporting and decision-making processes throughout the project's lifecycle. Different training sessions will be provided to enable all participants to work effectively with these tools.

In addition to using a shared SharePoint, the project leverages the factors model as a central digital tool. This model will be accessible online and serve as a shared platform for all stakeholders—such as local policymakers, youth workers, and health professionals—to collaborate. By having this tool available digitally, users from different cities can analyze data simultaneously, fostering real-time collaboration and knowledge exchange.

Recognizing the varying levels of digital competence among participants, the project will ensure that adequate support and training are provided to those who need it. This includes personalized training sessions and ongoing technical support to help participants effectively use the digital tools. By doing so, we aim to bridge the digital divide and ensure that all participants can fully engage with the project's digital components.

This approach aligns with the European Union's policy on digital skills and competencies, which emphasizes the importance of equipping all citizens with the necessary digital skills to participate fully in society and the economy. The EU's Digital Education Action Plan 2021-2027 highlights the need for inclusive and accessible digital education, ensuring that no one is left behind in the digital transformation.

How does the project incorporate green practices in different project phases?

In the interest of sustainability, we have decided to limit our in-person meetings to just three key physical 2 or 3-day gatherings, with one meeting hosted by each of the partner cities—Helmond (Netherlands), Ghent (Belgium), and Espoo (Finland). These meetings will be carefully planned and organized to ensure they are as efficient and effective as possible, maximizing their value for the project and minimizing the environmental impact of travel.

Beyond these three physical meetings, we will conduct monthly online 'progress meetings' to keep all partners updated on developments and ensure smooth coordination. These virtual meetings will allow us to regularly track progress without the need for frequent travel.

Additionally, each city—Ghent, Helmond, and Espoo—will hold internal city meetings to organize their respective tasks and responsibilities locally. This structure allows each city to focus on their own specific contributions while maintaining a clear connection to the overall project.

Where necessary, we will also arrange separate work package-specific meetings to ensure detailed planning and execution within each work stream. These can be either virtual or, if appropriate, local meetings, depending on the needs of the work package.

By combining these different meeting formats, we aim to balance sustainability with effective project management, ensuring that the project is both environmentally conscious and highly productive.

When travel is necessary, encourage the use of public transport, carpooling, or other eco-friendly options.

Use digital documents instead of printed materials to reduce paper waste.

Ensure proper recycling facilities are available and used during physical events.

We will choose energy-efficient venues and accommodations.

How does the project encourage participation and civic engagement in different project phases?

Essential steps in this project involve activities A2.1 and A2.2, where we aim to actively discuss insights from the factors model, data analysis, and practical knowledge from the field workers. This discussion should lead to a shared agenda and more cross sectoral collaboration in the cities. This cross sectoral collaboration is essential in working on sensitive themes such as mental health. We want all parties involved to direct their forces in the same direction so that the struggles of young

people are seen and heard and are at the centre of efforts in each of the cities.

Bringing together key stakeholders from different sectors (such as youth work, public health, education, and social services) who work with citizens, volunteers, local community projects on a day to day base foster civic engagement capacity in the participating cities. Each sector contributes its unique perspective, ensuring that policy interventions are comprehensive and well-targeted. By involving a large group of professionals who actively work with young people, we aim to bring their voices, stories, and points of attention to those who can take preventive and reactive measures for their well-being.

By focusing on building the capacity of local policymakers and enhancing collaboration between sectors, the project ensures that civic engagement is embedded in the governance structures responsible for youth well-being. Emphasizing impact-driven, data-informed policy decisions in the youth field ensures that resources are used effectively to benefit young people, leading to more accountable and transparent policymaking.

The project is designed to engage local policymakers in all three partner cities (Ghent, Helmond, and Espoo) by providing them with the tools and evidence needed to make better-informed, impact-driven decisions in the youth field, using the factors model. This creates a more participatory policy development process, where decisions are based on data-driven insights, promoting a more effective approach to youth mental well-being.

To ensure effective stakeholder engagement, we will first develop a comprehensive plan that identifies all relevant stakeholders. This plan will outline clear communication objectives, preferred channels, and a schedule for regular updates and feedback sessions. Once the plan is in place, we will implement various engagement activities such as regular information sessions, feedback mechanisms, and consultation meetings. These activities will ensure continuous dialogue and collaboration with stakeholders, allowing us to gather valuable insights and address any concerns promptly.

Grant amount allocated to Project management

62 750,00 €

Work package No.2 - Local youth work interventions and stakeholder involvement

In addition, subcontracting of services is allowed as long as it does not cover core activities on which the achievement of the objectives of the action directly depends. In such cases, the amount budgeted for subcontracting must be included in the description of the activities covered by the subcontract.

What are the specific objectives of this work package and how do they contribute to the general objectives of the project?

The primary goal of this work package is to implement at least one new or adapted intervention in each city. These interventions should be evidence-based, knowledge-driven, and impact-focused. They must contribute to the key factors identified in the factors model and be developed in collaboration with youth workers and the youth work sector.

Subgoals in this work package are:

- **Consensus on Relevant Key Factors in Each City:** We will take initiatives such as workshops, trainings, meetings,... to achieve consensus with city administrators, local youth workers, and mental health workers on the most relevant factors to address in each city, including specific neighbourhoods or target groups.
- **Consensus on Effective Interventions:** We will take initiatives such as workshops, trainings, meetings,... to reach agreements with city administrators, youth workers, and mental health workers on the essential interventions needed to address the chosen factors, whether these are new or existing interventions.
- **Implementation and Monitoring of Interventions:** Implement one or more interventions and monitor their effectiveness.
- **Insights and Lessons Learned:** Document the lessons learned from using the factors model to redesign interventions

What will be the main results of this work package?

A Set of Key Factors: Identify and agree upon a set of key factors that all stakeholders (youth workers, youth work organizations, city administrators, etc.) prioritize in each participating city.

A Shared Decision-Making Process: Establish a shared decision-making process involving youth workers, city administrators, and mental health professionals. This process will enable participating cities to choose the interventions that best address the chosen key factors.

At Least One Tailored Intervention per City on Mental Health in the Youth Field: For each municipality, design and pilot a tailored intervention focusing on the risk, protective, and strengthening factors most crucial for the development of young people's mental health in that specific city.

A Tool to Monitor the Effectiveness of Interventions in Practice: Develop a tool for each intervention to collect data on its effectiveness in practice. This tool will help determine if an intervention is working as intended and assist in improving the effectiveness of interventions (more information about this is provided in the next section).

Documentation on the Insights and Lessons on work package 2: Compile experiences and best practices from the work package regarding the use of the factors model framework as the scientific basis for setting up interventions. This knowledge will be presented in an attractive factsheet/visual to inspire other cities. The insights will be made visual and general to ensure they can be reused in the future. This is further elaborated in workpackage 5 (Cf. A5.1+A5.2).

What qualitative and quantitative indicators will you use to measure the level of the achievement of the work package objectives and the quality of the results?

1. Consensus on Relevant Factors:

Indicators:

- List of relevant factors in each city (enriched with the indicators selected in WP 3 to monitor those factors)
- Number of participants involved in the decision-making process in each of the participating cities.

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2. Consensus on Effectiveness of Interventions:

Indicators:

- Overview of possible interventions that contribute to the chosen key factors.
- List of chosen interventions in each of the cities.
- Number of participants involved in the decision-making process in each of the participating cities.

3. Implementation and Monitoring of Interventions:

Indicators:

- Number of new or adapted interventions.
- Number of newly adapted monitoring instruments.
- Overview (score or ranking) of the effectiveness of interventions, based on the monitoring of the interventions. This includes measuring the impact of the intervention on the chosen key factors and the general quality of the intervention as perceived by relevant stakeholders

4. Insights and lessons learned

Indicators:

- Number of support materials.
- Dissemination of support materials.

Please describe the tasks and responsibilities of each partner organisation in the work package.

The work package leader in this work package is the city of Helmond. They will ensure that objectives are met in each of the participating cities and that there are uniform tools and methodology for the monitoring of the goals

Helmond ensures that each city follows a comparable process by making tools and guidelines available for each step. Helmond is also responsible for organizing exchanges, in gatherings or meetings and compiling the collective insights and lessons at the end of the work package.

The City of Ghent, Espoo and Helmond are participants and carry out all process steps and tasks within their own municipalities, reporting back to the WP-leader and each other. This includes tasks such as organizing workshops to facilitate shared decision making amongst stakeholders. Interventions will be set up in youth work organisations, with the support of the participating cities.

Impactpunt can support cities as a process supervisor in implementing the factors model and state of the youth for analysing, adapting and monitoring their interventions. Impactpunt can provide advice and tools tailored to their specific situations. Each city decides for itself where they want to use Impactpunt for support.

Trimbos Institute has much scientific knowledge about the effective elements of interventions related to youth mental health. They may be asked by the cities for an expert opinion on the adapted interventions and the tools to evaluate them (optional).

Helmond has already implemented most of the activities in this WP, they will focus on the implementation of a monitoring tool to measure the effectiveness of interventions.

Please explain how you define the amount dedicated to the work package and how the work package is cost-effective ?

Overview of WP-budget:

- Costs for supporting partners on optimizing interventions during work package, 0.05 FTE Helmond: € 10.000
- Process guidance support by Impactpunt for each of the cities during for A.2.2,3,4 &5 of this work package € 8.000
- Costs for developing (customized) tool for monitoring the piloted interventions, (Helmond and Gent): € 30.000 (€10.000 for the city of Ghent, 0.05 FTE and € 20.000 for Helmond, 0.1 FTE)
- Costs for running pilot and monitoring pilot, Ghent (4.000 staff + 28.250 (outsourced via covenant), Helmond (22.250) & Espoo (32.250): € 86.750

Helmond is further along in its use of the model. They want to invest more in the development of a customized tool to monitor the effectiveness of the interventions. Costs for developing a (customized) tool for monitoring piloted interventions are mostly to be spent on man-hours.

Development of a new method, survey questions and the validation of both will be time-consuming. The tool will need to be tested thoroughly, which will be an iterative process which will take time. It will also need to be rolled out in the field with our participating partners. Moreover, we might need to hire outside expertise to develop and build the technical infrastructure to make the method more accessible.

In this work package, some of the activities are part of the regular tasks of the cities involved, so no additional budget is requested for those. Piloting these interventions, and especially monitoring their impact require extra resources.

Activities (2 - Local youth work interventions and stakeholder involvement)

In the following sections, you are asked to provide details about each activity of the work package.

You are asked to provide information about each planned activity as a whole (e.g. its venue, duration, estimated number of participants etc.), to define the activity's lead organisation, and optionally to list the other participating organisations. The lead organisation is typically the one organising the activity. The other participating organisations are all other project partners who will also take part in the particular activity. The estimated activity start and end dates can be changed during implementation.

Please specify each of the planned project activities in the table below

Activity title	Venue	Estimated start date	Estimated end date	Leading Organisation	Participating Organisations	Amount allocated to activity (EUR)	Expected results
A2.1 Partner Support in Youth Work & Stakeholder Engagement – Assisting partners in implementing youth interventions.	Netherlands	01/01/2026	31/08/2027	Gemeente Helmond (E10371009 - NL)	Applicant - STAD GENT (E10206461 - BE) , ESPOON KAUPUNKI (E10117172 - FI) , Impactpunt VOF (E10370440 - NL)	10 000,00	Documentation on the insights of this WP (used for the Factsheet with lessons learned and improvement points-WP5) Clear Distribution of tasks, responsibilities and Planning Tools and guidelines to ensure progress and a comparable process in 3 cities
A2.2 Collaborative Decision-Making Based on the Factors Model and Data Analysis-Engaging diverse stakeholders in defining societal impact.	Netherlands	01/01/2026	01/07/2026	Gemeente Helmond (E10371009 - NL)	Applicant - STAD GENT (E10206461 - BE) , ESPOON KAUPUNKI (E10117172 - FI) , Impactpunt VOF (E10370440 - NL)	2 000,00	Each city has defined a targeted group of young people or geographic focus, with support from local decision makers and key partners to define the desired societal impact in mental health.
2.3 Co-Designing Youth Interventions with Stakeholders – Developing targeted interventions together with local actors.	Netherlands	01/01/2026	01/07/2026	Gemeente Helmond (E10371009 - NL)	Applicant - STAD GENT (E10206461 - BE) ,	2 000,00	- Overview of the ongoing interventions - Evaluation of the effectiveness of the interventions - Decision about which interventions will be continued and newly adapted - Knowledge of each others interventions

				Impactpunt VOF (E10370440 - NL) ,		
				ESPOON KAUPUNKI (E10117172 - FI)		
				ESPOON KAUPUNKI (E10117172 - FI) ,		
2.4 Development of Monitoring tool - Establishing a Monitoring tool to measure effectiveness of the Interventions	Netherlands	01/07/2026	31/12/2026	Gemeente Helmond (E10371009 - NL)	Impactpunt VOF (E10370440 - NL) , Applicant - STAD GENT (E10206461 - BE)	32 000,00 Each city is develops or uses monitoring tools to measure the effectiveness of the chosen intervention(s). The cities have knowledge of each other's monitoring methods and reuse is stimulated.
2.5 Pilot Implementation & monitoring of Interventions – Running pilots and analyzing outcomes.	Netherlands	01/07/2026	31/12/2026	Gemeente Helmond (E10371009 - NL)	ESPOON KAUPUNKI (E10117172 - FI) , Applicant - STAD GENT (E10206461 - BE) , Impactpunt VOF (E10370440 - NL)	88 750,00 Tailormade interventions in the youth field Data on the outcomes of the interventions are collected and used for evaluation and adjustment The intervention has been evaluated based on the data and the experiences of professionals and target group
Total	Sum of grant (EUR)			134 750,00		

Description of the activities

Describe the content of the proposed activities.

A2.1 Partner Support in Youth Work & Stakeholder Engagement – Assisting partners in implementing youth interventions. Supporting partners in follow up on effectiveness of new/changed interventions: by organizing meetings, provide context and instructions, tools and guidelines to ensure progress and a comparable process in the work package 5.

A2.2 Collaborative Decision-Making Based on the Factors Model and Data Analysis-Engaging diverse stakeholders in defining societal impact.

This activity covers the process of decision making with divers stakeholders about desired societal impact, it consist of 1 or more workshops in which each of the participating cities brings together youth workers, city administrators and other relevant stakeholders (ex. mental health professionals) to discuss the tailor-made factorsmodel and data analysis (the state of the youth) and discuss which key factors are most relevant to work on in each city/neighbourhood (this activity is linked to A3.3)

A2.3 Co-Designing Youth Interventions with Stakeholders – Developing targeted interventions together with local actors. Organise the process of decision making about and development of interventions together with stakeholders. This activity consist of 1 or more workshop where possible interventions to intervene on the chosen factors will be discussed and chosen.

A2.4 Establishing a Monitoring tool - Measuring effectiveness of the Interventions
developing of a monitoring tool (ex survey amongst participants of certain intervention) to measure the level of effectiveness of the intervention(s) that are chosen to work on

A2.5 Pilot Implementation & monitoring of Interventions – Running pilots and analyzing outcomes.

Run pilot with the adapted intervention and collect data on the outcomes of the piloted intervention (run monitoring); use the data collected through the monitoring to optimize the execution of the intervention together with stakeholders.

Explain how these activities are going to help reach the WP objectives.

A2.1 Partner Support in Youth Work & Stakeholder Engagement – Assisting partners in implementing youth interventions. The support for partners ensures that all participants are on the same page and understand what is expected of each other. It fosters shared responsibility and support among the participants. It enables tangible and documented lessons learned on evidence and knowledge based work with factorsmodel.

A2.2 Collaborative Decision-Making Based on the Factors Model and Data Analysis-Engaging diverse stakeholders in defining societal impact.

The outcome of this activity should be that there is a deep understanding about which factors are most important in the broad spectrum of mental health and wellbeing of young people and that stakeholders can agree on a set of factors that they will direct their forces on in the participating cities. Both the efforts of tailoring the factorsmodel, as well as the data collection will help to facilitate to do this on an evidence based, qualitative and objective way.

A2.3 Co-Designing Youth Interventions with Stakeholders – Developing targeted interventions together with local actors.

The outcome of this activity is an overview of how existing or possible new interventions can contribute to the factors chosen in each of the participating cities and that there's a consensus on which interventions are most desirable to work on and to monitor

A2.4 Establishing a Monitoring tool - Measuring effectiveness of the Interventions

Throughout this activity we want to enable effective monitoring of the chosen intervention

A2.5 Pilot Implementation & monitoring of Interventions – Running pilots and analyzing outcomes.

Effectively run and monitor an intervention that aims on young people and helps them to conquer or prevent mental health problems.

Describe the expected results of the activities.

A2.1 Partner Support in Youth Work & Stakeholder Engagement

Clear Distribution of tasks and responsibilities and Planning

Tools and guidelines to ensure progress and a comparable process in the 3 cities.

Documentation on the insights of this WP (to be used for the Factsheet with lessons learned and improvement points in WP5)

A2.2 Collaborative Decision-Making Based on the Factors Model and Data Analysis

Each city has defined a targeted group of young people or geographic focus, with support from local decision makers and key partners to define the desired societal impact in mental health.

This means that:

- The specific (age) group of young people is targeted
- If relevant: the geographic area: citywide, or within a specific district or neighbourhood
- The defined impact has the support of municipal leaders and management, youth work partners,
- The cities are aware of the societal impact that each municipality aims to achieve.

A2.3 Co-Designing Youth Interventions with Stakeholders

An overview of ongoing youth work and mental health interventions in each city has been discussed, along with an evaluation of their quality and effectiveness. From this overview, and with the knowledge of the chosen key factors in AC 2.2, cities chose which are the most desirable interventions to continue/add to their programs. The cities have knowledge of each others interventions.

A2.4 Establishing a Monitoring tool

Each city develops or uses monitoring tools to measure the effectiveness of the chosen intervention(s).

The cities have knowledge of each other's monitoring methods and reuse is stimulated.

A2.5 Pilot Implementation & monitoring of Interventions

Tailormade interventions in the youth field

Outcome and monitoring: Data on the outcomes of the pilot interventions are collected and used for evaluation and adjustment

The intervention has been evaluated based on the data and the experiences of involved professionals and the target group.

Expected number and profile of participants.

Youth Workers and NGOs (5-50):

Youth workers and representatives from local NGOs, including mental health professionals, schools, and community services, play a crucial role in supporting young people's mental health and well-being. Their hands-on experience and direct interaction with youth make them invaluable in designing and implementing effective interventions.

By involving these key players, we can ensure that new or optimized interventions are grounded in real-world experiences and tailored to the specific needs of young people. This collaborative approach can lead to more impactful and sustainable outcomes.

City Administrators (Mental Health and Wellbeing) (5-30):

Local government officials responsible for mental health and youth services will play a critical role in defining the societal impact and coordinating the focus of interventions. They ensure that the activities are aligned with municipal policies and that interventions are supported by local leadership, creating a strong foundation for sustainable results.

Impactpunt and Trimbos Institute (5-15):

Impactpunt will contribute with its extensive expertise in youth work strategies, while the Trimbos Institute will support in monitoring and evaluating the effectiveness of interventions, ensuring that they are evidence-based and data-driven.

Data Analysts and Evaluation Experts (5-15):

Data analysts from each city will contribute by supporting the collection and analysis of outcome data from the pilot interventions. They will help develop tools for monitoring the effectiveness of the interventions and ensure that findings are effectively communicated to stakeholders.

This diverse group ensures a multi-disciplinary approach to designing, piloting, and evaluating interventions, leveraging both local expertise and external support to address youth mental health challenges effectively.

Please keep in mind that the Erasmus+ Programme is offering co-financing for your project. This means that the EU grant can only cover a part of the project costs, while the rest must be covered by the participating organisations either in form of additional funding, or in form of invested goods, services and work.

Work package No.3 - Data collection and analysis

In addition, subcontracting of services is allowed as long as it does not cover core activities on which the achievement of the objectives of the action directly depends. In such cases, the amount budgeted for subcontracting must be included in the description of the activities covered by the subcontract.

What are the specific objectives of this work package and how do they contribute to the general objectives of the project?

The general factors model helps us having general, scientifically approved insights on which key factors are influencing young people's well being. The model visualizes the complex interplay between risk factors, protective factors and reinforcing factors.

But, if we want to use these conclusions to effectively intervene in cities youth work, we also need to have insights on the specific, local situation of each city. Collecting relevant data on socio-economic, educational, and environmental factors affecting youth, forms the basis for selecting the most crucial key factors in every city, and ensures adequate follow up on the key factors We call this data collection 'state of the youth mental health and wellbeing'.

Building a dataset is not something that has to start from zero. All of the cities already took significant steps in data collection over the past years. However, we want to increase the capacity of people who have to take decisions based on those data, bring fragmented data together and tap into new data, using the principles of systematic data policy, fill gaps, make data more consistent and comparable in a way that it can be, together with the research data in the factors model a second pillar for evidence based work in the field of mental health.

Having a solid dataset that systematically collects and follows local data on youth mental health and wellbeing benefits three goals:

- By linking the data collection to the factorsmodel we want to ensure that cities have a dataset that shows indicators on the most relevant factors in that city. In interaction with research institutions and organisations that provide data we can help setting in priorities in filling up data gaps
- Once we have a solid data set, linked to the factors model we can make a roadmap to fill gaps and follow up on priority data
- Having a solid data set ensures effective monitoring of the state of youth and wellbeing in each of the participating cities

What will be the main results of this work package?

1. State of Mental Health and Well-being in Each City:

WP3 will produce a comprehensive overview of the mental health and well-being of young people in each city. This involves:

Analyzing the current status of youth mental health for the most relevant factors, identifying trends, and understanding recent changes in well-being.

2. Enhanced Data Management Practices and Maturity and collaboration with research institutions:

The work package will lead to improved data maturity in the area of youth mental health and well-being in the three participating cities (Ghent, Helmond, and Espoo). By implementing best practices in data management and providing training, the cities will gain more robust methods for collecting, managing, and analysing youth mental health data. This includes closing existing data gaps and standardizing the way data is gathered and data security across cities.

3. Monitoring of Key Factors for Youth Well-being:

By the end of the work package, each city will have a carefully curated selection of the most important key factors affecting youth mental health and well-being. This selection process, supported by the Factors model, will help stakeholders identify and prioritize the socio-economic, environmental, and infrastructural elements that have the greatest impact on youth wellbeing. The results will include:

- A list of critical key factors tailored to the specific needs of each city.
- Insights into the commonalities and differences in these key factors across all three cities.
- Clearly defined indicators for each key factor, which will allow for ongoing monitoring and evaluation of their evolution over time.

What qualitative and quantitative indicators will you use to measure the level of the achievement of the work package objectives and the quality of the results?

To measure the success of this work package, we will use a combination of qualitative and quantitative indicators across three main objectives:

State of Mental Health and Well-being in Each City:

Understanding Key Factors: We aim to identify a set of critical factors impacting youth well-being in each city. Data to follow up on those key factors are the base of the state of mental health and well-being in each city
Indicators:

- Number of key factors selected per city.
- Number of indicators to follow up on those key factors
- Stakeholder feedback on the relevance and importance of these factors : ((in)formal assessments)
- Qualitative assessments from city administrators on the utility of the data collected.

Enhanced Data Management Practices and Maturity and collaboration with research institutions:

Indicators:

- Number of professionals trained in data collection and analysis.
- Number of professionals introduced to the dataset 'state of the youth'
- Evolution of data maturity among local experts working on youth mental health (qualitative measure)
- Number of data gaps identified and addressed over the course of the project.
- Regular assessments of data quality, including consistency, comparability, and completeness.

Monitoring of Key Factors for Youth Well-being:

By consistently monitoring these indicators, we ensure that the project remains focused on achieving impactful and measurable improvements in youth mental health and well-being.

Indicators:

- Number of key factors monitored in each city.
- Amount and consistency of data collected for tracking progress on these key factors.
- Stakeholder evaluations of the effectiveness of the chosen indicators in reflecting real-world outcomes.
- Plan/timeline/data/methodology on how to monitor the selected key factors, both quantitative as qualitative, done by the relevant stakeholders and partners that are involved in the underlying interventions

Please describe the tasks and responsibilities of each partner organisation in the work package.

Espoo is responsible for coordinating the data collection efforts across all partner cities. This includes developing a unified framework and guidelines for consistent data collection. Espoo will gather local data related to youth well-being, focusing on socio-economic and environmental factors, and will ensure the smooth application of these guidelines across all cities. Espoo will also analyze its data and share insights with Ghent and Helmond, contributing to a comparative understanding of youth well-being across different urban contexts.

Having already implemented the Factors model and conducted significant data collection, Helmond will provide valuable feedback on the guidelines and methodologies. Although it does not receive budget allocation for this work package, Helmond will play a reflective role, comparing the quality and relevance of the data gathered in the three cities.

Ghent will focus on identifying key factors that influence youth well-being in its local context. Ghent will collect and analyze data to determine which factors have the most impact on the mental health and resilience of its youth. The findings will be integrated with those of Espoo and Helmond to develop a comprehensive view of youth well-being. Ghent will also contribute to discussions on data gaps and further improvements in collection practices.

Although not receiving budget in this work package, Impactpunt will offer expertise on data collection and key factor selection. Their previous experience in implementing the factors model in other cities will provide valuable insights, especially in refining the approach to data collection and analysis.

All partner cities will hold regular meetings to discuss progress, share data insights, and ensure consistency. They will prepare reports on their findings, which will contribute to the overall project objectives, helping shape targeted interventions and strategies for improving youth well-being.

Please explain how you define the amount dedicated to the work package and how the work package is cost-effective ?

Overview of WP-budget:

- 0.08 FTE (Ghent), and 0.08 FTE (Espoo): € 32.000
- 0.05 FTE Researcher Espoo Scientific Institute: € 10.000

A.3.1: Providing Support for Data Collection & Analysis – Assisting partners with gathering and interpreting data. (€10.000): This allocation covers organizing meetings and establishing general guidelines for data collection and analysis. These foundational activities will streamline efforts across cities, preventing duplicated work and ensuring that all partners follow consistent methods. Central coordination reduces costs associated with inefficiencies or inconsistent data collection practices.

A3.2: Identifying Key Factors for Youth Well-being per City –Define relevant indicators according to the key factors in the model (€6000 for both Ghent and Espoo): This critical phase combines scientific data from the factors model with local mental health data to identify indicators to the key factors. The cost covers the analysis of policy makers and data professionals. By using existing data sets and tools, costs are reduced, and the budget is focused on the analytical processes necessary to identify actionable insights. This process has already been done by the city of Helmond, so they

don't need any budget in this activity, but they can give a meaningful contribution by sharing their previous experience

A3.3: Collect data to ensure monitoring of relevant indicators on Youth Mental Health and wellbeing (€10.000 per city for Ghent and Espoo): Both cities already possess existing datasets on youth mental health and well-being. This budget allows for enriching these datasets rather than starting from scratch, making the process more cost-effective. The funds will be used to set up surveys, ensure data protection, and integrate the new data into existing systems and reports. By embedding the new insights into already established tools, the project maximizes impact without excessive additional costs.

Overall, the work package is cost-effective because it builds on existing datasets and infrastructure, ensuring that funds are used to enrich and integrate, rather than duplicating efforts. The collaborative approach across cities also allows for shared learning, reducing the need for redundant research or development.

Activities (3 - Data collection and analysis)

In the following sections, you are asked to provide details about each activity of the work package.

You are asked to provide information about each planned activity as a whole (e.g. its venue, duration, estimated number of participants etc.), to define the activity's lead organisation, and optionally to list the other participating organisations. The lead organisation is typically the one organising the activity. The other participating organisations are all other project partners who will also take part in the particular activity. The estimated activity start and end dates can be changed during implementation.

Please specify each of the planned project activities in the table below

Activity title	Venue	Estimated start date	Estimated end date	Leading Organisation	Participating Organisations	Amount allocated to activity (EUR)	Expected results
3.1 Providing Support for Data Collection & Analysis – Assisting partners with gathering and interpreting data.	Finland	01/09/2025	31/08/2027	ESPOON KAUPUNKI (E10117172 - FI)	Applicant - STAD GENT (E10206461 - BE) , Gemeente Helmond (E10371009 - NL) , Impactpunt VOF (E10370440 - NL)	10 000,00	• Guidelines for uniform data collection. • Meetings for progress and challenges. • Methodology for selecting key factors. • Defined clear tasks and responsibilities. • Created factsheet with lessons learned. • Ensured comparability of youth data
3.2 Identifying Key Factors for Youth Well-being per City – Define relevant indicators according to the key factors in the model	Finland	01/09/2025	01/07/2026	ESPOON KAUPUNKI (E10117172 - FI)	Applicant - STAD GENT (E10206461 - BE) , Gemeente Helmond (E10371009 - NL) , Impactpunt VOF (E10370440 - NL)	12 000,00	• Identify key factors for youth well-being. • Establish measurable indicators. • Ensure comparability between cities.
3.3 Collect data to ensure monitoring of relevant indicators on Youth Mental Health and wellbeing	Finland	01/09/2025	31/08/2027	ESPOON KAUPUNKI (E10117172 - FI)		20 000,00	• Collect mental health data. • Identify data gaps. • Ensure comparable mental health status across cities.
Total	Sum of grant (EUR)					42 000,00	

Description of the activities

Describe the content of the proposed activities.

A3.1 Providing Support for Data Collection & Analysis – Assisting partners with gathering and interpreting data:

This activity involves providing comprehensive support to partners through meetings, guidelines, and tools to maintain focus, ensure progress, and create a comparable approach across the cities. Peter Ylén, a principal scientist at VTT, will collaborate closely with the City of Espoo, lending his expertise in data economy and foresight. This activity includes setting up data management practices tailored to each city's needs, ensuring the quality and long-term sustainability of data collection. Key practices include proper data documentation, metadata standards (e.g., Dublin Core), ethical data sharing, and strict data privacy measures.

A3.2 Identifying Key Factors for Youth Well-being per City – Define relevant indicators according to the key factors in the model

Using the factors model, the cities will benchmark their data, identify key socio-economic and wellbeing factors, and define city-specific indicators. The aim is to create a standardized yet localized approach for each city, focusing on the most critical factors affecting youth wellbeing. The selection of these factors will guide the follow-up interventions and training in subsequent work packages.

A3.3 Collect data - to ensure monitoring of relevant indicators on Youth Mental Health and wellbeing

Each city will take action to gather data through surveys, interviews, and document analysis. This will include developing a roadmap for further improving youth mental health and wellbeing data collection. The gathered data will be embedded into existing systems, ensuring adherence to privacy and data protection protocols.

Explain how these activities are going to help reach the WP objectives.

A3.1 Providing Support for Data Collection & Analysis:

This activity ensures that all cities are equipped with the necessary tools, guidelines, and support to efficiently collect data on youth mental health and wellbeing. By aligning with good data management practices, the activity strengthens the cities' data maturity, making the process future-proof. Espoo's leadership and expertise will ensure a consistent approach across all cities, fostering effective use of the data for informed decision-making. This aligns with the WP objective of building a comprehensive understanding of local contexts and improving data quality.

A3.2 Identifying Key Factors for Youth Well-being per City:

This activity ensures that the selection of key factors in each city is done well prepared and methodically, based on the factors model and local data. This activity directly supports the WP's goal of enabling the monitoring of indicators on the most relevant key factors for youth mental health. Monitoring these factors allows cities to track progress, adapt strategies, and provide accountability, which are key objectives of the WP.

This activity is closely linked to activity WP A2.2

A3.3 Collect data:

By gathering local data, each city gains an accurate view of the mental health and wellbeing of its young population. This process feeds directly into the WP objective of establishing a "State of the Youth" overview. The collected data will serve as the foundation for monitoring of key factors and the effectiveness of their underlying interventions. By running this data collection, cities can make informed, evidence-based decisions about where to focus their efforts, supporting the WP's goal of data-driven intervention planning.

Describe the expected results of the activities.

A3.1 Providing Support for Data Collection & Analysis: Supporting partners in data collection and analysis involves designing detailed guidelines and methodologies to ensure uniform data collection. Regular meetings are organized to discuss and clarify these guidelines, facilitating progress and addressing challenges. Practical tools and instructions are provided to maintain focus and consistency across all partners. A methodology for selecting key factors is developed based on each city's needs. Clear tasks and responsibilities are defined, with agreements on planning and execution. A factsheet summarizing lessons learned on data collection is created, ensuring cities are aware of each other's state of the youth and achieving comparability among participating cities.

A3.2 Identifying Key Factors for Youth Well-being per City

Identifying key factors for youth well-being in each city results in a set of crucial factors to monitor the evolution of mental health and well-being. Realistic and measurable indicators are established, ensuring comparability between the three participating cities.

A3.3 Collect data:

Collecting data to monitor relevant indicators of youth mental health and well-being provides an overview of mental health data and identifies data gaps in each city. This ensures a comparable state of mental health and well-being across all three

cities.

Expected number and profile of participants.

Youth Workers and Regional Social Workers (5-30):

These professionals, working directly with young people, will be key in selecting relevant factors influencing youth mental health. Their on-the-ground experience ensures practical insights are incorporated into the project, and they will help identify gaps in current support systems. They will also participate in workshops and focus groups, sharing best practices from their daily work.

City Administrators (5-30):

City officials responsible for youth services will contribute to the selection and analysis of key factors. They will help align project interventions with existing city policies, ensuring long-term integration into municipal services. Their strategic oversight will ensure that chosen factors address city-specific challenges in youth mental health.

Data Analysts (5-15):

Data experts in each city will be responsible for support in the implementation of durable data management principles. Participants across cities (Ghent, Helmond, Espoo) will engage in regular meetings and workshops, sharing insights and best practices to ensure a coordinated, comparative approach to improving youth mental health. This diverse group of participants ensures that the project benefits from a range of expertise, promoting efficient and effective interventions for youth mental health in each city's unique context.

Please keep in mind that the Erasmus+ Programme is offering co-financing for your project. This means that the EU grant can only cover a part of the project costs, while the rest must be covered by the participating organisations either in form of additional funding, or in form of invested goods, services and work.

Work package No.4 - Optimization and implementation of the factors model

In addition, subcontracting of services is allowed as long as it does not cover core activities on which the achievement of the objectives of the action directly depends. In such cases, the amount budgeted for subcontracting must be included in the description of the activities covered by the subcontract.

What are the specific objectives of this work package and how do they contribute to the general objectives of the project?

In today's rapidly changing cities, understanding the factors that influence young people's well-being is crucial for creating a supportive environment for future generations. The factors model is a collection of scientific knowledge about these factors and helps break down and analyze the complex system of interconnected elements that impact youth well-being in urban settings.

The factors model provides insights into the mechanisms shaping young people's experiences. By using this model, we can better understand the current state of youth well-being and identify areas for improvement. This approach not only isolates key factors but also reveals how they interact, influencing the overall well-being of young people in the urban environment. The main objective of this work package (WP) is to enable cities to incorporate research on the mental health of young people into their decision-making processes.

Subgoals include ensuring that the factors model is accessible to a large number of city administrators and youth work organizations in the participating cities.

Another subgoal is to ensure that professionals are trained to work with the model, interpret research data, and identify which key factors are crucial in their context, making it an instrument for agenda setting in policymaking.

In the longer term, we aim to make the factors model and approach applicable for future use by other EU cities. Our associated partners are an important sounding board to test and improve the universality of the project

What will be the main results of this work package?

The main results of WP4 are optimized and tailored factors model(s) on mental health for various contexts in Ghent, Helmond, and Espoo, and applicable for future use by other EU cities. By incorporating the latest scientific insights, the factors model will be updated and localized, ensuring it is adaptable to specific city needs. The broader project goal is to improve the mental well-being of youth through evidence-based (youth work) interventions. Optimizing and implementing the model supports this by creating a scientific, data-driven approach to identifying key factors influencing mental health and by providing tailored tools that local policymakers can use to implement targeted, impact-driven strategies.

- Result 1: A generic factors model on mental health in English ready for implementation within the EU, optimized and actualized with the latest scientific input
- Result 2: A tailored Factors model for each city to implement with their local context
- Result 3: Tailored trained professionals in impact driven work with the factors model in each city, based on a generic training ready to implement within the EU
- Result 4: An optimized factors model with comparable quantitative data, compared between the three partner cities

What qualitative and quantitative indicators will you use to measure the level of the achievement of the work package objectives and the quality of the results?

The cities will be assessed in their capacity for impact-driven policymaking on youth mental health, focusing on the implementation and utility of the factors model. The indicators are designed to capture both the direct outcomes of training and the effectiveness of the tools developed.

1. **Percentage of New Scientific Literature Integrated:** This measures how much new research has been incorporated into the Factor Model, demonstrating its ongoing relevance and evidence base.
2. **Number of Professionals Trained:** Tracking how many professionals in Helmond, Ghent, and Espoo have been trained in using the Factor Model reflects the extent of capacity-building within these cities.
3. **Qualitative indicators and interviews with the trained professionals gathering their findings on working with the model**
 - **Satisfaction and Goal Achievement:** Surveys and interviews will assess the satisfaction of local stakeholders and professionals regarding the tailored tools and training. This will provide insight into how well the model meets the specific needs of each city.
 - **Feedback on Tool Applicability:** Qualitative feedback from city administrators and youth workers on the practical utility of the optimized Factor Model in guiding local interventions will highlight the model's long-term viability for other EU cities.
4. **Data Comparability Across Cities:** The degree of standardized data collection and analysis across cities will be measured by how effectively the optimized Factor Model facilitates comparability between cities.
By using these indicators, WP4 can track both the immediate outputs (e.g., number of professionals trained) and the broader impact (e.g., policy changes and long-term sustainability of the model) in achieving its objective of empowering cities to implement impact-driven policies for youth mental health.

Please describe the tasks and responsibilities of each partner organisation in the work package.

Impactpunt leads WP4: they coordinate scientific input to update the factors model, create both the generic and tailored versions of the model, co-design and co-execute the training, and manage the quantitative comparison.

The cities (Ghent, Espoo, Helmond) will provide local data and input for tailoring the Factors model to their contexts, collaborate on training development, and facilitate local training sessions. They also contribute data for the cross-city quantitative comparison.

The research Partners will Offer scientific expertise, particularly regarding mental health factors, and collaborate on updating the model. The specific expertise of Trimbos institute (Laura Shields-Zeeman), who are already familiar with the model and UGhent (Lieve Bradt) will be used to critically reflect on the updating process and help select relevant research that should be incorporated in the model.

UGhent, on behalf of Lieve Bradt, signed a letter of intent, to formalize their intention to contribute to the optimization of the factors model.

Trimbos already has a collaboration with Impactpunt and will thus contribute to the optimization of the model.

Please explain how you define the amount dedicated to the work package and how the work package is cost-effective ?

Overview of WP-budget:

- Remuneration for researchers Ghent University and Trimbos, € 10.000 each (Impactpunt): €20.000

- 10 PM Staff costs Impactpunt: €69.500

A4.1: The work package consists of 4 different elements that are connected to each other.

The first one is about having a Factors model in English to work with, for the project partners and other EU-cities in the future. Building a Factors model from scratch costs about 500.000-650.000 euro. That is why optimizing the existing model with the most recent scientific input from scientific partners in Finland, Belgium and The Netherlands and then translating it to English for use in the EU for an amount of 41.000 euro is cost-effective.

A4.2: The second element is tailoring the model to the respective context of each of the three cities for an amount of 22.000 euro in total. By doing this, cities will have a much more sustainable model than a generic version. This means it will be in use longer and more thoroughly, which will not only result in a better fundament for defining desired societal impact, but also will justify the investment as it will turn out to be more cost-effective than using a generic model.

A4.3: The third element is training for policy makers and practitioners to work impact-driven with the model. One of the elements is how to select key factors to intervene on, by using the Factor model, local data and knowlegde of professionals, youthworkers and young people themselves. Instead of training everybody in different sessions, a train-the-trainer program will be developed for in the work package. This is far more efficient and sustainable and therefore cost-effective. This will cost 9.000.

A4.4: The fourth element is making the quantitative data inside the model comparable for an amount of 17.500. This will be done by using modern AI-techniques which will be much more cost-effective than the regular work by hand.

Activities (4 - Optimization and implementation of the factors model)

In the following sections, you are asked to provide details about each activity of the work package.

You are asked to provide information about each planned activity as a whole (e.g. its venue, duration, estimated number of participants etc.), to define the activity's lead organisation, and optionally to list the other participating organisations. The lead organisation is typically the one organising the activity. The other participating organisations are all other project partners who will also take part in the particular activity. The estimated activity start and end dates can be changed during implementation.

Please specify each of the planned project activities in the table below

Activity title	Venue	Estimated start date	Estimated end date	Leading Organisation	Participating Organisations	Amount allocated to activity (EUR)	Expected results
4.1 Developing a General Factors Model for Mental Health – Creating a standardized model with research institutions.	Netherlands	01/09/2025	01/02/2026	Impactpunt VOF (E10370440 - NL)	Applicant - STAD GENT (E10206461 - BE) , ESPOON KAUPUNKI (E10117172 - FI) , Gemeente Helmond (E10371009 - NL)	41 000,00	A generic mental health factors model in English for EU implementation, integrating scientific knowledge and updated with the latest input.
4.2 Adapting the Factors Model to Local City Contexts – Customizing the model to fit each city's needs.	Netherlands	01/12/2025	01/04/2026	Impactpunt VOF (E10370440 - NL)	Applicant - STAD GENT (E10206461 - BE) , Gemeente Helmond (E10371009 - NL) , ESPOON KAUPUNKI (E10117172 - FI)	22 000,00	Tailored factors models for each city, incorporating local goals, data, and scientific input based on specific city demands.
4.3 Training Professionals in Evidence-Based Youth Work – Capacity-building for data-driven decision-making.	Netherlands	01/04/2026	01/07/2026	Impactpunt VOF (E10370440 - NL)	ESPOON KAUPUNKI (E10117172 - FI) , Applicant - STAD	9 000,00	Professionals trained in impact-driven youth work using the factors model, enabling them to select key intervention factors. A train-the-trainer program is developed.

				GENT (E10206461 - BE) ,			
				Gemeente Helmond (E10371009 - NL)			
				Applicant - STAD GENT (E10206461 - BE) ,			
4.4 Refining & Comparing the Factors Model Across Cities – Enhancing and validating the model with comparative data.	Netherlands	01/12/2025	01/08/2027	Impactpunt VOF (E10370440 - NL)	ESPOON KAUPUNKI (E10117172 - FI) , Gemeente Helmond (E10371009 - NL)	17 500,00	Comparable quantitative data included in the factors model, allowing for comparison across three partner cities.
Total		Sum of grant (EUR)				89 500,00	

Description of the activities

Describe the content of the proposed activities.

4.1 Developing a General Factors Model for Mental Health: the factors model will be prepared for interaction with scientific partners in order to provide the latest scientific input to optimize the model. The 2th step is to include this input. The 3th step is to translate the model to English.

4.2 Adapting the Factors Model to Local City Contexts: first design labs will be held in each city and with the cities together in order to collect the local demands that suit the local contexts. The second step is to compare those designs and draw lessons for development of the generic and tailored models. The third step is to actually tailor the factors model to the respective local context. This leads to three different versions of the Factors model. The fourth step is to measure the level of satisfaction of the tailored model which might lead to a final fifth step in which the outcomes are used to make the desired adjustments.

4.3 Training Professionals in Evidence-Based Youth Work: first the future use and users of the factors model in impact-driven policy making are scoped and targeted for the three different contexts in the three cities. The second step is to collect the demands for the train-the-trainer training. The third step is to develop the training and the fourth step is to execute it within the three cities and measure how the training is perceived and what people have learned. This might lead to the fifth step where the lessons learned lead to adjustment of the training.

4.4 Refining & Comparing the Factors Model Across Cities: first the quantitative data within the factors model is scoped and collected. 2th step is to write a script for translating the different scales of quantitative data within the model to one comparable scale. 3th step is to actually calculate all data to this one scale whereas the fourth step is to import the new calculated data in the comparable scale to the factors model. The 5th step is to alter the visualization based o

Explain how these activities are going to help reach the WP objectives.

Activity 4.1 Developing a General Factors Model for Mental Health:
ensures the model is scientifically valid and can be widely implemented across the EU.

Activity 4.2 Adapting the Factors Model to Local City Contexts :
ensures the Factors model is relevant to each city's local needs, making it more practical and impactful.

Activity 4.3 Training Professionals in Evidence-Based Youth Work:
builds capacity in each city, allowing for sustained use of the model even after the project ends.

Activity 4.4 Refining & Comparing the Factors Model Across Cities:
enables data comparison, ensuring that the project's results can be used to benchmark and guide future mental health policies across Europe.

Describe the expected results of the activities.

Activity 4.1: Developing a General Factors Model for Mental Health

A generic factors model on mental health in English, ready for EU implementation. This model integrates scientific knowledge with strong evidentiary value, such as meta-analyses and systematic reviews, and is updated with the latest scientific input.

Activity 4.2: Adapting the Factors Model to Local City Contexts

Tailored factors models for each city, incorporating local societal goals, data, and scientific input. These models are adapted based on the specific demands of each city.

Activity 4.3: Training Professionals in Evidence-Based Youth Work

Professionals trained in impact-driven work using the factors model in each city. They can analyze the model, select key factors for intervention, and utilize additional knowledge such as local data and insights from youth workers, policymakers, and young people. A train-the-trainer program is also developed.

Activity 4.4: Refining & Comparing the Factors Model Across Cities

Comparable quantitative data included in the factors model, allowing for the comparison of models between the three partner cities.

Expected number and profile of participants.

Policy Makers of Ghent, Espoo and Helmond (50-100): Their role is to provide insights on how the tailored factors model can be integrated into local frameworks. They will also help ensure that the model's outcomes align with local policy goals in mental health and youth services. The involvement of policy makers is crucial for ensuring that the model can be effectively applied and sustained beyond the project's lifespan.

Youth Workers and mental health professionals (50-100): they are essential for the practical implementation of the model. They will offer first-hand insights from working directly with young people. Their expertise will help tailor the factors model to fit specific community needs, ensuring it is grounded in the realities of everyday youth work. They will also play a significant role ensuring that interventions are feasible and culturally relevant.

Researchers, Scholars, and Data Experts (10-20): This group will include individuals from both the research partners (such as Trimbos Institute and UGhent) and other academic or scientific institutions. Their role is to provide the latest scientific input for the development and optimization of the model, with a particular focus on mental health factors. They will be critical in ensuring the model is evidence-based, scientifically valid, and can be compared across different cities.

Participants will be engaged in various activities. Each group plays a vital role in ensuring that the model is both scientifically robust and practical for local implementation. The diversity of participants will help ensure that the model is relevant to a wide range of contexts, making it adaptable across different European cities.

Please keep in mind that the Erasmus+ Programme is offering co-financing for your project. This means that the EU grant can only cover a part of the project costs, while the rest must be covered by the participating organisations either in form of additional funding, or in form of invested goods, services and work.

Work package No.5 - Communication, dissemination and sustainability of results

In addition, subcontracting of services is allowed as long as it does not cover core activities on which the achievement of the objectives of the action directly depends. In such cases, the amount budgeted for subcontracting must be included in the description of the activities covered by the subcontract.

What are the specific objectives of this work package and how do they contribute to the general objectives of the project?

The Communication Work Package aims to ensure the long-term impact, visibility, and scalability of the project's outcomes by promoting knowledge-sharing and capacity building among stakeholders across Europe. The specific objectives are:

- Documenting Learning Processes and Good Practices: This objective focuses on capturing the learning journey of each participating city, including the setup of the 'state of the youth' dataset, the design and implementation of interventions, and the optimization of the factors model. These insights will serve as evidence-based references to stimulate knowledge-based youth mental health policies.
- Development of Support Materials: The work package will create modular and visual support materials in English, including practical guidelines and tools to support the replication of the factors model and its side products. The materials will be bundled into a guidebook that helps policymakers, youth workers, and social organizations to implement the model effectively while tailoring it to their local context.
- Dissemination of Results and Knowledge Transfer: The project will organize events and webinars to share outcomes with a broad audience, including policymakers, practitioners, researchers, and NGOs across Europe. Some cities (Göteborg and Stockholm) already expressed their interest. Additionally, the project will leverage existing networks such as Eurocities and other international platforms to maximize reach.
- Ensuring Sustainability: The work package will engage decision-makers and youth workers through targeted training sessions and policy dialogues. These actions will promote the institutional adoption of the factors model and embed its principles in long-term municipal youth strategies.
By achieving these objectives, the work package contributes to the overarching goal of enhancing youth mental health through data-driven, evidence-based, and impact-oriented interventions that can be scaled across Europe.

What will be the main results of this work package?

- Comprehensive Project Report (A5.1): A detailed report capturing the learning processes, challenges, and successes of each city. This report will serve as a blueprint for other cities looking to adopt similar evidence-based youth mental health approaches.
- Guidebook for Implementation (A5.2): A modular guidebook providing visual, step-by-step instructions for implementing the factors model. It will include general guidelines on translating scientific data into local priorities, setting up interventions, and monitoring their impact.
- Dissemination Events and Knowledge Transfer (A5.3): A series of local and international events, including webinars and workshops, to share project outcomes with a broad network of European cities, policymakers, and youth work organizations.
- Strategic Roadmap for Sustainability (A5.4): A roadmap for embedding the factors model into municipal youth policies, co-created with decision-makers. This roadmap will outline future policy recommendations, training programs for youth workers, and formal commitments from partner cities to continue using the model post-project.
- Policy Impact and Lobbying (A5.4): The work package will leverage the outcomes of the project to advocate for evidence-based youth mental health policies at local, national, and European levels. This could include contributing to a European Position Paper on the use of models such as the factors model in youth work and mental well-being, disseminated through Eurocities and other networks.

These results will ensure that the knowledge, tools, and policy insights generated by the project continue to benefit cities and organizations beyond the project's duration, fostering a more data-driven and impactful approach to youth mental health policies across Europe.

What qualitative and quantitative indicators will you use to measure the level of the achievement of the work package objectives and the quality of the results?

The main objective in this work package is to document the lessons learned from each participating city, develop support materials for other cities, create clear guidelines for implementing the factors model in different contexts, and ensure the broad dissemination of project results across Europe.

We will follow up on this objective by measuring the following indicators:

- Number of comprehensive documentation items about the lessons learned (and their distribution numbers)
- Distribution numbers of the guidebook for implementation
- Number of cities/participants reached and engaged through dissemination activities
- Number of events held
- Number of stakeholders reached by various communication channels
- Qualitative assessment of the reporting and documentation
- Qualitative assessment of the guidebook development

Please describe the tasks and responsibilities of each partner organisation in the work package.

The 3 involved cities are responsible for documenting lessons learned from this project. They will collect insights, challenges, and best practices from their experiences during this project. This documentation will serve as a valuable resource for refining the model and sharing lessons within each city and with other cities.

The lead partners in WP 2 and 3 (Helmond and Espoo) will ensure the development of support materials about the WP's they are leading, but each city will contribute with their expertise, perspectives, and context to enrich the support materials, such as manuals, guides, and toolkits.

A large part of the materials will be provided by Impactpunt, responsible for creating clear guidelines for implementing the factors model in various contexts. All support materials are brought together in an edited guidebook. These resources will help other European cities understand how to adapt and implement the model according to their own local contexts.. This will ensure that the factors model can be adapted while retaining its core principles and effectiveness. Their work will be pivotal in making the model more scalable and adaptable to different local needs.

The City of Ghent will lead the efforts to share findings with other European cities and to disseminate the results through various communication channels . Ghent's tasks will include organizing dissemination events, preparing presentations, and managing the online platforms (such as websites and social media) where findings will be shared. Their role ensures that the project's results reach a wide audience, including policymakers, NGOs, and other stakeholders across Europe. This will ensure that the project's communication efforts are both effective and impactful, providing valuable resources and knowledge for other cities aiming to improve mental health and well-being using the factors model.

Please explain how you define the amount dedicated to the work package and how the work package is cost-effective ?

Overview of WP-budget:

- Staff costs for each partner (Ghent: 6 PM, € 29.000; Helmond: 1PM, € 5.000, Espoo: 1PM, € 5.000, Impactpunt: 4 PM, € 17.500)
- Printing Costs (Ghent: € 2.500; Impactpunt: € 2.000)
- Organization of events and webinars (Ghent): € 10.000

A5.1 (€17.500): This task involves collecting insights from the participating cities and organizing them into reports. Investing in lessons learned throughout the entire process is crucial for our learning process and continuous learning. It's cost effectiveness is in the fact that we put the majority of this activity in the hands of the lead partner, who can add this as a general and structural step throughout the entire process management.

A5.2 (€16.500): This budget will cover the creation of user-friendly manuals, toolkits, and templates for other cities. By using digital formats and leveraging the expertise of all cities, we can keep costs low while producing high-quality materials. The guidebook contains support material on data Collection and interventions, as well as guidelines on how to use the factorsmodel.

Additionally: A described and reusable method to monitor the effectiveness of the intervention is described and integrated. (€12.000): Impactpunt will lead the development of adaptable guidelines and a train-the-trainer program for cities. Their expertise in this area, combined with input from the other cities, ensures the process is efficient and minimizes the need for external consultants. This activity is closely linked to WP 4 , where we foresee guidelines on reading and using the general model, guidelines on reading and using the tailored model, guidelines on how to work impact-driven by using the Factor model (this includes define desired societal impact , selecting key factors to intervene on and select or develop appropriate interventions) and the train-the-trainer program to enable cities to train professionals themselves . Target group: participating and other cites. This amount also includes printing costs.

A5.3 Organizing events, providing support, and engaging with stakeholders to share insights and project outcomes. Ensuring long-term project impact through lobbying, training, and expanding the use of the factors model in youth work and mental well-being initiatives. (€10.000): This budget covers outreach efforts, including collaboration with networks and organizations across Europe. The use of digital platforms (social media, webinars) helps reach a wide audience at minimal cost.

We have some cities that are highly interested in the results of this project: Stockholm (the Colombus project) and Göteborg. We agreed through a letter of intent to share findings with them and give them the opportunity to learn, look at our project as 'a critical friend' and reflect and possible implementation of the model in their cities.

Disseminating results (€10.000): This activity includes organizing events, managing communication channels, and

spreading promotional materials. By leveraging existing networks and focusing on digital dissemination, we can keep costs low relative to the expected impact. In AC 5.2 and AC 5.3, we have allocated a budget for creating supporting materials and guidelines. Having concrete, general materials allows us to disseminate results uniformly across a wide range of channels.

A5.4 We plan to use specific European networks to disseminate our work, including:

- EUnivercities
- Eurocities

Internally, each city has relevant networks and meetings where we can provide project updates. By using and distributing the factsheets and materials, we can ensure these updates are structural and solid.

Since this project spans multiple domains with potential impacts on areas closely linked to youth work (such as education, sports, and culture), we aim to organize a closure event at the end of the project. The target group for this event is broad and includes city administrators from various domains, collaborating universities and research centers, youth workers, representatives of youth work organizations, and interested cities across Europe.

Currently, we still leave some options open when it comes to dissemination, events and dissemination. Thus, depending on the needs, we can schedule different smaller or larger events, national or international, digital (in a studio) or physical, or the combination. The budget will then also be spent in the way that best serves the dissemination and sustainability goals at the time: € 5.000 staff costs (Ghent)

Activities (5 - Communication, dissemination and sustainability of results)

In the following sections, you are asked to provide details about each activity of the work package.

You are asked to provide information about each planned activity as a whole (e.g. its venue, duration, estimated number of participants etc.), to define the activity's lead organisation, and optionally to list the other participating organisations. The lead organisation is typically the one organising the activity. The other participating organisations are all other project partners who will also take part in the particular activity. The estimated activity start and end dates can be changed during implementation.

Please specify each of the planned project activities in the table below

Activity title	Venue	Estimated start date	Estimated end date	Leading Organisation	Participating Organisations	Amount allocated to activity (EUR)	Expected results
A5.1 Reporting and documentating – Capturing good practices and documenting learning processes per city, resulting in a comprehensive project report.	Belgium	01/09/2025	01/08/2027	Applicant - STAD GENT (E10206461 - BE)	Gemeente Helmond (E10371009 - NL) , ESPOON KAUPUNKI (E10117172 - FI) , Impactpunt VOF (E10370440 - NL)	17 500,00	Comprehensive report capturing the lessons learned and good practices, on both the different WP, as the overall project
A5.2 Guidebook development– Creating a modular handbook for youth work and youth welfare, adaptable for European cities, focusing on the factors model and mental health.	Belgium	01/09/2025	01/08/2027	Applicant - STAD GENT (E10206461 - BE)	ESPOON KAUPUNKI (E10117172 - FI) , Gemeente Helmond (E10371009 - NL) , Impactpunt VOF (E10370440 - NL)	28 500,00	- Modular and visual support materials, including practical guidelines and tools to support the replication of the factors model. - Guidebook on implementing and tailoring the model to local needs (for policy makers, youth workers, etc.)
A5.3 Dissemination and engagement– Organizing events, providing support, and engaging with stakeholders to share insights and project outcomes.	Belgium	01/09/2025	01/08/2027	Applicant - STAD GENT (E10206461 - BE)	ESPOON KAUPUNKI	20 000,00	Events and webinars. At least one big event sharing experiences, both on the process, as on the understanding of mental health and wellbeing. Project results will be widely shared through diverse

				(E10117172 - FI) ,	communication channels and on different events.				
				Gemeente Helmond (E10371009 - NL)					
				,					
				Impactpunt VOF (E10370440 - NL)					
				ESPOON KAUPUNKI (E10117172 - FI) ,					
A5.4 Sustainability and policy impact – Ensuring long-term project impact through lobbying, training, and expanding Belgium the use of the factors model in youth work and mental well-being initiatives.	01/09/2025	01/08/2027	Applicant - STAD	Gemeente	5 000,00	• Policy impact and lobbying • Strategic roadmap • Trainings, agendasetting,...on the use of the factorsmodel for evidence based work in youth mental health and wellbeing			
			GENT	Helmond					
			(E10206461 - BE)	(E10371009 - NL)					
							,		
							Impactpunt VOF (E10370440 - NL)		
Total			Sum of grant (EUR)		71 000,00				

Description of the activities

Describe the content of the proposed activities.

A5.1 Reporting & Documentation : Capturing good practices and documenting learning processes per city, resulting in a comprehensive project report.

Insights from each city during this project will be compiled into comprehensive reports, documenting the process, challenges and lessons learned.

A5.2 Guidebook development – Creating a modular handbook for youth work and youth welfare, adaptable for European cities, focusing on the factors model and mental health.

Practical materials such as toolkits, manuals, and templates will be created and brought together, in order to simplify the process for others implementing the factors model.

A set of guidelines will be developed to help cities apply the factors model within their own contexts, as support material for trainings and during dissemination events. It's about learning to read the model and analyse it, selecting key factors, identifying indicators on the key factors and develop interventions with stakeholders.

A5.3 Dissemination and engagement – Organizing events, providing support, and engaging with stakeholders to share insights and project outcomes.

he results will be shared with cities across Europe through various networks (physical and online) ensuring a wide reach.

- Targeted national networks will be used to share conclusions and documentation. For example VVSG, De Ambrassade and Bataljong in Flanders.

- Targeted city networks will be used to share conclusions and documentation.

Physical and digital events will be organised, based on the needs. The projects conclusions will also be shared through existing international networks and on the Erasmus Plus Results Platform.

A5.4 Sustainability and policy impact – Ensuring long-term project impact through lobbying, training, and expanding the use of the factors model in youth work and mental well-being. A roadmap for the future will be drafted, together with all partners, based on the lessons learned from the project.

Explain how these activities are going to help reach the WP objectives.

A5.1 Reporting & Documentation and A5.2 Guidebook Development:

- These activities ensure that lessons learned, insights, and a methodological approach to implementing the factors model as a tool for evidence-based work can be widely shared.

- This helps potential new cities develop a similar approach with a smaller learning curve.

A5.3 Dissemination and Engagement and A5.4 Sustainability and Policy Impact:

- These activities ensure that the project's findings reach a broad and relevant amount of stakeholders, increasing the likelihood of replication and scaling.

- This includes either the entire process of going from the factors model to interventions together with youth workers or disseminating concrete lessons about the data and interventions on mental health implemented through this project.

Together with all partners, a roadmap will be drafted based on the lessons learned from the project to embed this innovative practice in the different cities and across Europe. This roadmap can include activities such as policy dialogues, lobbying at different levels, training for various stakeholders, and commitments from different city services in the 3 cities.

Describe the expected results of the activities.

A5.1 Comprehensive Report: This objective focuses on capturing the learning journey of each participating city, including the setup of the 'state of the youth' dataset, the design and implementation of interventions, and the optimization of the factors model. These insights will serve as evidence-based references to stimulate knowledge-based youth mental health policies.

A5.2 Development of Support Materials: The work package will create modular and visual support materials in English, including practical guidelines and tools to support the replication of the factors model. The materials will be bundled into a guidebook that helps policymakers, youth workers, and social organizations to implement the model effectively while tailoring it to their local context.

A5.3 Dissemination of Results and Knowledge Transfer: The project will organize events and webinars to share outcomes with a broad audience, including policymakers, practitioners, researchers, and NGOs across Europe.

At least one big international event will be organized to share the results of the project and to train interested stakeholders in using the Factors Model. Besides that, the projects results are widely shared through diverse communication channels, including social media, websites.

Additionally, the project will leverage existing networks such as Eurocities and other international platforms to maximize

reach.

A5.4 Ensuring Sustainability: A roadmap will be drafted to outline recommendations for the future based on the lessons learned during the project. Also different lobby activities will be scheduled on different policy levels.

Expected number and profile of participants.

300-500 participants across various levels of involvement. These participants will come from different sectors, with a focus on those involved in policy-making, youth work, mental health interventions, and city governance.

1. Policymakers (120-200 p): This group will consist of local, national, and European policymakers, particularly those working on mental health and youth policies. Their role is crucial in ensuring that the factors Model is integrated into policy frameworks at different levels. They will participate in events such as webinars, workshops, and the final international event to learn how to apply the model in their contexts.
2. Youth Workers, Social Workers, and NGOs (100-150 p): These participants will include practitioners from youth work organizations, social services, and NGOs focused on mental health and youth well-being. They will engage in the dissemination events and benefit from practical materials, guidelines, and training on how to apply the factors Model in their day-to-day work with young people. Their local expertise and direct engagement with youth will help refine and implement the model effectively.
3. Researchers and Academics (50-100 p): Researchers focused on youth mental health and well-being will be critical in evaluating the scientific robustness of the factors model. They will also play a role in adapting the model to fit different research contexts and data needs. Their involvement will ensure that the model remains evidence-based and widely applicable across European cities.
4. City Officials and Other Stakeholders (50-100 p): This group will include city administrators, planners, and other stakeholders from cities across Europe interested in replicating the Factors Model in their local contexts. They will benefit from the comprehensive documentation of lessons learned and the practical support materials developed during the project.

Please keep in mind that the Erasmus+ Programme is offering co-financing for your project. This means that the EU grant can only cover a part of the project costs, while the rest must be covered by the participating organisations either in form of additional funding, or in form of invested goods, services and work.

EU Values

The Erasmus+ programme's implementation, and therefore, the programme beneficiaries and the activities implemented under the programme, have to respect the EU values of respect for human dignity, freedom, democracy, equality, the rule of law and respect for human rights, including the rights of persons belonging to minorities, in full compliance with the values and rights enshrined in the EU Treaties and in the EU Charter of Fundamental Rights.

Article 2 of the TEU: The Union is founded on the values of respect for human dignity, freedom, democracy, equality, the rule of law and respect for human rights, including the rights of persons belonging to minorities. These values are common to the Member States in a society in which pluralism, non-discrimination, tolerance, justice, solidarity and equality between women and men prevail.

Article 21 of the EU Charter of Fundamental Rights: 1. Any discrimination based on any ground such as sex, race, colour, ethnic or social origin, genetic features, language, religion or belief, political or any other opinion, membership of a national minority, property, birth, disability, age or sexual orientation shall be prohibited. 2. Within the scope of application of the Treaties and without prejudice to any of their specific provisions, any discrimination on grounds of nationality shall be prohibited.

Subscribing to EU Values

☒ I confirm that I, my organisation and the co-beneficiaries (where applicable) adhere to the EU values mentioned in Article 2 of the TEU and Article 21 of the EU Charter of Fundamental Rights

☒ I understand and agree that EU Values will be used as part of the criteria for evaluation of the activities implemented under this project

Annexes

The maximum size of a file is 15 MB and the maximum total size is 100 MB.

Declaration on Honour

Please download the Declaration on Honour, print it, have it signed by the legal representative and attach.

File Name	File Size (kB)
DOH -1_GHENTdeclaration-on-honour_signed.pdf	285
Total Size (kB)	285

Accession forms

Please download the accession forms, have them signed by the relevant legal representatives, and attach the signed forms here. You can attach a maximum of 90 documents.

Accession forms must be provided at the latest before the signature of the grant agreement.

File Name	File Size (kB)
ACF -2_accession form Helmond 2025.pdf	292
ACF -3_accession form Impactpunt.pdf	195
ACF -4_Accession Form Espoo.pdf	445
Total Size (kB)	933

Other Documents

In this subsection, you can upload any additional documents.

If needed, please attach any other relevant documents (a maximum of 6 documents). Please use clear file names.

If you have any additional questions, please contact your National Agency. You can find their contact details here: [List of National Agencies](#).

File Name	File Size (kB)
OTH -5_Letter of support IMPACT - ugent.pdf	90
OTH -6_Letter of Support IMPACT Trimbos.pdf	141
OTH -7_Letter of Intent Gothenburg.pdf	63
OTH -8_Letter of Intent Stockholm.pdf	635
OTH -BudgetThe Factors Model_FINAL 2025.xlsx	21
OTH -GANTT chart_version March 2025.xlsx	18
Total Size (kB)	970
Total Size (kB)	2 189

Checklist

Before submitting your application form to the National Agency, please make sure that:

- ☒ It fulfills the eligibility criteria listed in the [Programme Guide](#).
- ☒ All relevant fields in the application form have been completed.
- ☒ All the relevant documents have been uploaded.
- ☒ You have chosen the correct National Agency of the country in which your organisation is established. Currently selected NA is: BE05 - JINT

Original content and authorship

- ☒ I confirm that this application contains original content authored by the applicant and partner organisations.
- ☒ I confirm that no other organisations or individuals external to the applicant and partner organisations have been paid or otherwise compensated for drafting the application.

Protection of Personal Data

Please read our privacy statement to understand how we process and protect [your personal data](#)

Please also keep in mind the following:

Accession forms of each partner to the applicant, should be submitted latest before the signature of the grant agreement. If the application is approved for funding, signed accession form will be considered as a condition for signature of the grant agreement.

The documents proving the legal status of the applicant must be uploaded in the Organisation Registration System, here: [Organisation Registration System](#)



Submission History

Version	Submission time (Brussels time)	Submission ID
1	04/03/2025 17:04:25	1671676