



Project Template

European Rotaract Information Center

Name of the project: Proyetco Mennte

Organizing club: Rotaract Cantabria

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I. ANALYSIS, OPPORTUNITIES AND MAIN IDEA FOR THE PROJECT.

1. ANALYSIS OF THE PROBLEM WE WANT TO SOLVE

Mental health problems in young people who remain isolated in hospitals

2. OPPORTUNITIES

Improve emotional and psychological well-being of young people

II. HOW TO EXECUTE THE PROJECT

1. ACTION GROUP

Project manager (manages relationships between collaborating entities)

Psychologists (volunteers who provide support at the Hospital)

2. DESCRIPTION OF THE PROJECT

Collaboration between the Rotary club of Sardinero, the Mennte Foundation and the Department of Child Psychiatry of the Valdecillas Hospital to provide various types of information for young people with psychiatric disorders, to give them hope and creative skills that interest them. Holistic way of treating major psychiatric disorders

3. GOALS OF THE PROJECT

Improve emotional and psychological well-being of young people

4. TARGET AUDIENCE

Young people admitted to hospital for psychological disorders

5. ACTION PLAN & TIME FRAME

6 weeks before: Manage teams to act as mentors

4 weeks before: Talk to the collaborators of the Mennte Foundation

2 weeks before: Coordinate the teams

Same day: Attend the hospital to provide support

Brief description of each step

Manage teams to act as mentors: vultarians must be reviewed and see if they can collaborate and then given instructions.

Talk to the collaborators of the Mennte Foundation: coordinate the day and groups to attend the center as well as look for specific needs.

Coordinate the teams: Coordinate the days that volunteers can go to the hospital and the tasks they must perform

Attend the hospital to provide support: Attend as a group to carry out the activities.

6. RESOURCES

Find and Hospital, the support of the Rotary Club Sponsor, and other organization focus on mental health that will help you.

7. BUDGET

200-500 depends on the needs of the hospital (the project is done more than once).

8. ORGANIZERS OF THE PROJECT

Monserrat (+34 674827925)

9. PARTICIPANTS

Rotary club of Sardinero, the Mennte Foundation and the Department of Child Psychiatry of the Valdecillas Hospital

10. SPONSORSHIP

Rotary club of Sardinero

11. MEDIA COVERAGE

None

III. RESULTS

1. RESULTS AND OVERVIEW

Giving hope and light with dynamic, expert-guided activities for people with mental health problems in the hospital.

2. ADVICES

Look for good collaborators and involve the Rotary club as much as possible to have more power of action

3. SUSTAINABILITY

NA