

–PROMOTING MENTAL HEALTH FOR SOCIAL INCLUSION–

<u>Organisation(s):</u>	Stadt ESSEN; JobCenter Essen	
<u>Country:</u>	Germany	
<u>Contact Person:</u>	policy@esn-eu.org	
<u>Theme:</u>	<input type="checkbox"/> Ageing & Care <input type="checkbox"/> Asylum & Migration <input type="checkbox"/> Young People <input type="checkbox"/> Children & Families <input type="checkbox"/> Community Care <input type="checkbox"/> Co-Production <input type="checkbox"/> Disability <input type="checkbox"/> Housing & Homelessness	<input checked="" type="checkbox"/> Active Inclusion & Employment <input checked="" type="checkbox"/> Integrated Services <input checked="" type="checkbox"/> Mental Health <input type="checkbox"/> Service Quality & Management <input type="checkbox"/> Technology <input type="checkbox"/> Workforce Support <input checked="" type="checkbox"/> Minimum Income <input type="checkbox"/> Other, please specify:
<u>Principles of European Pillar of Social Rights:</u> <i>Check the 20 principles here.</i>	4. Active Support to Employment 14. Minimum income 16. Healthcare	
<u>Current status of the practice:</u>	<input type="checkbox"/> Concept and design phase <input type="checkbox"/> Execution & monitoring phase <input checked="" type="checkbox"/> Consolidation phase <input type="checkbox"/> Scaling Up and Transformation Phase <input type="checkbox"/> Other (please specify)	
<u>Social issues addressed</u> <i>Please explain the problem you attempt to solve</i>	<p>The state of health is an essential factor for the employability of people and their access to the labour market and social inclusion.</p> <p>Scientific research shows the consequences of unemployment. Unemployment is a failure and leads to:</p> <ul style="list-style-type: none"> • a loss of social contacts/support • a loss of time structures • financial problems • fear of the future <p>These things can cause mental health difficulties and social exclusion.</p>	

	<ul style="list-style-type: none"> • 33% of the people in the German basic income support system have relevant mental health difficulties. (Study of The Federal Employment Agency – I.A.B. Institut für Arbeitsmarkt- und Berufsforschung) • 65% of them have 2 different mental health difficulties at the same time and 30% with 3 difficulties – from depression to social anxiety <p>It`s a vicious circle and a critical barrier to social inclusion and accessing the labour market - unemployment is a reason for mental health difficulties, and this difficulty can prevent labour market access.</p>
<p>Objectives: <i>Please provide a maximum of three objectives in bullet points.</i></p>	<ul style="list-style-type: none"> • To improve the state of health, the employability and the motivation and skills of people with mental health difficulties due to unemployment (communication, teamwork, problem-solving, resilience,...) • To provide labour market opportunities despite the health difficulties • To accelerate and sustain the job placement process
<p>Activities: <i>Please summarise the activities put in place to achieve the objectives (maximum 200 words).</i></p>	<ul style="list-style-type: none"> - In partnership with the local university mental clinic, the Job Centre Essen created a programme to combine health support and job placement for unemployed people/beneficiaries of minimum income. - This combination means medical therapy and participation in a labour market program at the same time. - Job counsellors have special training and can identify signs of mental issues - Professional psychologists are imbedded in the Job Center team - Job councillors can signpost interested clients to the psychologist for a first analysis, - Further support can be organised in collaboration with the mental health clinics - Psychoeducation courses teach beneficiaries to learn more about their mental health difficulties and how to address and live with them - For beneficiaries, who need health support to improve their employability but don`t want to take part in the mental health support programme, the job centre has special labour market programs outside of this approach. - Besides labour market qualification, these programs include individual coaching and offer peer support via „Team-Cooking“ or „Team-Walking“. These activities encourage healthy lifestyles, conveys positive experiences and improve the motivation to change things in life.

<p><u>Evaluation of practice:</u> <i>Please explain how you evaluate the practice and what the results were/are so far</i></p>	<p>The University Essen found in its evaluation:</p> <ul style="list-style-type: none"> - Due to the integrated approach, many more job centre customers accept medical support, take up a treatment close to the intervention and improve their health. - This leads to an acceleration of the job placement process, to more integrations into the labour market or to a higher remain-rate in labour market programs and social (re)inclusion. <p>But</p> <ul style="list-style-type: none"> - a lot of JobCenter customers are „non-take-ups“– they have never used mental health services because they do not have the resources or the knowledge of how to access them. This cooperation discovers many people with mental health difficulties for the first time and shows a significant lack of psychological support for people with social difficulties. - Some customers are so unwell that integration into the labour market is unrealistic. In this case, protected employment on the second or third labour market is required.
<p><u>List three key elements for successful implementation</u></p>	<ol style="list-style-type: none"> 1. Close cooperation of the JobCenter Essen with mental health services (common concept). 2. The professionals from a mental clinic should have their office inside the JobCenter - direct contact prevents that the beneficiaries get lost. 3. After the diagnosis concrete health support offers are necessary, otherwise beneficiaries will lose their motivation.
<p><u>Links to supporting documents:</u> <i>e.g. website or report of the practice</i></p>	<p>www.essen.de/arbeitundgesundheit https://www.econstor.eu/handle/10419/98434</p>