



PRESS RELEASE

JULY 2022

#ARTYPROJECT
#YOUTHMENTALHEATH
#ARTFORMENTALHEALTH

🌐 WWW.ARTYPROJECT.EU

Digital art therapy techniques for the well-being of young people

ARTY PROJECT MEETING AND THE TRAINING FOR TRAINERS

The effects of the Covid-19 crisis affect the lives of millions of people, with particular impact on the mental health of the youngest. On the other hand, the Covid crisis implied a forced distancing and consequently a massive use of digital channels and tools, by increasing our skills and the translation of traditional techniques into the digital world. The Arty project aims to equip youth workers and organisations in the youth sector with a set of skills and knowledge on digital art therapy techniques to help young people increase their mental well-being through a range of digital-based approaches.

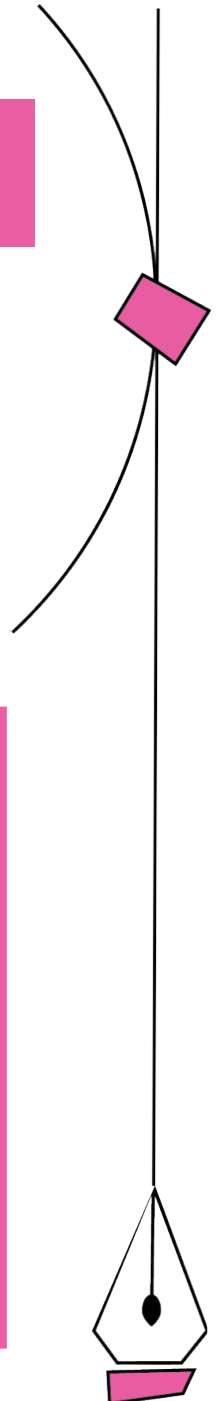
TRANSNATIONAL PROJECT MEETING IN ITALY

After several online meetings due to restrictions, the consortium was able to meet in person on 20th and 21st June in Modena (Italy) for the first time since the start of the project. The meeting was an opportunity to discuss the status of the project, the guide and the course on digital art therapy techniques for youth workers and organisations and the next steps, as well as to strengthen relations between the partnership members



THE SHORT-TERM JOINT STAFF TRAINING EVENT

In the days immediately following the project meeting, training took place on 22nd, 23rd and 24th June for ARTY staff on how to implement the capacity-building programme and to utilise the guide developed within the project.



The final goal was twofold: on the one hand to initiate training in the area of digital art therapy to offer support for the mental well-being of young people and on the other hand to identify potential limitations of the materials. For this purpose, a series of joint discussions were held by the participants as self-reflection and evaluation of the material. On the basis of the comments and observations gathered, the material will be finalised prior to the implementation of the course in the various partner countries.



NOTES TO EDITORS

- To find out more about the Arty project and to get involved in the activities please follow the link www.artypointproject.eu
- Arty is co-funded by the European Commission under the Grant Agreement: Erasmus+ 2020-1-RO01-KA227-YOU-095295

