

6. “DISCOVER YOUR POTENTIAL” BY POLISH MIGRATION FORUM



CONTEXT

Migrants often face significant challenges when settling into a new country, such as language barriers, cultural differences, and social isolation. These difficulties can be compounded by limited access to healthcare, housing, and employment opportunities. The psychological strain from these factors, along with the trauma of displacement, makes it crucial to provide tailored support to help migrants integrate into their new environment.

KEY OBJECTIVES



- Foster mental well-being and resilience among migrant communities
- Support integration
- Address mental health taboos
- Promote preventative care

TARGET POPULATION



- Ukrainian migrants
- Spanish-speaking migrants
- Mixed-ethnicity migrant students

KEY ACTIVITIES



- Development and delivery of the psychoeducational workshop series
- Tailoring of the workshop to each target
- Collaboration with universities to engage migrant students
- Recruitment of two pairs of trainers to reflect cultural diversity.
- Outreach & stakeholder engagement

IMPLEMENTATION PROCESS



- Needs assessment
- Trainer selection & collaboration
- University Partnership
- Workshop planning
- Promotion & Outreach
- Adaptation & Feedback

KEY OUTCOMES AND IMPACTS



- 3 workshops, 12 unique participants, 41 sign-ups
- Enhanced cooperation between native and migrant trainers
- Enhanced mental health and integration strategies
- Strengthened resilience skills
- Established collaboration with universities

AREAS FOR IMPROVEMENT



- Low Participation Rates
 - › Shift focus to labour market benefits
- Cultural mental health stigma
 - › Frame workshops as lighter social activities
- Scheduling Conflicts
 - › Adapt to participants' needs
- Engagement of Ethnically Diverse Groups
 - › Tailored approach

AREAS OF SUCCESS



- Innovative training materials combining psychoeducation with social integration
- Cross-cultural collaboration between trainers
- Positive participant feedback
- Progress in reducing stigma around mental health in migrant communities

CONCLUSION



The psychoeducational intervention “Discover Your Potential” provided valuable insights into the needs of migrant communities. The programme demonstrated the positive impact of tailored support, helping participants develop essential tools for better social and labour market integration.