

## How can it be adapted to VET?

Although initially conceived as one of the pillars of the local mental health network system, the Integr@lavoro project has two main distinctive elements which can easily apply to vocational education: the multi-membership coach and the web app.

Generally, mental health is subsumed into wider equality and diversity responsibilities within VET institutions, preventing them from maximising the value of mental health inclusion in the long-term. The professional profile of the multi-membership coach could be adapted to the specific context of vocational education, where a dedicated member of the staff could work as a contact person for students experiencing mental distress, timely detecting potential risks and situations likely to lead to more serious problems. Students should learn ahead of time where and how to access this service while the mentor advises the institution on suitable internal procedures and policies to be developed according to the information collected thanks to the bilateral relationships established and maintained throughout the academic year.

E-learning represents an effective way of improving the quality of teaching and learning in VET schools, eventually improving their responsiveness to labour market and individual needs. It is for this reason that, starting from the basic idea of setting-up a web app working as a repository of training materials, any VET institutions could equip itself with an online platform developed with open-access technologies with the possibility of individually adapting the learning content and the learning pace to the needs of each student. The e-learning methodology, in fact, has extensively proven to increase the motivation of learners while promoting inclusion in a variety of educational contexts, encouraging continuous exchange among peers and with teachers.

<b>Other information</b>	Website: <a href="http://www.integralavoro.com/">http://www.integralavoro.com/</a> Social media: <ul style="list-style-type: none"><li>- <a href="#">Twitter</a></li><li>- <a href="#">YouTube</a></li></ul> Dissemination actions include promotion in a brochure and compiling an annual report. Available in Italian.
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## vi. Incorpora programme - Spain

<b>Organisation</b>	Obra Social “la Caixa”	
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<p>Location and of timing practice</p>	<p>Incorpora Programme and Incorpora Mental Health have been developed in 22 Spanish territories. The Incorpora Programme was launched in 2006 and Incorpora Mental Health Programme in 2015 and both are ongoing.</p>
<p>Title</p>	<p>Incorpora Programme: Incorpora Mental Health</p>
<p><b>Objective:</b></p> <p>Incorpora is a labor intermediation programme based on the needs of the social and business world. Within this programme there is Incorpora Mental Health, aimed at people with mental health problems. Its objective is to facilitate the occupation of these people, the necessary support to both the company and the individual and to combat the stigma that exists around mental health problems.</p> <p>The programme is responsible for training companies, as well as people with mental health issues who are looking for employment and professionals who deal with people with some kind of mental health issues.</p>	
<p><b>Detailed content:</b></p> <p>Incorpora Mental Health promotes the social and labour integration of people with mental health issues by collaborating with companies and organisations. There are a network of entities that offer training and job placement opportunities to those with mental health issues looking for employment, such as Red Incorpora who offer training throughout the Spanish territory. They also offer free advice and support to companies that have people with mental health issues on their teams in order to strengthen internal actions and reduce stigma.</p> <ul style="list-style-type: none"> <li>• For companies: the Programme advises companies to show them the advantages of hiring a person with mental health issue. In addition, they are offered training to adapt potential workers to the needs of companies.</li> <li>• For individuals: the Programme helps people with mental health issues who cannot easily find work. It helps increase the employability of these people through training and courses to enhance social and labor skills. The training includes internships or experience in companies to facilitate entry into the workplace. Also, if the person is interested in creating their own business, there is another programme called Autoempleo Incorpora.</li> <li>• For professionals: Red Incorpora offers training courses, practical and dynamic of various topics, selected from the needs of the sector. Through an online platform, professionals can find courses to facilitate the inclusion of people with mental health issues in the workplace. <ul style="list-style-type: none"> <li>- Virtual training: online support courses in the labor integration of people with mental health issues. These courses offer continuous training.</li> </ul> </li> </ul> <p>Resources: tools, training materials and resources selected to facilitate the daily work of the</p>	



socio-labor insertion professionals.

### Evaluation of results:

Within the Incorpora Mental Health programme there is a network of collaborating entities and organisations formed by 375 social entities, grouped into 22 territories. When a person with mental health issues wants to begin their labour insertion process, contact the coordinating entity of their territory.

The programme has its own methodology and incorporates guides and manuals of quality indicators of the Incorpora programme.

In the training offered by this programme, high rates of employment are achieved. In many of the courses offered, the target of 50% employment has been exceeded. Even in some training courses, 90% of job placement has been reached. Much of the success of these formations is due to the high participation of the participants and their interest in the contents.

### What makes it a good/best practice?

One of the most innovative points of this good practice is that of training to facilitate work placements, work experience and employment. The Incorpora programme offers Incorpora Training Points (PFI) aimed at people at risk of social exclusion, those who are vulnerable and those who have mental health issues. Through training with courses with cross-cutting content, job placement is facilitated and the employability of these people is improved. Different entities and organisations are part of the PFI. These organisations offer professional training and education that allows these groups of people to enter or return to the labor market.

The Incorpora programme has a network of 407 social entities, grouped into 20 groups distributed throughout the Spanish territory.

### How can it be adapted to VET?

The Incorpora Programme and Incorpora Mental Health can be easily adapted in VET institutions.

Professionals and teachers from VET institutions could be trained through the courses that Incorpora Programme offer or adapt the courses to their own needs. This programme could also be adapted for youth and students of VET institutions.

Within Incorpora Mental Health, a methodology is described that could be adapted in VET institutions, depending on their needs. The methodology is based on an online course that offers knowledge, tools and practical resources to address the process of socio-labor integration of people with mental health issues.

The course provides a series of basic resources that both teachers and students can apply daily. Thanks to this adapted methodology, young students will learn while doing different activities, in an easy and fun way.



Other information	Website: <a href="http://www.incorpora.org">www.incorpora.org</a> Social media: <ul style="list-style-type: none"> <li>- <a href="#">Facebook</a></li> <li>- <a href="#">Twitter</a></li> </ul> Dissemination actions consist of current news being published on the website. Available in Spanish and Catalan.
Contact	Email application form on website

### vii. Prelaboral Services: Solidarity furniture restoration experience - Spain

Organisation	INTRESS 
Location and timing of practice	The project started in 2019 and was developed in Catalonia, Spain. In Catalonia Intress has two Prelaboral services, one it is in l'Alt Urgell (La Seu d'Urgell), the other one it's in Vallès Oriental (Granollers). Both services share the same goals and methodology.
Title	Prelaboral Services: Solidarity furniture restoration experience
<p><b>Objective:</b></p> <p>The Prelaboral is a specialised social community service in coordination with public social services, as well as public and private mental health services and other training and labour services. The work of the Prelaboral services, as a job training and employment service, is to attend people with social problems as a result of a mental health issues, in order to teach and train them to increase and improve their social and labour skills and employability with the aim to facilitate their workplace insertion. The Servei de Rehabilitació Prelaboral is managed by INTRESS (Institut de Treball Social I Serveis Socials). The Prelaboral works with individuals from 16 years old and onwards.</p>	
<p><b>Detailed content:</b></p> <p>The aim is to train and qualify the users (those with mental health issues) teaching them basic work skills to increase their possibility of employment. The goal is to be a reference service in help people with mental health issues who wants to recover and improve their social and employability skills in order to introduce or reintroduce themselves in the labour market.</p>	

