

ReMO Ambassadors – Training School

Grenoble, June 27th-30th

Monday, June 27th

09.00 – 09.30: Welcome breakfast: getting to know each other

09.30 – 10.00: Why are we here this week? *Stéphanie Gauttier, Gábor Kismihók, Brian Cahill*

10.00 – 12.00: Why should we care about mental health? A review of the evidence *Milica Vukelic*

12.00 – 13.30: Lunch break

13.30 – 15.00: Mental health counseling services *Joan Camilieri*

15.00 – 15.20 Coffee break

15.20 – 16.00: Mental health and mentoring *Melina Aarnikoivu, Darragh McCashin*

16.00 – 17.00: Our responsibilities in helping individuals – group discussion
Melina Aarnikoivu, Darragh McCashin

Tuesday, June 28th

09.00 – 10.30: Identifying key stakeholders for research and mental health – a mapping exercise *Mayya Sundukova, Stéphanie Gauttier, Gábor Kismihók, Brian Cahill*

10.30 – 11.15: Integrating mental health into a doctoral school *Carolina Werle*

11.15 – 12.30: Fostering change in institutions – the experience of Germany
– *Hendrik Huthoff, Jana Lasser*

12.30 – 14.00: Lunch break

14.00 – 15.30: Creating communities around mental health: insights from Slovenia *Matja Zalar*

15.30 – 15.45 Coffee break

15.45 – 17.00: Engaging with an audience about mental health *Wendy Ingram*

!! 19.00: Téléphérique to the Bastille – go see the city from the top, enjoy a drink if you'd like and use your return ticket to come back down whenever you'd like!



Wednesday, June 29th

09.00 – 10.30: Mental health in the UK *Janet Metcalfe*

10.30 – 10.45: Coffee break

10.45 – 11.30 Understanding your national context – what change and with whom *Mayya Sundukova, Stéphanie Gauttier, Gabor Kismihok, Brian Cahill*

!! 11.30 – 17.00: Empathic walking in the mountains! *We'll get lunch at one of the summits near Grenoble and do an easy walk there while using empathic walking tricks. You are welcome to join and just enjoy the view if walking is not your thing.*

Thursday, June 30th

09.00 – 10.00: Talking with a policy maker about mental health *TBD*

10.00 – 10.20: Coffee break

10.20-12.00: Communicating with policy-makers: a toolkit *Mayya Sundukova, Stéphanie Gauttier*

12.00 – 13.15: Lunch break

13.15 – 15.00: Creating action plans – exercise in groups *Mayya Sundukova, Stéphanie Gauttier, Gábor Kismihók, Brian Cahill*

15.00 – 15.15 Coffee break

15.15 – 16.45: Sharing action plans *Stéphanie Gauttier, Gabor Kismihok, Brian Cahill*

16.45 – 17.00: What's next? Implementing your action plans and ReMO support, *Stéphanie Gauttier, Gabor Kismihok, Brian Cahill*

!! 20.00: Farewell dinner – enjoy traditional French food in the city center!

