

# INTERNATIONAL MEETING INNOVATION & TECHNOLOGY IN MENTAL HEALTH PROMOTION

PORTUGAL | COIMBRA | Nursing School of Coimbra

MAY 27-29, 2019

## Workshops

### May 27, 2019

10:00

Launching of the mobile application: "Fume" game in its Portuguese version "No Fume"

Presentation:

Doctor Manuel Alves Rodrigues - Coordinator of Health Sciences Research Unit: Nursing, Vice-President of the Nursing School of Coimbra.

Daniela Pinto, Grant holder in UICISA: E

Heidi Parisod, Ph.D., PHN/RN

Tereza Barroso, Ph.D.

14:00

Workshop 1: Digital interventions in supporting adolescents' self-efficacy

Heidi Parisod, PhD, PHN/RN

Johanna Nyman, MNSc, PHN/RN

Objetivo: To deepen understanding about the use of digital interventions in adolescents' health promotion and supporting self-efficacy.

Conteúdos: In adolescent health promotion, there is need for innovative and effective interventions that develop adolescents' self-efficacy and refusal skills. Digital environments and gamification offer new possibilities for adolescents' health promotion and supporting their self-efficacy. This workshop introduces participants to digital health interventions, especially digital games, as well as adolescents' self-efficacy and how it can be supported. Participants will also be involved in discussing and brainstorming ways to support adolescents' self-efficacy using digital environments and issues (e.g. challenges) that need to be considered when developing such interventions.

Tempo: 4 horas

População-Alvo: People working with or studying school-aged children or adolescents as well as students and professionals interested in the subject.

### May 28, 2019

09:00

Workshop 2: Screening technologies and brief interventions for alcohol use among pregnant women

Angelica Martins de Souza Gonçalves, Ph.D.

Objectives:

- To introduce screening instruments for alcohol use among pregnant women in Brazil;
- To discuss ways to carry out brief interventions among the population of pregnant women, assessing their potentials and limits.

Contents:

- Problems related to alcohol use during pregnancy;
- Theoretical principles of brief interventions; screening of alcohol use among pregnant women based on T-ACE and AUDIT;
- Basic guidelines, brief counseling, and monitoring for alcohol use among pregnant women;
- Experiences from our research group in 2018.

Duration: 4 hours

Target audience: Nurses, master's students, and other people interested in the subject

**14:00**

**Workshop 3: Screening and brief interventions as possible nursing prevention practices in primary care**

Tereza Maria Mendes Diniz de Andrade Barroso, Ph.D.

Fernanda Matos Fernandes Castelo Branco, Ph.D.

**Objectives:**

- To learn to identify problematic cases of alcohol use, using screening instruments;
- To know the principles of Brief Intervention and how to use it in care practice, to prevent damage in primary health care.

**Contents:**

Patterns of alcohol consumption;

Screening instrument - Alcohol Use Disorders Identification Test (AUDIT);

Brief Intervention: History, principles/foundations, and practice applicability;

Stages, evaluation, and aid in behavior change.

Duration: 3 hours

Target audience: Nurses and master's students

**May 29, 2019**

**09:00**

**Workshop 4: The use of educational technologies as a tool for promoting children's mental health**

Marina Nolli Bittencourt, Ph.D.

**Objective:** To deepen the knowledge about strategies for the promotion of children's mental health, to allow the use of the handbook "I believe, thus I think" as a tool.

**Contents:**

- Significance of mental health promotion in nursing practice;
- Use of educational technologies for mental health promotion;
- "I believe, thus I think" handbook as a nursing tool for the promotion of children's mental health.

Duration: 4 hours

Target audience: Nurses, master's students, and other people interested in the subject

**14:00**

**Workshop 5: Animal-assisted interventions in mental health promotion**

Maria Isabel Dias Marques, Ph.D.

Tassiana Potrich, Ph.D.

**Objective:**

- To understand the social attributes of dogs and their facilitating contributions to relationship processes within the context of health, namely in mental health promotion using AAI.

**Contents:**

For nurses, mental health promotion involves the discovery of new responses that provide favorable conditions for adopting healthy lifestyles, increasing responsibility for the well-being, and self-sufficiency to learn how to deal with their common health problems.



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Animal-Assisted Interventions (AAI) may be an innovative action in promoting the mental health of individuals and groups throughout life. These structured interventions intentionally include animals in different contexts, especially health, education, and social services, with the purpose of promoting therapeutic gains and improvements in health and well-being. They have a goal and professionals direct them according to intervention foci and types (AA Therapy, AA Activities, and AA Education). The animal and the professional/volunteer are part of a certified duo.

Although the social and therapeutic powers of animals have been appreciated for long, they were only clinically recognized by Boris Levinson (psychologist) in the 1960s, when he introduced his pet dog, Jingles, in child psychotherapy sessions, designated as Pet-Facilitated Therapy. Currently, evidence shows that one of the several benefits of AAI is the powers of animals, particularly the aid of the dog. The literature review states some effects of AAI on the psychosocial development of the individual.

Duration: 4 hours

Target audience: Nurses, master's students, and other people interested in the subject

**18:00**

Closing

Tereza Maria Mendes Diniz de Andrade Barroso, Ph.D.