

ANNUAL REPORT 2023

Meet the Board



ANNA LENKEWITZ-
SALMINEN



FON KRAIRIKSH



IRINA PREIS



HOPE MAKARA



CHLOE JÄRVINEN



SOFIA ACHAME-
RÄISÄNEN



CYRILLE BLONDÉ



MICHELLE ALEJANDRA
JIMÉNEZ -CAVIEDES



KAMILLA FODOR

Board 2023

In April 2023, MWB hold its General Assembly. 2 full new board members, and 3 deputy members were elected.

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Changes in the board 2023

During 2023, we lost in total 3 board members, due to personal circumstances, as well as due to expectations that were not met.

Our 3 deputy members took charge since then.

Structures of MIELI Without Borders ry

1

Board meetings

The MIELI Without Borders board members had 10 official board meetings in 2023.

Established work groups

1. **Social Media**
2. **Community building**
3. **MHAW**
4. **Grants & Grant planning**
5. **Mental Health Awareness**
6. **Kotu training**
7. **Paloma network**
8. **Paloma round-table planning**
9. **Representing MWB**

MIELI Without Borders ry – Goals 2023

MAIN FOCUS :

1. Capacity
building

2. Community
building

3. Developing
communication

4. Alliance
building

5. Activities and
campaigns

5. Raising
awareness
about mental
health matters

Capacity building

Our GOAL



The board and/or working group members will attend induction sessions where it is provided and possible and follow on trainings offered by MIELI ry for member organizations and their volunteers to strengthen organizational capacity and develop further its know-how on mental health matters and on coordinating as well as facilitating volunteer work.

MWB will give the opportunity for its volunteers and community members to do internships and work try-outs.

Capacity Building

TOIVO facilitators and Trainers training

It was canceled last year due too few sign-ups and will be organized this year on 6.3. in cooperation with MIELI ry. We had 1 TOIVO facilitators training in August 2023

Volunteer training

We had 2 volunteer trainings in 2023.
22 new volunteers in total were trained

Paloma roundtable

In October 2023, MWB organized the Paloma Roundtable with PPF, Yeesi ry, and others. In total, there were **15** participants.

Funding

See page 5

Suomi Areena

In June 2023, MWB participated in Suomi Areena in Pori with a panel discussion on mental health and integration. We collaborated with SAMHA and PPF. We reached over **100** people in Pori and through the live stream.

MHAW

In May 2023, MWB participates in the MHAW, in cooperation with several local artists and the Glims&Gloms theater. We held 3 workshops in Helsinki, 2 workshops in Lappeenranta, and 1 in Espoo. Over **70** participants attended.

Funding/Finances

Moniheli grants

We applied and received **three grants from Moniheli ry: €2000** for the Network Initiative, **€2975** for Paloma Roundtable, **€652,70** for Punainen Riisti SPR MMKV-project event

Training fees

We collected the following amounts from organizations that we gave trainings to about mental health and wellbeing
Plan International - 100€
Helsinki Yliopisto - €400

MIELI ry

We also received €500 from Mieli ry to conduct well-being activities and €500 as a member organization
We received €1000 from our parent organization, MIELI ry in December 2022.

Facilitators costs

We paid Anu Casteneda for being a panelist at Suomi Areena - €138,02

MHAW

We received €900 from Mieli ry to participate in the Mental Health Art Week.

Membership fees

We received €232 from our membership fees

Capacity Building

Other trainings

Our board members attended trainings to help develop their professional skills which included:

- Moniheli avustukset koulutus / Moniheli Grant training
- Aalto service design course
- Leadership and Management course
- Toivo group facilitation,
- Mental Health First Aid
- Support sessions (4x) to assist those who wanted to start their own Mental Health Resilience training as facilitators
- Sosiaalisen median trendit - Mieli ry koulutus 29.11.
- Service design course, Laurea "divercity" project (market research and active participation of different language speaking communities)

Research

We had **2 students** conduct thesis research from Diak AMK called, "LOST IN TRANSLATION: The experiences of young people of immigrant backgrounds with mental health and services in Finland."

<https://urn.fi/URN:NBN:fi:amk-202304246175>

Interns

We had **3 interns** in 2023

We had 2 people
do a work try-outs (työkokeilu)

2. Building Community

GOAL

The organization focuses on building and strengthening its community further, recruiting volunteers and members, and exploring volunteering opportunities that can be provided. The focus will be to develop sustainable relations with MWB volunteers. Building the community is very much linked to communications and capacity building.

1. Recruited 22 new volunteers
2. Organized 2 Well-being groups
3. Organized 1 TOIVO group
4. Acquired 18 new members and 36 members in total
5. Established regular volunteer meetings, working groups, and social meet-ups

What we did

Building Community

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Members

As of today, we have **36** members in total.
18 members paid their membership fee in 2023.



Wellbeing & TOIVO groups

2 well-being groups organized: well-being while pregnant and caring for your mental health

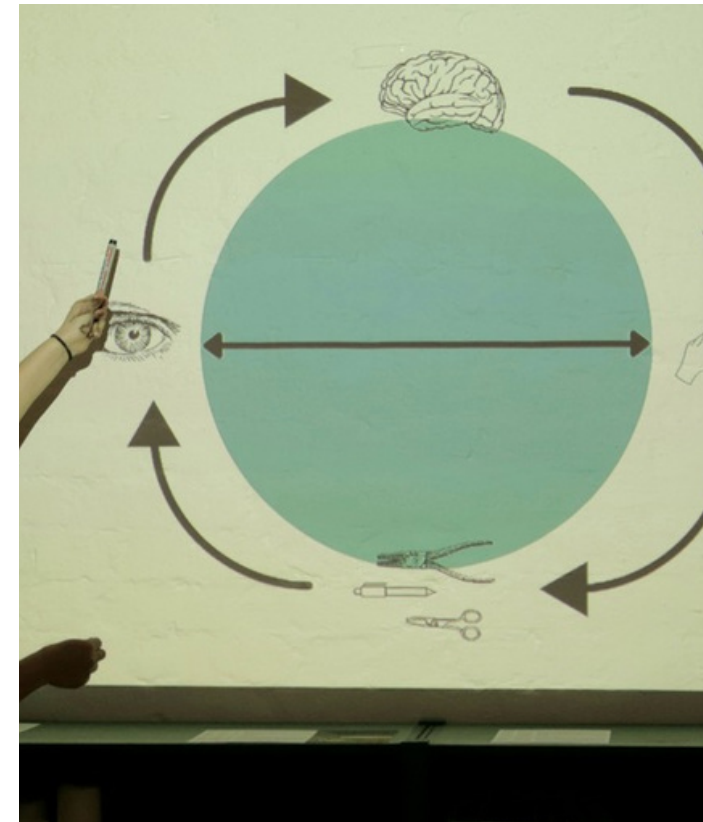
1 TOIVO-group in cooperation with Miitti was organized

Building Community

9

Volunteer meet-ups

- 4 Mental Health Monday meet-ups (online) were organized where an average of 4 people participated
- From January 2024, weekly volunteer meetings have been organized (approx. 7 ppl attending)
- Developed 9 volunteer working groups
- 1 ADHD peer support group was organized



Volunteer recruitment

We organized 2 volunteer trainings, 1 in the Fall and 1 in the Spring.

From these trainings, we recruited **22** new volunteers

Developing communication

Our GOAL



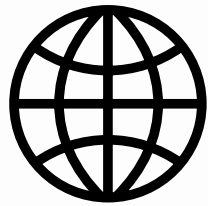
- MWB aims to recruit 1–2 volunteers to establish an MWB communications team.
- MWB aims to translate its webpage into basic Finnish and to develop its social media presence in different languages. This will help the organization reach people of diverse backgrounds nationwide.
- MWB plans to create a podcast on mental health topics in different languages if Moniheli awards our project grant that was applied for in April 2023. The podcast aims to give a platform for different organizations to talk about mental health awareness in different languages.

Developing communication

What we did

- 
1. Established a social media working group to join the communications team
 2. The webpage has not been translated into easy Finnish yet
 3. We have continued to increase our social media following and have begun posting more regularly with the addition of our social media volunteers
 4. The Moniheli Network Initiative was granted to MWB, where we have worked to develop a 3-episode podcast in collaboration with PPF and Fenix Finland. The podcast will be released in April 2024.

Developing communication



We have launched our website in English and have maintained updates for the website regularly



We have established a Facebook page where we have 250 followers and 188 likes with an average post reach of 286 and an average of 89 post engagement



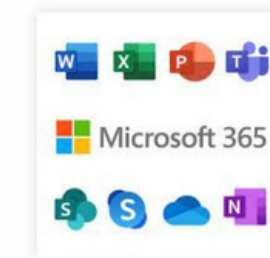
We have established an Instagram page where we have 776 followers and 51 posts.



We have established a LinkedIn account where we have 334 followers. 74,6% of our followers are from the Capital area, 2.7% from Turku, and 1,8 from Tampere and the rest are spread from other places

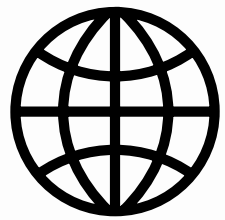


We have established a WhatsApp group as our main channel of internal communication as well as a shared Google Drive for all of the Board members. Our WhatsApp community has in total 47 members.



We have applied for Microsoft 365 for our board members, and for communicating with our community in the future. All our emails will end now with @mieliwithoutborders.com

Changes in communication & unfulfilled actions



We haven't managed to translate our website into easy Finnish.



We stopped using slack for communicating with our community, as we want to be where people are - on Whatsapp.



One article was created by our volunteer Maria about MHAW 2023. Apart from that, our blog is not yet active.

Communication Strategy

During 2023, MWB created a work group “Social Media” that engages volunteers from the community to contribute to MWBs social media presence. As of today, 14 volunteers are part of the group. They developed the following:

New guidelines for content creation :
Instagram (for volunteers and new
board members)

Templates for social media posts
(created, shared with volunteers)

Developing a comprehensive
strategy for all our social media
channels

More active content creation on fc
and Instagram (Daily stories and
post for important dates are
created)

Alliance building

GOAL



1. The organization continues building alliances across Finland. The organization continues to share its already existing know-how with, for example, migrant-led organizations and MIELE ry's member organizations.
2. MWB will take the lead in the PALOMA round-table to strengthen partnerships with relevant organizations and stakeholders, depending on the resources.
3. MWB will participate in Suomi Areena in June 2023.

Alliance building

1. The organization continued building alliances across Finland with organizations and collaborated with some University of Applied Sciences as well.
2. We also developed partnerships with PPF and Fenix Finland to create a podcast as part of the Moniheli Network Initiative
3. MWB organized 1 PALOMA round-table in October 2023 with 15 participants and several organizations present to strengthen partnerships with relevant organizations and stakeholders.
4. MWB participated in Suomi Areena in June 2023 in collaboration with PPF and SAMHA.

What we did



Alliance building 2023



Psychological Practitioners of Finland (PPF) have become partners of MWB by providing expertise and professionals when needed and collaborating on events and committees



SAMHA has become a partner of MWB through an advocacy committee with PPF and we are also collaborated on our talk at Suomi Areena in 2023



Nicehearts ry has become a partner of MWB through our Chairperson, Anna who has held workshops and trainings at the Nicehearts offices in Malmi.



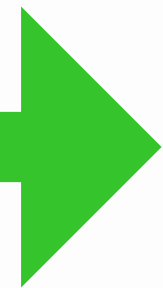
Compass Psychology, run by a Board member of PPF, has provided professionals to help lead a workshop about Building Resilience that was funded by the Red Cross and Moniheli.



In addition to these partners, MWB has also been approached to collaborate with the Entergrate, Yeesi ry, Fenix ry, Mieli ry, Lapinlahden Lähde and Miitti ry, and Think Africa.

Raising awareness on mental health matters

GOAL



1. One of the main goals of MIELI ilman rajoja mielenterveys ry / MIELI Without Borders is to spread the message that mental health matters and that integration is not possible without consideration of a person's mental health.
2. MWB continues sharing information on how to strengthen mental health in society's diverse communities.
3. MWB aims to provide different offline and online channels and low-threshold activities to raise awareness about mental health with help and input from our community.

Raising awareness on mental health matters

1. MWB conducted 3 workshops for Think Africa (2x) and 1 for Helsinki University about the importance of and how to take care of one's mental well-being while job seeking.
2. Through the establishment of our Whatsapp community and working groups, we have been able to spread more awareness and organize Mental Health Mondays and meet-ups for our volunteer community.
3. Trainings and other relevant happenings are shared within our community group by our community admin

What we did





MENTAL HEALTH FOR FOREIGNERS

mieli
Ilman rajoja
mielensterveys ry

20

&

FOREIGNERS FOR MENTAL HEALTH



MIELENTERVEYS PALVELUT KUNTOON MAAHAN MUUTTANEIDEN KANSSA
MONIMUOTOISTUVASSA SUOMESSA



Fatim Diarra



Kamilla Sultanova



Anu Castaneda



Alviina Alametsä



Matthew Whittall

Activities and Events

In June 2023, MWB participated in Suomi Areena in Pori with a panel discussion on mental health and integration. We collaborated with SAMHA and PPF. We reached over 100 people in Pori and more through the live-stream.

SUOMI AREENA

MHAW 2023

In May 2023, MWB participates in the MHAW, in cooperation with several local artists and the Glims&Gloms theater. We held 3 workshops in Helsinki, 2 workshops in Lappeenranta, and 1 in Espoo. We reached over 70 participants.

In autumn 2023, MWB, in cooperation with Nicehearts ry facilitated a "Mental Health First Aid Resilience course" for women who moved to Finland. The course was organized in Malmi. In total, 15 women participated.

MHRT in English

Workshops for other institutions

MWB was invited to present its activities and give workshop on mental wellbeing, e.g.:

- Think Africa
- DIAK
- Vantaa city museum
- Eira Aikuislukio, Plan International

In October 2023, MWB organized the Paloma Roundtable with PPF, Yeesi ry, and others. There were in total 15 participants. The purpose of the workshop was to generate new ideas of how to support foreigners mental health during integration.

PALOMA Round table

Mieli ilman rajoja Mieli ry Y-tunnus 3277880-2

TULOSLASKELMA

1.1.-31.12.2023

VARSINAINEN TOIMINTA

TUOTOT

Moniheli ry avustukset	5627.7
Mieli Suomen Mielenterveys ry avustukset	1900
Helsingin Yliopisto	400
Plan International Suomi SR	100
Jäsenmaksut 2023	232
Tuotot yhteensä	8259.7

KULUT

Tapahtumatoiminnankulut	-1723.48
Pankkitilinhoitokulut	-214.84
Hallintokulut	-23.44
Toimistokulut	-74.28
Viestintakulut	-327.46
Muut kulut	-217.84
Kulut yhteensä	-2581.34

Varsinaisen toiminnan tuotto-/kulujaämä **5678.36**

Auditing Report

To the members of MIELI ilman rajoja mielenterveys ry:

The board of directors of MIELI ilman rajoja mielenterveys ry (ID:3277880-2, hereon forth mieli without borders or the association) is responsible for the proper organization of the affairs of the association, including financial records and controlling. The auditor's task is to inspect the association's administration, governance and finances to the extent required by the association's operations and the Associations' Act (Fin. *yhdistyslaki*)

Auditor's statement

I have been chosen as the auditor of mieli without borders' second year of activities since the organisation was founded. I am serving as the organization's operational auditor for the second year in a row. I have audited the operations, activities and finances of mieli without borders for the period of 1.1.2023 until 31.12.2023.

I have reviewed the association's operations in 2023 based on the action report for the year. Furthermore, I have read the minutes of the board, the association's statutes, and its financial report.

In my opinion, except for the effects of the matter described in the Basis of Qualified Opinion section of this report, the accompanying annual report of Mwb gives a sufficient image of the association's operations in 2023 in accordance with the Finnish Associations' Act.

The association's administration and activities have managed in accordance with the association's statutes

With a total income of under EUR 30 000.00, the association is exempt from compliance with the Finnish Accounting Act as per the Associations' Act 37 a§ for the fiscal year of 2023.

Basis of Qualified Opinion

Clear financial and minute documentation are essential for good governance and compliance for Associations.

The board meeting minutes of mieli without borders, while often well detailed, miss formal recording of decision processes (eg. adoption of agenda). I therefore was unable to express an opinion on decision making of the board in some instances.

Similarly, it is not clearly documented which of the three financial recording ways as per the Associations' Act 37 a§. 18 is implemented in mieli without borders. Therefore, I was unable to express an unqualified opinion on financial recording beyond the annual summary.

I would like for mieli without borders to note, as per its own statutes § 10, the auditor should receive all necessary documentation at least one month in advance to the general assembly. This would give ample time for the auditor to better ascertain matters that have led to a qualified opinion.

Amsterdam, 1.3.2024

A handwritten signature in black ink, featuring a large, stylized 'J' followed by 'ana' and 'Turk' written below it.

Jana Barbara Turk