

ANNUAL REPORT 2022

ACTION PLAN 2022

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Establishing the grounds for the new organization

GOAL

As the organization is newly established it is important to establish the strategy in alliance with MIELI ry's strategy and the working methods of the organization at first. During its first-year board will focus on mapping the needs, the existing know-how among its members, volunteering opportunities, and the services to develop for the future. The board will establish working groups if needed, for the strategy work to be conducted properly.

Meet the Board



Anna Lenkewitz-Salminen

CHAIRPERSON



Fon Valisa. Krairiksh

VICE CHAIR



Irina Preiss

FINANCE



Hope Makara

SECRETARY &
COMMUNICATIONS



Eszter Kiss

VOLUNTEER COORDINATOR



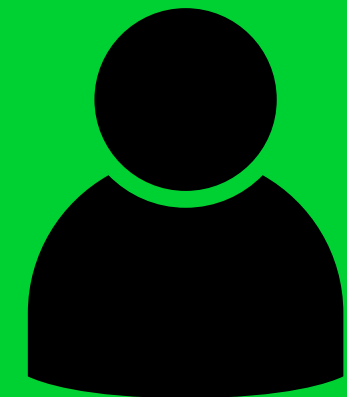
Alaa Al Tamimi

BOARD MEMBER



Ngaty Seck (Aty)

DEPUTY BOARD MEMBER



Dusicá Bozovic

DEPUTY BOARD MEMBER

Establishing the grounds for the new organization

1

Organization established

MIELI Without Borders /
MIELI iiman rajoja was
established on 09.05.2022

Board meetings

The MIELI Without Borders
board members had 4
official board meetings in
2022.

Establishing the grounds for the new organization

1

Soft launch

In June of 2022, we held a soft launch event with 25 people in attendance where we aimed to brainstorm & identify:

1. Gaps and Challenges in Mental health services and information
2. Activities that could be created
3. Expectations of the community
4. Our Contribution to build a supportive community around well-being

The workshop used the results of the workshop to establish a preliminary strategy.

Strategy day

Held an internal strategy day with the board members in September 2022 to establish a plan for SERVICES, COMMUNITY ACTION and ADVOCACY

Building community

GOAL

The organization will also focus on building it's community; getting members and exploring volunteering opportunities the organization can provide. During 2022 the organization will organize a launch event and build its online presence. Building the community is very much linked to communications and building capacity.

Building Community

2

Launch event

After our launch event in June 2022, many of those who participated in our workshop became volunteers.



Volunteer recruitment

We have not actively recruited volunteers, however, we are regularly receiving requests to volunteers through our website and social media channels.

Volunteers

We have approximately 26 volunteers and 8 very active volunteers. These volunteers have mobilized to create events and receive training to become TOIVO facilitators



Members

We now have 16 members and counting.

Communication Strategy

GOAL



A working group will be established to draft a communications strategy. The organization aims during its first year to have launched its webpage in English and basic Finnish and build a strong ground for social media presence that will help the organization reach out to people of diverse backgrounds nationwide.

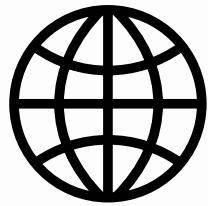
Over the past year, we have established a communication strategy to help us manage our social media presence, our internal communication, and volunteer/community communications

What we did



Communication Strategy

3



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



We have established a Facebook page where we have 103 followers and 81 likes with an average post reach of 180 and an average of 21 post engagement



We have established an Instagram page where we have 280 followers



We have established a LinkedIn account where we have 185 followers. 75% of our followers are from the Capital area, 2.7% from Turku, and 2.7 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



We have established a Slack channel where our community can talk to each other, share ideas, and communicate with the board members as well

Building capacity

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 build organizational capacity and strengthen know-how on mental health matters and on coordinating as well as facilitating volunteer work.

Building capacity

TOIVO facilitators 1

In the October 2022 TOIVO facilitator training, there were 13 participants which included both MWB board members & volunteers.

Other training

Two of our board members participated in the Mental health resilience course, and another board member became qualified as a mental health resilience workshop facilitator.

Paloma roundtable

In December 2022, MWB joined THL and MIEI in this roundtable to discuss how to support migrant's mental health and integration

TOIVO facilitators 2

In March 2022, 9 people attended the Toivo facilitator training which included MWB volunteers.

Integration 2022

MWB participated in Integration 2022 in Tampere in November where 1200 people from across Finland attended.

ELY integration meeting

In October 2022, MWB participated in and gave a workshop about mental health and unemployment to 25 participants from various organizations.

Alliance building

GOAL



The organization also aims to map potential partner organizations and start building alliances. Within resources, the organization can start sharing its already existing know-how with, for example, migrant-led organizations and MIELI ry's member organizations.

Alliance building



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 collaborating 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.



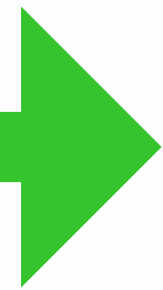
Compass Psychology, run by a Board member of PPF, has provided professionals to help lead a workshop about Building Resilience that was funded by the Red Cross and Moniheli.



In addition to these partners, MWB has also been approached to collaborate with the Finnish Redcross and Moniheli for the Terkku project, by Luckan, and by Helsinki Yliopisto.

Raising awareness on mental health matters

GOAL



One of the main purposes in establishing MIELI ilman rajoja mielen terveyden / MIELI without borders is to spread the message that mental health matters, it can be strengthened and that mental health is a universal right multilingually.

Through different channels and with low threshold the organization aims to start sharing the information on how to strengthen mental health in its first year and if resources allow can conduct pilot group activities too, that support participants' mental wellbeing.

Raising awareness on mental health matters

At Integration 2022 and MWB participated in and won the pitching competition in front of 1200 people. This gave MWB a lot of visibility in the integration community.

**integration
2022**

**Ely
Integration
meeting**

MWB gave a presentation about unemployment and mental health 25 professionals working with migrants and in integration from various organizations.

Finnish Red Cross and Moniheli funded MWB to do a workshop about mental health and wellbeing after COVID. The workshop, 'Building Resilience for difficult times' had 30 participants and was held at Aalto University.

**Building
Resilience for
difficult times**

**Social media
presence**

MIELI Without Borders has continued to grow its followership through its social media channels and mobilizing its volunteers to reach raise awareness and reach people in their own networks.

MWB has aimed to establish partnerships like with PPF and Nicehearts in order to spread awareness about MWB and mental health. The board has also utilized our existing networks to spread awareness about MWB.

**Establishing
partnerships**