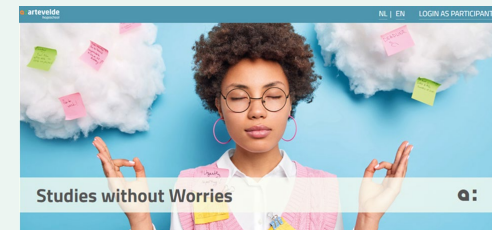


BLENDED SOCIAL WORK IN FLANDERS, BELGIUM. TWO GOOD PRACTICES:

- **APPSTORE FOR WELL-BEING AND MENTAL HEALTH**
- **STUDIES WITHOUT WORRIES**



What's in a name?

Appstore

Screening Framework

Examples

Studiesforworries

Questions

What to expect

- Blended Social Work?
- Appstore
- Screening framework
- Examples
- Presentation Studies without worries
- Questions?



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Questions

Who are we?

- **Lien Coppejans**
 - Lecturer Bachelor and Associate Degree Social Work
 - Counselor students with disabilities
 - 10 years experience as psychotherapist at social services
 - Help develop online programme: studies without worries

- **Charlotte Vanbleu**
 - Lecturer Online Social Work
 - Researcher and project employee in the Expertise Network People, Society and Digitalisation
 - 10 years experience as Social worker in the Centre for General Welfare with young people



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Examples

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Questions

What's in a name: Blended Social Work

- What pops up in your mind if you think about this term?



Or Go to: **Wooclap.com**. Event code: **KQZKRG**

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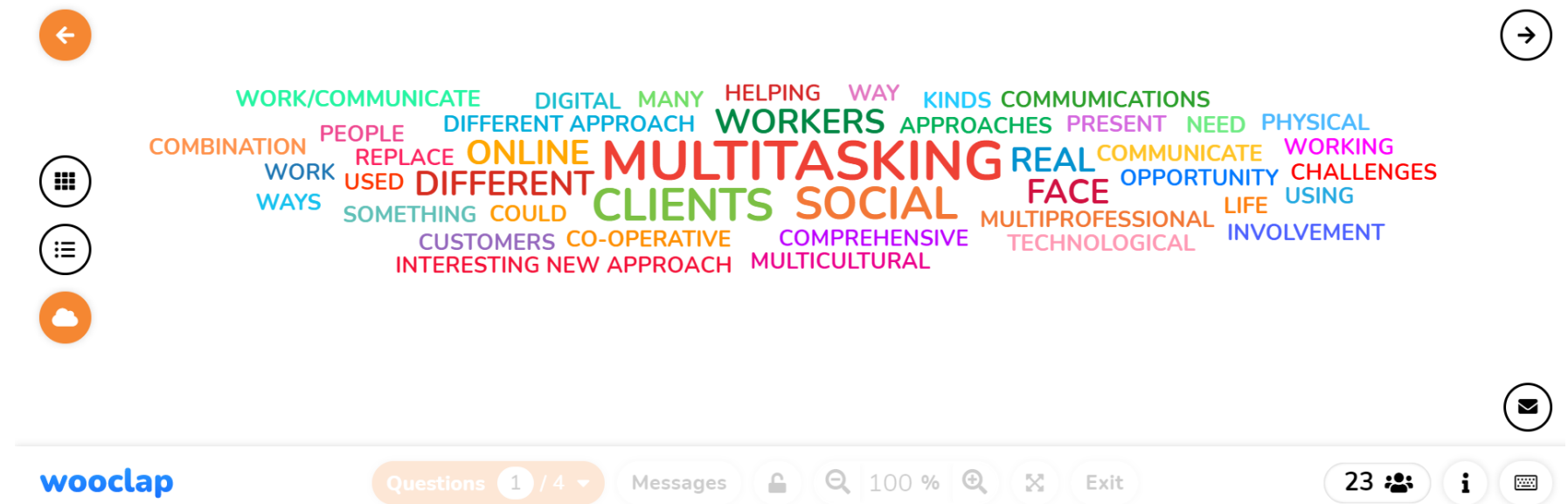
Examples

Studiesforworries

Questions

What's in a name: Blended Social Work

- What pops up in your mind if you think about this term?



What's in a name?

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Examples

Studiesforworries

Questions

What's in a name: Blended Social Work

- Combination of
 - face-to- face contacts
 - online contacts
 - the use of online tools and applications
- between a social worker and any person in search of help
- Tailored to the target group

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Examples

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Questions

What's in a name: Blended Social Work

Two Good Practices of Blended Social Work

- The Appstore for well-being and mental health for citizens and social professionals
- Studies without Worries: an online self-help programme for students at Artevelde that can be used when supervising students

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Examples

Studiesforworries

Questions

Apps and tools ... take a look



Or Go to: **Wooclap.com**. Event code: **KQZKRG**

Apps and tools... take a look

Which apps and online tools around well-being and mental health do you know?

←

→

⊞

☰

☁

BetterMe

Apua vanhemmuuteen -chat?

Break Pro

heiaheia

Omaolo..fi

ttk wellbeing for students.

Sekasin-chat

Terapianavigaattori (therapy navigator)

Terapy navigator

zombierun

Mielenterveystalo.fi

Sportstracker

Zekki

headspace

Awel

better help

CALM HARM

wooclap

Questions - / 4

Messages

🔒

🔍 100 %

🔍

🗨

Exit

17 👤

ℹ

🗂

Apps and tools... take a look

When would you use an app of online tool with a client/ a target group?



wooclap

Questions 3 / 4

Messages



100 %



Exit

19 / 32



Blended Social Work

What's in a name?

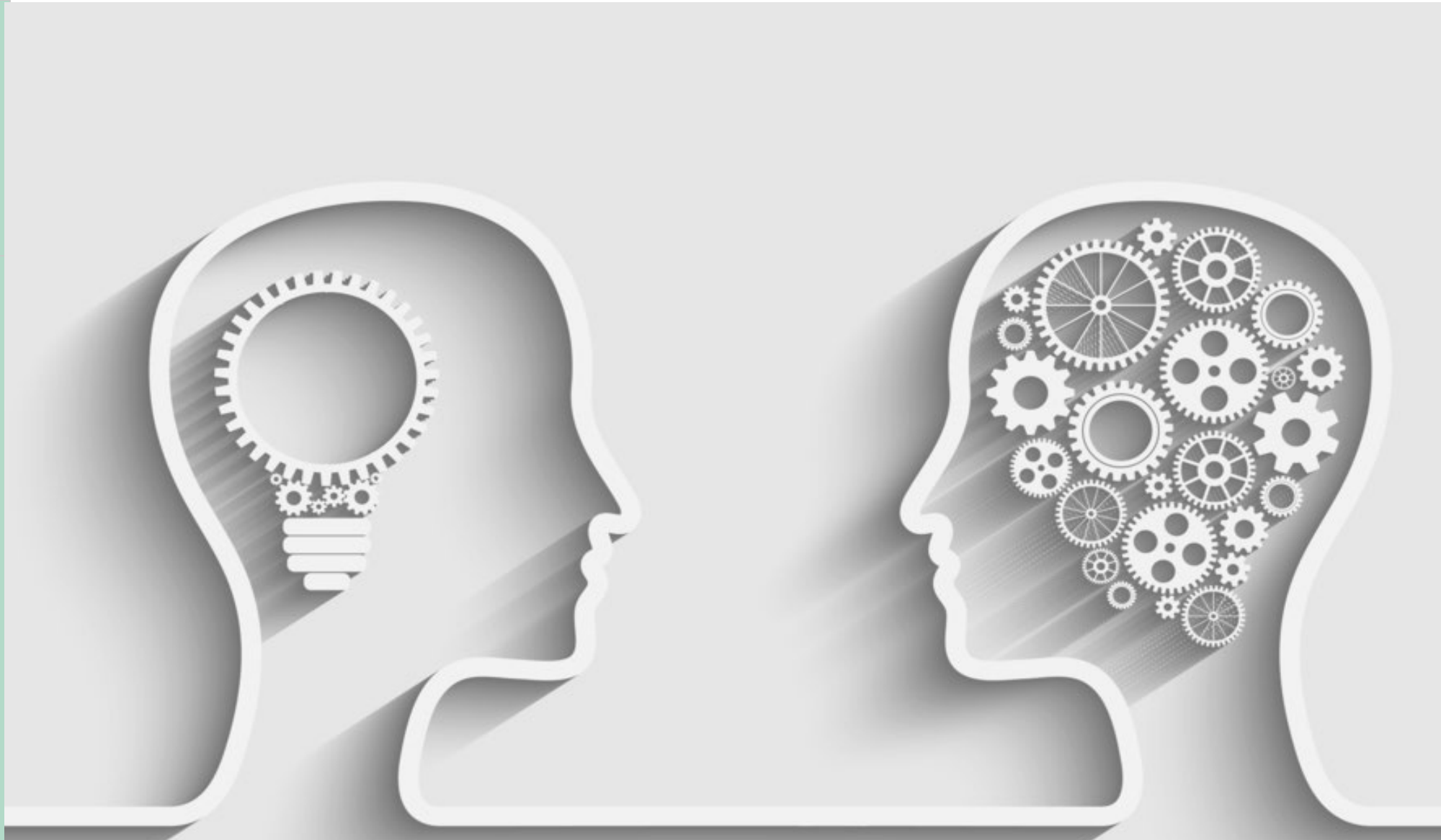
Appstore

Screening Framework

Examples

Studiesforworries

Questions



What's in a name?

Appstore

Screening Framework

Examples

Studiesforworries

Questions

An appstore for Well-being and Mental Health in Flanders

- Because social workers and helpseekers don't know the possibilities
- Because blended social work is the future
- As 'appstores' for the sector are already popping up here and there
- Because the demand for an overview of reliable apps and tools is rising
- Because there's a lot of 'rubbish' online
- Because Covid19 gave the use of online tools a boost
- To allow any citizen to access and/or to refer to online support

Blended Social Work

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Questions

Project partners



Met de steun van



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Examples

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Questions

Demarcation of the Appstore

- For both citizens and social professionals
- 'Apps' = broad term
 - Smartphone applications
 - Interactive websites
 - Wearables/VR (future)
- Apps with focus on ...
 - ... wellbeing
 - ... mental health
- Mhealth Belgium = complementary platform for mobile applications CE marked as medical devices

Blended Social Work

What's in a name?

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Screening Framework

Examples

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Questions



What's in a name?

Appstore

Screening Framework

Examples

Studiesforworries

Questions

Requierments to be published?

What should an app or tool meet to be userfriendly in a social work practice?

Wooclap.com. Event code: KQZKRG



Requierments to be published?



Go to **wooclap.com** and use the code **KQZKRG**

What should an app or tool meet to be userfriendly in a social work practice?



wooclap

Questions 4 / 4

Messages



100 %



Exit

29



Screening

- A “screened app”= any app or online tool screened by more than 30 questions based on the developed screening framework (based on research)
- Inclusion or exclusion of apps
- Publication on appstore if most of the questions were answered satisfactorily
- No quality label
- No rating



What's in a name?

Appstore

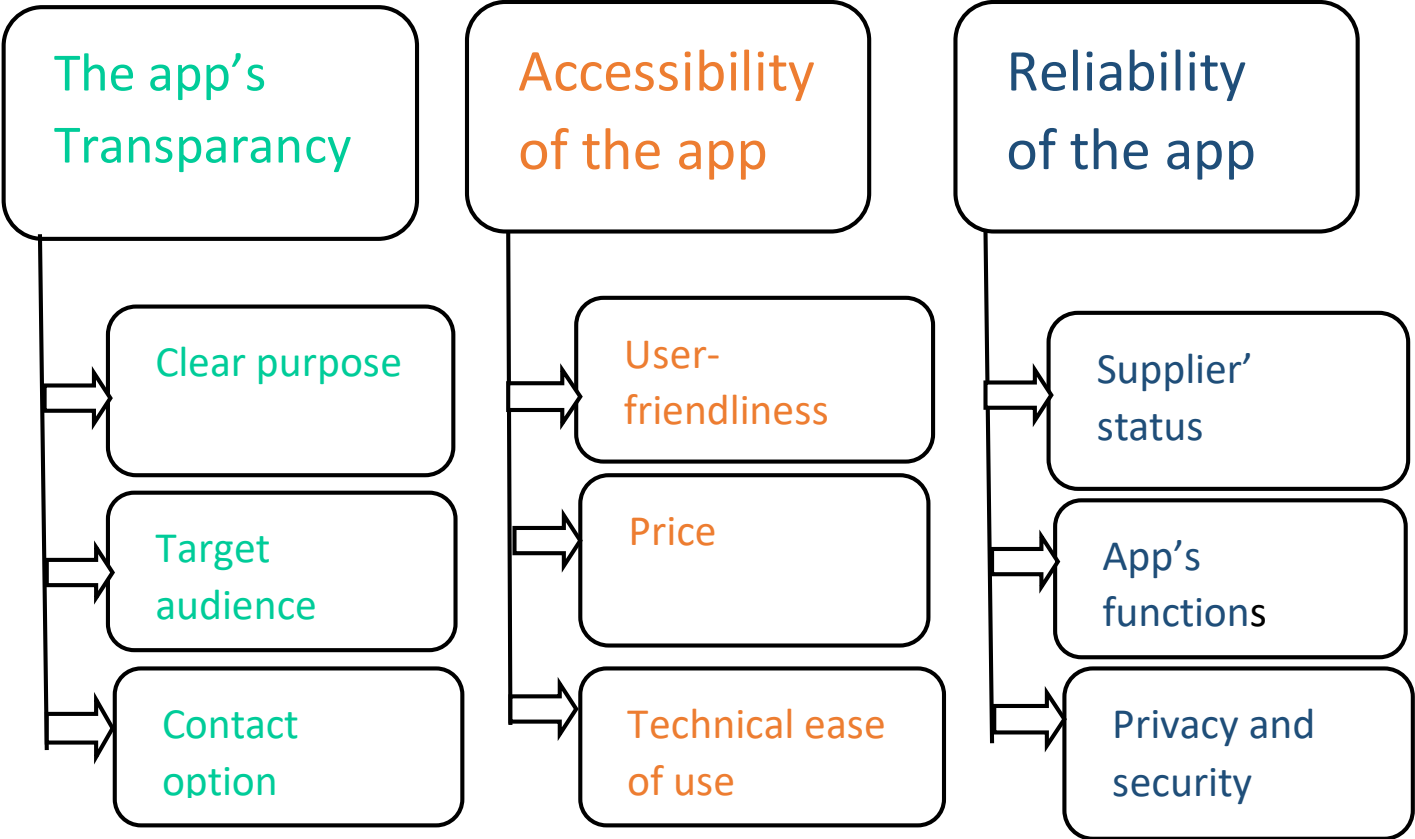
Screening Framework

Examples

Studiesforworries

Questions

The screening framework



What's in a name?

Appstore

Screening Framework

Examples

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Questions

Finding your way in the appstore

- Filtered search is possible
- Each app description includes a short and a more extensive description on following topics:
 - Purpose of the app
 - Target audience of the app
 - Description of the specific functions
 - Price, supplier, languages, central themes
 - Quality assessment:
 - On the transparency
 - On the accessibility
 - On the reliability

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Appstore

Screening Framework

Examples

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Questions

Favourites Page

- = a special selection of tools and apps for your organisation on one page
- to make it easier for staff (social workers) to have the apps and tools they work with most or that are most useful to them, all close together on one page
- Or/and to help your target group get started with a selection of apps that are most useful to them
- An example: 'Student Guidance Centre'.

Blended Social Work

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Examples

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Questions

Let's have a look



- Go to: <https://www.onlinehulp-apps.be/favorieten/onlinehelp-appstore>
- Click on the app and scroll down, there you see: You can download here a description of this app in English

Blended Social Work

What's in a name?

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Screening Framework

Examples

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Questions



Blended Social Work

What's in a name?

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Examples

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Questions

Combined Minds



- **For who:** network of young people with mental health who want to support
- **What:** Offering support to family, friends and informal carers around their fears, depression, self-injury, screen addiction and eating disorder
- **How:**
 - Information about these 5 topics
 - Explanation on what you can do as environment
 - Activities
 - Tools to create a safety plan with a young person
 - Referral to organizations, books, links,.. That can help supporting
 - Self-care tips
 -

What's in a name?

Appstore

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Examples

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Questions

How are you

How
are
you?

- **For who:** everyone who wants to monitor their mood
- **What:** frequently recording one's mood to gain insight in influencing circumstances
- **How:**
 - Recording your mood through simple emojis
 - Displaying this clearly in statistics



Breathe with Sesame

- **For who:** children from 2 to 5 years and their parents
- **What:** Learn problem solving through small games
- **How:**
 - Problem solving skills in 3 steps:
 - Breathe to calm down
 - Thinking about plans to solve the problem
 - Deciding what plan to try out
 - Via games and videos practising this steps again and again
 - Supporting tips for parents



Blended Social Work

What's in a name?

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Questions



What's in a name?

Appstore

Screening Framework

Examples

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Questions

Onlinehulp-apps.be now:

- 140 apps
- 15 FAQ's
- Information about the screening
 - Under short headings
 - In downloadable text
 - In schematic form
- Number of visitors in Flanders:
 - in February 2022 => 22311
 - in February 2023 => 42653

What's in a name?

Appstore

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Examples

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Questions

How the appstore reaches citizens and social professionals

- Social media (Facebook and Instagram) with a strategy and content planning
- Workshops in general (seminars, networking events)
- Workshops tailored to specific social organizations
- Growing brand awareness

What's in a name?

Appstore

Screening Framework

Examples

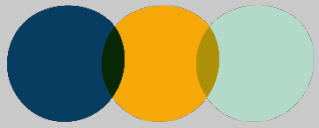
Studiesforworries

Questions

What about Finland?

Do you have something similar to the appstore?

Do social workers here often use apps and tools in their working practise?



onlinehulp-apps

What's in a name?

Appstore

Screening Framework

Examples

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Questions



What's in a name?

Appstore

Screening Framework

Examples

Studiesforworries

Questions

Vragen?



<https://www.onlinehulp-arteveldehogeschool.be/in-english/>



Charlotte.vanbleu@arteveldehs.be



Charlotte Vanbleu