

Fact sheet

(Estonia Family Doctor's Society; Estonia)

Intervention theme:	Mental health
User group:	Adolescents (15 to 16 years)
Used methods:	Focus group, hackathon, motivational interview
Used eTools:	Evidence based platform for adolescents with mental disease

Further information about the pilot:

Our partner PHA in Estonia is the institution “Estonia Family Doctor’s Society”. In cooperation with the Tallinn University of Technology they have planned and implementing a pilot of mental health by children and adolescents aged 15 to 16 years. The planning of the pilot phase was based on the internal intervention model of the project. There are two important user groups in this pilot. The family doctors and the adolescents themselves. In order to make a comprehensive needs and requirement analyze, a **focus group** interview was conducted with the adolescents on the one hand and **single and group interviews** with the family doctors on the other. From the analysis of the needs of the user groups, the intervention topic of mental health emerged. As part of the development of an eTool, a **hackathon** was conducted with young people. Together with the user group it was decided to use a platform for children and adolescents with mental health problems. These platform is already exist (<http://peaasi.ee/en/>). It was created in a project financed by Norway Grants 2009-2014 Public Health Initiatives program. In Estonia the program was run by Ministry of Social Affairs. This will be used as an information and exchange platform to make it easier for the user group to talk about mental health problems. In the further process of the pilot, the user groups (family doctors &

adolescents) will **test** and evaluate the technique of the **motivational interviewing** and the **platform** itself.

The methods used and the intervention model applied will evaluate and adapted during and after the pilot phase in order to increase user-friendliness and implementability.