



## **TOLPPA – Strengthening lifecontrol and inclusion by means of Green Care nature activities**

The aim of the TOLPPA-project is support and strengthen life control and inclusion of mental health rehabilitees by means of Green Care nature and group activities. Mielenvireys association will manage project. The goal is to create new paths of psychosocial rehabilitation and recovery for persons under the threat of exclusion. Supporting life control and inclusion are important starting points without forgetting possible deficiencies of lifecontrol among the persons participating project are facing in their lives. The deficiencies on the background leading to exclusion and loneliness are various, like unemployment, dropping out of education or mental health problems.

Retirement and other critical periods of life can easily lead to experience of loneliness and worthless. Important aspiration is to strengthen life control and social skills by developing a new procedure for supporting psychosocial rehabilitation. Activity and participation by doing things themselves will help participants forward in their lives. In addition to inclusion of the mental health rehabilitees, the aim of the new procedure for supporting psychosocial rehabilitation and recovery is to create successful co-operation between public sector, companies and non-governmental organizations. New paths of psychosocial rehabilitation and recovery will make mental health rehabilitees strengthened life control and inclusion visible, and the new practices will become established.

### **Green Care based TOLPPA -nature activities supporting mental and physical wellbeing**

The project will be based on Green Care thinking and several methods will be used to conduct Green Care activities. Peer groups based on the needs will be formed and started. Wishes and hopes of participants will be listened. Attendance, membership and support in peer groups and conversation with peers relieves feeling of loneliness. Group activities are planned together and guidance is available regularly. Everyone are supported and guided individually as well. Social media and communications technology are important implements. Important goal is to make use of social media more familiar and natural way to communicate for mental health rehabilitees. The use on social media will increase and become important channel to get conversation help or psychotherapy in the future.

### **TOLPPA -activities are goal-directed and responsible**

Activity on the project is goal-directed and self-evaluated by using certain criterion. Recognizing value of peer support and experiential expertise both, group and individual level is essential starting point in project. Green Care activities can be divided to sections. Green Care methods and the positive effects of nature can be used as a part of therapy given by health care professionals. In this project, the emphasis is on the positive effects of nature. It is an endless resource, which helps to strengthen inclusion, social skills and life control. Green Care term and activity bases on international scientific research. The soothing effects of natural environments have been widely explored. Studies have shown that being in nature calms heart rate and lowers blood pressure.

### **More about Green Care**

Green Care activity consist of many methods to use and they are applied in a wide variety of ways. In the project will be used animal-aided activities, for example social pedagogical horse activities. Forest hiking is one of the used activities of the Finnish Association for Mental Health. Nature and environment offers possibility for forest walk. Fishing and mindfulness are also among Green Care activities. Actors involved in the project will participate in the planning, implementation and evaluation of the activities. The starting point for the project is functionality.

The goal is to attract those who do not participate and benefit from traditional therapeutic discussions. In addition to the activities, at the workshops will be explored the positive effects of nature on life control. For those, who are more interested in Green Care, will be given skills and knowledge. The project responds to the future challenges of preventive mental health work by strengthening life control of mental health rehabilitees, networks and communities.

#### **Project Partners:**



**Oulu Capital  
of Northern  
Scandinavia**



**Vipuvoimaa  
EU:lta  
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