

-- The Spirit and Life -

Nature as a Source of Recovery project aims to promote recovery processes for non-working age mental health rehabilitators through nature-based and empowering methods. The project will be implemented in the Oulu, Kemi-Tornio and Rovaniemi regions in the operating environment of NGOs and light entrepreneurs. The number of people suffering from mental health problems has increased in recent years, both in and outside the working life, and their access to care and rehabilitation has become more difficult. The project responds to an existing service shortage and is reinforcing the new service concept of the so-called Sixth Wave (2010-2060) culture and society, where service users are active designers and implementers of services. The project is based on Green Care and nature-based methods, which have been proven to be effective in previous projects, as well as domestic and international research evidence. To increase the impact of the methods, the project deliberately embraces the importance of place spirit and positive emotions in the production of experiential well-being and the means of ecopsychological thinking and nature-related art in creating the place spirit and positive emotions. Experienced belonging is about deep feelings of being human. The feeling of belonging is one of the essential foundations for the experience of human well-being. The experience of the participants' well-being in the natural environment reinforces the participants' self-awareness, self-confidence and the opportunity to start building rehabilitation paths towards inclusion and working life. The activities of the project are integrated by salutogenesis and recovery thinking and a socialpedagogical approach based on reciprocal dialogue aimed to help participants' growth towards self-direction - towards empowerment. The project develops, tests, evaluates and embeds natural, artistic, animal-assisted, cultural and adventurous approaches into local environments, and disseminates results through local, national and international networks. As a result of the project, the participants will have positive experiences of well-being, their recovery processes will start, life control will be strengthened and pathways towards inclusion and working life will be opened up. Four action models are being developed, one of which is based on peer development from the Dutch partner's practice. The project will organize three seminars, including 1 international (internet assisted) and 10 webinars, including 1 international. 6 articles on the developed models and their impact will be published and blog posts will be written