

Project Based Learning Final Presentation



Ákos | Michelle | Magdalena | Sophie | Sasha



Sophie Dundon



Magdalena
Prettenthaler



Oleksandra
Yepanova



Ákos Boros

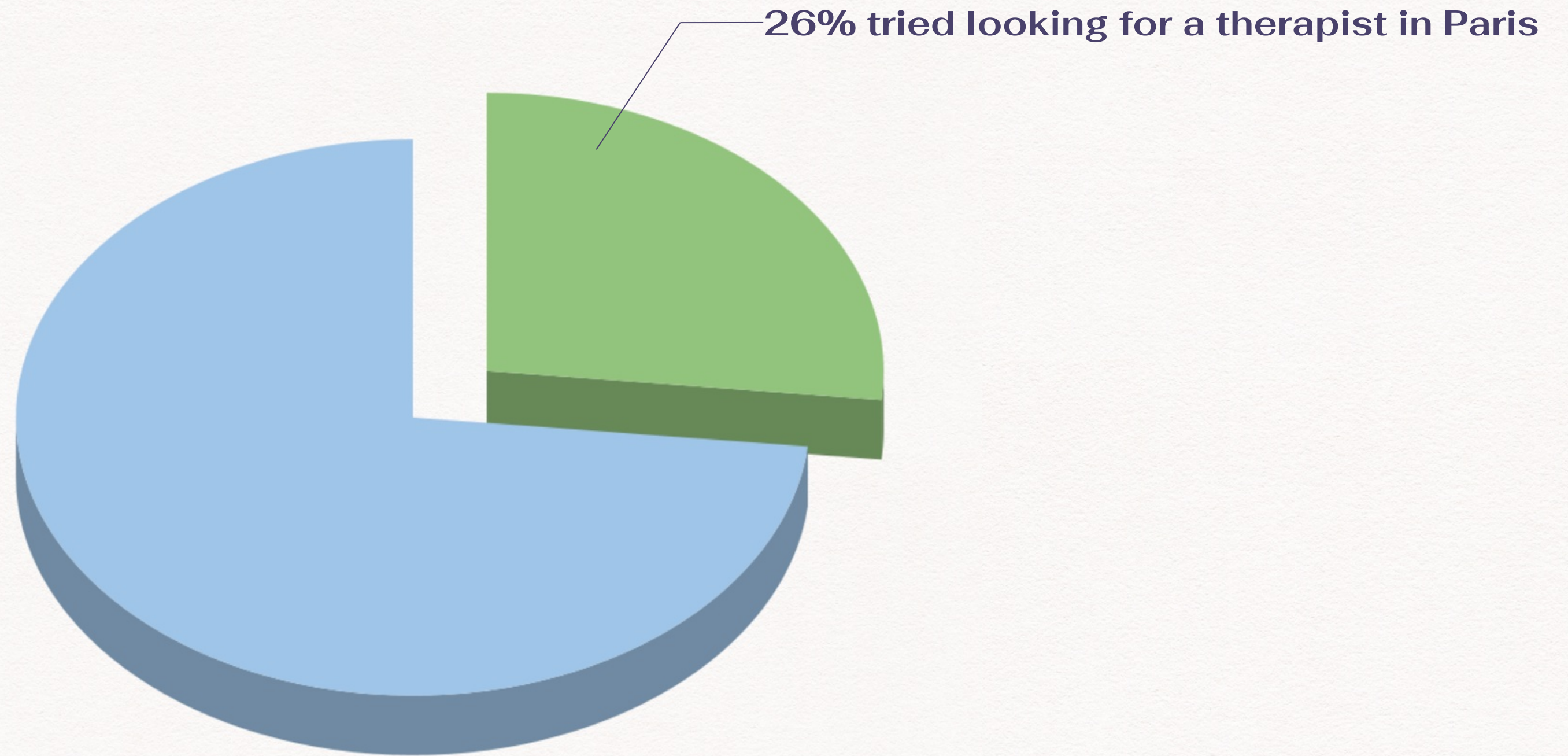


Michelle
Jeppesen

How might we help
international students who
cannot afford therapy
get agency in choosing
their MHS to get them the
help they need?

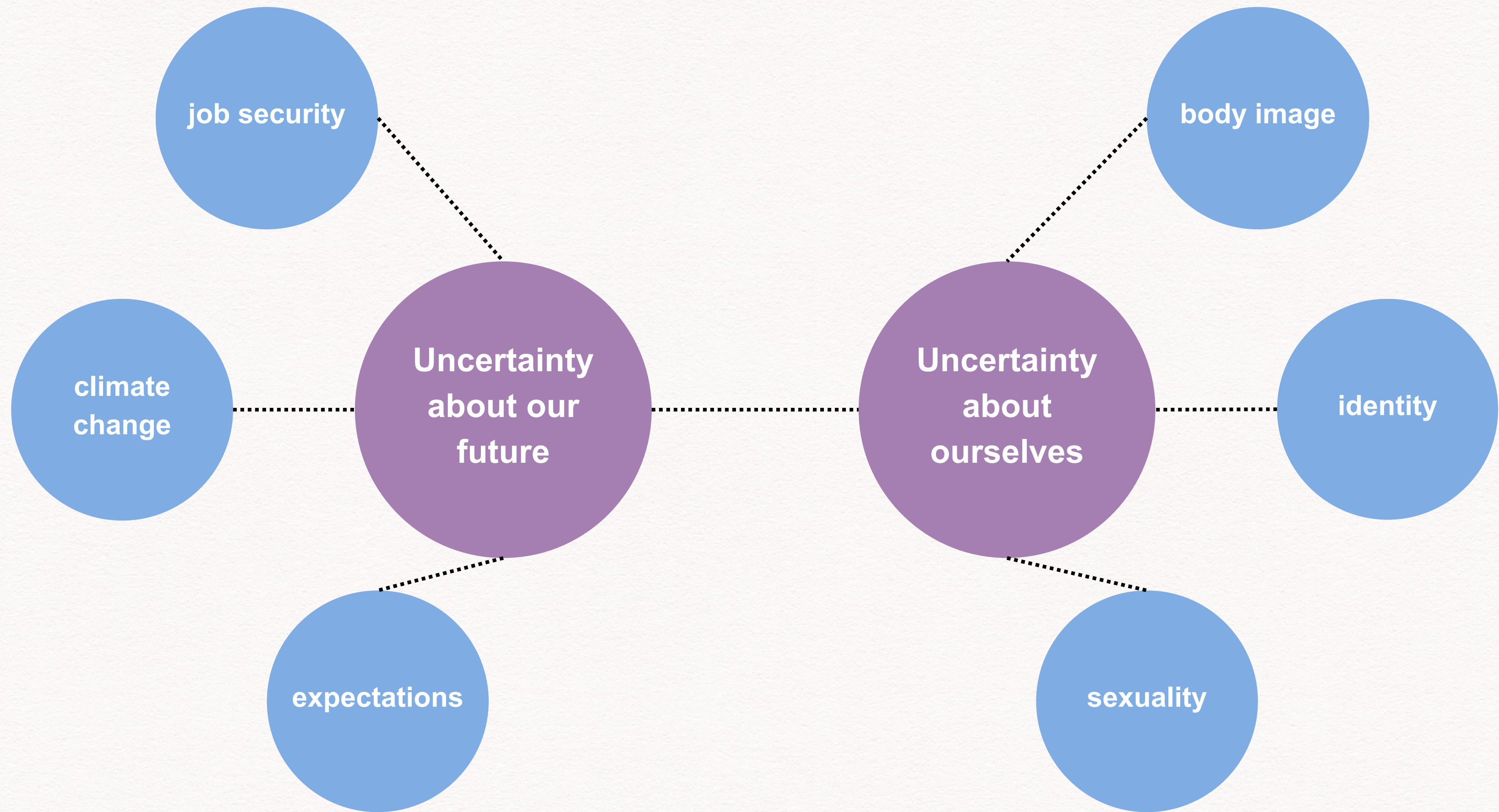
Problem Statement

Out of the respondents that displayed mental health struggles:



We found that...

- **lack of informal sector/ support system**
- **not** everyone needs therapy
- there is **common** themes





Climate Picnic

Sat, 8th of June | 16h | Pelouse



*Meet with other people and take turns
expressing how climate and ecological
breakdown makes you feel. Creating space to
bring difficult emotions to the surface.*



compassion

understood

seen

relieved

open

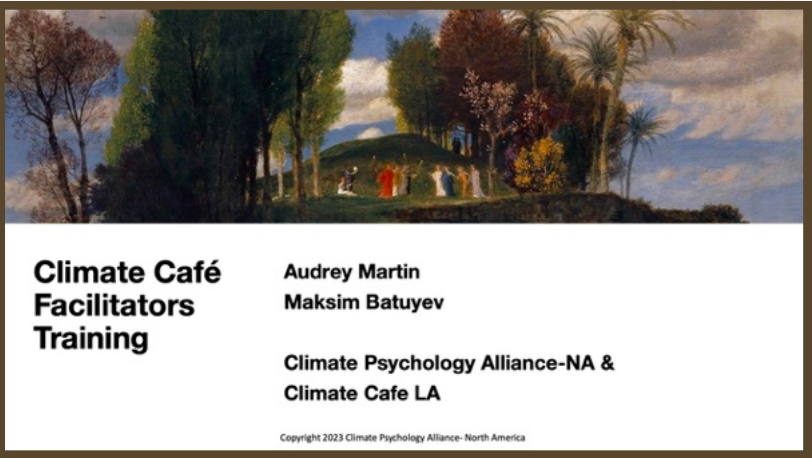
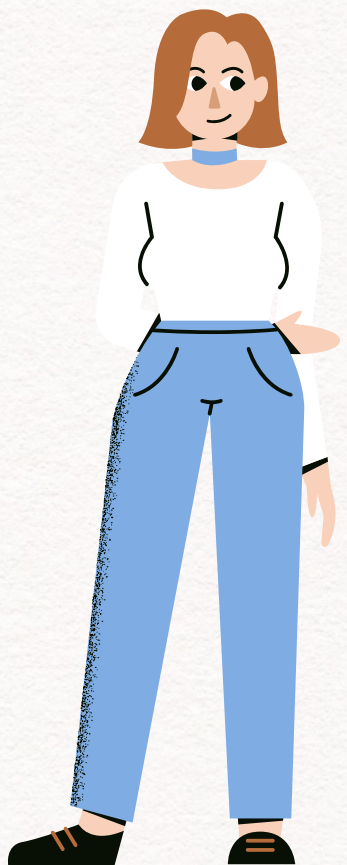
space

confused

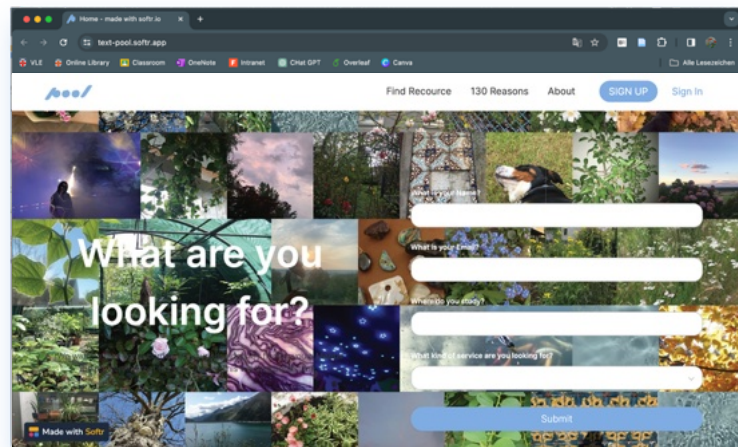
tired

complexed

reassured



Appendix



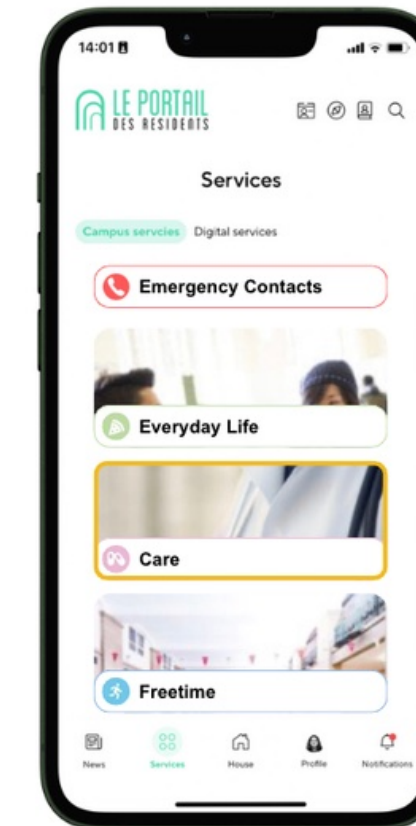
Matching Website

- > lack of credibility
- > still costs money



Picnics

- > low to no cost implementation
- > prevention
- > no need to collect data
- > provides low entry barrier
- > less credibility needed



Restructuring

- > not ambitious enough
- > people still need to get that first impulse

Automation

- > Data security issues
- > CIUP is working on it

Group Therapy

- > Still costs money
- > matching



We found that...

- That there **are** international students in need of MHS
- That if therapy is affordable, you often **don't** have a **choice**
- There is a problem with finding a **matching therapist**



Karl

finding a match



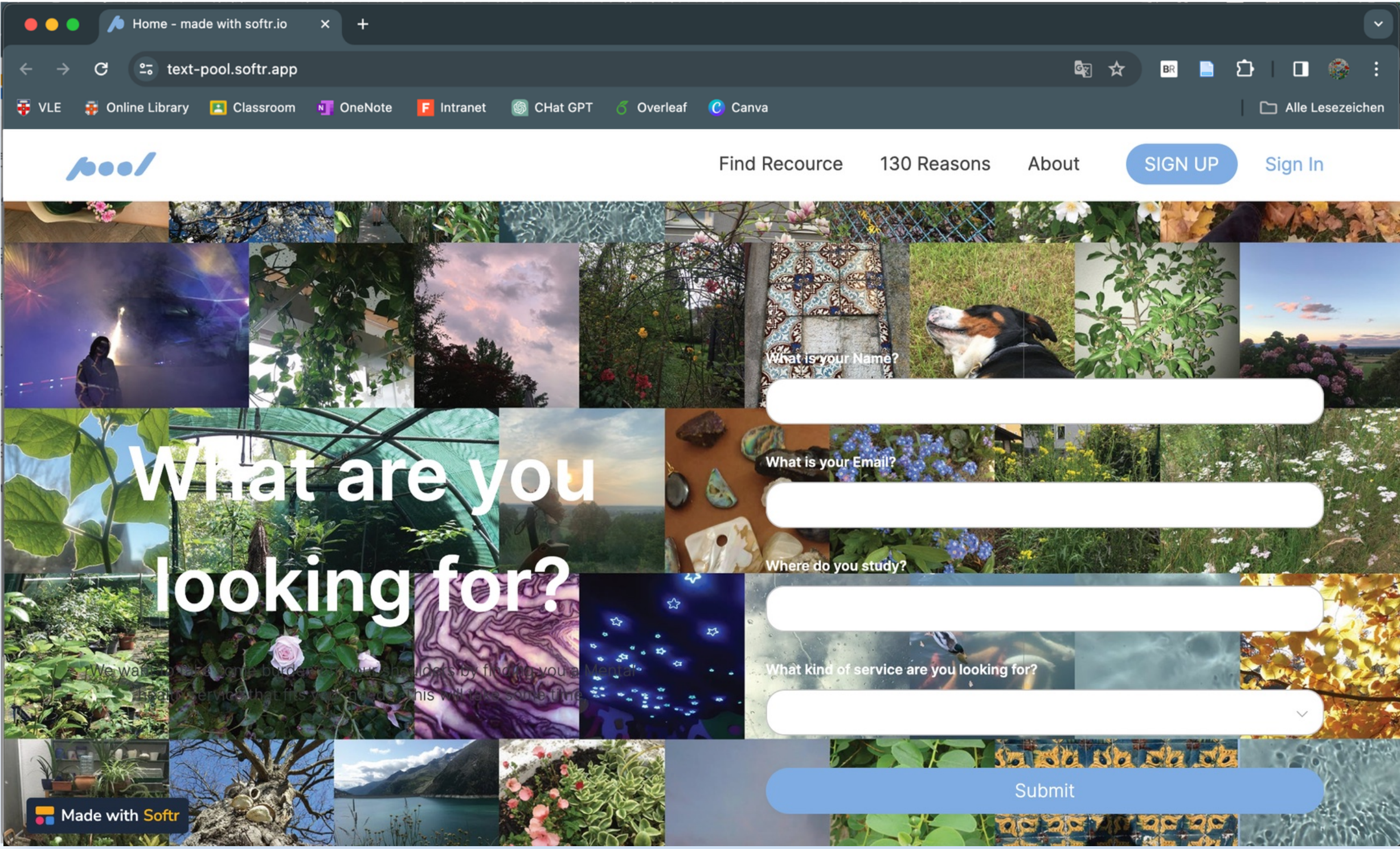
Nina

availability

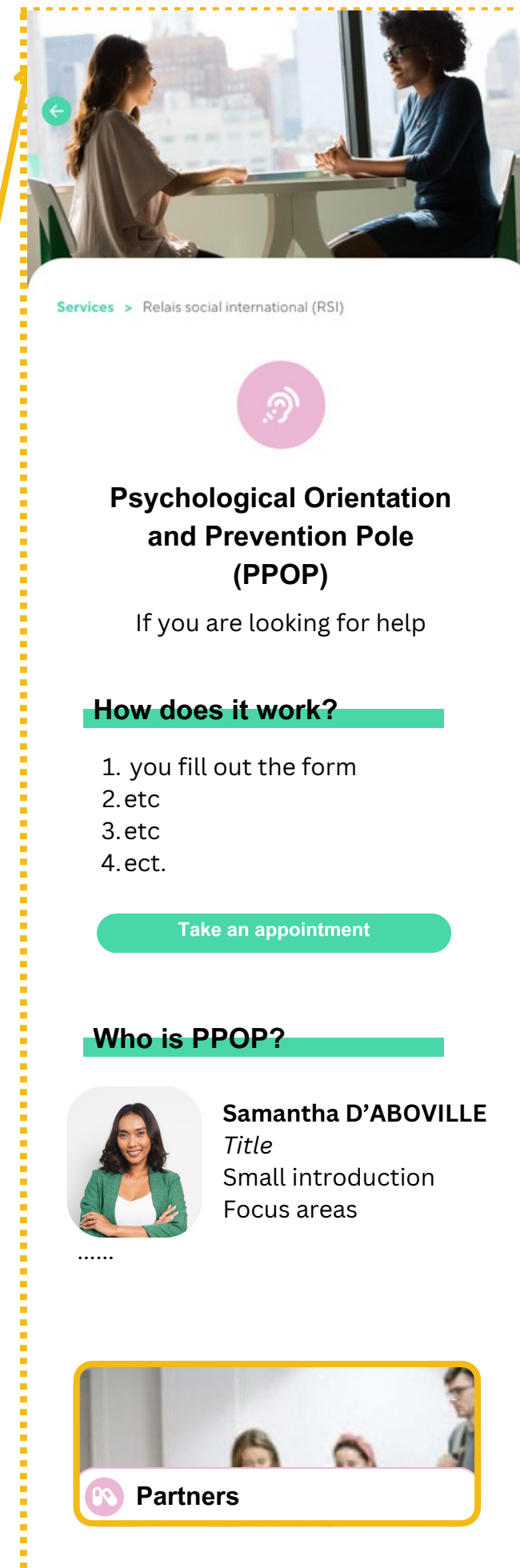
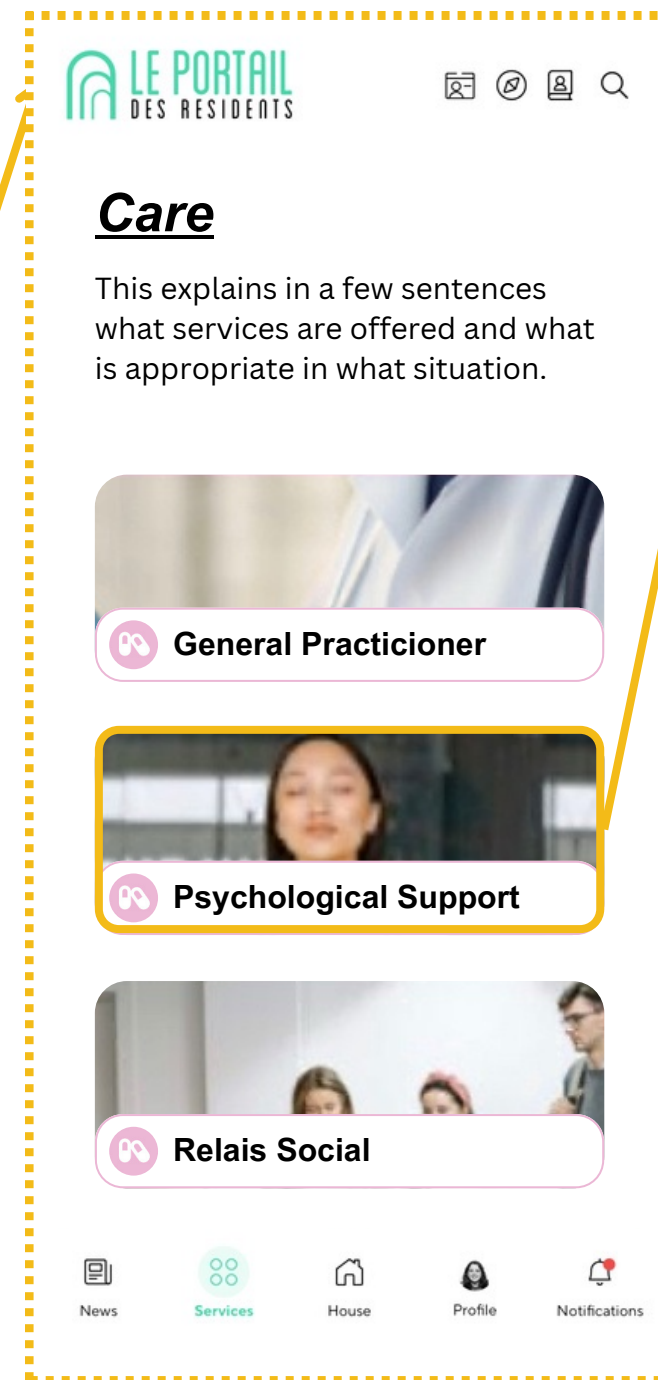
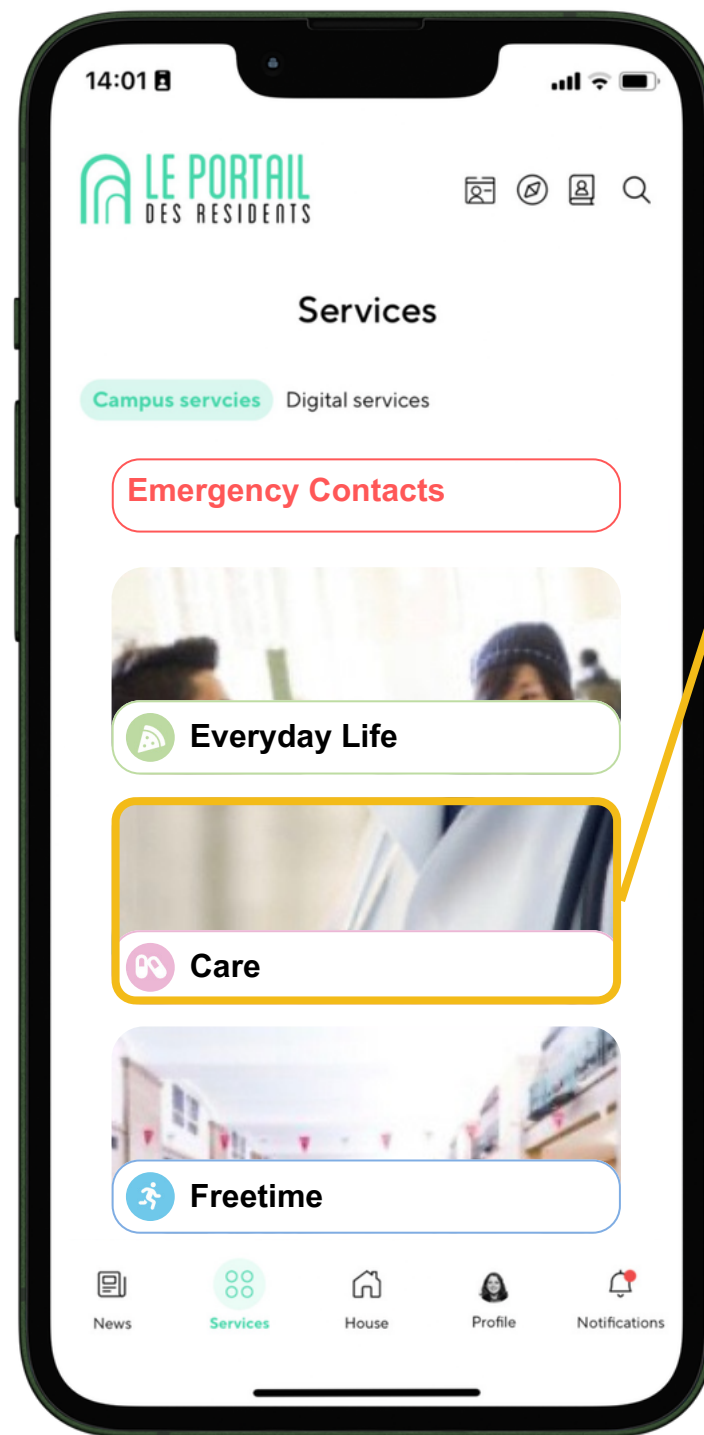


Robin

**reaching out
and repeating**



Restructuring



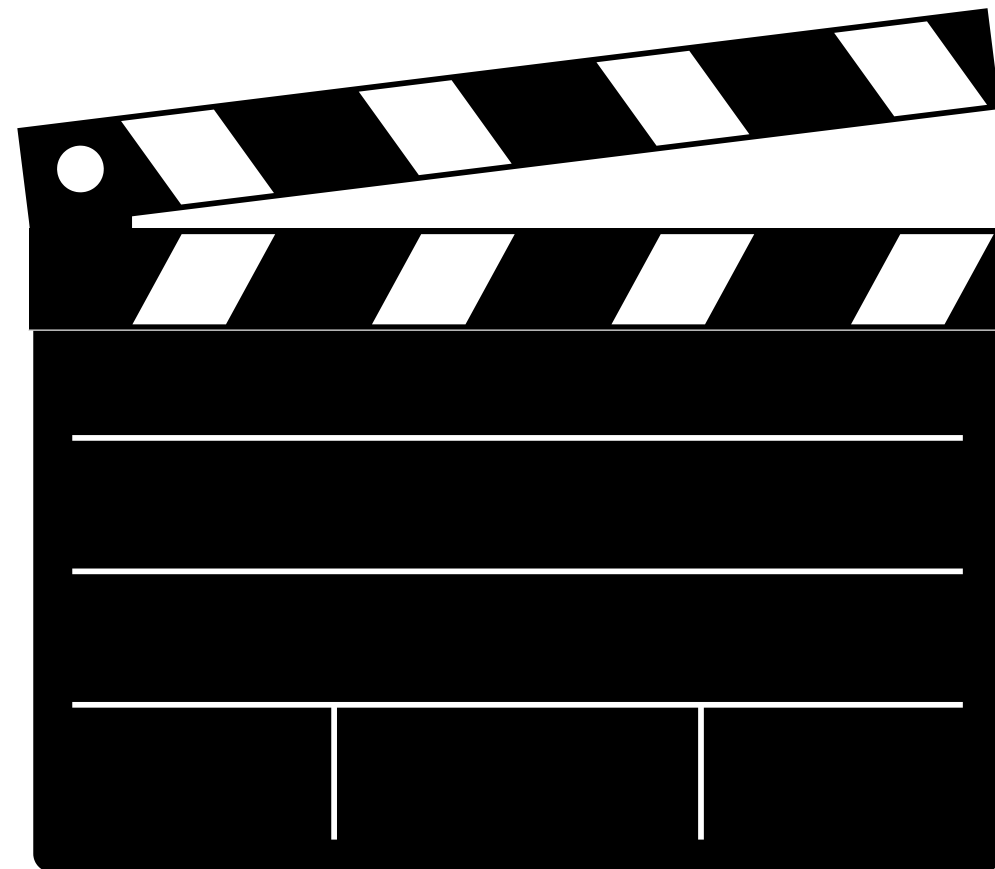
What impact would this have?

- people would more clearly understand what is offered
- They would know what to expect

What resources does this require?

- information about the process
- pictures of staff
- introduction of staff
- introduction of partners
- implementation by Tangi

Video



What impact would this have?

- people would more clearly understand what is offered
- They would know what to expect
- more personal

What resources does this require?

- Time with staff
- making video

Automation

Take an appointment

22:17
Fotos
airtable.com

What are you looking for?
We want to take some burden off your shoulders by finding you a Mental health service that fits your needs.

What is your Name?
Nina

What do you want to talk about?

- ☐ Anxious Symptoms
- ☐ Depressive Symptoms
- ☐ Symptoms of ADHD
- ☐ Symptoms of Autism
- ☐ Issues around Eating
- ☐ Addictive Behaviour
- ☐ Phobia
- ☐ Interpersonal Problems
- ☐ Family related Issues
- ☐ Stress
- ☐ Low self esteem

RS Relais Social
An: Magdalena Pretenthaler >

Your Appointment

Hi Nina!
Dr. D'ABOVILLE is happy to meet with you to discuss next steps in your mental health journey. She is a clinical psychiatrist who focuses on this and that and passionate about helping people.

Choose a time

Since if can take some time to have your first meeting please see these resources that we have collected:

Partners

More reassurance or credibility blabla

25 26 27 28 29 30 31
1 2 3 4 5 6 7

< M 18 TUE 19 >

09:30
11:00
12:30
14:00
15:30
17:00
18:30

BT

What impact would this have?

- more agency
- automatically “sorts”
- “more personalized”

What resources does this require?

- Airtable (20€/month),
Zapier (18,75€/month) subscription
- willingness of staff to use google calendars
- one time setup, little maintenance

Automation – Backend

Airtable13. März 2024 um 17:30

Airtable forms: someone has responded to What are you lo...
An: Magdalena Prettenthaler

Details



Someone has responded to **What are you looking for?**. A record has been added to the **Requirements** table in **pool**.

First Name

Issues

Kind of Service

Mode

Language

pool

DatenAutomatisierungenInterfaces

HilfeTeilen

M

TherapistsRequirementsClients130 reasons

ErweiterungenTools

AnsichtenGrid viewFelder ausblendenFilterGruppierungSortierenFarbeTeilen und synchronisieren

Ansicht suchen	Name	Issues	Kind of Se...	K.	Mode	Language
Grid view	1	1				
What are you looking for?	2	2				
Kanban	3	3				
	4	4				
	5	5				
Wird erstellt ...	6	6				
Raster	7	7				
Kalender	8	9				
Galerie	+					

Automation – Backend

Take a tour

Feedback

×

Today < > April 2024 Week 14

BOOKABLE APPOINTMENT SCHEDULE

Therapy

🕒

Appointment duration

How long should each appointment last?

1 hour ▾

🕒

General availability

Set when you're regularly available for appointments. [Learn more](#)

Repeat weekly ▾

Mon	09:00	–	17:00	🗑️	⊕	📅
Tue	09:00	–	17:00	🗑️	⊕	📅
Wed	09:00	–	17:00	🗑️	⊕	📅
Thu	09:00	–	17:00	🗑️	⊕	📅
Fri	09:00	–	17:00	🗑️	⊕	📅
Sat	Unavailable				⊕	
Sun	Unavailable				⊕	

GMT+02

MON

TUE

WED

THU

FRI

1

2

3

4

5

08:00

09:00

10:00

11:00

12:00

13:00

14:00

15:00

16:00

17:00

18:00

19:00

Econ Tutor

15:00 – 1

Cooperati

10:30 – 1

Sommer

Bewerbe

n

12:15 – 1

Barbara F

10:00, Cai

Read

DnD

11:00

Dissertat

ion

Research

15:00 – 1

Group Therapy



What impact would this have?

- more efficient
- less expensive for students
- network of peers
- prevention

What resources does this require?

- therapists (we have found some)
 - Screening (Airtable)
- rooms (opportunity cost)
- matching (so nobody knows each other)

Group Therapy

What kind of service would you be open to try?

Keep in mind, that group therapy is the most affordable mental health service available (starting at 10 euros per session), and it can be as effective as individual therapy for many people. While individual therapy rates are around 30-50 euros per session, which is MUCH cheaper than the normal therapy rates in Paris (around 100-200 euros normally).

- ☐ Individual Therapy
- ☒ Group Therapy
- ☐ Peer Support group
- ☐ Psychiatrist (for Medication and Diagnosis)

Group Therapy

RS Relais Social
An: Magdalena Prettenthaier >

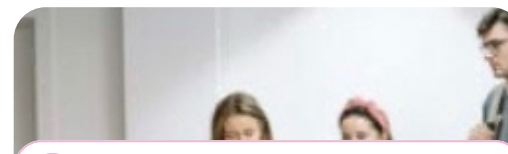
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- ☐ Phobia
- ☐ Interpersonal Problems
- ☐ Family related Issues
- ☐ Stress
- ☐ Low self esteem

1:1 screening



THIS CARD IS HERE TO
REMINO YOU THAT
THERE'S GOOD THINGS
IN THIS WORLD.
THAT THERE ARE
THINGS THAT HELP
OTHERS, THINGS THAT
CAN HELP YOU.

Something that helps me

Sometimes, when all I
want to do is sleep, I
put on a big coat, a hat
and headphones (arrows)
and go for a walk.



If you are looking for a Mental Health
Support pack the QR code will let you find it.
For more information visit www.mentalhealth.org.uk
or call 0800 111 111

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IN THIS WORLD.
THAT THERE ARE
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OTHERS, THINGS THAT
CAN HELP YOU.

Something that helps me

When I forget to eat and
the idea of cooking starts
to overwhelm me, I make
myself self toast, one with
a fried egg, the other with
jam.



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Something that helps me

When I can't sleep
because my mind is
racing with all the things
that could be, that have
been and that might be,
I like to write them down.
They are a lot less busy
that way.



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