



Who can participate?

You can participate if you:

- are between 13 and 17 years old.
- are a refugee (unaccompanied or accompanied by your family/acquaintances).
- you have experienced a traumatic event...
- have sufficient reading skills and language comprehension in German, English, Dari, Arabic or Somali.

Then **START** is the right place for you!

Do you have any questions or are you already interested in joining START and learning strategies for stress regulation? Feel free to write us an e-mail or give us a call!

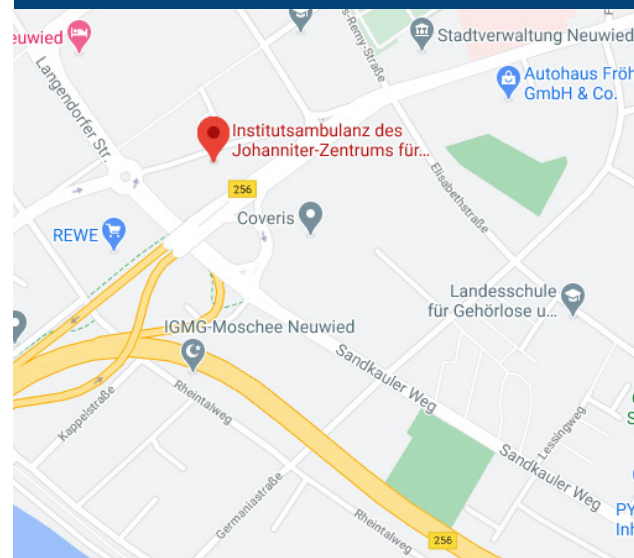
Contact

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Site plan

Johanniter Center for Child and Adolescent psychiatry Neuwied



Directions:

The Johanniter Center for Child and Adolescent psychiatry Neuwied is located in the city, a short distance away from the Rhein bridge

The closest bus station is called "Langendorfer Straße" from that point on we are only 50 meters by foot if you walk towards the roundabout. The main entrance is located in front of the parking lot.

There are various options to reach the Johanniter Center for Child and Adolescent Psychiatry by car. We recommend you use the navigation system to calculate the best route for you. Please enter the following the address into the navigation device:

**Am Carmen-Sylva-Garten 6
56564 Neuwied**

Public parking spaces are available in front of the Johanniter Center for Child and Adolescent Psychiatry.



A cooperation of the University Medical Center Mainz and the Federal Ministry of Education and Research

START-A1-Study for young refugees

START-A1-Study: Skills for stress regulation

 UNIVERSITÄTSmedizin.
MAINZ

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 Bundesministerium
für Bildung
und Forschung



START-A1-Study for young refugees

Do you want to reduce stress and learn effective stress management?

Then START is the right place for you!

What does START actually mean?

START stands for STRESS-TRAUMA-SYMPTOMS-AROUSAL-REGULATION-TREATMENT.

START is a training that teaches you helpful strategies and shows you so-called skills.

All participants are randomly drawn into two groups. One group receives the training directly („intervention group“); the other group receives the training after a waiting period („waiting control group“).

What are skills and what do they do?

Skills are accomplishments that help you reduce stress in the short or long term.

These skills can help you to overcome crises and reduce acute stress. In group exercises your abilities to recognize your own feelings, to perceive impulses for action and to deal with feelings in a helpful way are strengthened. You will also learn strategies for dealing with your fellow human beings.



Start at a glance

START is a free training, which is independent of health insurance.

What can you expect?

- a qualified diagnosis
- varied exercises
- Group sessions with a supporting team

Structure of START

- 60-minute group sessions
- 2 sessions/week (over 8 weeks)
- after four weeks, a booster session to refresh
- Group size: 3-8 people



Ahmad, 17

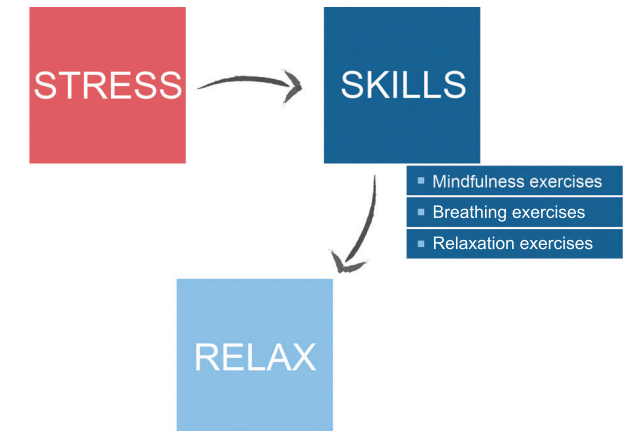
„Sometimes in the group I was able to really forget my worries. [...] I still have my skills box and it's also in my room. I liked START and even miss the group.“

(Dixius, A., & Möhler, E. (2016). START Stress-Traumasympptoms-Arousal-Regulation-Treatment -Manual zur Erststabilisierung und Arousal-Modulation für stark belastete Kinder und Jugendliche. (S.93) Saarbrücken.)

What lessons will I draw from the group sessions?

The training is based on 8 modules. These 8 modules include:

- Mindfulness skills
- Relaxation Skills
- Stress regulation skills
- Emotional perception and emotional regulation skills
- Strategies for dealing with nightmares



Aims and benefits

The skills from the START sessions will help you,...

- manage crises.
- prevent and reduce stress.
- deal with strong emotions.
- build and strengthen confidence in your own abilities.