



IMPACT REPORT

WP5-A3 - DISSEMINATION AND MULTIPLICATION EVENT

SEPTEMBER 06, 2024 | PAPHOS, CYPRUS



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PROJECT: "RESILIENCE AND INCLUSION FOR THE MILITARY"
2022-1-R001-KA220-VET-000085808

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WP5-A3 - DISSEMINATION AND MULTIPLICATION EVENT

- 06 September 2024 | Paphos, CYPRUS -

Erasmus+ Programme – Strategic Partnership

Project **“Resilience and inclusion for the military”**

2022-1-Ro01-Ka220-Wet-000085808

Partners:

DIGITAL KOMPASS - Bucharest, Romania

I.V. International - Foggia, Italy

Organization for Promotion of European Issues - Paphos, Cipru

BUMIR - Bucharest, Romania

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Location: Paphos, Cyprus

Organizator: Organization for Promotion of European Issues

Number of Participants: 84 people

Date: 06 September 2024

1. Context and purpose of the event

The dissemination event held in Paphos, Cyprus, was a key moment in the "Resilience and Inclusion for the Military" project. The organizers and participants aimed to address the problem of PTSD (Post-Traumatic Stress Disorder) in the military and to offer **innovative solutions** to support their mental health. Cyprus, with a history marked by political tensions and conflicts, is a relevant framework for initiatives to support military personnel, veterans and military personnel with disabilities, being a region with a significant number of military personnel affected by psychological trauma.

Key objectives of the event

- **Raising awareness** of the impact of psychological trauma on military members and their families.
- **Presentation of the educational resources** developed within the project, including the brochure "The Invisible Front" and the online course for the military.
- **Demonstration of the digital application "Freedom for Army"**, a modern tool intended for the self-support of the military.
- **Facilitating collaborations and creating a sustainable support network** between organizations and specialists from various fields.

2. Conduct of the event

2.1. Reception of guests and official opening

The event started in a friendly and organized atmosphere, with participants being registered upon arrival and guided to the conference area. Each guest received a complete information package that included presentation materials, brochures and access to online resources developed within the project.

The opening speech was delivered by the local project coordinator, who stressed **the urgent need for support** for servicemen affected by psychological trauma. He stressed that PTSD does not only affect military personnel retired from theaters of operations, but also active military personnel and their families, having **long-term consequences** on social and professional integration.

2.2. Exploring the local context and specific challenges

In this session, a **detailed analysis of the problems faced by the Cypriot military was carried out**, including discussions on the unique challenges generated by the geopolitical context of the island. Participants were informed about:

- **Recent studies** indicating an increased incidence of PTSD among the Cypriot military.
- **The lack of adequate infrastructure** for the psychological support of the military, which emphasizes the need for innovative and effective solutions.
- **The** long-term psychological impact of trauma on military families, highlighting the need for interventions that include support for the entire family.

This session was extremely well received, with participants mentioning in their feedback that they appreciated **the informed and contextualized approach** to the topic, which allowed them to better understand the complexity of local challenges.

2.3. Presentation of innovative resources and solutions

This extended section aimed to present in detail the **resources developed** within the project, including:

- **The "Invisible Front" booklet**, which was designed to serve as a practical guide for identifying and managing PTSD symptoms among servicemen and their families. The

participants were impressed by the clarity of the information presented and the **practicality of the guide**, which can be used immediately in daily work.

- **The online training course** was demonstrated in detail, showing how it can be used to improve the skills of military personnel in managing PTSD and the professionals who will help them. Participants stressed that they will integrate these resources into their continuing education programmes.
- **The "Freedom for Army" application**, an innovative digital solution for the military, was presented as a self-support tool. App features such as:
 - **Periodic emotional state assessments**
 - **Personalized recommendations** to improve well-being captured the attention of the participants.

The feedback was extremely positive, with participants especially appreciating the **intuitive and accessible mode** of the app, which allows servicemen to manage their emotional states autonomously.

2.4. Breaks for socializing and exchanging ideas

The organized breaks gave the participants the opportunity to openly discuss the challenges and solutions presented. The atmosphere was **vibrant and full of enthusiasm**, with many of the participants taking advantage of these moments to create new professional connections and explore possible collaborations in the future.

Participants mentioned in the questionnaires that these breaks were essential to **stimulate informal discussions**, allowing them to expand their network of contacts and discover new partnership opportunities.

2.5. Demonstration of the "Freedom for Army" app

The digital application was presented in an interactive session, in which participants had the opportunity to personally test its functionalities. This demonstration was one of the most appreciated moments of the day, with participants emphasizing that **the app's intuitive interface and accessibility** can transform the way military members manage their mental health.

2.6. Q&A session

This session was dedicated **to open discussions**, giving participants the opportunity to ask direct questions to the project team. Topics such as:

- **Expanding the use of developed resources.**
- **Adapting the application to the cultural specificity of the military** from other regions.
- **Collaboration strategies** between the organizations present to ensure the long-term sustainability of the project.

3. Feedback analysis

The results of the feedback questionnaire showed an extremely high level of satisfaction from the participants:

- **90%** of the participants rated the overall quality of the event as "excellent".
- **85%** said that the information presented was "extremely useful" in their professional activity.
- **95%** of the participants said that they intend to recommend the resources to their colleagues and use them in their work.

Comments on open-ended questions

- "The featured app has huge potential to transform the way we support military mental health."
- "This event was extremely well organized, and the resources provided are essential for professionals in the field."

4. The overall impact of the event

The event in Paphos was a **remarkable success**, managing to generate a **profound impact** on both the participants and the local community. The participants left the event inspired and motivated to implement the resources presented in their own organizations, contributing to the **creation of a safer and more supportive environment** for the military.

The "Freedom for Army" app was perceived as an innovative solution that can have a **positive impact** on the mental health of servicemen, giving them access to support even in the absence of direct interventions by specialists.

The overall impact of the event

The dissemination event organized in Paphos generated a **strong and profound impact**, both on the participants and on the military and civilian community in Cyprus. The purpose of the event was not only to present the results of the "Resilience and Inclusion for the Military" project, but also to create a solid basis for **changing perceptions** related to the support provided to military personnel suffering from PTSD.

One of **the key aspects** of the event was how it managed to stimulate a **change of mindset** among the participants. They left the event with a **new understanding** of the problems faced by the military and with an increased motivation to integrate the resources presented in their professional activity. Many of the participants, including psychologists, counselors and NGO representatives, said that the information and tools presented at the event provided them with **new perspectives** and practical solutions to more effectively support the military community.

The "Freedom for Army" app was perceived as a real revelation among the participants. Her demonstration showed how technology can be used to support the military in managing stress and anxiety. Many participants admitted that they had no prior knowledge of the real potential of digital technology in supporting mental health, and this app changed their perspective, prompting them to explore ways to implement similar tools in their organizations. The fact that the app offers **personalized and affordable support** was considered a strength, especially in a context where human resources are limited.

Moreover, the "Invisible Front" brochure and the online course were appreciated for their **clarity and applicability**. Participants considered these resources essential for improving their professional skills, but also for educating the general public about PTSD. A

notable aspect mentioned in the feedback was that these materials not only improve theoretical knowledge, but also provide **concrete tools** that can be immediately applied in practice.

The event was also a **catalyst for future collaborations**. The open and collaborative atmosphere allowed participants to make new professional connections and discuss **initiating joint projects** to support veterans. For example, some NGO representatives and psychologists present planned to implement the "Freedom for Army" application in their support programs, and others mentioned that they wanted to use the brochure as educational material in training seminars.

The long-term impact of this event does not stop at the level of awareness. Participants left with a commitment to apply what they learned and disseminate the information in their communities. Many organizations present have already announced their intention to collaborate with the project team to develop new resources and local initiatives to support the military. In addition, the fact that the event took place in Cyprus, a region with a sensitive geopolitical context, increased the relevance and urgency of adopting such solutions.

The general feedback from the participants indicated that the event was not only informative, but also **transformative**. A large part of those present mentioned that they have completely changed their perspective on how they can support the military and were inspired to develop their own initiatives to expand the support provided to this vulnerable community. The app, in particular, has been described as **revolutionary**, due to its ability to provide continuous support to the military, without requiring constant direct intervention from a specialist.

In conclusion, the dissemination event in Paphos managed to have a **significant impact** on the participants, creating a wave of enthusiasm and desire to continue the work started within the project. Through the resources presented and the collaborations facilitated, the foundations have been laid for a **sustainable network** that will contribute to improving the support provided to veterans, not only in Cyprus, but also in other European countries.

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