



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, Somali, Ukrainian or Russian.

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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(Business hours: Monday-Thursday: 8.00-12.00 hours)

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Rheinhesse-Fachklinik Mainz
Hartmühlenweg 2-4
55122 Mainz

Directions:

The Rheinhesse-Fachklinik Mainz is located a few minutes from the train station Mainz-Nord. From Mainz main station you can take the bus lines 60/61 in the direction of Mombach and lines 50/51 in the direction of Finthen (bus stop: Zwerchallee/Halle 45). You can reach Rheinhesse-Fachklinik Mainz from Wiesbaden via the A 643, exit Mainz-Mombach.

From Frankfurt a. M., take the A 66 towards Wiesbaden until you reach the Schiersteiner Kreuz to enter the A 643. At the Mainz-Mombach exit, follow the Rheinallee towards the city centre, turn right into Zwerchallee and then left into Mombacher Straße. After a few meters you will reach Hartmühlenweg on the right hand side.



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

GEFÖRDERT VOM

**Landes
krankenhaus**
RHEINHESSE-FACHKLINIK
MAINZ

 Bundesministerium
für Bildung
und Forschung

JG|U

UNIVERSITÄTS**medizin.**

MAINZ

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

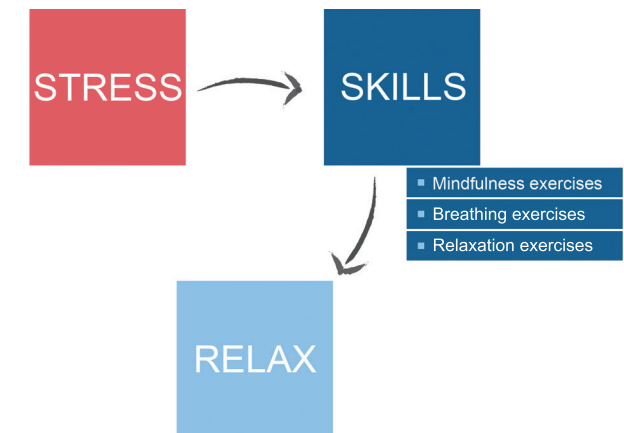
„Sometimes in the group I was able to really forget my worries.
[...] I still have my skills box and it's also in my room. I liked
START and even miss the group.“

*(Dixius, A., & Möhler, E. (2016). START Stress-Traumasymptoms-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.