



# NEWSLETTER #3

THE TRANSFORMATIVE POWER OF MY VOICE Charting Future  
Directions on Social Skills Training for People with Psychosocial  
Disability.



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# 1 Conclusions From the Pilot Program Reports App and Training Service

## App and Pilot Program Overview

The DUB-IN project is dedicated to supporting people with psychosocial disabilities (PwPD), such as those suffering from severe mental health conditions like schizophrenia. This initiative has introduced both an app and a pilot program designed to assist individuals with cognitive, psychophysiological, and interpersonal deficits. These tools facilitate the acquisition of new skills and accommodate learning needs by providing resources for professionals, trainers, and youth workers in various organizations.



## App Insights

### **Evaluation:**

The app was developed to offer a comprehensive tool for professionals to aid individuals with PwPD. Its evaluation aimed at ensuring functionality and completeness.

### **Content:**

Featuring 15 practical situations, the app addresses real-life challenges like social interactions and daily tasks through immersive scenarios enhanced by voice-over and drama techniques. These include situations ranging from requesting to sit in a free seat to dialogues with a roommate, all designed to empower users.

### **Outcomes:**

User feedback was overwhelmingly positive, with 100% agreement on the app's effectiveness in meeting project objectives. A significant majority expressed the highest satisfaction levels, indicating the app's success in enhancing skill development and social interaction for its users.

### **Conclusions:**

The app's success highlights its crucial role in promoting inclusivity and empowerment among PwPD, suggesting its continued relevance and impact in improving life quality and independence for these individuals.

## Pilot Program Insights

### **Implementation:**

Similar to the app, the pilot program provided resources aimed at professionals working with young PwPD participants. Its evaluation sought to gauge the program from the participants' perspectives.

### **Content:**

The program offered six sessions addressing daily life situations through drama and voice-over games, aimed at improving life skills and self-confidence in social contexts.



**Outcomes:**

Results showed significant post-program improvements in self-confidence, skill acquisition, and motivation. Participants reported increased comfort in social interactions and a greater sense of self-confidence.

**Conclusions:**

The pilot program demonstrated a positive impact on participants' abilities to navigate daily challenges, underscoring the effectiveness of such initiatives in empowering PwPD with greater resilience and confidence.

## Moving Forward

Both the app and the pilot program have demonstrated substantial success in addressing the challenges faced by people with psychosocial disabilities. As the DUB-IN project continues, these tools serve as foundational elements in fostering greater independence and improving the quality of life for PwPD. Future iterations will build on these insights, ensuring the project's ongoing relevance and impact.

## 2 Final Version of the App and Training Service

The final versions of the DUB-IN App and training services are here!

Inside the DUB-IN APP you can find a series of 15 situations, available in 4 different languages: English, German, Greek, and Spanish. Here you can practice different communication skills.

The online training service is designed to be a didactic tool for teachers and trainers who work with people with psychosocial disabilities. In it you can find materials such as: exercises, presentations, and access to the DUB-IN APP to practice dubbing the video-scenarios proposed. This online training course is complementary to the Director Curriculum, and the Mayor Player Programme. This last document is designed to provide support to students, who will complete it session by session.



Throughout the course, participants will learn about the importance of rhythm, adaptation of the text to pauses, about tone and intonation, the importance of the voice and lip synchronisation.

This course consists of 6 sessions, all of them with the same structure, the first one is an introductory session, then you will enter into the world of dubbing through different scenarios (Leisure and free time; training and education; transactions; work and family and flat mates).

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## Demos

The partners Pro Mente, Smashing Times, Society of Social Psychiatry P. Sakellaropoulos and Intras made different adverts and voiceover demonstrations about a wide variety of subjects in their native languages. The topics of the demos went from themes such as household chores, headphones and mattress adverts, among others.

You can find the demos in the following link:

<https://www.dub-in.eu/category/demos/>

You can also listen to some short podcasts that were recorded in their native languages describing the project.

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## Multiplier Events

### Smashing Times

Smashing Times organized a conference at Sandymount Community Centre in Dublin on February 2nd, 2024, serving as the culmination of our project, aimed at showcasing its outcomes and highlighting pilot session activities. The goal was not only to disseminate project outputs but also to engage with individuals linked to their target groups, facilitating the meaningful utilization of our valuable Dub -in materials.

The event attracted the participation of 50 individuals from a range of health care backgrounds, many individuals and others from the national health care provider.



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## National and Kapodistrian University of Athens (NKUA)

The event was carried out at the Aula of the School of Philosophy. It lasted about five hours. It comprised of three speeches and two workshops. In one the workshop a live demonstration from a professional voice over actor and myself was given. In the other, voice over techniques and silent movies techniques were integrated to create short scenes



## European Platform for Rehabilitation (EPR)



On March 18th, 2024, EPR organised the Final Multiplier Event of the Erasmus+ Project “DUB-IN: The transformative Power of my Voice”. The event brought together external participants, project partners and the valuable participation of Sofia Sevenants, European Year of Skills Taskforce (European Commission).

During the event project partners gave an overview of the project and its context and shared the final project results (DUB-IN Online Training Service and APP) in an interactive and engaging way.



## Fundación INTRAS



On the 22nd of March 2024 in the Faculty of Education and Social Work in Valladolid, Spain, around 30 Social Work Students attended the multiplier event lead by Fundación INTRAS. First there was a presentation about the DUB-In project, detailing all of its components including target groups, the need for the project to be made; it was followed by a Q&A session by the students and a demo

session, where the students could have a hands-on experience with the DUB-In platform.

## Society of Social Psychiatry P. Sakellaropoulos (SSPPS)



The Multiplier event was carried out in cooperation with the Alexandroupolis Film Club. After an initial introduction the DUB-In Program was presented, along with its methodology and results. Feedback from the attendants was positive. During our discussion some inquiries about the program and its results were made. In addition, interest was expressed by people from the education field and they shared their thoughts on the potential use of the methodology with children. Afterwards there was a screening of the film “A Quiet Passion” followed by a discussion.



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