

Early Adolescent Skills for Emotions (EASE)

Mental health and psychosocial challenges are common among young people worldwide, particularly for those in environments of chronic adversity (e.g., poverty, community violence, humanitarian emergencies), who are often more vulnerable to experiencing these issues and commonly lack access to evidence-based care. The World Health

Organization has developed this brief, systematic, psychological intervention rooted in principles from the SEL (Social and Emotional Learning) framework to support youth with internalizing challenges through the development of social and emotional skills to increase resilience and well-being.



Who is EASE for?

Adolescents (Aged 10-16)

To provide healthy coping mechanisms for internalizing problems (such as intense feelings of sadness, anxiety, or stress).

7 Group Sessions. Topics include:

Understanding My Feelings: Identify emotions
Calming My Body: Improve stress management
Changing My Actions: Increase behavioral activation
Managing My Problems: Use problem solving

Caregivers

To equip with skills and resources to support adolescents facing emotional challenges, while enhancing their own well-being and fostering a sustainable, systemic approach to resilience.

3 Group Sessions. Topics include:

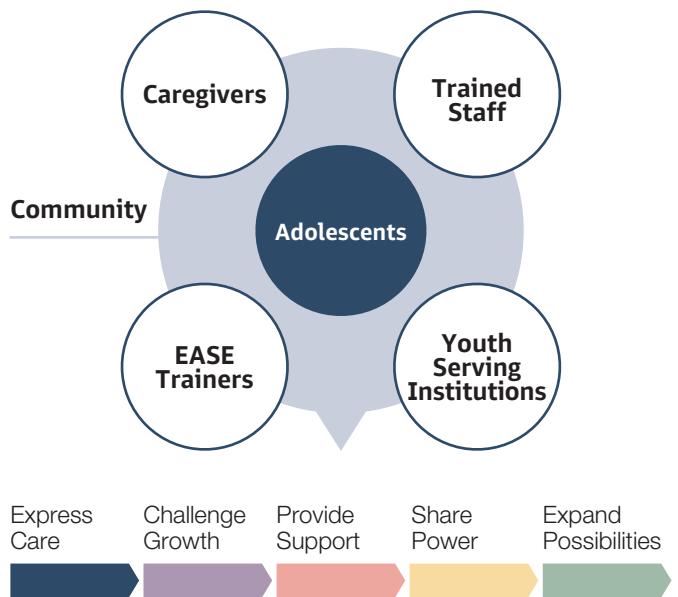
Active Listening Skills: Enhance and promote
Understanding Big Feelings: Identify emotions
The Power of Praise: Reinforce positively
Caregiver Self-Care and Brighter Futures:
Solidify the support system

Where can EASE implemented?

EASE is designed for implementation across various adolescent-accessible settings, including community, health, child protection, and educational environments.

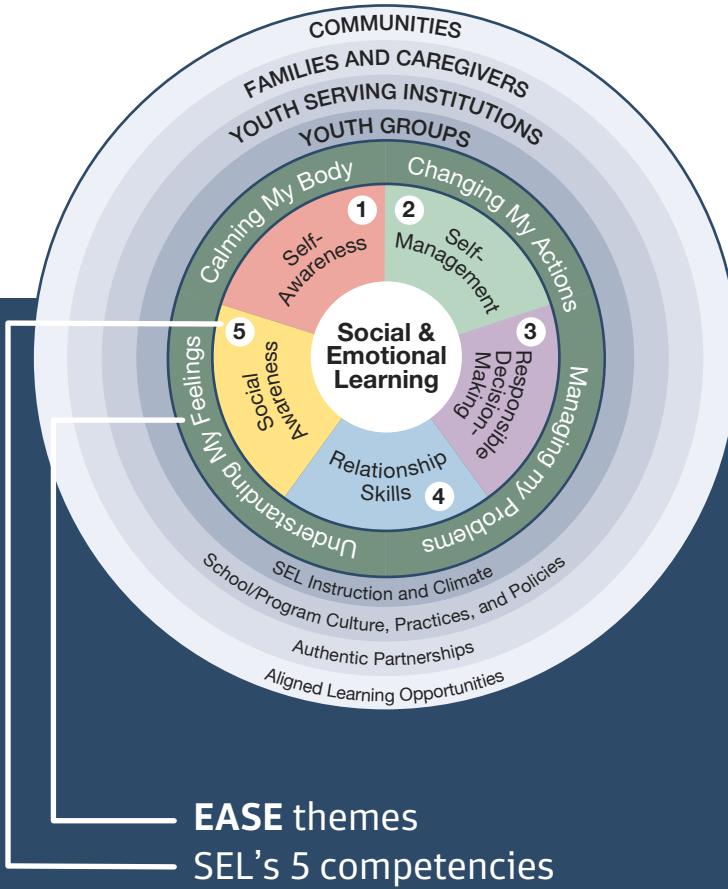
Who is involved?

EASE centers adolescents by prioritizing their well-being and development. The framework engages caregivers to enhance their supportive capabilities and trains staff from the community who facilitate group sessions. Quality assurance is maintained through supervisory oversight from EASE trainers, with youth serving institutions providing essential infrastructural support for program implementation.



SEL Framework: Foundation

(Social and Emotional Learning)



Collaborative for Academic, Social, and Emotional Learning (CASEL), 2020.

A Systemic Approach for Sustainable Youth Wellbeing

Grounded in the SEL framework, EASE enhances the development of key social-emotional competencies, such as: **Self-Awareness, Self-Management, Social Awareness, Relationship Skills and Responsible Decision-Making.**

EASE is a collaborative stepped-care and task-sharing model that integrates positive youth development principles (PYD) by training non-clinical staff to address youth emotional distress and facilitate care connections in a safe environment that fosters agency and belonging. This maximizes the capacity of schools and community-based organizations to provide responsive and culturally competent care.

Outcomes

Through EASE's integration of the SEL framework, research-based outcomes include:

- ✓ Healthy identity development
- ✓ Effective emotional management

- ✓ Personal & collective goal achievement
- ✓ Empathy enhancement
- ✓ Relationship building
- ✓ Responsible decision-making