

SYMPOSIUM ABSTRACTS

to invest in flourishing during the whole life course with the support of all involved stakeholders. In two Dutch cities we mobilised stakeholders to invest in the well-being and health of the civilians. We invited around sixty representatives of local schools, companies, healthcare workers, city authorities, health care insurance companies and religious, cultural and sport organisations to participate in what we called a Positive Health Search. The methodology was based on the Future Search method, developed by Weisbord and Janoff. Their version is a three day meeting while our version was a one day meeting. During that day we started with a mind map to gather all trends related to flourishing in their community. From that we went on with drawing up an inventory on what these trends meant for each of the stakeholders, after which we formulated shared goals for the near and far future and made action plans for each of the stakeholder groups. In both cities, positive action plans were developed. We will present the reasons and rationale behind this population approach, inform about the process of the Positive Health Search and present some of the results so far.

SY16.3 Online Positive Psychology in Public Mental Health: Integration of a Well-being and Problem-based Perspective

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Online positive psychological interventions (oPPIs) may offer an effective strategy for reaching large target groups. From a public mental health perspective, it is useful to reach large groups of people at the same time, as expressed in the 'population health approach' (Rose, 2008). A relative slight increase in the level of well-being in a large proportion of the population may have a larger preventive effect on mental health than targeting the much smaller group of people that are already ill (Huppert, 2009). In the public mental health sector, oPPIs can be used as an additional approach to balance the overall problem-based nature of interventions. They can be used as non-stigmatizing tools in mental health

promotion campaigns, as well as first-step interventions in a stepped care model. In the presentation, we will focus on how oPPIs can be integrated in mental health policy, using both practice-based and evidence-based methodologies. Two examples from the Netherlands, the mental health portal Mentaalvitaal.nl (which reached over 250,000 unique visitors in 2014) and the online mental fitness training Psyfit.nl (20,000 participants in 2010 – 2014), will be highlighted as such. The results regarding the implementation and dissemination will be presented.

SY17 International Developments In The Application of Positive Psychology in Education

E. Larson, *Head of Research IPEN*

Chaired by Emily Larson from the International Positive Education Network (IPEN), this symposium will outline current empirical and applied developments in positive education across the globe with participants from 1) Europe and Japan; 2) Mexico; 3) China; 4) India and United States of America; and 5) Australia. Since the launch of the positive psychology movement in 2000, education has been an area where there has been significant growth. Given positive education is now entering its 'adolescent' years, researchers are starting to see evidence of an evolution in theory beyond individual and group interventions to consider education systems and eco-systems. This timely symposium provides a compelling global snapshot of well-being developments in education. Each of the presenters will report on research conducted with systems of education and individual case studies.

SY17.1 Recent Developments in Well-being and Resilience Education in Europe and Japan

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The wealth of countries in the 21st century appears to provide relatively little protection for their youth, with recent international surveys (e.g. UNICEF, 2007) revealing a worrisome picture with regard to well-being, depression and anxiety of children and young people. Positive education is a new area that brings together the findings of positive psychology and education, with the aim of providing