



WHAT IS OLA?

Depression and anxiety are leading causes of youth disability worldwide. Adolescents and young adults who live in big cities more commonly experience stressful events such as **violence, poverty, substance misuse and social isolation**, which puts them at greater risk of developing one or both conditions.

This includes adolescents and young adults from **Latin America**, which is one of the most urban parts of the world with approximately **80% of the population** living in large cities. In addition, young people represent a **¼ of the population** in Latin America. Estimated levels of depression and/or anxiety for adolescents and young adults within the region range from **17% in Colombia** to **26% in Argentina**. Although many individuals experience stressful events, most do not develop depression and/or anxiety. Of those who do experience mental distress, evidence suggests that **50-60% of individuals recover after one year** without accessing treatment from mental health services.

The OLA study is taking place across under-resourced areas of three large Latin American cities: **Buenos Aires (Argentina), Bogotá (Colombia) and Lima (Peru)**. The overall aim of the programme is to identify which characteristics, resources and activities help young people living in urban environments in Latin America to prevent and recover from depression and/or anxiety.

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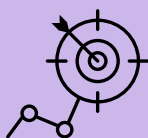
1. CROSS-SECTIONAL STUDY (COMPLETED)

Argentina: 621 participants
Colombia: 967 participants
Peru: 817 participants



2. LONGITUDINAL STUDY

6-month follow ups: Complete
12-month follow ups: We will end the 12-month follow ups by end of November 2023
24-month follow ups: Ongoing and aim to complete by July 2024



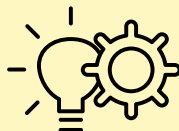
3. ESM STUDY

Baseline: We completed recruitment with 151 participants. First ESM paper will be submitted this month.
12-month follow ups: We've completed data collection, data cleaning and analysis to take place from 2024.



4. QUALITATIVE INTERVIEWS

Argentina: So far 37 interviews have been completed. Five more interviews to go!
Colombia: 40 interviews completed
Peru: 30 interviews completed
Data analysis is ongoing



5. WP4 CASE STUDIES

Teams are creating lists of organisations to select a total of 9, that will be explored more as examples of good practice.



PAPER-WRITING WEEK IN LONDON

We had a successful paper-writing week in October 2023, with a total of 10 researchers, each focused on a paper from one of the OLA work packages or sub-studies. We made significant progress, and our goal is to submit all papers by February 2024.



SPOTLIGHT ON: Mental Health Services Study in Peru

Aim:

This project seeks to describe and analyse the current state of mental health care provision for adolescents and young adults in Lima, Peru; and propose recommendations to improve the access and quality of care of mental health services.

Research activities:

Review Peruvian mental health policies: Summarise main mental health care policies targeting adolescents and young adults, by reviewing national-level documents and programmes.

Qualitative interviews: Gather insights on mental health policy implementation (including barriers and facilitators), paths to care, and stakeholder perspectives through 49 in-depth interviews.

Quantitative analysis: Evaluate the effectiveness of mental health funding (programme 131) by analysing data from the Health Information System used by Ministry of Health, for adolescents and young adults.

Co-create recommendations: Organise workshops with healthcare providers and young service users to generate ideas for improving adolescent mental healthcare.

THE UPDATES:

Policy analysis: 20 policies identified for analysis.

Health records data: Records requested from 51 community mental health centres.

Interviews: Preparing fieldwork to conduct 49 interviews.

OLA FINAL PHASE.

WHAT IS THE OLA FINAL PHASE?

Each arts organisation, **Crear Vale La Pena (Argentina)**, **Fundación Batuta (Colombia)** and **Teatro La Plaza (Peru)**, in each of the countries, will disseminate the preliminary research findings from OLA. The **first phase (workshops and work in progress of an artistic project)** is scheduled for August - November 2023, and the **second phase (performances)** for February/July 2024. To ensure active youth participation and engagement, each organisation has recruited **3 young ambassadors**. The young ambassadors will lead this project, engaging with fellow youth, policymakers, stakeholders, and researchers to discuss their views on OLA's findings. Meetings between the **arts organisations and local research teams** are currently taking place to discuss about the research findings in detail.

FIRST PHASE UPDATE:



ARGENTINA:

The ambassadors, in collaboration with other young people, are actively involved in developing mental health workshops (which they will call '**TallOLA**') tailored to adolescents. These workshops employ **recreational and creative activities**, including a play and group discussions, to address the issues of depression and anxiety in young individuals.

Recently, the young ambassadors showcased a portion of the play they created, which centres around five key findings, to the **Pompapetriyazos organisation**. Additionally, they are gearing up to present their work in public venues within the city, starting in **November 2023**.



PERU:

The young ambassadors have chosen to base their project on **three OLA main findings**.

Workshops with other young people in October:

For the ambassadors, Lima is a city that generates a significant amount of anxiety, primarily due to transportation, street violence, and the lack of public spaces. The young ambassadors are conducting a series of three workshops with 20 other young individuals to address these issues.

These workshops will focus on the question:

How do we, as young people, confront our city?



COLOMBIA:

On October 13, a breakfast meeting was held with policymakers, government representatives from the **education, culture, and health sectors, Javeriana University, and young ambassadors**. The key points discussed were:

1. To discuss the need for **strengthening the implementation of cultural projects**.
2. To acknowledge that projects are being carried out in the country but that **greater efforts are necessary**.
3. To recognise the **arts as a response to the mental health problems** of young people.
4. To encourage policymakers to invest in and **develop robust initiatives** aimed at generating resources to support the mental health of young people.
5. To invite policymakers to continue developing actions that allow addressing the problem from the **culture, education, and health sectors of the government**.

Furthermore, Batuta are in the process of designing and developing a concert which will be held on **Wednesday 15 November**, which will be led by the three young ambassadors in collaboration with young members of the Batuta Laboratorio orchestra.



OTHER GENERAL ARTS UPDATE:



1. TWICS

Argentina: Total of 2 workshops with 14 participants.

Colombia: Total of 2 workshops with 32 participants.

Peru: Total of 2 workshops with 18 participants.

The Colombia research team are writing a paper about their study exploring music workshops.



2. ADDITIONAL CREATIVE WORKSHOPS

Argentina: CVLP have completed 1 workshop with 7 participants. The next workshop is scheduled to begin on Tuesday 14 November 2023.

Peru: The Peru team have completed 2 workshops with a total of 32 participants in June 2023.



MEET THE YOUNG AMBASSADORS



**BERNARDITA
ORENCO**

ARGENTINA
ACTRESS/SINGER/DANCER



**VALENTINA CANO
PÉREZ**

COLOMBIA
MUSICIAN



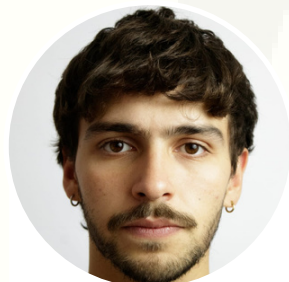
**CHRISTIAN
CALDERÓN**

PERU
ACTOR (in training)

FIRST ONLINE MEETING.

All **9 young ambassadors** met for the first time online on **Wednesday 1st October 2023**.

In this meeting, they were asked to **create a manifesto** based on the OLA findings that were explained to them by each of their respective arts organisation and local research team.



**FRANCISCO
TRAMUJAS**

ARGENTINA
ACTOR/CLOWN/MUSICIAN



**NATALIA VERNAL
ARAGÓN**

COLOMBIA
MUSICIAN



**BRUNELLA
LAINEZ**

PERU
ACTRESS (in training)

MANIFESTO:

- *We live in a system that oppresses.*
- *We understand art as a transformative tool.*
- *We are part of a society that can be the oppressor, but can also be the solution.*
- *We have the power to go out and walk differently.*



**FLORENCIA
GOULU**

ARGENTINA
SCREENWRITER/ACTRESS



**SOLEINY BERMÚDEZ
MARTÍN**

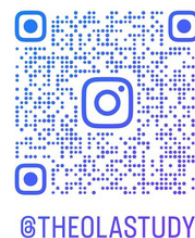
COLOMBIA
MUSICIAN



**VALERIA
RÍOS**

PERU
ACTRESS (in training)

Follow us on Instagram to get to know our Young Ambassadors!



Arts partners involved:



Research teams involved:



Pontificia Universidad
JAVERIANA
Colombia



Queen Mary
University of London



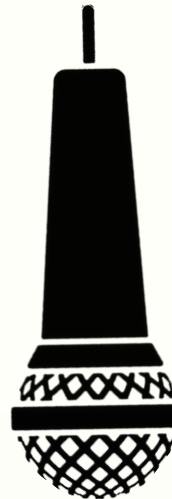
Facultad de Medicina
UNIVERSIDAD DE BUENOS AIRES



UNIVERSIDAD PERUANA
CAYETANO HEREDIA



INTERVIEW WITH...



“

From your knowledge/experience, why do you think building resilience in youths living in Latin America is important?

Yes, taking actions that promote or enhance resilience is crucial because it improves self-esteem, provides a sense of purpose in life, fosters control over life events, and enhances interpersonal relationships. This ability can help young people protect themselves from various mental health conditions like depression and anxiety, as well as reduce their exposure to risk factors such as alcohol use, addiction, and violence, which increase the likelihood of mental health problems.

”

“

What do you hope will be the impact of OLA?

I hope that through these findings, we can identify and highlight the key areas that require our attention and efforts to enhance the well-being of young people. I believe that OLA is just the beginning, and our work must continue to develop a sustainable programme that can adapt to the participants' evolving needs and their environment.

”

NATIVIDAD OLIVAR
RESEARCH COORDINATOR
UNIVERSITY OF BUENOS AIRES
BUENOS AIRES, ARGENTINA



“

What is the biggest challenge you've encountered so far working on the OLA project?

One of my biggest challenges was motivating the adolescents and young people who participated in various OLA activities to embrace change. My greatest achievement has been raising their awareness of the available resources they can utilise to improve their well-being.

”

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