**HORIZON EUROPE: EXPLORING THE UPCOMING OPPORTUNITIES**

Annual Meeting on Horizon Europe, networking and capacity building

# SESSION #3 : HANDS-ON EXPERIENCE ON PROPOSAL PREPARATION

*A workshop with interactive exercises on aspects to consider when preparing a proposal for Pilar II: the topic and the impact section*

**Moderators**

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# Exercício 1- "Como ler um tópico"- total 60 minutos

# Informação útil & instruções

1) O objetivo do exercício é aprender a abordar um tópico e aprender a **desconstruí-lo**, ainda que não seja na temática da vossa área de trabalho/estudo;

2) Estão divididos em 5 grupos mais pequenos-> todos os grupos trabalharão sobre o mesmo tópico e sobre as mesmas questões;

3) Cada grupo mais pequeno, terá de (re)ler o tópico e analisar e discutir, em grupo, qual a resposta mais adequada

4) A ideia é usar o próprio texto do tópico para responder à maioria das questões; não é necessário "inventar";

5) Últimos 20 minutos serão dedicados a uma apresentação da 'solução final' e outra informação útil pelos NCPs e eventual discussão de grupo.

**Exercício 1- "Como ler um tópico"- total 60 minutos**

**Sugestões de Tempo**

1) Introdução NCP- 2 minutos

2) (Re)ler o tópico- 5 minutos

3) Questões 1 e 2 – 4 minutos

4) Questão 3 – 16 minutos

Discussão e conclusões por grupo individual

5) Questão 4 – 4 minutos

6) Questão 5 – 6 minutos

7) Questão 6 – 3 minutos

8) Discussão Final e Conclusões gerais para o grupo todo– 20 minutos

**Questões a responder:**

1) Qual(is) o(s) fenómeno(s) observado(s) que motiva(m) a existência deste tópico?

2) Qual o objeto de estudo deste tópico e do projeto a ser financiado ao abrigo do mesmo?

3) Indique 3 grandes ações a ser desenvolvidas no âmbito do projeto a submeter a este tópico, por uma ordem lógica em termos de desenvolvimento; quando aplicável, indique considerações a ter (e.g., amostra do estudo) e resultados concretos da(s) ação(ões);

4) Indique para que *expected outcome* cada ação definida vai contribuir;

5) Indique considerações gerais a ter no projeto;

6) Qual o consórcio indicado para este projeto: identifique tipo de entidades a participar e/ou que peritos necessita (não é necessário indicar números);
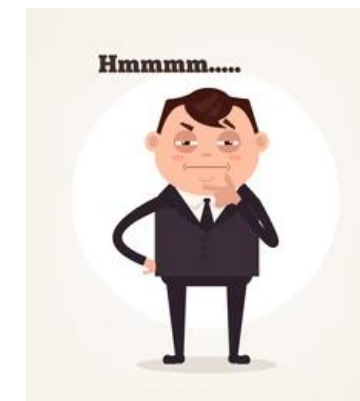
# HORIZON-HLTH-2022-STAYHLTH-01-01-two-stage: Boosting mental health in Europe in times of change

**Expected Outcome:**

This topic aims at supporting activities that are enabling or contributing to one or several impacts of destination 1 "*Staying healthy in a rapidly changing society*". To that end, proposals under this topic should aim for delivering results that are directed, tailored towards and contributing to all of the following expected outcomes:

**EO1**
- Health care professionals, national/regional public authorities and other relevant actors in key settings (e.g. schools, workplaces, etc.):

    **EO1.1**
    o Have access to and apply evidence-based, innovative, cost-effective/cost-neutral, large-scale, comprehensive strategies and interventions for the promotion of mental health and the prevention of mental ill health, targeting the most vulnerable populations;

    **EO1.2**
    o Adopt clinical guidelines, best practices, implementation strategies and policy recommendations (as applicable to them) to mitigate the mental health burden and help cope with the (combined) effects of a transforming Europe (e.g. the socio-economic consequences of the COVID-19 pandemic, climate change, environmental degradation, energy transition, demographic and migration factors, digitalisation, and exponential technological advancements);

**EO2**
- The scientific community together with the public authorities anticipate new and emerging risks to mental health associated with a transforming Europe, contributing to better and inclusive public mental health preparedness.

**EO3**
- Citizens have access to and make use of new tools and services to take informed decisions about their wellbeing and mental health care needs (including for self-management and self-care).

**EO4**
- Citizens feel less stigmatised and marginalised due to their mental ill health.

**Scope:**

Against the backdrop of a transforming Europe and in the midst of a global pandemic, the EU is committed to lead the transition to a healthier planet and a new digital world. The health and wellbeing of its citizens is a prerequisite to achieve this aspiration.

On the one hand, extreme weather and environmental disasters have risen dramatically over the last decade. Links between these events and serious mental health problems, including anxiety, depression, post-traumatic disorder and suicide, have been reported. Moreover, several new words such as "eco-anxiety", "ecoparalysis" and "ecological grief" have been coined to express the acute and/or chronic effects on mental health caused by climate and environmental changes.

On the other hand, digital technologies and the achievement of the Digital Single Market – one of the EU's key priorities – are transforming our economy, our industries as well as our culture and lifestyle. Digitalisation, including digitally-enabled technologies such as robotics and artificial intelligence, are penetrating much faster into societies than in the past and affect us all. Accordingly, the "Fourth Industrial Revolution"' is changing the way we work (e.g. workplaces, working practices and patterns, the workforce and its skills, and how we perceive work) as well as the way we live. The exponential incorporation of digital technologies in our daily lives has already caused profound changes in the way we communicate and is likely to have significant impact (both positive and negative) on mental health and intellectual/cognitive ability, in particular of the youth. Digital platforms can provide mental health support as well as increase social inclusiveness. However, digital technologies also introduce new risks, such as continuous connectivity, cyberbullying and exposure to inappropriate or fake content.

Accordingly, the proposed research should aim to deliver in all three dimensions listed below, focusing on one or several of the (combined) effects of a transforming Europe highlighted in the "Expected Outcomes".

1.  Provide a comprehensive knowledge base of how a transforming Europe can influence mental health in a fast-evolving society, especially in the most vulnerable populations, by consolidating data from relevant sources and/or acquiring new data, and by reviewing existing methodologies.

2.  Develop and implement (pilot and/or scale-up) interventions, which promote wellbeing and prevent mental illness to help cope with and mitigate the stress of a changing society, including digitalisation, climate change and/or other factors highlighted in the "Expected Outcomes". The interventions should target relevant settings (e.g. workplaces, schools) and the most vulnerable populations (e.g. children and adolescents, the elderly, people with pre-existing health conditions and co-morbidities and other high-risk groups such as socio-economic disadvantaged groups, migrants, etc.). Integration of care and coordination among different settings from communities to health care is desirable. The effectiveness of the interventions should be evaluated, inter alia, in terms of health outcomes, (comparative) cost-effectiveness, implementation facilitators and barriers. Depending on the aspects covered by the proposed research, desired outputs may include, but are not limited to:

    o   Evidence-based guidelines for health care professionals on the promotion of mental wellbeing and prevention of mental illness related to ICT and climate and environment change (including screening methods).

    o   Evidenced-based pedagogical practices for education professionals to foster mental health promotion in schools (including higher education) and/or via eLearning.

    o   Consultation during school time to educate students (e.g. on coping with change) and to detect early students at risk.

    o   Educational material and campaigns targeting the most vulnerable groups, (e.g. children and the elderly), disseminated via the most appropriate and effective media and communication channels, to improve health literacy, skills, attitudes and self-awareness leading to a better (self-)management of wellbeing and/or mental ill health.

    o   Studies on occupational mental health in the workplace, in particular in small and medium-sized enterprises, e.g.: i) understanding the impact of a 24-hour digital economy on workers' well-being, also in terms of managerial control mechanisms, work-life balance and privacy and developing/piloting new methods to protect and support workers' well-being in this respect; ii) designing information and training campaigns for workers to integrate the already visible impacts of digitalisation-induced changes into the professional risk assessment processes; iii) developing return-to-work programmes, also exploring innovative collaboration between mental health services, (life-long) education, and employment sectors. This will ensure appropriate support to better integrate individuals affected by mental ill health in the workforce and the society.

3.  Inform policy-makers and regulators on: i) the prevalence and burden of mental ill health related to a transforming European society (e.g. digital technologies, climate change, etc); and/or ii) the effects of a transforming European society (e.g. digitalisation, climate change and transition to "green jobs") on occupational mental health; and/or iii) the (comparative) cost-effectiveness of public mental health interventions/policy choices.

Research should be multidisciplinary, including medical sciences, social sciences, the humanities, and the arts, if relevant. It is important to consider aspects such as (associated) behavioural patterns, stigma and novel social dynamics as well as different socioeconomic, cultural and geographical contexts. In all instances, sex and gender-related issues must be taken into account. All data should be disaggregated by sex, age and other relevant variables, such as by measures of socioeconomic status (i.e. take into account the socioeconomic gradient in mental health). International collaboration is encouraged.

Proposals should involve end-users (including civil society organisations) and/or strategic partners in the design and during the course of the project. Possible end-users and strategic partners could include local or regional authorities, community services, employers, schools/universities, cultural institutions, insurance companies, civil society organisations, communities, among others. Proposals should adopt a patient-centred approach that empowers patients, promotes a culture of dialogue and openness between health professionals, patients and their families, and unleashes the potential of social innovation.

All projects funded under this topic are strongly encouraged to participate in networking and joint activities, as appropriate. These networking and joint activities could, for example, involve the participation in joint workshops, the exchange of knowledge, the development and adoption of best practices, or joint communication activities. This could also involve networking and joint activities with projects funded under other clusters and pillars of Horizon Europe, or other EU programmes, as appropriate. Therefore, proposals are expected to include a budget for the attendance to regular joint meetings and may consider to cover the costs of any other potential joint activities without the prerequisite to detail concrete joint activities at this stage. The details of these joint activities will be defined during the grant agreement preparation phase. In this regard, the Commission may take on the role of facilitator for networking and exchanges, including with relevant stakeholders, if appropriate.

## HORIZON-HLTH-2022-STAYHLTH-01-01-two-stage: Boosting mental health in Europe in times of change

**Contagem de palavras**

- Mental Health -15x
- Well-being – 7x
- Transformations/Transforming/evolving/changing of European society- 6x
- (prevention) Mental ill health- 5x
- Vulnerable groups/populations – 4x
- Settings – 3x

**Outras palavras-chave**

*Public authorities, citizens, school, work*

## 1) Qual(is) o(s) fenómeno(s) observado(s) que motiva(m) a existência deste tópico?

*(…), the EU is committed to lead the transition to a **healthier planet and a new digital world**. The **health and wellbeing of its citizens** is a prerequisite to achieve this aspiration.*

*On the one hand, **extreme weather and environmental disasters have risen dramatically over the last decade. Links between these events and serious mental health problems**, including anxiety, depression, post-traumatic disorder and suicide, have been reported. Moreover, several new words such as "eco-anxiety", "ecoparalysis" and "ecological grief" have been coined to express the **acute and/or chronic effects on mental health caused by climate and environmental changes**.*

*On the other hand, **digital technologies** (…)– **are transforming our economy, our industries as well as our culture and lifestyle. Digitalisation,** including digitally-enabled technologies (…), **are penetrating much faster into societies than in the past and affect us all.** Accordingly, the "Fourth Industrial Revolution"' is changing the way we work (…) as well as the way we live. The exponential incorporation of **digital technologies** in our daily lives has already caused profound changes in the way we communicate and is **likely to have significant impact (both positive and negative) on mental health and intellectual/cognitive ability**, in particular of the youth. Digital platforms can provide mental health support as well as increase social inclusiveness. However, digital technologies also introduce new risks, (…).*
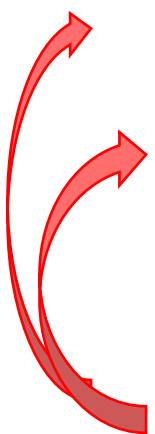
Climate and environmental changes → (negative and/or positive) impact on mental health ← Digital technologies
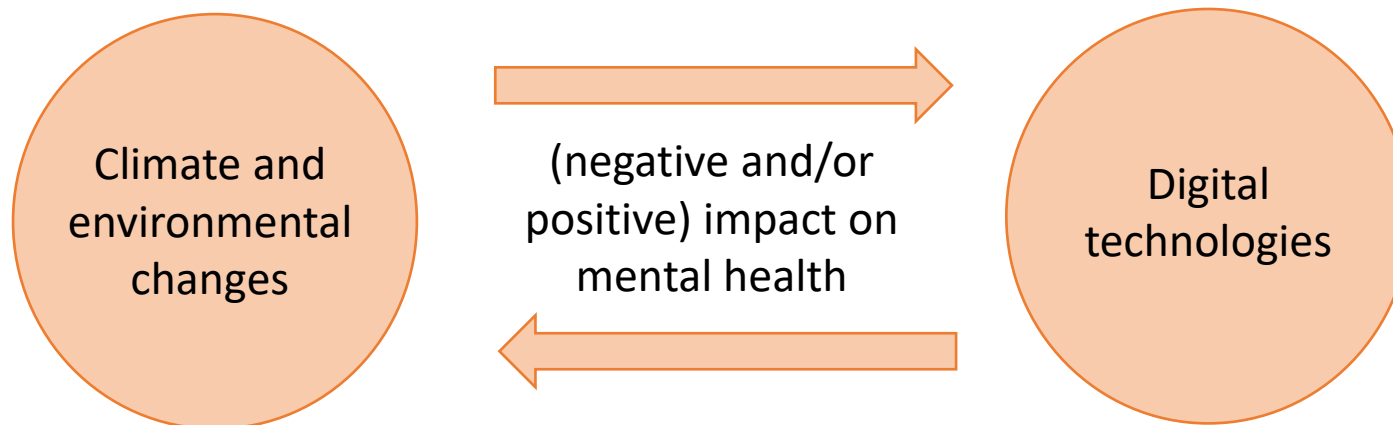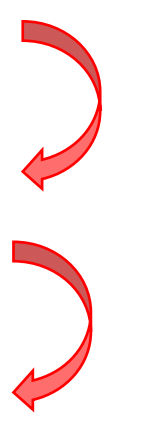
# 2) Qual o objeto de estudo deste tópico e do projeto a ser financiado ao abrigo do mesmo?

**Transformations:**
socio-economic consequences of the COVID-19 pandemic, climate change, environmental degradation, energy transition, demographic and migration factors, digitalisation, and exponential technological advancements, transition to "green jobs")

**Mental Health**

in the context of a

transforming society

w/focus on

vulnerable groups

**Vulnerable groups:**
children and adolescents, the elderly, people with pre-existing health conditions and co-morbidities and other high-risk groups such as socio-economic disadvantaged groups, migrants, etc

**3) Indique 3 grandes ações a ser desenvolvidas no âmbito do projeto a submeter a este tópico, por uma ordem lógica em termos de desenvolvimento;**

1- Provide a comprehensive knowledge base of how a transforming Europe can influence mental health in a fast-evolving society, especially in the most vulnerable populations;

2- Develop and implement (pilot and/or scale-up) interventions, which promote wellbeing and prevent mental illness to help cope with and mitigate the stress of a changing society, including digitalisation, climate change and/or other factors highlighted in the "Expected Outcomes";

3- **Inform policy-makers and regulators on**: i) the prevalence and burden of mental ill health related to a transforming European society (e.g. digital technologies, climate change, etc); **and/or** ii) the effects of a transforming European society (e.g. digitalisation, climate change and transition to "green jobs") on occupational mental health; **and/or** iii) the (comparative) cost-effectiveness of public mental health interventions/policy choices.

**3) quando aplicável, indique considerações a ter (e.g., amostra do estudo) e resultados concretos da(s) ação(ões);**

1- Provide a comprehensive knowledge base of how a transforming Europe can influence mental health in a fast-evolving society, especially in the most vulnerable populations, by

by consolidating data from relevant sources and/or acquiring new data, and by reviewing existing methodologies.

> *Quais os dados e/ou conhecimento a gerar e/ou reunir e rever, dependem da ideia e do que se propõem a desenvolver; o que for, implica ter, como potencial primeira grande atividade do projeto e primeiros resultados uma base de conhecimento compreensiva sobre como podem as transformações que se observam ou futuras influenciar a saúde mental;*

> *Pode constituir 1 grande objetivo do projecto (secção **1.1** do [formulário de candidatura]) e/ou 1 ou 2 work packages (secção **3.1**)*

## 3) quando aplicável, indique considerações a ter (e.g., amostra do estudo) e resultados concretos da(s) ação(ões);

2- Develop and implement (pilot and/or scale-up) interventions, which promote wellbeing and prevent mental illness to help cope with and mitigate the stress of a changing society, including digitalisation, climate change and/or other factors highlighted in the "Expected Outcomes";

2.1 target relevant settings (e.g. workplaces, schools)

2.2 target the most vulnerable populations

2.3 evaluate the effectiveness of the interventions inter alia, in terms of health outcomes, (comparative) cost-effectiveness, implementation facilitators and barriers.

> ➢ *Em suma, propor intervenções para testar a hipótese subjacente (como, por exemplo, através de pilotos e/ou atividades de escalamento de uma tecnologia, método, teoria,etc, com o objetivo de promover bem-estar e saúde mental para mitigar as consequência duma sociedade em mudança, focando num contexto e não descurando grupos vulneráveis – possível focar num grupo. Incluir a avaliação da eficácia das intervenções em termos de impacto, custo-benefício, facilitadores e barreiras;*
>
> ➢ *Pode constituir 1 ou 2 work packages (secção **3.1**.), contribuindo para um grande objetivo relacionado a definir*

Possible outputs

**Evidence-based guidelines** for health care professionals on the promotion of mental wellbeing and prevention of mental illness related to ICT and climate and environment change (including screening methods).

o **Evidenced-based pedagogical practices** for education professionals to foster mental health promotion in schools (including higher education) and/or via eLearning.

o **Consultation** during school time to educate students (…) and to **detect early students at risk**.

o **Educational material and campaigns** (…), disseminated via the most appropriate and effective media and communication channels, to improve health literacy, skills, attitudes and self-awareness leading to a better (self-)management of wellbeing and/or mental ill health.

o **Studies on occupational mental health in the workplace**, in particular in small and medium-sized enterprises, e.g.: i) understanding the impact of a 24-hour digital economy on workers' well-being, also in terms of managerial control mechanisms, work-life balance and privacy and developing/piloting new methods to protect and support workers' well-being in this respect; ii) designing information and training campaigns for workers to integrate the already visible impacts of digitalisation-induced changes into the professional risk assessment processes; iii) developing return-to-work programmes, also exploring innovative collaboration between mental health services, (life-long) education, and employment sectors. This will ensure appropriate support to better integrate individuals affected by mental ill health in the workforce and the society.

➢ *Estes vão depender do contexto e grupo(s) vulnerável(eis) escolhidos;*
➢ *Poderão constituir resultados e nalguns casos deliverables do projecto –secção **3.1** do formulário*

## 3) quando aplicável, indique considerações a ter (e.g., amostra do estudo) e resultados concretos da(s) ação(ões);

3- **Inform policy-makers and regulators on**: i) the prevalence and burden of mental ill health related to a transforming European society (e.g. digital technologies, climate change, etc); **and/or** ii) the effects of a transforming European society (e.g. digitalisation, climate change and transition to "green jobs") on occupational mental health; **and/or** iii) the (comparative) cost-effectiveness of public mental health interventions/policy choices.

> *Deverão produzir informação – compreensível e útil para decisores políticos e reguladores - sobre 1) o impacto da doença mental em relação com a sociedade em transformação; 2) e/ou os efeitos da transformação da sociedade na saúde mental; 3) e/ou custo-benefício de políticas e intervenções públicas para a saúde mental;*

> *Pode depender das escolhas feitas e metodologias aplicadas nas ações 1 e 2, e com base nas resultados das ações 1 e 2;*

> *Pode constituir 1 grande objetivo do projeto (secção 1.1 do formulário); potencialmente 1 ou 2 work package(s) (secção 3.1) e/ou um grande resultado e deliverable(s);*

# 4) Indique para que expected outcome cada ação definida vai contribuir;

**EO1:** Health care professionals, national/regional public authorities and other relevant actors in key settings (e.g. schools, workplaces, etc.):

o **EO1.1** Have access to and apply evidence-based, innovative, cost-effective/cost-neutral, large-scale, comprehensive strategies and interventions for the promotion of mental health and the prevention of mental ill health, targeting the most vulnerable populations **Ação 1 & Ação 2**

o **EO1.2** Adopt clinical guidelines, best practices, implementation strategies and policy recommendations (as applicable to them) to mitigate the mental health burden and help cope with the (combined) effects of a transforming Europe (e.g. the socio-economic consequences of the COVID-19 pandemic, climate change, environmental degradation, energy transition, demographic and migration factors, digitalisation, and exponential technological advancements); **Ação 2 & Ação 3 diretamente; Ação 1 indiretamente;**

**EO2:** The scientific community together with the public authorities anticipate new and emerging risks to mental health associated with a transforming Europe, contributing to better and inclusive public mental health preparedness. ); **Ação 3**

**EO3:** Citizens have access to and make use of new tools and services to take informed decisions about their wellbeing and mental health care needs (including for self-management and self-care). ); **Ação 2 & Ação 3**

**EO4:** Citizens feel less stigmatised and marginalised due to their mental ill health. ); **indiretamente: Ação 1 & Ação 2 & Ação 3**

> ➢ *Expected outcomes muito transversais ao scope;*
>
> ➢ *Plano de Disseminação, Comunicação e Exploração de resultados (secção **2.2** do formulário) fundamental para projeto contribuir para estes EOs*

## 5) Indique considerações gerais a ter no projeto;

Research should be multidisciplinary, including medical sciences, social sciences, the humanities, and the arts, if relevant. It is important to consider aspects such as (associated) behavioural patterns, stigma and novel social dynamics as well as different socioeconomic, cultural and geographical contexts.

> *Aspetos a ser considerados no consórcio e composição da equipa;*
>
> *Abordados na secção **1.2** do formulário: Explain how expertise and methods from different disciplines will be brought together and integrated in pursuit of your objectives. If you consider that an inter-disciplinary approach is unnecessary in the context of the proposed work, please provide a justification; For topics where the work programme indicates the need for the integration of social sciences and humanities, show the role of these disciplines in the project or provide a justification if you consider that these disciplines are not relevant to your proposed project.*
>
> *& secção **3.2**-*Capacity of participants and consortium as a whole

In all instances, sex and gender-related issues must be taken into account. All data should be disaggregated by sex, age and other relevant variables, such as by measures of socioeconomic status (i.e. take into account the socioeconomic gradient in mental health).

> *Aspetos a ser considerados e abordados na metodologia – secção **1.2** do formulário:*
>
> *Describe and explain the overall methodology, including the concepts, models and assumptions that underpin your work. Explain how this will enable you to deliver your project's objectives. Refer to any important challenges you may have identified in the chosen methodology and how you intend to overcome them. & Describe how the gender dimension (i.e. sex and/or gender analysis) is taken into account in the project's research and innovation content [e.g. 1 page]. If you do not consider such a gender dimension to be relevant in your project, please provide a justification*

## 5) Indique considerações gerais a ter no projeto;

**Proposals should involve end-users** (including civil society organisations) and/or strategic partners **in the design and during the course of the project**. Possible end-users and strategic partners could include local or regional authorities, community services, employers, schools/universities, cultural institutions, insurance companies, civil society organisations, communities, among others. **Proposals should adopt a patient-centred approach** that empowers patients, promotes a culture of dialogue and openness between health professionals, patients and their families, and unleashes the potential of social innovation.

> ➢ *Aspetos a ser considerados no consórcio- ao nível das entidades e composição da equipa e/ou nas atividades do projeto, nomeadamente, Metodologia (secção **1.2**), Plano de Disseminação, Comunicação e Exploração (secção 2 do impacto); na secção **3.1** (na descrição das tarefas de cada Work-package) e potencialmente secção **3.2** -Capacity of participants and consortium as a whole*

All projects funded under this topic are strongly encouraged to participate in **networking and joint activities**, as appropriate. These networking and joint activities could, for example, involve the participation in joint workshops, the exchange of knowledge, the development and adoption of best practices, or joint communication activities. This could also involve networking and joint activities with projects funded under other clusters and pillars of Horizon Europe, or other EU programmes, as appropriate. Therefore, **proposals are expected to include a budget for the attendance to regular joint meetings** and may consider to cover the costs of any other potential joint activities without the prerequisite to detail concrete joint activities at this stage. The details of these joint activities will be defined during the grant agreement preparation phase. In this regard, the Commission may take on the role of facilitator for networking and exchanges, including with relevant stakeholders, if appropriate.

> ➢ *Aspetos a ser considerados nas atividades- secção **3.1** do formulário e no orçamento e eventualmente no Plano de Disseminação, Comunicação e Exploração (secção 2 do impacto)*

**6) Qual o consórcio indicado para este projeto: identifique tipo de entidades a participar e/ou que peritos necessita (não é necessário indicar números);**

- Peritos em saúde mental (e.g., psicologia, ciências médicas);

- Peritos em comportamento, diferenças em contextos culturais e sociais, envolvimento do utilizador (sociologia, psicologia);

- Peritos em políticas públicas e/ou regulamentação relevante;

- Entidades como administração pública (e.g., direções gerais de saúde), escolas; associação de representantes de grupos de risco; pequenas e médias empresas; os ditos *practitioners;*

- Peritos dependem dos objetivos descritos no tópico e da própria proposta.

## **Dicas gerais**

O tópico:

1) Desafio(s) – o que necessita ser abordado
*Gerais– Destination; Específico- Tópico*

2) Outcomes & Impacto – Resultados e efeitos a médio e longo prazo a ser atingidos através das ações de I&I
*Gerais– Destination; Específico- Tópico*

3) Prioridades políticas da UE– metas globais para as quais as ações de I&I irão contribuir

4) Descrição sobre o que deverá ser realizado para atingir 2) alinhado com 3) para responder a 1)

5) Como? – a cargo dos candidatos (e descrito na proposta)

 - **analisar o tópico em paralelo com o formulário de candidatura; ligar ambos;**

 - **justificar escolhas (inclui, por vezes, justificar 'ausência' de aspetos);**

 - **estudar tópicos anteriores e projetos financiados ao abrigo do mesmo- analisar o respetivo *match***

# Exercício 2 – Como desenvolver um Impact Canvas

- O objetivo do exercício é discutir em conjunto uma abordagem para o desenvolvimento de um Impact Canvas e como este poderá ajudar no desenvolvimento do Impact Pathways.

- Irão desenvolver este exercício em 5 pequenos grupos, que irão discutir internamente como preencher o canvas

- Neste exercício a ideia é ir buscar ao texto a informação necessária para o canvas e todas aquelas ideias de atividades transversais que possam surgir na discussão

- Nos últimos 15/20 minutos termos um perido de discussão onde cada grupo irá partilhar um pathway que desenharam para o canvas que será discutido entre todos.

# Part B - Criteria

## EXCELLENCE

- Objectives and ambition

- Methodology

## IMPACT

- Project's pathways towards impact

- Measures to maximise impact - Dissemination, exploitation and communication

- Summary of key elements of the impact section (table)

## IMPLEMENTATION

- Work plan and resources

- Capacity of participants and consortium as a whole

- List of work packages and work package description

- List of Deliverables

- List of milestones

- Staff effort

# Impact

**HORIZON EUROPE LEGISLATION defines three types of impact, tracked with Key Impact Pathways**



**Scientific Impact**
1. Creating high-quality new knowledge
2. Strengthening human capital in R&I
3. Fostering diffusion of knowledge and Open Science

**Societal Impact**
4. Addressing EU policy priorities & global challenges through R&I
5. Delivering benefits & impact via R&I missions
6. Strengthening the uptake of R&I in society

**Economic/ Technological Impact**
7. Generating innovation-based growth
8. Creating more and better jobs
9. Leveraging investments in R&I

*Article 50 & Annex V 'Time-bound indicators to report on an annual basis on progress of the Programme towards the achievement of the objectives referred to in Article 3 and set in Annex V along impact pathways'*

Adopted from the European Commission

# Impact implementation

## IMPACT CRITERION
### aspects to be taken into account

- Credibility of the pathways to achieve the expected outcomes and impacts specified in the work programme, and the likely scale and significance of the contributions due to the project.

- Suitability and quality of the measures to maximise expected outcomes and impacts, as set out in the dissemination and exploitation plan, including communication activities
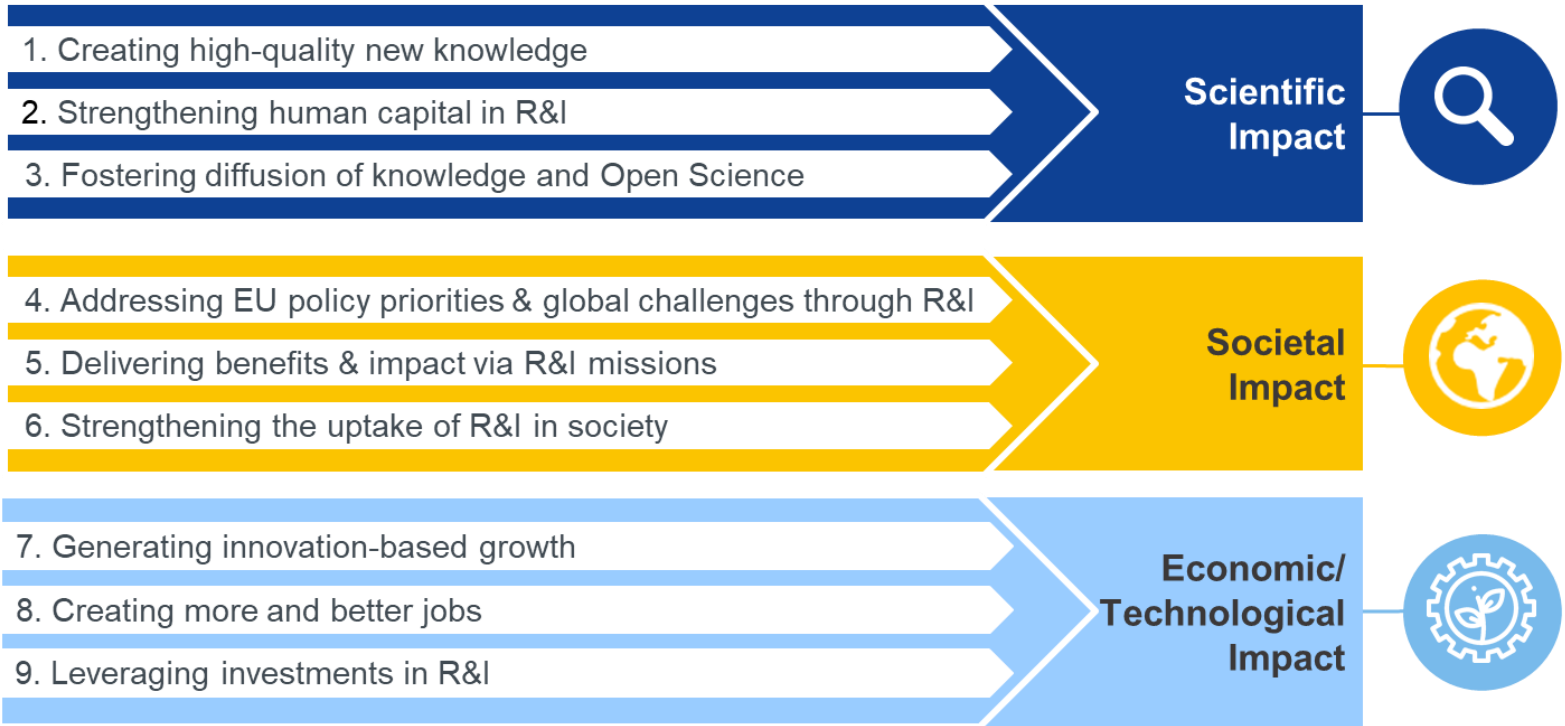
## STRUCTURE OF THE IMPACT SECTION

- Projet's pathways towards impact

- Measures to maximise impact - Dissemination, exploitation and communication

# Link between policy priorities and project results

**Strategic Planning and Programming (EC)**

STRATEGIC PLAN

WORK PROGRAMME

| | |
|---|---|
| **EU POLICY PRIORITIES** | Overall priorities of the European Union (Green Deal, Fit for the Digital Age,…) |
| **KEY STRATEGIC ORIENTATIONS** | Set of strategic objectives within the EC policy priorities where R&I investments are expected to make a difference |
| **IMPACT AREAS** | Group of expected impacts highlighting the most important transformation to be fostered through R&I |
| **EXPECTED IMPACTS = DESTINATIONS** | Wider long term effects on society (including the environment), the economy and science, enabled by the outcomes of R&I investments (long term). It refers to the specific contribution of the project to the work programme expected impacts described in the destination. Impacts generally occur some time after the end of the project. |
| **EXPECTED OUTCOMES = TOPICS** | The expected effects, over the medium term, of projects supported under a given topic. The results of a project should contribute to these outcomes, fostered in particular by the dissemination and exploitation measures. This may include the uptake, diffusion, deployment, and/or use of the project's results by direct target groups. Outcomes generally occur during or shortly after the end of the project. |
| **PROJECT RESULTS** | What is generated during the project implementation. This may include, for example, know-how, innovative solutions, algorithms, proof of feasibility, new business models, policy recommendations, guidelines, prototypes, demonstrators, databases and datasets, trained researchers, new infrastructures, networks, etc. Most project results (inventions, scientific works, etc.) are 'Intellectual Property', which may, if appropriate, be protected by formal 'Intellectual Property Rights' |

**Application process (researchers)**

PROJECT PROPOSALS

Adapted from European Commission

# Measures to maximise impact

**Dissemination, exploitation and communication** To include a draft plan in proposal is an admissibility condition, unless the work programme topic explicitly states otherwise.

All measures should be proportionate to the scale of the project, and should contain concrete actions to be implemented both during and after the end of the project

## Elements of the D&E&C plan

- **Planned measures** to maximise the impact of projects
- **Target groups** (e.g. scientific community, end users, financial actors, public at large) and **proposed channels** to interact
- **Communication measures** for promoting the project and its findings throughout the full lifespan of the project
- **Policy feedback** measures to contribute to policy shaping and supporting the implementation of new policy initiatives and decisions
- Follow-up plan to foster **exploitation/uptake** of the results
  - Comprehensive and feasible strategy for the **management of the intellectual property** (the provision of a results ownership list is mandatory at the end of the project)
  - If exploitation is expected primarily in non-associated third countries, give a convincing justification that this is still in the Union's interest.

# HORIZON-HLTH-2022-STAYHLTH-01-01-two-stage: Boosting mental health in Europe in times of change

## Expected Outcome:
- Health care professionals, national/regional public authorities and other relevant actors in key settings (e.g. schools, workplaces, etc.)…
- The scientific community together with the public authorities…
- Citizens have access to and make use of new tools and services to take informed decisions …
- Citizens feel less stigmatised and marginalised due to their mental ill health.

## Scope:
1. Provide a comprehensive knowledge base of how a transforming Europe can influence mental health in a fast-evolving society…
2. Develop and implement (pilot and/or scale-up) interventions, which promote wellbeing and prevent mental illness…
3. Inform policy-makers and regulators on…

# Impact Pathway canvas
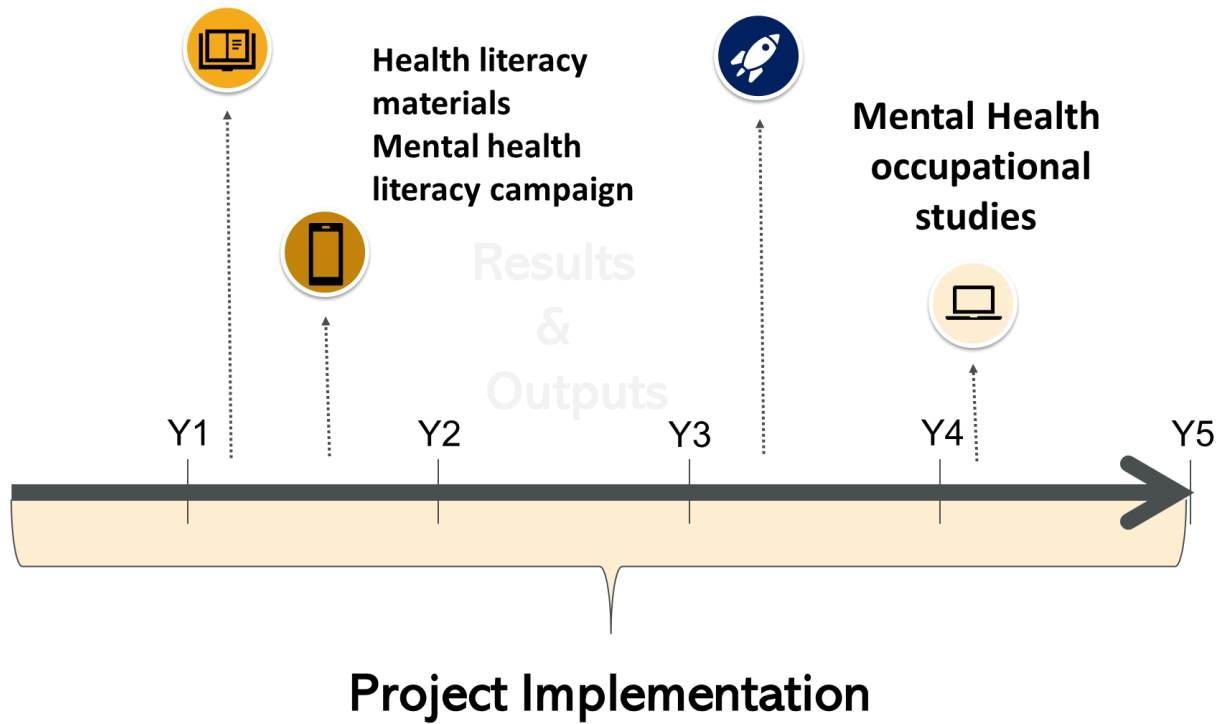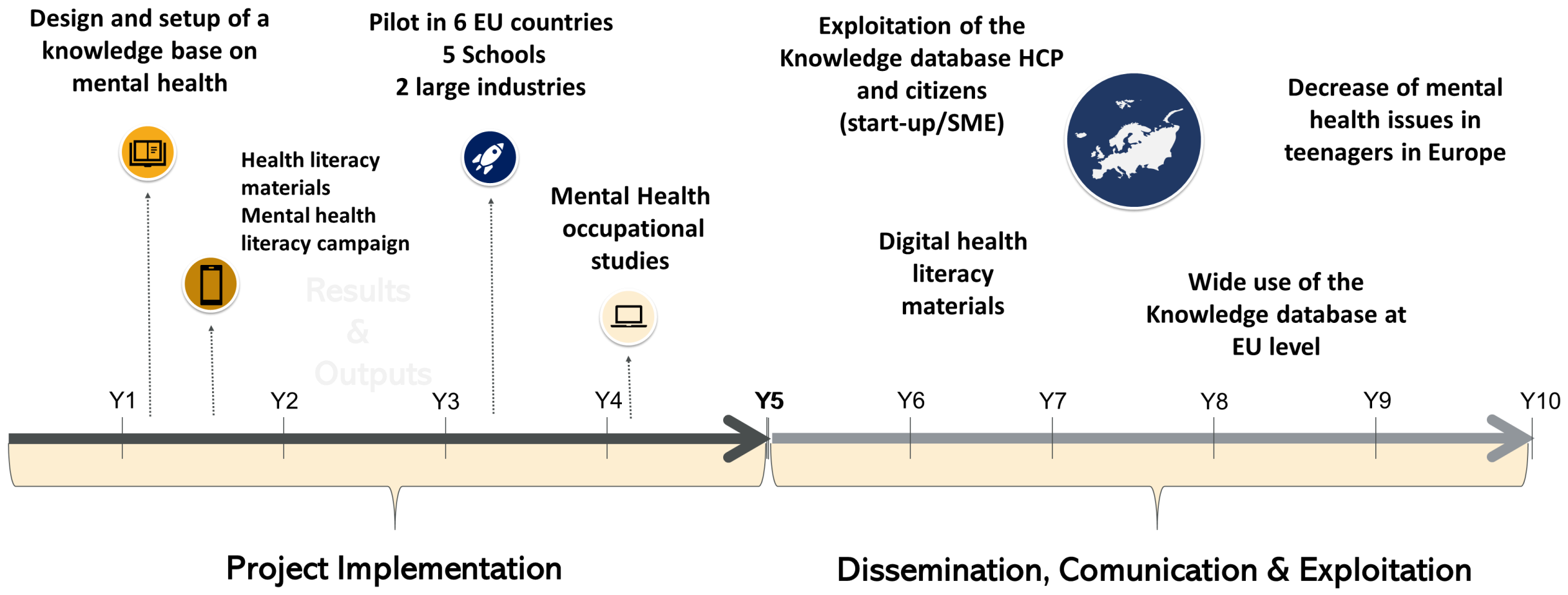
## Specific Needs
What are the specific needs that triggered this project?

## Expected results
What do you expect to generate by the end of the project?

## Dissemination, Exploitation, Communication measures
What dissemination, exploitation and communication measures will you aply to the results?

## Target groups
Who will use or further up-take the results of the project? Who will benefit from the results?

## Outcomes
What change do you expect to see after successfull dissemination and exploitation of project results to the targest groups ?

## Impacts
What are the expected wider scientific, economic and societal effects of the project contributing to the expected impacts outlined in the respective destination in the work programme?

HORIZON EUROPE    PERIN    ANI' AGÊNCIA NACIONAL DE INOVAÇÃO    fct Fundação para a Ciência e a Tecnologia    AICIB    AGÊNCIA ESPACIAL PORTUGUESA    CIÊNCIA VIVA

# Impact Pathway canvas

## Specific Needs
What are the specific needs that triggered this project?

Increase of mental health awareness and self care at EU level

## Expected results
What do you expect to generate by the end of the project?

Pilot in 6 EU countries
5 Schools

Literacy campaign

## Dissemination, Exploitation, Communication measures
What dissemination, exploitation and communication measures will you aply to the results?

Health days focused on mental health

## Target groups
Who will use or further up-take the results of the project? Who will benefit from the results?

Students (High school)

## Outcomes
What change do you expect to see after successfull dissemination and exploitation of project results to the targest groups ?

Students are aware of the issue of mental health and burnout

## Impacts
What are the expected wider scientific, economic and societal effects of the project contributing to the expected impacts outlined in the respective destination in the work programme?

Decrease the incidence of mental Health in high school students

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# Impact Pathway canvas

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# Tips and Good Practices

Impacts ≠ Results

Be oriented to your end-users / market / stakeholders

Use KPIs

Address all the relevant expected impacts from the Destination

Identify barriers

Align impact with Dissemination, Communication & Exploitation

Use these activities to maximise impact

Look at the big-picture – and think beyond the obvious impacts