



Making an impact for young people

Loneliness

www.join-us.nu | info@join-us.nu

Introduction



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Our mission



**Join Us addresses and
tackles loneliness in
the lives of young
people.**



What are your first thoughts when you hear the word 'loneliness'?



Or go to [Menti.com](https://www.menti.com) and fill in the number **73349326**





Underlying mechanisms



Limited social
environment



Limited social skills



Negative thoughts



NOS





Hawkley, & Cacioppo (2010)

Interventions that break the downward spiral are the most effective.



WHAT CAN WE DO?

- Expand social contact
- Improve social skills
- **Cognitive behavioral therapy**



Hawkley, & Cacioppo, 2010



Tackle loneliness



Positive experiences
with peers



Knowledge about
behaviour with regard to
loneliness



realistic image of oneself
and environment



Sufficient social skills

**JOIN
US**

Method



**JOIN
US**

The road to Join Us



1. **Referral**
Social work, schools,
family doctor



2. **Personal initiative**
Via Google or social
media



3. **Media**
News Programs,
magazines



Group intervention on location



Online group intervention



Online meeting spot



Education for professionals.

Primary prevention

Prevent loneliness



social self-reliance

happy

friends

belonging

Secondary prevention

Tackle incipient loneliness



few complaints



feeling alone

sad

Tertiary prevention

Tackle long-term loneliness



suicidal thoughts

depression

loneliness

addiction

physical complaints

early drop-out

less social skills
limited access to social contacts
negative bias

happiness

loneliness

depression



Join Us locations



Groups of 12 to 18 years
and 18 to 25 years old



2 meetings each month



Maximum 15
participants



Continuous
inflow and outflow
(participation \pm 1 year)



Two youth professionals
(HBO) each group



**JOIN
US**

Join Us

- evidenced based program
- training and coaching
- support the recruitment
- securing quality



Social Work

- program execution
- two youth professionals



Municipality

- facilitate the program



Questionnaires



Impactmonitor

Wie zijn deze jongeren?

37 meiden
35 jongens
2 neutraal

74 deelnemers in totaal

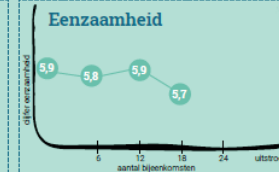
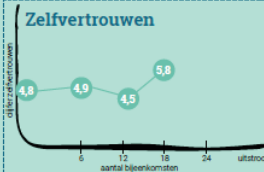


33 uitgestroomd

25 deelnemers 12-18 jaar
16 deelnemers 18-25 jaar

4 groepen

Hoe voelen deze jongeren zich?



Gemiddelde
duur deelname:
42 weken

8,9
De begeleiders van
Join Us helpen op een
prettige manier

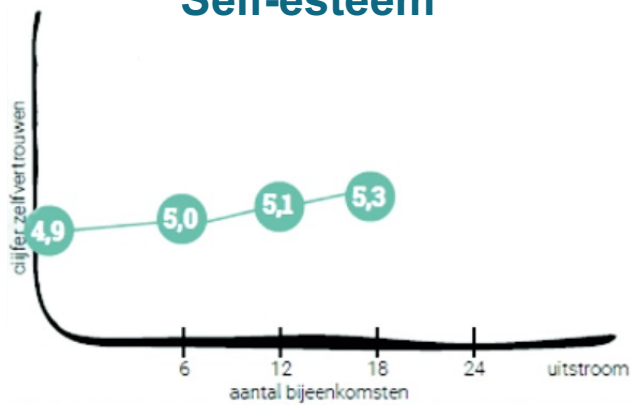


Impact



Youngsters rate
Join Us
with a 8.2

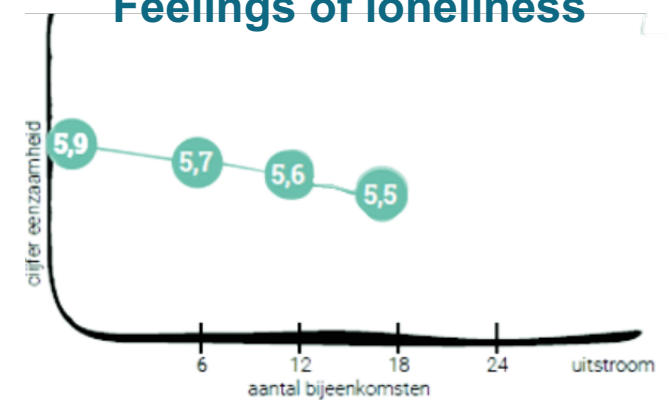
Self-esteem



Social skills



Feelings of loneliness



1445

Participants in 2021





Ministerie van
Volksgezondheid,
Welzijn en Sport

Active in 60 municipalities



kennis en aanpak van
sociale vraagstukken



Nederlands
Jeugdinstituut

First recognized methodology
in tackling loneliness among
young people



Collaborations






Our ambassadors

"I wish there was Join Us in the past," says Glenn (Typhoon) "I know what it feels like not to be seen, that's why I'm an ambassador. Hopefully I will lower the barrier for young people to seek help. You are not alone"



A woman with long, wavy brown hair and a slight smile is shown from the chest up. She is wearing a patterned top with blue, yellow, and red designs. The background is a blurred outdoor scene with greenery and a building.

**At Join Us, we're committed to discuss
and reduce loneliness among youngsters,**



Any questions?

**JOIN
US**



**JOIN
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**Thanks for your
attention!**

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