

The 'Escape to Happiness' project is a collaborative initiative that brings together partners from different countries, each contributing their unique skills and experiences to address mental health issues in adult learners. The project employs an innovative 'escape room' concept to engage learners in a unique, interactive learning environment that promotes mental well-being. To ensure the project's effectiveness, a competence matrix and Bloom's taxonomy have been developed. These tools provide a comprehensive framework for understanding the knowledge, skills, attitudes, and learning outcomes necessary for both adult learners and educators. They guide the project's design and implementation, ensuring it effectively addresses mental health issues and equips adult educators with the necessary resources. The project is a testament to the power of collaborative learning and innovative educational strategies in promoting mental health and well-being

Knowledge				
Competence	Description	Adult Learners	Adult Educators	Learning Outcomes
Mental Health Awareness	Knowledge about mental health issues, their causes, symptoms, and potential treatments.	✓	✓	Understand the basics of mental health, including common issues, their causes, and potential treatments. Increase adult learners' skills to take care of their own mental health.
Self-Care	Knowledge and skills to take care of one's own physical and mental health.	✓	✓	Understand the importance of self-care and learn strategies for maintaining physical and mental health.
Digital Literacy	Ability to use digital tools and platforms, which can be particularly useful for online resources or virtual escape rooms.	✓	✓	Understand how to use digital tools and platforms effectively for learning and communication.
Mental Health First Aid	Knowledge and skills to help someone who is developing a mental health problem or experiencing a mental health crisis.		✓	Understand how to provide initial help to people experiencing mental health problems or crises.
Mindfulness Practices	The cultivation of awareness and presence in the current moment, without judgment.	✓	✓	Understand the importance of mindfulness. Develop the ability to integrate mindfulness practices into their daily lives, demonstrating proficiency in techniques such as mindful breathing, meditation, and present-moment awareness.
Skills				
Competence	Description	Adult Learners	Adult Educators	Learning Outcomes
Communication Skills	Ability to express thoughts and feelings clearly and effectively, and to listen to others.	✓	✓	Improve communication skills, including expressing thoughts and feelings and active listening.
Problem-Solving Skills	Ability to identify problems and develop effective solutions, particularly in stressful or challenging situations.	✓	✓	Develop problem-solving skills, including identifying problems and developing effective solutions. Increased crisis resilience.
Teamwork and Collaboration	Ability to work effectively with others, which is crucial for group activities like escape rooms.	✓	✓	Improve teamwork and collaboration skills, including working effectively with others in group activities.
Adaptability	Ability to adjust to new conditions or changes in the environment, which is key for navigating escape rooms and dealing with mental health issues.	✓	✓	Improve adaptability, including adjusting to new conditions or changes in the environment.
Facilitation Skills	Ability to guide and manage learning experiences for others, particularly in an escape room setting.		✓	Develop facilitation skills, including guiding and managing learning experiences for others.
Pedagogical Skills	Knowledge of teaching methods and strategies that are effective for adult learners, particularly those dealing with mental health issues.		✓	Develop pedagogical skills, including understanding and applying effective teaching methods and strategies for adult learners.

Resource Development	Ability to develop and adapt resources to meet the needs of learners, particularly in relation to mental health and escape rooms.		✓	Develop resource development skills, including developing and adapting resources to meet the needs of learners.
Assessment and Evaluation	Ability to assess learners' progress and evaluate the effectiveness of the learning experience.		✓	Develop assessment and evaluation skills, including assessing learners' progress and evaluating the effectiveness of the learning experience.
Emotional Intelligence	The ability to perceive, understand, manage, and effectively navigate one's own emotions and those of others.	✓	✓	Develop the skill to recognize and manage emotions, accurately interpret emotional cues in others, and utilize this understanding to enhance communication, collaboration, and conflict resolution in personal and professional settings.
Managing Group Dynamics	The skill to understand, navigate, and shape the interactions, relationships, and behaviors within a group or team.		✓	Develop ability to analyze and manage group dynamics, fostering a positive atmosphere that encourages active participation, diverse perspectives, and constructive interactions.
Flexibility	The skill to adapt assessment methods to support learners' well-being and mental health needs. Educators with this competence can create assessment approaches that reduce stress, anxiety, and pressure, fostering a positive learning environment that promotes both academic success and mental well-being.		✓	Develop the ability to design assessments that consider the potential impact on learners' mental health, offering alternatives that accommodate diverse cognitive and emotional needs.
Attitudes				
Competence	Description	Adult Learners	Adult Educators	Learning Outcomes
Empathy	Ability to understand and share the feelings of others, particularly those dealing with mental health issues.	✓	✓	Develop empathy, including understanding and sharing the feelings of others.
Resilience	Ability to cope with stress and adversity, and to recover from difficult situations.	✓	✓	Develop resilience, including coping with stress and adversity and recovering from difficult situations.
Respect for Diversity	Understanding and appreciation of the diverse experiences and backgrounds of others, particularly in relation to mental health.	✓	✓	Develop respect for diversity, including understanding and appreciating the diverse experiences and backgrounds of others.
Self-awareness	The ability to accurately recognize and understand one's own emotions, thoughts, behaviors, strengths, weaknesses, values, and motivations.	✓	✓	Develop the ability to accurately identify and understand emotions, thoughts, strengths, weaknesses, values, and motivations, and apply this self-awareness to make informed decisions, manage emotions, and communicate effectively in personal and professional contexts.
Stress Management	The ability to recognize, understand, and effectively manage stressors that impact one's physical, emotional, and mental well-being. Individuals with this competence possess a range of techniques and strategies to mitigate the effects of stress, promoting resilience and overall health.	✓	✓	Develop the ability to proactively recognize, assess, and manage stress, employing a range of evidence-based techniques to enhance well-being and maintain resilience in both personal and professional contexts.