



Newsletter #2 | December 2024 – June 2025

Discover Support4Resilience in 2 minutes



Springing into resilience



Annual Meeting in Nicosia, Cyprus

March 26–28, 2025

The [Support4Resilience consortium](#) met in Nicosia for its face-to-face Annual Meeting, hosted by the University of Cyprus.

Over three days, partners exchanged insights on data collection, analysis, and communication strategy, while advancing the development of the [S4R Toolbox](#). The sessions reinforced team spirit and shared purpose, energising our next steps toward more resilient care systems.

Elderly Care in focus at EHMA 2025, Rennes

June 4–6, 2025

At the [EHMA 2025 Conference](#) in Rennes, Support4Resilience took part in the session “*Mental wellbeing, resilience, and support for healthcare workers*”. [Anna-Kaisa Vartiainen](#) presented findings from a systematic review on organisational interventions supporting elderly care workers and informal caregivers.

The session highlighted how emotional preparedness, compassionate leadership, and systemic strategies can foster a healthier, more resilient workforce. The session highlighted how emotional preparedness, compassionate leadership, and systemic strategies can foster a healthier, more resilient workforce.



Keynote at the International Forum on Quality and Safety in Healthcare, Utrecht

May 21–23, 2025

Our project took the spotlight during the closing keynote of the [International Forum on Quality and Safety in Healthcare 2025](#). The session highlighted five key areas to build resilience in care systems, drawing directly from Support4Resilience research.



Support4Resilience at the R&I Policy Event on Mental Health, Brussels

February 18, 2025

Support4Resilience was presented at the R&I Policy Event on Mental Health in Brussels, alongside the [Apollo2028](#) and [Wellcare](#) projects. Together, these initiatives explore how to strengthen resilience and mental well-being among healthcare workers, leaders, and informal caregivers across Europe. The session highlighted how research can inform policy and support more adaptable, responsive health systems.



Presenting the project at the OECD, Paris

January, 2025

Siri Wiig, Principal Investigator of the project, presented Support4Resilience to the OECD, highlighting our work on resilience and adaptive capacity in long-term care. The session also recognised the contribution of Kate de Bienassis, OECD representative and member of our Expert Advisory Board. A valuable exchange that reinforces the project's international reach and relevance.



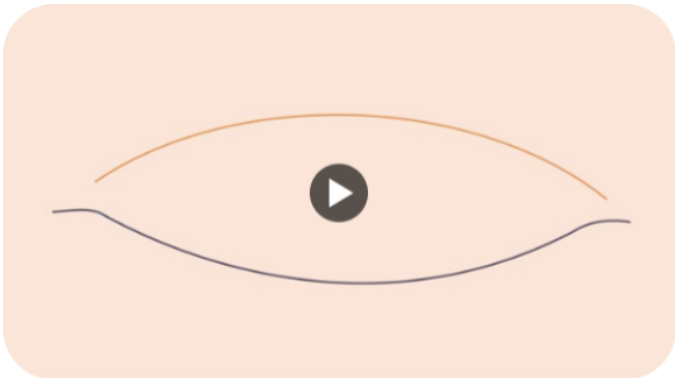
We're on air, animated and online!

Launch of The S4R Podcast

We're live! The Support4Resilience project launches its new podcast series, *Supporting Resilience in Healthcare*, shining a spotlight on the mental well-being of healthcare workers and caregivers.

In the first episode, host [Shalini Frøiland](#) speaks with Principal Investigator [Siri Wiig](#) about the challenges facing elderly care and how the S4R Toolbox aims to provide practical, research-based solutions. Discover the story behind the project, the power of international collaboration, and what's coming next.

[Listen here](#)



We celebrate the World Day for Safety and Health at Work

On April 28, we celebrated this important day with the launch of our animated explainer video. The video—and the Support4Resilience project—[was featured by HaDEA](#) and shared across EU networks, highlighting our commitment to safer, more resilient care environments.

[Watch here](#)

Caring for the Caregivers - The S4R Podcast

The Support4Resilience podcast returns with a powerful second episode focused on the people at the heart of elderly care: professional and informal caregivers.

Host [Daniel Adrian Lungu](#) is joined by PhD candidate [Maha Kamran](#) to explore the emotional and psychological toll of caregiving, the roots of stress and burnout, and what can be done to build better support systems. Based on real-life experiences and ongoing research, this episode lays the foundation for future findings within the project.

[Listen here](#)

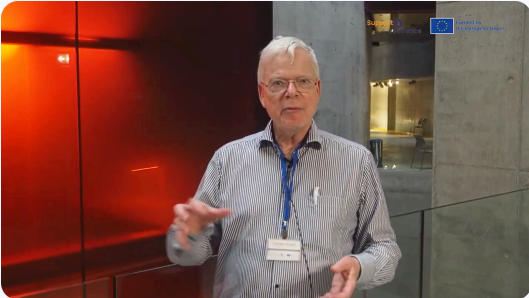


#DefiningResilience

What does resilience mean? In our weekly video series [#DefiningResilience](#), project members take on this question from fresh and creative angles. Each episode begins with a spin of our "challenge wheel" that sets the tone: from free definitions to metaphors or even negative framing. The result? A diverse collection of personal and professional perspectives that reveal just how rich—and complex—resilience can be.



[Watch Siri Wiig](#)



[Watch Carsten Engel](#)



[Watch Cecilie Haraldseid-Driftland](#)

#BehindTheProject

Who's behind Support4Resilience? In our [#BehindTheProject](#) series, we spotlight the people making it all happen—from researchers and coordinators to data analysts and communication leads. Through short, informal videos, team members share what drives their work and how their roles connect to the bigger picture. It's our way of putting faces and voices to the mission.



Watch Martijn Felder



Watch Shalini Frøiland



Watch Florin Tibu



What we're reading

Looking to dive deeper into resilience and mental well-being? Here are some recent publications and resources aligned with the themes of Support4Resilience:

A systematic literature review of the relationship between management and resilience in healthcare

This recent review, published in *Applied Ergonomics*, explores how management strategies influence resilience in healthcare organisations.

Led by [Malin Knutsen Glette](#) and co-authored by several members of the Support4Resilience team, the study identifies seven key themes—ranging from adaptation and innovation to collaborative learning—that shape resilient systems. A valuable resource for anyone working at the intersection of leadership and quality of care.

[Read more](#)

Application of GMB in implementation research: A systematic review of the public health and healthcare literature

Ever heard of Group Model Building (GMB)? It's a participatory method that helps communities and decision-makers design smarter, more inclusive responses to complex challenges.

This review—by researchers from the [CUNY Center for Systems & Community Design](#) and the [NYU-CUNY Prevention Research Center](#)—shows how GMB has been applied across health and care systems, resulting in stronger interventions, improved communication, and real policy change.

[Read more](#)

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