

The pre-defined project

„Improving the Support System for Children and Youth at Risk“

Estonia

April 2013 – April 2017



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The Concept for Improving the Support System for Children and Youth at Risk

The concept describes the main challenges at establishing the cross-sectorial (healthcare, legal protection, education, welfare system, etc.) support system for children and youth at risk, and recommends the most vital courses of action to the state.

Working group: MoER, MoJ, MoIA, MoSA and an expert from the project 's donor partner – the Norwegian Directorate for Children, Youth and Family Affairs.

The Document gives suggestions for developing the cross-sectorial support system for children and youth at risk:

- Enacting cross-sectorial strategic information exchange, coordination and responsibility
- Goal-setting and funding mechanisms based of data, research and analysis
- Unifying and prioritizing preventive activities
- More effective use of local networks
- Supporting specialists in competence-building
- Creating regional competence and coordination units for children and families

http://www.sm.ee/sites/default/files/elfinder/article_files/consept_for_improving_the_support_system_for_children_and_youth_at_risk_0.pdf

Positive parenting programme „Incredible Years“

Group methods: setting personal goals, role play practices, self reflection, facilitator feedback, and home or classroom activities

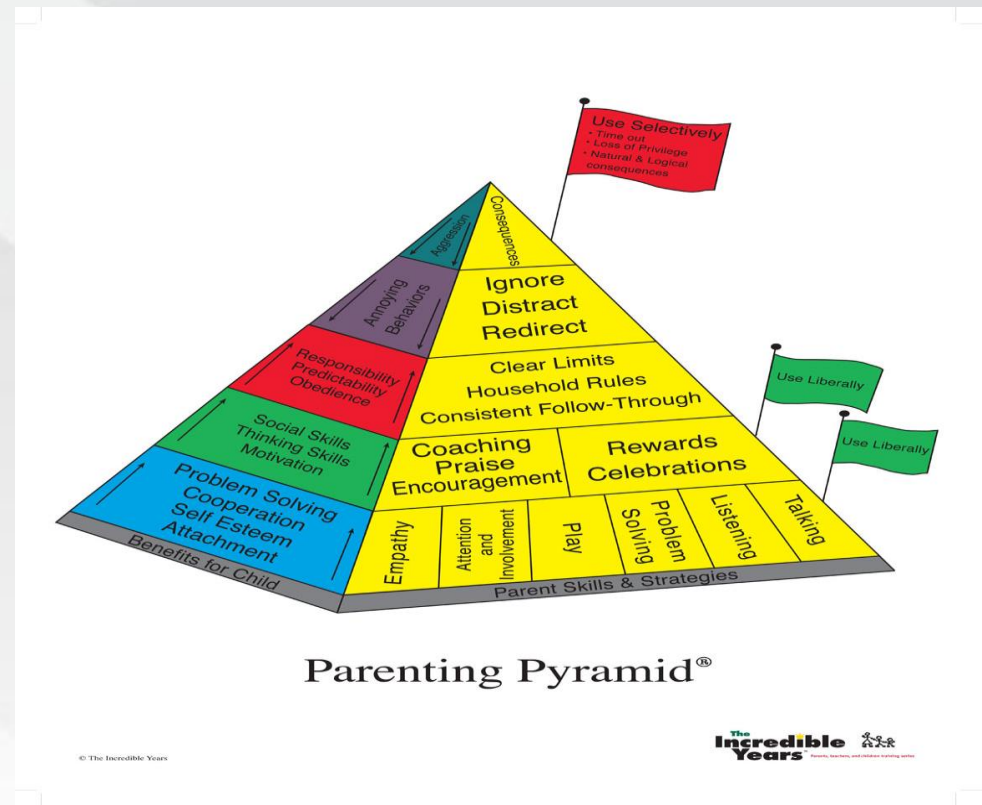
Participants: 10-14

Group leaders: 2 trained group leaders

Sessions: 2 to 2.5 hours long and conducted at weekly intervals (6 weeks)

Topics:

- ✓ Child development through play
- ✓ Increasing empathy
- ✓ Methods of conflict resolution
- ✓ Rules, routines and effective limit setting
- ✓ Handling misbehaviour
- ✓ Using praise and incentives to encourage cooperative behaviour
- ✓ Parental stress management methods



Provided for each session: food, child care, transportation



Impact of the Incredible Years program

Impact on children

- Improved social skills and self control
- Better mental health, less behaviour problems and use of related services
- Increased school readiness, less use of special needs assistant in school
- Increased academic achievement in school
- Less substance use
- Less criminal activity, captivity and related service use

Impact on parents

- Improved social skills and self control
- Better mental health, less stress, depression and use of related services
- Less violence in relationship, less mistreatment and neglect of children
- Better productiveness at workplace, less unemployment

The IY cost-benefit model

Field of impact	Long term impact if conduct problems are developed (international longitudinal studies)	Data on costs available in Estonia
Academic achievements	Decreased probability to drop out from high school – 7%	Costs related to not completing high school (income, taxes, health capital, etc)
Criminal activity	Decreased probability to commit a crime – 10%	Costs related to crime control, dealing with the results and imprisonment (violent crimes)
Success in labor market	Longer period of unemployment during youthhood – 5 months	Cost of support and compensation related to unemployment

- Long term benefit-cost ratio: 1 € spent on IY program = 14,3 € gained (cost saved – 12 200 €, cost of IY program per child – 852 €).
- Impact not in model: less use of health and social services, impact on parents (depression, stress).

MDFT is a multi-systemic approach that includes all areas of the adolescent's life. MDFT services are able to be provided at the home, office, school, community, placement or other sites.

Goals of MDFT:

- Improve communication among family members
- Strengthen the bond between the adolescent and at least one parent/caregiver
- Reduce risk behaviors
- Increase pro-social activities
- Decrease substance abuse
- Increase school attendance
- Improve school performance

Criteria for admission in the program:

- 11 up to 19+ year old adolescents
- Multiple problem behavior, like significant issues of delinquency, substance and alcohol abuse, behavior problems or conduct disorder, committed crime.
- At least one family member willing to participate in treatment on a regular (weekly) basis

Content:

4-6 months (2-3 session per week)

4 domains (youth; parents; family; systems outside the family)

4 types of sessions (with the youth alone; with the parents alone; with the family; with persons from outside the family present)

- The vast majority of the participants that passed the programme achieved a positive change in their lives - behavioral problems risks decreased over more than half of all youngsters involved in the MDFT program.
- The program achieved a significant improvement in youngsters school life, family relationships, self control management and leisure-related risks.
- Probability to commit a crime was reduced most among girls, and changing leisure habits was more successful among boys.
- MDFT program cost per young person is about 4,300 € (3-7 times cheaper than annual costs per youngster in prison or in a special school (in the range of 14,300 - 29,400 € per year)

The participation in the MDFT program will reduce crime offences among youngsters 30% and school drop outs more than 45%.

Long term benefit-cost ratio: 1 € spent in MDFT programm =
5,3 € gained

- The mapping of existing regional prevention service providers and services for children and families – overview from all existing evidence-based prevention services and interventions in Estonia
- The handbook for LGs "Quality development in supporting the well-being of children and families," - gives practical guidance for LGs in the area children and families quality development
- The child and family welfare profile and instructions for filling it – to support LGs in the area children and families data collection and analyzing



The children and families well-being profile (CFWP)

The children and families profile is a tool for LGs in collecting and analysing the data in the field of children and families to make knowledge-based decisions in planning and carrying out activities in the field.

Purpose:

- To assist LGs in collecting and analysing data in the field of children and families
- To help LGs to plan and implement activities which are based on knowledge and data analysis

Involved:

- Main working group: MoSA, SIB, NHI
- Expert group: experts from organizations related to collecting data in the field of child and family.
- LGs test group: 8 LGs

Tools:

1. MS Excel work form
2. Handbook: „Compiling the children and families wellbeing profile“

Principles:

- Cross-sectorial (health, justice, education, welfare) model
- Use of existing data
- Comparison of the data with Estonian average
- Connection with the existing profiles - health profile and youth quality evaluation model



Objectives

No.	Objectives/sub-objectives
O1	A functioning prevention and early detection system has been created for children and families
O1.1	Services that help to maintain the child's health are available to the child and the family
O1.2	Preventive actions directed at avoiding children's risk behaviour and maintaining health are implemented
O1.3	Positive parenting is supported
O2	Children are provided with diverse conditions supporting development
O2.1	All children have been provided with conditions for acquiring elementary and basic education, and secondary and vocational education are available to those who wish to undertake it
O2.2	Children have been provided with diverse non-formal learning opportunities and conditions for acquiring the experience of participation and belonging
O2.3	Services that aid the acquisition of education are secured
O3	Opportunities for securing children's and families' social protection and for solving problems have been created
O3.1	Children and families are socially protected
E3.2	Children in need of help have been provided with conditions that allow them to manage their problems
O4	The living environment is safe and supports children's and families' well-being
E4.1	The LG's actions in securing children's well-being are well thought through and in accordance with the children's needs
E4.2	Children have been guaranteed a safe living environment (e.g. establishments and public space are healthy and safe and opportunities have been created for people with special needs)
O5	Children's and families' well-being is secured by qualified specialists and as collaboration between different fields
E5.1	Qualified specialists engage in securing children's and families' well-being
E5.2	Preventive action and the observation of children and families are supported through a wide cooperation network
E5.3	Case-based cooperation is carried out between representatives from different fields



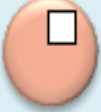



Indicators

- ▶ Quantitative indicators - statistical i.e. numerical indicators
- ▶ Qualitative indicators - describe situations, actions and services.
- ▶ Context indicators - describe the general situation of an LG



4.2.5 Playground and sports facilities

<p>Describe:</p> <p>a) How many playgrounds and sports facilities are there in the local government area and what is the frequency of their use?</p> <p>b) Are the playgrounds and sports facilities new? Which ones have been renovated and which ones need renovating?</p> <p>c) Were the playground and sports facilities created taking into account the needs and wishes of children of different age groups?</p> <p>d) How (incl. how often) are safety inspections carried out at the playgrounds and sports facilities?</p>	<p>e.g. there are five public playgrounds in the LG area, one in every locality of the LG. The playgrounds are in active use. The playgrounds are safe, they are in very good condition and they are maintained regularly, their technical condition is checked twice a year and the green areas are tended twice a month. Four playgrounds are suitable for children up to the age of 12. There is a skatepark for older children, also used actively by young adults.</p>				
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<http://vana.sotsiaalkindlustusamet.ee/laste-ja-perede-heaolu-profiil/>



Developing improvement actions





Thank you!

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