

ETAPPI

Special care unit

Sosiaalivirasto

Lapsiperheiden palveluiden vastualue

Sijaishuolto

Naulakallion hoito- ja kasvatuskodit



Etappi-special care can be arranged:

- to intervene severe, negative drug- or crime development
- when a child's own behaviour endangers his/her life, health or development

Etappi

– special care as ward treatment

To children, between the ages of 12 and 17, who have been taken into custody and whose situation demands intervention because of:

- wandering
- elopement
- problems at school
- substance abuse
- psychological problems
- crimes
- destructive behavior

Etappi care

- The course of treatment is divided in two:
 - 30-day-long special care ward-treatment
 - 30-day-long aftercare

Etappi-care is carried out as a part of a child's overall care and in close co-operation with the child, the child's everyday carers as well as the parents.

Goals of the Etappi-care are:

- To stop a child's self-destructive behaviour
- To enable comprehensive care of a child
- To give holistic care to a child, putting emphasis on the need of psychological care.

The content of Etappi-care

- To make contact with a child, despite of his/her possible resistance
- A concrete interception of a child
- To help a child to understand his/her life situation and to accept help
- To start the process of amending the child's personality or to support a stagnant process forward
- To support the sending party(child- or youth home, foster family) and/or the family
- To strenghten the bond between the child and his/her permanent living facility
- Overall perception of the situation
- envisioning the future and empovering the child

Etappi team

- Managing councilor, 2 psychiatric nurses, occupational therapist and 8 personal councilors
- Morning shift/4 adults, evening shift/3 adults, night shift/1 adult
- Psychologist is involved in the care, he leads two groups and gives consulting
- Psychiatrist from HUS 1-2 hrs/week.

The course of Etappi-care

- **Preparation to Etappi** (motivating a child to accept care)
- **A negotiation** for getting to know one another, to draw up a care contract and to set the goals for Etappi-care
- **Starting of the care**– entry interview, conceptualizing the overall situation, Eurodad, Achenbach, Gas
- **”Nurturing everyday life”**, one-on-one discussions, groups, negotiations, appointments with the psychiatrist etc.
- **Departure negotiation and -interview**– assesment of the care period and plan for immediate future
- **Aftercare period** – weekly contacts and aftercare negotiation



Basic elements of the care:

- Nurturing point of view
- Therapeutical elements
- Limits, frames and nurturing everyday life
- Individuality
- Communal aspect
- Functionality
- Family centered approach
- Equality
- Empowerment centered approach
- Multiprofessional cooperation

Weekly routines

- Systematically functioning groups:
 - Morning meeting
 - "Facts and figures"
 - Discussion group
 - Arts and crafts
 - "All together" – games and activities
 - Food group
 - Movie night
 - Feel good group
 - Anxiety control group

Etappi school services

- To investigate a child's school history
- To get to know the child and his/her perceptions of the problems at school
- To teach and to provide upbringing for the child in accordance to his/her abilities
 - School routines
 - Managing homework
 - Study skills
 - Motivating a child to complete grammar school
 - Executing tasks given from school
- To plan a realistic return to one's own school in co-operation with the child's network and to plan supporting measures for a child to complete his/her mandatory education
- To act as a resource center for the child's own school, to assist planning the return of the child and the planning of supporting measures
- To support the school and the children's/youth home as well as the parents in order to discover functioning cooperation models
- To create a follow-up system for the after care period to monitor a child's return to his/her own school

Additional information

- www.hel.fi/sosv
- sosiaalivirasto > Perheiden palvelut Lasten sijaishuoltotoimisto > Lasten sijaishuolto>Lastenkodit> Naulakallion hoito- ja kasvatuskodit >

