





Designing better interventions
for the social inclusion and well-being
of the children of incarcerated parents







Model for working with children and adolescents
Model rada sa decom i mladima




1



- Educational center for personal and professional development **EDUCENTAR**, was founded in 2018. after closing Day care center for children and youth with behavioral disorders
- Due to the lack of specialized counseling centers for children and adolescents, Educentar works according to a similar model as in the Day care center
- Savetovalište Educentar - edukativni centar za lični i profesionalni razvoj, osnovano je 2018.g. nakon zatvaranja Dnevnog boravka za decu i mlade sa problemima u ponašanju
- Usled nedostatka specijalizovanih savetovališta za decu i mlade, Educentar radi po sličnom modelu kao što se radilo u Dnevnom boravku.

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- Our model of working with children and adolescents has been developing since 2007, when the Law on Juvenile Criminal Offenders and Criminal Protection of Juveniles passed
- Our first model was based on a psychotherapeutic and educational approach.
- Since 2012, the model changed and adapted to the needs of children and young people and their parents - the psychotherapeutic model was replaced by the psychosocial approach.
- A multisystem approach has been developed and it has been shown to give the best results
- Rad sa decom i mladima sa problemima u ponašanju razvija se od 2007., godine kada je donesen Zakon o maloletnim učiniocima krivičnih dela i krivično pravnoj zaštiti.
- Prvi model po kojem se radilo zasnivao se na psihoterapijskom i edukativnom pristupu.
- Od 2012.g. model se menjao i prilagođavao potrebama dece i mladih i njihovih roditelja – psihoterapijski model je zamenjen psihosocijalnim pristupom.
- Razvijen je multisistemski pristup, koji je do sada dao najbolje rezultate



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Educentar activities:

- Counseling with children or young people and their parents.
- Volunteers programme and professional practice for students of Faculty of Special Education and Rehabilitation - Department of Prevention and treatment of behavioral disorders.
- Education and training for experts - skills and competencies for working with children and youth.

Aktivnosti Educentra:

- Savetodavni rad sa decom i mladima i njihovim roditeljima.
- Obuke za volontere i uključivanje volontera, kao i stručna praksa za studente Fakulteta za specijalnu edukaciju i rehabilitaciju - smer Prevencija i tretman poremećaja u ponašanju.
- Obuke namenjene stručnjacima za razvijanje veština i kompetencija za rad sa decom i mladima.



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Experts working in Educentar:

- Psychologist
- Special pedagogue
- If necessary, psychiatrist, speech therapist
- Volunteers – students on Humanities faculties (most often psychology students and special pedagogy students)

Stručnjaci koji rade u Educentru:

- Psiholog
- Specijalni pedagog
- Po potrebi psihijatar, logoped
- Volonteri humanističkih fakulteta (najčešće psiholozi i specijalni pedagozi)



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Our clients are:

- Children and young people with behavioral problems
- Children and young people who are at risk of developing behavioral problems
- Children and young people in conflict with the law
- Children and young people victims of violence
- Members of their families

Currently, most clients have a depressed mood, anxiety, frequent mood swings during the day, panic attacks, loss of motivation, ...

Naši klijenti:

- Deca i mladi sa problemima u ponašanju
- Deca i mladi koji su u riziku da ispolje probleme u ponašanju
- Deca i mladi u sukobu sa zakonom
- Deca i mladi žrtve nasilja
- Članovi njihovih porodica

Aktuelno, najveći broj klijenata ima depresivno raspoloženje, anksioznost, često neraspoloženje u toku dana, napade panike, gubitak motivacije,...



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The treatment consists of the following activities:

- Individual counseling with a child/adolescent
- Individual counseling with parents
- Family counseling
- Workshop with groups of children
- Workshop with groups of parents
- Workshop with families
- Educational support for children
- Family mediation

Tretman se sastoji iz sledećih aktivnosti:

- Individualni rad sa detetom/mladom osobom
- Individualni rad sa roditeljima
- Porodično savetovanje
- Grupni rad sa decom
- Grupni rad sa roditeljima – razvijena je Škola roditeljstva, koja je prilagođena uzrastu deteta
- Grupni rad sa porodicama
- Podrška u obrazovanju
- Porodična medijacija



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How we work:

- Intensively - meetings are scheduled at least 2 times a week, in some cases every day for 1-1.5 hours
- Comprehensive - includes client's mental health, family, peer group, education / employment,...
- Availability of counselor is 24 hours 7 days a week
- Treatment lasts 4-6 months
- Cross-sectoral cooperation
- Multidisciplinary approach

Način rada:

- Intezivan – susreti se zakazuju najmanje dva puta nedeljno, a u nekim slučajevima i svaki dan u trajanju od 1 do 1,5 sat
- Svebuhvatan – obuhvata se mentalno zdravlje klijenta, porodica, vršnjačka grupa, obrazovanje/zaposlenje,...
- Dostupnost savetnice je 24 sata 7 dana u nedelji
- Tretman traje 4 do 6 meseci
- Razvija se međusektorska saradnja
- Multidisciplinarni pristup



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The principles and values on which our work is based are:

- Managing the best interests of the child / young person
- Voluntary participation
- Respect for the personality and dignity of each child/young person
- Inclusive approach
- Positive approach in working with children and youth

Principi i vrednosti na kojima se temelji naš rad su:

- Rukovođenje najboljim interesom deteta/mlade osobe
- Participacija
- Dobrovoljnost
- Poštovanje ličnosti i dostojanstva svakog deteta/mlade osobe
- Inkluzivni pristup
- Pozitivan pristup u radu sa decom i mladima



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Work with children and youth includes:

- Developing communication skills in relation to peer groups, authorities (usually teachers), parents
- Developing emotional literacy
- Developing skills for overcoming stressful situations (often neglected in practice, children and young people are not recognized as being exposed to stress on a daily basis)
- Teaching learning techniques and better organization of school and extracurricular activities

Rad sa decom i mladima obuhvata:

- Razvijanje veština komunikacije u odnosu na vršnjačke grupe, autoritete (najčešće nastavnike), roditelje
- Razvijanje emocionalne pismenosti
- Razvijanje veština za prevazilaženje stresnih situacija (često zanemareno u praksi, deci i mladima se ne priznaje da su svakodnevno izloženi stresu)
- Podučavanje tehnikama učenja i boljeg organizovanja školskih i vanškolskih obaveza



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Work with parents includes:

- Developing communication skills with children
- Developing emotional literacy
- Teaching negotiation skills using mediation techniques
- School of parenting - three types of workshops with groups of parents, because there are three age groups: from 10 to 11 years, from 12 to 14 years, from 15 to 18/19 years. Parents acquire skills on how to recognize the needs of their child, how to recognize emotions,... in accordance with the age of the child - positive parenting is promoted.

Rad sa roditeljima obuhvata:

- Razvijanje veština komunikacije sa decom
- Razvijanje emocionalne pismenosti
- Podučavanje veštinama pregovaranja korišćenjem tehnika iz oblasti medijacije
- U okviru škole roditeljstva postoje tri grupe uzrasta - od 10 do 11 godina, od 12 do 14 godina, od 15 do 18/19 godina - i, u skladu sa tim, tri vrste radionica. Roditelji stiču veštine kako da prepoznaju potrebe deteta/mlade osobe, kako da prepoznaju njihove i svoje emocije - promovise se pozitivno roditeljstvo



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Cooperation with institutions in the local community

- In the practice so far, it has been shown that cooperation with institutions - schools, Social protection system, health institutions, is of key importance for further positive development of children and youth.
- Due to insufficient or non-existent financial support from state structures, cooperation with institutions is difficult or non-existent

Saradnja sa institucijama u lokalnoj zajednici

- U dosadašnjoj praksi pokazalo se da je za dalji pozitivan razvoj dece i mladih od ključnog značaja saradnja sa institucijama - pre svega sa školama, CSR, zdravstvenim institucijama
- Usled nedovoljne ili nepostojeće finansijske podrške od strane državnih struktura, saradnja sa institucijama je otežana ili je uopšte nema



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Problems and challenges in practice 1/3

- The local community does not recognize children and youth as a priority group of beneficiaries for whom budget funds should be allocated in order to finance counseling centers that specialize in working with children and youth
- Today, children and young people are most often referred to Marriage and Family counseling in Social protection system, Institute for Mental Health...
- Youth programs that previously existed in these institutions are no longer implemented
- There is no easily accessible mental health support services for children and young people, nor age-appropriate psychological support

Problemi i izazovi u praksi 1/3

- Lokalna zajednica ne prepoznaje decu i mlade kao prioritetnu grupu korisnika za koje bi trebalo izdvojiti budžetska sredstva kako bi se finansirala savetovališta koja su specijalizovana za rad sa decom i mladima
- Danas decu i mlade najčešće upućuju u Savetovališta za brak i porodicu pri CSR, Institut za mentalno zdravlje...
- Programi za mlade koji su ranije postojali u ovim ustanovama više se ne primenjuju
- Nema lako dostupnih usluga podrške za mentalno zdravlje dece i mladih kao ni psihološke podrške prilagođene uzrastu



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Problems and challenges in practice 2/3

- There is not enough developed awareness among children and young people what the mental health is
- Young people are not involved in developing strategies or making decisions about mental health services
- There is still a great stigma about using the services of psychologists, special pedagogues, pedagogues and psychiatrists, both among young people and parents
- There are no preventive programs that are continuous and part of a system (mostly there are project activities that involve a small number of children and youth and have no continuity over time)

Problemi i izazovi u praksi 2/3

- Ne postoji dovoljno razvijena svest dece i mladih šta je to mentalno zdravlje
- Mladi ne učestvuju u razvijanju strategija ili donošenju odluka o uslugama u vezi sa mentalnim zdravljem
- I dalje postoji velika stigma o korišćenju usluga psihologa, specijalnog pedagoga, pedagoga i psihijatra, kako među mladima tako i među roditeljima
- Ne postoje preventivni programi koji su kontinuirani i deo sistema koji bi obezbedili blagovremeno prepoznavanje i reakciju na mentalno zdravlje dece i mladih (uglavnom su u pitanju projektne aktivnosti koje obuhvataju mali broj dece i mladih i nemaju kontinuitet duži vremenski period)



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Problems and challenges in practice 3/3

- Mental health services are not well integrated with other systems and therefore, in practice, there can't be appropriate response or referral to other services to prevent the complication of mental health problems.
- The number of mental health centers, prevention activities and community-based service networks are insufficient
- Communication between institutions is poor or non-existent.
- Existing services are neither aimed at detecting mental health problems at an early stage nor provide an appropriate response to a need / problem (Unicef)

Problemi i izazovi u praksi 3/3

- Usluge na polju mentalnog zdravlja nisu dobro povezane sa drugim sistemima i stoga se, u praksi, ne može pružiti pravovremen i prikladan odgovor, niti uputiti na druge usluge, kako bi se sprečilo usložnjavanje i pogoršavanje problema sa mentalnim zdravljem
- Broj centara za mentalno zdravlje, aktivnosti za prevenciju i mreža usluga na nivou zajednice nisu dovoljni
- Komunikacija između institucija je loša ili ne postoji.
- Postojeće usluge niti su usmerene na otkrivanje problema sa mentalnim zdravljem u ranoj fazi niti pružaju prikladan odgovor na potrebu/problem (Unicef)



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The consequences of this situation in society

- Children and young people, and their parents, do not recognize mental health problems in time
- Children and young people feel stress, anxiety, loss of motivation,...
- Weak success in school and lack of interest in further education
- They get involved in problematic peer groups and resort to alcohol abuse, drugs, unprotected sex

Posledice ovakvog stanja u društvu

- Deca i mladi, i njihovi roditelji, ne prepoznaju probleme sa mentalnim zdravljem na vreme
- Deca i mladi osećaju stres, anksioznost, gubitak motivacije,...
- Slabi uspeh u školi i javlja se nezainteresovanost za dalje obrazovanje
- Uključuju se u problematične vršnjačke grupe i pribegavaju zloupotrebi alkohola, PAS, stupaju u nezaštićene seksualne odnose



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Example of good practice of Educentar - case report V.J.

- The importance of cooperation with institutions and developing a support network
- Cooperation with the client's class teacher, Social protection system and with High Court for Juveniles
- Joint cooperation has led to a lasting change in client behavior and stable mental health

Primer dobre prakse Educentra – prikaz slučaja V.J.

- Značaj saradnje sa institucijama i razvijanje mreže podrške
- Ostvarena saradnja sa razrednim starešinom klijenta, CSR i Višim sudom za maloletnike
- Zajednička saradnja dovela je do trajne promene u ponašanju klijenta i stabilnog mentalnog zdravlja



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Maloletnik je u martu 2019. upućen iz GCSRa u Educentar. Ima izrečenu vaspitnu meru PNOS uz posebnu obavezu da redovno pohađa školu, koja je pravnosnažna za krivično delo „neovlašćena proizvodnja, držanje i stavljanje u promet opojnih droga“

Porodica sa disfunkcionalnim odnosima sa oba deteta (ima starijeg brata) zbog zloupotrebe PAS, roditelji insistiraju na lečenju, maloletnik odbija, roditelji ga izbacuju iz kuće, maloletnik se seli kod bake.

Uključen u individualni savetodavni rad i podršku u učenju. Zahvaljujući ostvarenoj saradnji sa školom i višemesečnoj podršci u učenju maloletnik je završio treći razred i diplomirao. Uz podršku savetnice Educentra, stekao veštine za traženje posla, zaposlio se krajem 2019. , i dalje je zaposlen na istom mestu. Živi samostalno bez podrške roditelja. Razvijene veštine komunikacije sa roditeljima i drugim autoritetima; odnosi sa roditeljima su u značajnoj meri bolji - nakon prekida kontakta sada se viđaju više puta nedeljno. Razvijene su veštine za savladavanje stresa, prepoznavanje sopstvenih emocija i kontrola ponašanja u značajnoj meri povećana. Od marta 2019. nije počinio nijedno krivično delo.



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In March 2019, the minor was sent from Social protection system to Educentar. The Court order was educational measures increased supervision by guardianship authority and alternative sanctioning measure to regularly attend classes and work, for the crime of „unauthorized production, possession and distribution of narcotics."

Within the family, relationships with both children (has an older brother) is dysfunctional due to drug abuse. Parents insisted on treatment, the minor refused, the parents kicked him out of the house, the minor moved in with the grandmother

Involved in individual counseling and learning support. Thanks to the achieved cooperation with the school and with several months of support in learning, the minor finished the third grade and graduated; with the support of Educentar advisor, he acquired job searching skills, got a job at the end of 2019 and kept his job; lives independently without parental support. Developed communication skills with parents and other authorities; relationships with parents are significantly better - they now see each other several times a week. Developed skills for coping with stress, recognizing one's own emotions and controlling behavior significantly increased. He has not committed any crimes since March 2019.



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Case report M.R.

- What kind of work practice would you have?
- Let's discuss

Prikaz slučaja M.R.

- Kakva bi praksa rada bila kod vas?
- Prodiskutujmo



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