

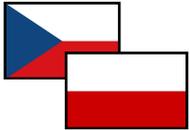


Lifelong Learning in the sectors of youth, social work and addiction

Newsletter Ecett n° 15
English version June 2016

www.ecett.eu

This Newsletter was coodonated by helpdesks of Magdalena and Monar (the Czech and Polish partner associations of Ecett).



Integrate the experiences of the past into a better future.

This editorial was written by two directors of major organizations, partner of Ecett : Jolanta Koczurowska (MONAR, Poland) and Petr Nevsimal (Magdalena, Czech Republic)



I first came across the Ecett principles in 2006 says Petr Nevsimal, during a Georges' presentation. It was immediately clear to me that we belong to this crowd of enthusiasts. Lifelong learning by sharing experiences, is simply a way to keep fresh and inquisitive and to do a job well.

Since 2011, when we received our first Erasmus grants, we immediately began our helpdesk activities, sending abroad colleagues from Magdalena and other TCs that are members of our Czech association. This initiative brought a lot of ideas that could spread out into a wider Czech practice. Their contributions do not disappear in one isolated service but it is shared within the entire community of Czech communities. We would now like to offer reciprocally the opportunity of our national network to our Ecett partners and to organise visits in other Czech institutions. Our national association includes about 13 member organizations and some programmes focus on work with young clients, mothers with children, clients with dual diagnosis, etc.

*So our message is:
 "Come and get inspired by the Czech cooking pot of TCs, we look forward to you getting involved!"*

I discovered the Ecett learning network presented by George van der Straten in 2004, during an international conference, says Jolanta Łazuga - Koczurowska. His idea of "learning trough travel" seemed not only interesting but also very important for the professional development of our teams. At that time, 31 therapeutic communities were managed by Monar Association in Poland, and we had approximately 500 employees. Despite three decades of operating in these communities, experience collected over the years, proven methods and good results in therapeutic work with addicts, an overwhelming majority of our therapists never had a chance to familiarize themselves with the operations of TCs beyond the borders of our country. The idea to learn by exploring the work of colleagues in other countries, experience exchange and joint search for new solutions in working with addicts seemed a great value for the education of our



team. In 2005, my colleagues enthusiastically accepted the proposal to join the Ecett network. According to the participants, all internships were extremely inspiring, contributed to their development and enriched their experience. Many people, upon their return, managed to implement good practices and integrated new solutions into treatment programs, but they also found motivation to learn foreign languages. Looking back at our journey I can only say I'm very happy that Monar could join this big family of organizations devoted to people in need.

The best thing though is that each of the participants of the " training by travel " program could become a member of the big, international family sharing common objectives and common dreams.

To celebrate ten years of our teamwork we wish to invite everyone to Warsaw, where on the 5th of December we will host the anniversary conference of the network. I believe that it will be a great opportunity to integrate our past experiences into a better future !

S U M M A R Y	Editorial-Invitation	1
	Invitation conference	2
	History	3
	Innovations	4-5
	Europeans Projects	6-7
	New hosts	8
	Good practices	9-10
	News	11-13
	Testimonies	14-16

Invitation for a conference

Please join us to celebrate the 10th anniversary of the Ecett Network

Monday, December the 5th, 2016

Monar-Markot CPB, Marywilka 44 a St.

Warsaw, Poland.

Integrating past experiences into a better future ...

Come, speak and listen to addiction therapists and social workers, coming from 10 European countries, who discovered good practices abroad and wish to share their experience with you. They will tell you all about the Ecett network and the MECETT learning method devoted to high level training in the spirit and values of the Journeymen philosophy. Their goal is to encourage continuous improvement of quality of service in the areas of youth, addiction and rehabilitation.

Keynote speakers :

◆ **Jolanta Koczurowska,**

President of *Monar, Poland*

◆ **Thomas Fischer,**

Expert in « communities of practices », *University of Munchen, Germany*

◆ **Kenneth Robinson**

Expert in education and development of creativity and innovation, *Great Britain.*



10TH ANNIVERSARY OF
ECETT

INTEGRATING PAST EXPERIENCES INTO A BETTER FUTURE

EMPOWERMENT & LEARNING

TRAVEL & EXPERIENCE

CREATING SHARED EXPERIENCE IN UNCERTAIN TIMES

WARSAW, 5TH DECEMBER 2016

Come, speak and listen to addiction therapists and social workers, coming from 10 European countries, who discovered good practices abroad and wish to share their experience with you. They will tell you all about the Ecett network and the MECETT learning method devoted to high level training in the spirit and values of the Journeymen philosophy. Their goal is to encourage continuous improvement of quality of service in the areas of youth, addiction and rehabilitation.

WWW.ECETT.EU

PROJECTO HOMBRE KE@EA solidarnost Phoenix Futures CeIS

For all details, please see announcement on : www.ecett.eu

History of Ecett

The encounter of TCs and the French movement of the "Journeymen"

The Ecett concept is derived from the ancient tradition of the Journeymen: since the middle ages, the trades of cathedral and castle builders were organized to train their apprentices by a journey of several years on many sites across Europe. Their watchwords were: trade, travel, welcome, transmission, community life and masterpiece. Many of these traditions and values are the same for therapeutic communities (and for Ecett). In 2003, the meeting of the "Compagnons du Devoir" gave to Georges van der Straten the idea of transferring this method for the benefit of the teams of therapeutic communities in Europe.

The added value of the European projects and the integration of e-learning

The network of Ecett, its learning method and its development were made possible by the involvement of a fortnight of therapeutic communities in ten countries, but also thanks to significant financial support of the European Union (Leonardo da Vinci).



Leonardo da Vinci

This support was linked to a very demanding specification which enabled to achieve several objectives:

- ◆ Detailing the learning process by a travel path in the network of therapeutic communities (EU Pilot Projects 2006-2008).
- ◆ Detailing the process for the transfer of the learning process invented by Ecett to other occupations (EU Transfer of Innovation 2009-11).
- ◆ Achieving an open and sustainable knowledge exchange network through the integration of "companionship" and e-learning (by Ceis-Formazione).

The effectiveness of all these projects was measured and demonstrated through the collaboration of the universities of Ghent, Provence and Bologna.

A vanguard learning method

Ecett has organized more than 700 courses from 2005 to 2015. The e-learning platform of Ecett allowed to share three databases:

- ◆ host organizations with their respective expertise.
- ◆ trainees having exchanged knowledge in the Ecett network since 2008.
- ◆ good practices written by trainees on the hosts that they visited.

This platform allows each trainee to consult these databases and to build, step by step, his/her online training file and good practice. The platform gives full transparency, in real time, on the status of each training file as well as on the effectiveness of the courses and the satisfaction level of the trainees. As the satisfaction rate of the learners and their directors is extremely high (87 to 95%), Ecett has created the MECETT method, which can now be applied by all businesses.

Thanks to the boldness of Phoenix Futures, Ecett won several prestigious awards in competitions like Training Journal (London 2013) and Peer Awards for Excellence (London 2014).



Innovations !



“Cape Solidarity” break stays

Innovation after a traineeship in APGSE, Le Mans (France) by Thierry Verdeyen,
Manager of l'Amarrage.

www.amarrage.be

Youth

« We did this 48 hours Ecett internship in 2007 at Le Mans, France. Our peers showed us how to operate the “Break Stay” that they organized in Africa for teenagers with complicated behaviour. .../... At our return, we presented a 25 page pedagogical project but the time did not seem appropriate yet for an implementation and we stored the project in a drawer until the day a representative of the Minister of Youth challenged me by expressing his interest in this kind of assistance to young people.

We then launched the 'Cape Solidarity' project which consists of stays in Benin for young people in difficulty. Over the first years, it was funded as a "pilot project" and has been renewed year after year. **For the youngster, the objective is to break with his usual life context, being confronted with new benchmarks and test new forms of interpersonal relationships.**

The project extends over several months.



First, a month of preparation in Belgium (administrative, medical preparation and training in multiculturalism).

Then the stay: three month immersion in a Benin village (the youngster lives at the rhythm of his/her host family, is involved in the village, helps the head of the family in his work, tests different jobs, lives moments of exchange with his/her educator, etc...).

Finally, the youngster benefits from 2 to 4 month support from the educational team to implement his/her own project in Belgium.

As the experience has been very positive, in 2016 the Minister's Office has approved the “Cape Solidarity” on a permanent basis for the organization of these “Break Stays”.

This innovation allowed a diversification of the way youngsters are supported, and allows today to offer new (sometimes more adequate) responses to the problems of the young people.



More details on Ecett learning platform;
ask for your log in www.ecett.eu

Addiction

The Patient's Parliament, in Monar

Innovation of the polish network, Monar Communities



For the sake of creating and maintaining a sober lifestyle, each month representatives of all therapeutic communities operating within Monar's structures meet up to discuss important social issues, to exchange information about the

events taking place in different centers and promote creative and drugfree lifestyle. It is extremely important to give our beneficiaries an opportunity to share ideas and plans for when they complete their therapeutic programs with attention to ethical principles and sense of community.

Members of Monar's Patients Parliament get together with a strong conviction that they can decide for themselves and also represent their peers, they learn how to be responsible and regain control over their lives.

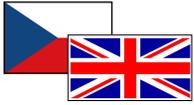
This innovative approach supports therapy and translates directly into increased motivation to regain independence.



More details on Ecett learning platform; ask for
your log in www.ecett.eu



Innovations !



Dialectic Behavioural Treatment for dual diagnose by Magdalena and Kaleidoskop (NGO)

Addiction



DBT is a method initially developed in USA, for the treatment of patients with borderline personality disorder (BPD) with a primary focus on self-harm reduction.. In the United Kingdom, DBT is the only psychosocial treatment recommended by the National Institute for Health and Clinical Excellence as a treatment for women with BPD who engage in recurrent self-harm.

The method is based on the classic cognitive-behavioural therapy and involves the breach of monochrome bipolar perception of reality and broadening perspectives, ways of experience and reactions to life situations.

Prior to launch of this new programme, tight cooperation of Magdaléna, o.p.s. with o.s. Kaleidoskop was established within the Czech national project, called "Integrative help to persons with mental diseases". O.s. Kaleidoskop is a peerless expert in Czech Republic for work with people with borderline personality disorder. The MECETT principles were partly applied during the project . A team of two members of Magdaléna, o.p.s and 4 members of O.s. Kaleidoskop participated in DBT Intensive Training in United Kingdom. Kaleidoskop team moreover took part in the 3 days internship in British therapeutic community The Retreat York, specialist provider of mental health care with wide experience of using DBT in treatment. The DBT Intensive Training was conducted in two five-day sessions of instruction divided by six

months of home study and implementation of „good practice“.

Between the first and second sessions, Kaleidoskop team designed and implemented their own DBT programme and integrated DBT into an ongoing treatment setting. The implementation of "good practice" was presented by Kaleidoskop team during the second session of training in UK and the team received expert consultation on specific treatment problems and adaptations of DBT.

An innovation: CHRPA

The aftercare and socio-vocational rehabilitation programme of Magdalena currently launches a new programme for clients with dual diagnosis: CHRPA



department . Our motivation was based on a frequent vicious circle in which clients move between psychiatric hospitals, common hospitals and services for drug users without any effective improvement of their situation. They had usually difficulties with stress coping, communication, perception of own borders, emotions and interpersonal relationships resulting in lack of own natural social network.

Markéta Dolejší (member of CHRPA and Ecett helpdesk) also took part in the DBT Intensive Training in UK and in



several short-term internships in O.s. Kaleidoskop during the six-months implementation of DBT. She attended the additional workshop in United Kingdom with Petr Nevšímal (Magdalena's direc-



tor and participant of DBT Intensive Training in UK) in order to adapt DBT for people addicted to narcotic substances, which resulted in successful launch of new DBT programme for clients with dual diagnosis in CHRPA.

We hope the new programme will bring positive results!

More details on Ecett learning platform; ask for your log in www.ecett.eu

European Projects

Funding trips to meet your peers... Ecett & Mobility



210 Mobility Grants for Ecett-partners! (Erasmus+ 2015 et 2016)

Erasmus+ national agencies seem to enjoy the Mobility projects introduced by the Ecett partners !

- ◆ 2014, one Mobility application introduced by CoolmineTC (Ireland): folder was selected
- ◆ 2015, five applications: Argo (Greece), Trempline (Belgium), CEID (France), Monar (Poland), Magdalena (Czech Republic). The five files were selected = 97 Mobility grants.
- ◆ 2016, five other applications: Ceis Don Picchi (Italy), Solodarnost (Bulgaria), CoolmineTC (Ireland), l'Amarrage and Archip (Belgium). Two applications were made in a "consortium" for a total

of 19 Belgian organisations: l'Amarrage (youth sector) and Archipel (Insertion of adults). Total: 113 grants. Results of applications will be published in June 2016.



The central office of Ecett supported all these organizations to prepare their application on a common model of Ecett file .

Amount of travel grants :

- ◆ Travel: on the basis of the distance: €180 (100-500 km) €275 (500 to 2,000 km), etc
- ◆ Subsistence and accommodation: from 70 to €140 / day depending on the host country
- ◆ Organization costs: about €70 per day (see guide Erasmus +).

Whenever a folder is successful, these organizations pay € 70 per internship

to Ecett-Networks for the coordination of the international network, of the e-learning platform and for the support to the helpdesks.

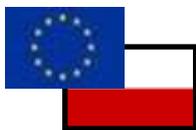
Ecett-Networks invites all associations working in the "human centered occupations" to join the network and to apply for Mobility grants in February 2017. Next call for projects: February 2017 Contact us before October 2016 for the preparation of your application. For more info, see your national Erasmus+ agency or mail to :

contact@ecett.eu.

New bulgarian mobilities...



February 2016: Solidarnost Association for rehabilitation of dependent people applied for eight intended mobilities to four partner organizations: Trempline-Belgium, CEIS Formazione-Italy, Coolmine TC-Ireland and CEID-Addictions-France. The participants are specialists in clinical psychology, organizational psychology and family consulting. The expected results are rtransfer of good practices from the foreign partners toward Solidarnost, increase of the quality of work with our beneficiaries, personnel's competencies.



Our Polish colleagues are back!

After 5 years Monar re-introduced the Ecett traineeship scheme! This year 16 trainees from our organization will spend 2 weeks in 4 parnter organizations from Spain, Italy, Belgium and Czech Republic. We strongly believe that this is a great opportunity for our therapists to broaden their horizons and gain new experience in the international environment. We are planning to create a video-blog to document their adventures, which we will definitely share with all of Ecett Network. Proyecto Hombre, Trempline, Ceis Roma, Magdalena - thank you very much for agreeing to host our trainees!



European Projects



MPP (Program for Mini Prevention)

Strategic partnership of Magdalena (Czech Republic)

Magdaléna, o.p.s., together with a group of Ecett organizations, submitted a project proposal in the scope of “Strategic Partnership for Vocational Education and Training” (Erasmus+).

This project focuses on knowledge and experience exchange among school education, pedagogues and other school professionals. This project is lead with the Department of Addictology of the Charles 1st University (Faculty of Medicine) in Prague, together with partner organizations of other Czech regions.

The project, supported by the Czech Ministry of Education, is called : « Implementation and evaluation of the MPP (minimal prevention pro-

gram) systemic tools in education and creation of a risk behaviour prevention system by school workers and for nationwide educational institutions “. The “Minimal preventive program” will be developed for each type of risk behaviour and in individual classes at seven pilot primary schools. The benefit will be the identification of relevant and appropriate preventive tools, methods and programs for schools.

The added values of the project are:

- ◆ To broaden the offer of the MPP model by implementing foreign good practices, methods and procedures in these schools
- ◆ Having an approach of prevention based on the comparison and eva-

luation of the acquired knowledge,

- ◆ To support the process of continuous improvement of quality in education,
- ◆ To combine physical exchange of experience through particular mobilities and virtual exchange through e-learning.
- ◆ To ensure the quality of VET among pedagogues in primary schools.
- ◆ To disseminate the selected good practices in prevention observed in participating European countries.



Czech trainees in Greece and in Belgium

In June 2015, Magdaléna, o.p.s. launched a Mobility project which will involve 28 trainees within two years (until May 2017) to make internships in 7 Ecett host organizations: Monar (Poland); CEIS Formazione (Italy); Phoenix Future (UK); Kethea (Greece), Coolmine (Ireland), Trempoline (Belgium), and Argo (Greece). We first organized two initial half-day workshops in September and October 2015 for the interested candidates. Since participants came from different departments or even organizations, we all introduced each other at the beginning of the workshop. Our helpdesk introduced then several

topics: how to get an internship grant, the rules and obligations of the project regarding to Erasmus+ Programme, trainees' duties, e-learning platform, the support before, during and after the internship, etc.



New hosts



Some services and peers that you can meet Czech Republic

Magdaléna, o.p.s. cooperates with several organizations within the Association of non-profit organizations in Czech Republic. As Magdalena has the role of Ecett helpdesk for Czech Republic, it is a mediator for other Czech organizations and foreign trainees can thus visit and learn about services, methods or approaches used not only in Magdalena, but also in other Czech organizations



Kaleidoskop O.s.

supports people with personality disorders in improving their life quality and in full integration into mainstream society.

Kaleidoskop has 3 offers:

A therapeutic community : a residential facility that offers one year treatment program for people with personality disorders. The program includes individual and group psychotherapy, community meetings, creative therapy, relapse prevention, relaxation and sport and of course skills training and occupational therapy.

A Counseling Center : an outpatient service for people with personality disorders and their families. The aim of the



service is to provide continuity of care to clients. People in need can receive information and advice, counselling, skills training, crisis intervention and family therapy.

Aftercare Program: there is a newly established service, called "DBT centre" which provides support to clients based on Dialectical-behavioral therapy. DBT focuses on key problem areas - coping of stress, emotion regulation, "interpersonal effectiveness" and "mindfulness skills". Therapy is implemented through structured individual and group meetings for clients, which are aimed at gradual trai-



ning of skills and their use in everyday life.

Renarkon

Is a provider of services and assistance in **prevention and treatment of addiction to narcotic substances.**

Besides similar services as Magdalena, it offers also a very valuable **Program for inmates in the prison of Ostrava-Heřmanice**, who are interested in solving their problems with alcohol and drugs and respect the rules of contact. The program first contacts the inmates in prison, informs them about the risks associated with drug use, motivates them for abstinence and for using the services offered by medical and aftercare facilities and finally develops their social skills.



Sananim

Therapeutic Community (Karlov) is a residential facility for mothers with children in treatment of their addiction to narcotic substances. The main objective of the program is an integration and full involvement of mothers into real life. The daily program is structured so that mothers should have a chance to be treated, while also adequately take care of their children. Program fully respects needs of children in different age group. Common child's stay with the mother contributes to the consolidation of emotional attachment between mother and child. A part of the treatment for mothers is to practice the parenting skills (child care, food preparation and health care for the child, etc.). Mothers are participating in group psychotherapy, where they have opportunity to solve problems linked with motherhood, drug history, etc. They also attend group and work therapy, education and training, leisure activities, individual psychotherapy, family counselling, etc.



The organization provides follow-up centre for mothers with children, which offer services leading to their social stabilization and integration into the society. The follow-up centre aims at reducing the risk of relapse and helps clients to maintain and further develop the positive changes through supporting, counseling, therapy and self-help activities. The centre offers case management for solving social problems of mothers (debts, criminal and judicial matters, client contact with institutions, etc.)

Self-reported Good Practice



« Following the White Rabbit »



The MONAR Centre of Lodz launched a theatrical activity in partnership with the Powszechny Theatre (Public Theatre <http://powszechny.pl/en/>) so that its residents have access to such activity.

Some of our beneficiaries from 18 to 25 had, for the first time in their life, the possibility to come in a theatre.

In addition to the educational component of the project, the undeniable advantage is the openness to the world of art and culture. This project gave access to a repertoire of works, but was also an opportunity to see the theatre from the point of view of the scenes. We have worked alongside technicians from scene, designers, directors and costumiers.



It was great to see our residents collaborate with passionate professionals and experience something new and very important for their treatment. We have seen them learn how to be responsible and approach tasks with self-discipline, to manage teamwork skills, how to deal



with stress and how to adapt to the situation facing the audience.

The grand final event, after several months of cooperation, has been show entitled: "Following the White Rabbit", which premiered April 1, 2016 at the Public Theater of Łódź (Powszechny Theatre).

The show illustrates the wandering between two worlds: the real and the



Unreal. This is a story of people who exist at the border of two worlds and who, after having reconsidered their attitudes and experiences, seek the re-

turn journey to rediscover each other. The piece evokes the theme taken up in Lewis Carroll "Alice in the Wonderland" and the movie "The Matrix" (Wachowski brothers), in which the main characters are taken in trapped in the game. They are forced to enter into their subconscious and rediscover their "sense of being oneself".

As this project enjoyed and made sense to both parties, we have already discussed a possible renewal of cooperation, then follow us!



More details on <http://powszechny.pl/en/>



Good Practices reported by trainees

Giving purpose to the migration route of foreign minors

Youth

Active support for integration into French society.

Geneviève Pierquain, from CRES in Mons (Belgium)

Host: foyer "La Galipote", Marseille (France) and "Les Dames de la Providence", (Social House for children),

Objective :

The active support is based on core values (citizenship, democracy, secularism) for helping foreign minors to integrate their life project.



Short description:

La Galipote is a home that can accommodate 25 boys aged between 14 and 18. These isolated youngsters are part of the growing migratory phenomenon and come from countries where war and ethnic conflicts prevail. Their difficulties are at several levels: social, cultural, psychological, educational, health and family.

The pathway to integration in French society focuses on three objectives :

- 1) Learning the French language,** culture and traditions. The guys must speak French and will be brought at any moment, by the educator, to communicate in the language and with the cultural patterns of the host country.
- 2) Learning autonomy** for social integration. The foster home is maintained by its guests, everyone is responsible for his laundry and meals which are prepared by the youngsters with the educators.
- 3) The administrative regularization** is supported by a lawyer but the guys are the main actors of their project: they must know and respect the law and be involved in education, work or internships. The motto of the home is 'keep cool but don't sleep'. Support is given by a team of so-called "technical educators" who are committed by the skills showed

in their life course. Recently, four qualified educators have joined the team. This work is underpinned by the democratic values defended by the institution. The youngsters co-construct themselves through living with dignity in the institution. They will acquire the sense of citizenship and be recognized as having rights and duties. This will open to them the doors of the city. Secularism is also a master value of the home. Their intimate choices, their religions and their differences will be respected but with the requirement of submission to the law of the French Republic.



More details on our E-learning platform on www.ecett.eu

Health Care Halt Beds (LHSS)

by Emeline Legrain (Relais Santé Namur-Belgium)

Host: « Samusocial » in Paris (Hospice St Michel, Paris-France)

Social Work

Objective:

The purpose of this GP is providing medical and social support structures for homeless persons whose state of health does not require hospitalization, but is not compatible with life on the street.



Short description:

The LHSS team provides health and social support for avoiding a break in continuity of care or worsening of the health state.

Health Care Beds are intended for this population suffering of, « ordinary »



illness (flu, bronchitis, gastroenteritis, trauma incidents), which occur on a weakened state of health and may decompensate chronic problems like diabetes, respi-

ratory failure, shortcomings). LHSS is currently, the only health system offering care adapted to the public of homeless, by a multidisciplinary team.

An essential aspect of the medical care to homeless people provided by the LHSS is care in the more general sense of « care », i.e. attention, solicitude and listening which are needed by this often isolated group as well as help for updating their rights.

More details on Ecett learning platform; ask for your log in www.ecett.eu

News

Presentation of Ecett at the Civil Chamber of the Federation of Russia

Invited to Moscow by Dr. Isaiev (president of the independent Federation against drugs), Georges van der Straten introduced the Ecett learning network at the meeting of the "Council of Coordination of Health Protection of citizens against alcohol and drugs". This meeting took place in December 2015 at the Civil Chamber of the Federation of Russia in the presence of members of the Government and of a Directors of treatment centres for drug addicts. There were among the speakers:

- ◆ Dr. Martien KOOYMAN Dutch psychiatrist and Vice President of EURAD,
 - ◆ Kenneth Actander Johansson, John STORAS and Asbjørn LARSEN from Norway,
- Following this conference, Russian professionals will travel to Spain and Britain in Ecett placements to discover the MECETT learning method to put in place an Ecett help desk



Ecett-Networks NGO, member of EAEA.



EAEA is a European wide network of learning for adults (European Association for Education of Adults. EAEA has expressed its interest in the MECETT method as well as for coordination and help desks services that Ecett could offer to other members of EAEA. The missions of EAEA are:

- ◆ Active citizenship, democracy and participation
- ◆ Life skills for individuals
- ◆ Social cohesion, equity and equality
- ◆ Sustainable development
- ◆ Migration and demographic change
- ◆ European policies
- ◆ Employment and ITC

Read the "Manifesto for the education of adults in the 21st century" www.eaea.org

International LIFELONG LEARNING HUB

Ecett participated in the two days of international meeting organized by EUCIS-LLL (www.eucis-lll.eu) the 07 and 08 March 2016 in Belgium. It is a cooperation platform that brings together major associations for continuing education (including EAEA)

EUSIS-LLL mission is contributing to greater flexibility of the education and training systems and structuring civil dialogue with associations and the European institutions. Values:

1. Active dialogue with the European institutions.
2. Exchange of good practice, experiences and expertise.
3. Follow-up, analyse, dissemination of information related to lifelong learning.
4. To promote a civic, democratic and social Europe. Equity, social cohesion and active citizenship.
5. Personal development of learners.

(read more at page 12)



Ecett Steering committee in Dublin (Ireland)

COOLMINE TC hosted the meeting of Ecett steering committee on 10th and 11th December, 2015. Two important measures have been decided:



Perspective of Ecett financing : as the financial sustainability of Ecett-Networks NGO was threatened since its birth, the central office will promote its expert services to Ecett partners applying for Mobility grants (at Erasmus +). A specific funding is foreseen by Mobility for the courses "organisational costs". When these applications will be approved by the EU, these organizational expenses will be divided between the applicant organization and Ecett Networks:

- * €70 per trainee are reserved for the applicant organisation,
- * €70 per trainee are paid by each organization to Ecett-Networks (for international coordination),
- * the balance of organizational cost is for the helpdesk that accompanies the trainees.

A Conference for the 10th anniversary of ECETT : on 5th and 6th

December 2016 in MONAR—Warsaw.

For more details, see page 3 or on our website: www.ecett.eu

News



Monar also in Ukraine

Addiction

Following high demand for addiction therapy in Ukraine and together with a group of specialists from Lviv, Monar launched in September of 2015 operations for Monar Ukraine in order to counter-balance a lack of free treatment programs for people addicted to psycho-active substances and alcohol. The Board of Monar Association donated office supplies, food and clothes to our colleagues from Lviv:

« Exactly 38 years ago we also started from nothing, the only thing we had was hope and huge motivation to help addicts who did not have a chance to receive necessary help and treatment » says Jolanta Łazuga - Koczurowska, Head of the organization.

Monar Ukraine will benefit from the support of polish specialists as well as our methodology and experience; we will also share our mission to help people in the spirit of tolerance, love and respect.

For more details please visit: <https://www.facebook.com/monarouqua>



Homelessness does not begin in autumn... and does not end in the spring !

Social Work



Three seminars on homelessness were organized by Monar in April in three Polish cities : Warsaw, Wroclaw and Poznan. All three were hosted under the auspices of the Ombudsman, the Ministry of Labour and Social Policy and the Voivodship Marshals of three major regions in Poland: Lower Silesia Province, Mazovia Province and Wielkopolska Province.

The main goal of the seminars was to raise awareness about the problem of social exclusion of different social groups (children and single mothers, young people, and the elderly) and about how to change the public perception of homelessness people.

All debates were carried out as an expression of solidarity with people experiencing poverty and social exclusion with the scope of identifying potential solutions and policy recommendations.

These seminars welcomed social workers, representatives of local government, job centers, NGO's, students, our beneficiaries and the general public which enabled us to hold a multi-levelled discussion about the problem of homelessness and related challenges and to share experiences and knowledge in the field of social assistance , professional reintegration and social economy.



...Follow-up of Life Long Learning Hub at page 11:

The European Civil Society Platform on Lifelong Learning (EUCIS-LLL) is an umbrella association that gathers 39 European organisations active in the field of education and training, coming from all EU Member States and beyond. Currently these networks represent more than 50 000 educational institutions (schools, universities, adult education and youth centres, etc.) or associations (involving students, teachers and trainers, parents, professionals HRD, etc.) covering all sectors of formal, non-formal and informal learning. Their members reach out to several millions of beneficiaries.

News



ADHD impact on treatment process and outcomes of drug addicted clients in therapeutic communities

From Iveta Mikolaskova, Magdalena, Czech Republic

Addiction

Personality disorders and ADHD („Attention Deficit Hyperactivity Disorder“) represent one of the most common comorbidities among substance users. Recent studies generally show relatively high prevalence of ADHD in addicted patients and the fact that ADHD can be a significant risk factor for residential treatment in therapeutic communities. It may strongly affect the safety and quality of treatment of people dependent on psychoactive substances.

The Czech Republic currently hosts a number of experimental studies, complex psychological examinations of selected clients in several therapeutic communities.

The pilot study aims to learn whether



clients with ADHD (in childhood, in adulthood or both) can be found in therapeutic communities for drug addicts. The objective of the study is also to verify the specific effects of ADHD on psychological resilience, stress management, emotional lability, and life skills in general among clients of therapeutic communities for

addicts. The adults affected by the ADHD who use addictive substances are also at a higher risk of another psychiatric disorder (mood disorders, anxiety disorders, personality disorders, and conduct disorders, depressive disorder) than those with only one of these disorders.

The patients may experience a higher level of frustration, aggression and interpersonal conflicts. All this makes them inter alia, more vulnerable for substance abuse.

The study should clearly show whether we can effectively and reliably diagnose the ADHD in this group of clients and whether this client population may really differ from other clients as regards their behaviour and responses in specific areas. It should also be demonstrated whether ADHD does indeed have a negative impact on the process and outcome of addiction treatment. The whole project can thus provide opportunities for targeted development and testing of a specific intervention that will increase the chances of the successful completion of treatment and its better outcome. The safety of both clients and staff can also be improved.

The first results show a high prevalence of potential ADHD: 43 from the total 76 clients (56.6%) showed ADHD symptoms.

The criteria for ADHD in childhood were met by 21 clients, for ADHD in adulthood by 6, and for ADHD in childhood and in adulthood by 21 clients. The findings can confirm the high rate of ADHD in substance users and the impact of neuropsychological disorders on individual vulnerability in the bio-psycho-social domain. The psychiatric diagnosis of ADHD is important for follow-up determination of right treatment approach, which might be complicated especially in clients with disorders of substance



abuse.

Currently, there are several tools, which are used abroad for diagnosis of ADHD, such as: DIVA 2.0 (Diagnostic Interview for ADHD), Barkley Adult ADHD Rating Scale IV, AASRS (Adult ADHD Self-Report Scale), Wechsler Adult Intelligence Scale, Bourdon test of attention, BRIEF („Behaviour Rating Inventory of Executive Function“, Hamilton anxiety scale, Beck Depression Inventory - BDII, etc. Subsequent treatment requires a long-term perspective, which might include also pharmacotherapy.

Another important step is individual and systematic approach in psychotherapy. First, it is important to make a contact with the patient, and on this basis the functional therapeutic relationship can be established. The relationship between therapist and client based on trust, openness, acceptance and respect is a quality foundation for effective therapy. Suitable part of individual or group psychotherapy might be also the training of cognitive

There is a higher prevalence of ADHD In the population of addictive substance users than among non-users



Testimonies

Addiction

Alberto Guardiola from Proyecto Hombre (Spain).

Host: TC Magdaléna (Czech Republic)



My learning experience on my trip to Prague has been very positive. The work realized with

our clients in PH Malaga and in the TC of Prague is not so different. There are cultural differences in family life that make some interventions different. The relation of help which is established between the therapeutic team and the client is very narrow and with strong affectivities. As there is less influence from outside, the clients should have a complete freedom to make their own decisions, so the responsibility in the therapeutic process resides in the person.



Addiction Communauté

Nadia Bouazzouni, from « Trempline –Châtelet »,Belgium
Host: « CeIS- Viterbo - Italy



« Team and welcome from Diogène was very good; in only 2 days, we felt like colleagues. I'm still in contact with them ».



Isolated minor



Geneviève Pierquain and Caroline Sainthuille from « CRES », Mons-Belgium
Host: « La Galipote », Marseille-France

"The traineeship was rich in learnings, but also in particular emotion with the team and the youth, with the hard situations of minors and their personal history; we appreciated the know-how and expertises of the educators, driving the team meetings, the organization of home life ."Geneviève.



"We were nicely welcomed by the team and by young people; their own and hard stories really touched me. The staff are involved in a motivating project and make every effort to succeed !The expertise and knowledge of educators and officials were striking. Life in this home is filled with emotions and nice moments. I was also impressed by the conduct of the team meeting by the director and by the organization of each project. " Carolina.

Addiction families

Petr Pašek, from Magdalena Czech Republic.

Host: Proyecto Hombre Mallorca, Spain.



I'm glad to have the opportunity to see the spanish style working with family. It was very interesting to observe culture differences. The whole family has been involved in the process of treatment more than we are used to, here in our country. I could have noticed much more society pressure to remain a family member despite the real circumstances. On the other hand the family support seemed to me in general more helpful and available than here.



Addiction

Jiří Koreš, from Magdalena Czech Republic

Host: Proyecto Hombre Sevilla, Guadalaraja, Spain

I met all of my objectives. I had the opportunity to see

several programs in Seville and in Guadalaraja. I was happy to have a chance to see groups in all programs. Interesting experience for me was to participate in group therapy in the parent group in Seville and analysis humanistic approach Guadalaraja. Also program for addicted mothers with children in Guadalaraja, there was a comprehensive program really intrigued me and furnishing.



Testimonies

Addiction Arm reduction

**François Lavis, from « Entraide SIDA »
Namur , Belgium**

Host: « Abrigado », Luxemburg

I think these two days have allowed the team to be even more united. This additional point is far from negligible. These two days gave us an extra desire to get things done in the addictions sector, in the area of risk reduction.



Some tools have already been implemented. We hope to continue to share common practices and to realize the realities of another country. These two days have really answered to my basic requests ... I do not see what could be improved. "

Child care

**Julie Claes, from Maison Maternelle
of Wallon Brabant, Belgium**

Host: Coolmine, Dublin, Irlande

"In Ireland, and especially within Coolmine, we have seen that the delivered education and the way of working was totally different from ours. There is a real partnership set up, almost total trust between the institution and the hosted mothers. During our stay and even later, we have considered with our colleagues, putting in place some very inter-



esting things learned and memorized during our internship in Dublin. »

**Kristi Houtain from Phenix Ngo,
Namur, Belgium**

**Host: Proyecto Hombre,
Seville, Spain.**

It was super interesting and really what we wanted to watch!
This trip gave us lots of ideas. We have

Youth-Addiction

planned several team meetings to discuss and see what good practices we can transpose to our work model. In each service, each encountered person (staff or user), we received a super warm welcome. It was really top! We were thus in total immersion. We have learned and observed a lot of things...



Learning objectives of...

**Ruslan Oniszcuk psychologist Centre for
Addiction Treatment , Therapy and Reha-
bilitation in Głsków) travel to
Proyecto Hombre, Spain**

This year I decided to do an Ecett internship within the Erasmus+ project. I



Addiction Prison

want to learn and deepen my practical skills based on the experience of penitentiary institutions, about:



1. ways of conducting therapeutic interventions in prisons in the form of incentive and support programs.

2. how the therapeutic community method is implemented in penitentiary institutions, including different ways of conducting prevention programs for inmates and to follow good practices in observation and diagnose for convicts.

3. observing good practices in the area of post-rehabilitation, social assistance and socio-professional reintegration for ex convicts, and forms of cooperation between public and non-governmental institutions.

In the context of rapid change on the drug market in Poland and the increasing number of clients addicted to NPS and synthetic drugs it is extremely important to me to review the best practices of work with this type of clients and to see a variety of therapeutic interventions and preventive measures.



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