

NEW : Ecett Webinars

As Ecett's internships were blocked by the pandemic, Ecett decided to launch webinars to share good practices (GPs). We have classified the 500 Good Practices in the database into 5 categories :

1. **Therapy of Addiction through the Community Approach**
2. **Partnerships with families and networks**
3. **Target groups: adolescents, women, dual diagnosis, gamblers, etc.**
4. **The low threshold: harm reduction, substitution, prevention**
5. **Management of organisations: human resources, quality, etc.**
- 6.

We have engaged former trainees and practitioners to present their good practices in webinars.

The first webinar was held on October 2, 2020, in English and 5 GPs were shared. The presentations were accompanied by PowerPoints which can be accessed on the new "Ecett Academy" course on the Ecett platform.

<https://www.ecett-networks.eu/platform/course/view.php?id=30>.

For more information about these GPs or to contact their authors, write to contact@ecett.eu.

Dates of the upcoming webinars on page 5



Summary of Good practices exchanged on 2 October 2020 (1)

The recording of the webinar is available on the "Ecett Academy" platform

https://www.youtube.com/watch?v=_rvfRwhR8_0&feature=youtu.be

Category THERAPEUTIC COMMUNITY



Phoenix Futures
Ending dependency, transforming lives



"**The use of badges in TC**" observed at Phoenix-Futures (UK) by Lisa Larkin of CoolmineTC (IRL) Residents of Phoenix-Futures TC (UK) wear a badge indicating their role in the community. These badges encourage commitment to one's position but are also a source of pride for those who wear them. The implementation of these badges at CoolmineTC was fairly straightforward. We had to inform the teams and management, print the badges (35€) and it had a great impact. The community is better organised, the structure is clearer, and team members spend less time reminding everyone of their responsibilities in the community. This reinforces the community approach. These badges also play a part in our quality approach.

(More information on the Ecett platform or via contact@ecett.eu)

"**Black light theatre**" practiced at ARGO (GR) by Christina Vasileiou de ARGO (GR). This technique of expression is based on a theatre of puppets and fluorescent objects on a black background. A group of residents in treatment meets every week for one hour to build a show in 6 steps. The participants write the script together, build the set and the figurines, practice bringing the characters to life, make a public performance and make an evaluation. The process lasts several months and acts on self-knowledge, expression of emotions in public, imagination and creativity and team cooperation.

Category SOCIAL REINSERTION



"**Back to Work Programme**" observed at Projecte Home, Barcelona (ES) by Athena Vlachvei from ARGO (GR): at Projecte Home. Vocational training is considered essential for successful social reintegration. PH therefore participates in Incorpora, a collaborative network of "socially responsible" companies in Catalonia and in the INSOLA programme (ESF) to strengthen the skills of low-prepared job seekers. After 8 months of therapy, the residents meet a "vocational training" manager with whom they decide to eventually participate in the Insola programme. Social reintegration is thus prepared in good conditions.

Ecett Academy : if you wish to contact the practitioners of these GPs write to contact@ecett.eu



Summary of good practices

Exchanged at the 02 October 20 webinar (2)

PREVENTION category



"The visit to the two institutions shifted in my mind the first target groups of prevention training : instead of specialists doing prevention with children, prevention trainers train teachers to do prevention in their classrooms. Discovery of prevention tools for children under six years old and translation into Czech of De Sleutel's primary prevention material "Het gat in de haag".

"Creation of a virtual identity" observed at GruppoCeis (IT) by Paulina Aguila from Trempoline (BE). This is a prevention tool aimed at pupils aged 8 to 12 to help them make better use of social networks and protect themselves. The facilitator forms groups of 4 pupils and gives them a sheet of paper with a large star printed on the front and a thumbs up on the back. On the five branches of the star, they indicate their profile (age, name, telephone, etc.) and on the other side, photos, songs, etc. Discussion: what information is shared in a physical/virtual meeting ? Is there any information that is dangerous? What is safe to share?

(More information on the Ecett platform or via contact@ecett.eu)

**Maiya, Janus Enterprise,UK.
Internship at Trempoline Belgium.**



I was unsure of what to expect and was shown great hospitality, as well as lots of information to learn from and bring back to my agency. All was put in place to explain to us in much detail what went on in the TC.

**Martin, Kaleidoskop Czech Rep.
Internship at De Sleutel, Belgium :**



Yes, I am inspired by steps of long term treatment. In my organization, we are going to transfer some inspirational ideas and elements and we have changed way of cooperation with loved ones of clients. And I want to improve my English

**O.S, Magdaléna, Czech Rep.
Internship at Projecte Home Catalunya.**



It was really interesting and really what we wanted to see !



CLI-Ecett

Ecett national exchanges in Belgium

Do you work with children, teenagers or their entourage?

The best way to learn: exchange practice and knowledge!

Immersion courses for professionals



R.E.A.L.I.S.M.
Réseau Enfants Adolescents Liège Santé Mentale



The Ecett training system has been transferred from the addiction sector to other professional sectors: youth, psychiatry, social work... Since 2020, five Belgian networks have adopted Ecett courses to structure inter-sectoral exchanges in child and adolescent mental health: CLI-Ecett (consultation and inter-sectoral liaison).

The advantages of these national exchanges are :

Proximity to the host organisations: no need for Mobility travel grants.

Exchanges in only one language: the national or regional language.

Therefore, the internship file has been simplified for national internships and a specific CLI-Ecett section has been opened on the e-learning platform. The use of Ecett to organise national exchanges can help other national federations to structure knowledge exchanges at national level.

A CLI-Ecett morning meeting was organised at the AVIQ in February 2020 to present the exchange project to professionals concerned with the mental health of children and adolescents.



With the support of CRELAN Foundation



Good practices reported by trainees

CHRISTOS KARKANEVATOS from Argo, Thessaloniki, Greece
at **Proyecto Hombre**, Barcelone, Espagne



Digital Video & Photography for Minors and Young Adults

The participants/members are divided into two groups according to their age.

1st Group: 13yrs old to 17yrs old

2nd Group: 17yrs old to 23yrs old

During the first contact, the participant is informed about the programme and what it entails and the condition of the participant is assessed.

The Digital Video & Photography group lasts for 1 hour for the first group (13 to 17yrs) and 1 1/2 hours for the second group (17 to 23yrs)

During the group the participants/members are asked to create a 3 minute video about their family (parents, close relatives). After some discussion, the participants decide upon the theme and material of their video and proceed with the creative procedure of video, audio, image editing in order to create their own story. During this process the coordinator encourages and supports the participants. Coordinator and participant engage in a discussion about the creative process and its advantages and disadvantages, the difficulties they faced coming up with their story and the creative process, feelings that might have been developed during this process etc. When the video is ready the participants first present it to their peers and staff within the therapeutic community and then they present it to nearby schools as a prevention activity.

The second theme of the group is photography and photo collage. The participants take a photo and are responsible to either buy or find the rest of the material they will need to create the collage. Then they process the photo and create the collage. Along with the coordinator the participants discuss the process as well as the collage itself and what meaning the participants give to it. In the end, all the collages are exhibited within the therapeutic community.

Ingried Lempereur from Alises, Belgique
at **ARGO** Thessaloniki (Greece)



Therapeutic workshops of the day center

As a good practice we have learned how activities are designed and organized in the center. These are not designed as occupational activities in the strict sense but have a much broader scope: therapeutic aim, first, but also discovery of new interests, acquisition of new skills (musical, computer, sports, artistic ...), development of self-esteem, structuring of the day, acquisition or empowerment of social skills and work on the report to the others ... Besides the quality of the objectives, these workshops are organized within a very beautiful infrastructure with recent equipment of exceptional quality. The management of Argo puts a lot of energy into looking for sponsorship and external donations to acquire these tools. In addition, it supports the team in the process of reflection and implementation of the various workshops. This team is composed of workers who have specific skills in each of the areas proposed. Every two years, these workshops are redesigned by the entire team. It stops a moment to evaluate the proposed program. It identifies flaws and qualities of the system, which allows to regularly rehabilitate it and improve its effectiveness.

More details about the good practices on the Ecett e-learning platform



Upcoming webinars in English :

Thematics	in English
<u>Treatment of addiction, residential / non residential</u> : Welcome phase, Therapeutic community, Social reinsertion phase	Friday 23rd of April 10.00 AM (CET)
<u>Partnerships</u> : Working with families, Networking with other services	Friday 25th of June 10.00 AM (CET)
<u>Target groups</u> : Minors, Addicted mothers and children, Dual diagnosis, Justice, Gamblers, etc .	Friday 29th of October 10.00 AM (CET)
<u>Work outside the TC</u> : Social work; Harm reduction; Substitution; Pre-vention.	Friday 17th of December 10.00 AM (CET)
<u>Management of organisations</u> : Human resources, Quality control, Research and development, ...	Friday 25th of February 2022 10.00 AM (CET)

Share your experiences with your peers ! Call for Good Practices GPs

Do you have an effective or original practice that could be of interest to colleagues ?

Enrich our community with your GP exchanges.

Contact us on contact@ecett.eu and we will help you to make it a validated and published good practice that you can present in a webinar.

**Ingrid, TC Ellipse, Belgium.
Internship at ARGO, Greece.**



The sharing of experiences allows a reflection on the way we think and develop our own therapeutic workshops. This exchange revived institutional thinking for us.

**Franziska, Janus Enterprise, UK.
Internship at Trampoline, Belgium.**



Some of the methods identified lend themselves well to be implemented in the service I work in.

**By Ondřej, P-centrum, Spolek Czech Rep.
Internship at Projecto Home, Spain.**

I'm very satisfied taking into account my objectives, I saw and participated everything I wanted as planned. Yes, it was very nice, friendly, honest and open minded meeting with professionals from the same field as I do.



**Anick, TC Ellipse, Belgium. Internship
at ARGO, Greece.**



We were able to discover the different therapeutic workshops offered, these were interesting and brought us lots of new ideas.

