



# CHAPAPS SYMPOSIUM

## 22 JAN 2009

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### E-BASED INTERVENTIONS STRENGTHENING CHILDREN OF SUBSTANCE MISUSING PARENTS: SHADOW WORLD.

MINNA ILVA, M.SOC.SC., PROJECT MANAGER

FRAGILE CHILDHOOD

A-CLINIC FOUNDATION, FINLAND

SHADOW WORLD IS  
A PLACE FOR CHILDREN  
AND ADOLESCENTS  
WHOSE LOVED ONES  
MISUSE ALCOHOL OR  
OTHER SUBSTANCES.

Varjomaailma

SHADOW WORLD OFFERS  
INFORMATION ON WHERE  
TO GET SUPPORT AND  
HELP WHEN  
THE SITUATION AT HOME  
IS DIFFICULT.

Award Winner 2008

**e-inclusion**

We're part of it!

The graphic features a large, stylized 'e' in white on a pink circular background, followed by the word 'inclusion' in a bold, purple, italicized font. Above and below this are the phrases 'Award Winner 2008' and 'We're part of it!' in a smaller, purple, italicized font.

# WHY E-BASED INTERVENTIONS?

Technology and prevention:

- Mass media with individual precision
- Interactivity, feedback and democracy
- Anonymity and closeness at will
- Empowerment to use one's own resources
- Freedom from time and place
- Cost effectiveness

# ADDICTION LINK

**PÄIHDELINKKI**  
WWW.PÄIHDELINKKI.FI

Tietopankki: Tietoa päihteistä ja riippuvuuksista  
 Testit: Testaa tilanteesi saat palautteen heti  
 Oma-apu: Omatoimisen muutoksen ohjelmat  
 Keskustelu: Vertaistukea ja mielipiteitä  
 Neuvonta: Kysy nimettömästi asiantuntijalta  
 Perhe: Päihteet kotona ja arjessa  
 Ammattilaiset: eKonsultaatio ja työvälineitä

**AJANKOHTAISTA** 3.11.08  
**Tule kertomaan mielipiteitäsi alkoholin mainonnasta!**  
 Ehkäisevän päihdetyön viikkoa vietetään 3.11-9.11.2008. Teemaviikkoa vietetään nyt yhdeksättä kertaa. Päihdelinkissä viikon tarkoituksena on virittää keskustelua alkoholin hintapolitiikasta ja mainonnasta. Lisäksi keskustellaan yksittäisen ihmisen mahdollisuuksista vaikuttaa lasten ja nuorten alkoholikäyttöön. Päihdelinkin keskustelualueilla [le](#) vähentäjissä, [Me lopettajissa](#) ja [Kotkanavalla](#) on aloitettu aiheesta keskusteluketjut. Tule mukaan keskustelemaan ja kertomaan mielipiteitäsi! [Lue lisää...](#)

**MEDIASSA**

Huumeisiin kuolleita nuoria muistetaan	31.10.08
Perheväkivallan ehkäisy tärkeää myös alueellisesti	21.10.08
Palveluohjaaja auttaa elämänhallinnassa ja asioimisessa	14.10.08
Turvataidoista selviytymisen alkeita lapsille	2.10.08
Kaiikki eivät pelaa voitosta - moni pakenee arkea	23.09.08

- Info bank
- Multimedia material
- Self evaluation tests
- Self help programs
- Discussion forums
- Individual professional guidance
- Family guidance
- Support for professionals
- News from media

→ Closed cancelled web groups for mothers

# WHY E-BASED INTERVENTIONS FOR CHILDREN?

Youth and technology:

- Using digital media is central part when growing up
- The practices are learned through entertaining services (communications, games, communities)
- These practices include e.g. real time interaction, relying on peer networks, openness, proactivity, fastness, multichannel interaction, flexible processes.

# FRAGILE CHILDHOOD

(ACTIVITY RUNNING IN FINLAND SINCE 1986)

Reaching target groups by:

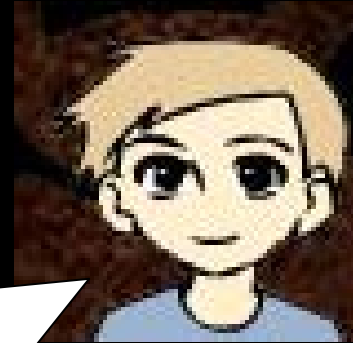
- 1) Helping **professionals** to recognize problems and intervene
- 2) Reminding **parents** about responsible parenthood and **close-ones** of children on how to support children in difficult life situations
- 3) Providing **children** information on their rights and where to get help and support

# DIFFICULT TO DEAL WITH THE PROBLEM

- Not much **awareness** on the problem.
- Access to **prevention** and **treatment** often restricted (resources, time and place).
- Professionals' capacity **to help limited**.
- Families' have tendency **to avoid attention** and interventions by authorities.
- Children **do not know** how to get help or from where!



# WHAT IS SHADOW WORLD?



THE FIRST SERIOUS ATTEMPT TO REACH CHILDREN AND YOUNG PEOPLE SUFFERING FROM PARENTAL SUBSTANCE MISUSE,

AND TO PROVIDE THEM WITH INFORMATION, SUPPORT AND MEANS TO DEAL WITH THE DIFFICULT LIFE SITUATION.



# METHODS



WORKING FROM CHILD PERSPECTIVE!

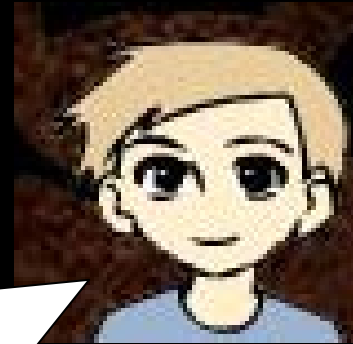
THE TWO BASIC METHODS USED TO REACH  
CHILDREN ARE

- 1) A COMIC BOOK AND
- 2) AN INTERACTIVE WEBSITE

BOTH UTILIZING A NARRATIVE APPROACH AND A  
MANGA-STYLE APPEARANCE.



# COMIC BOOK

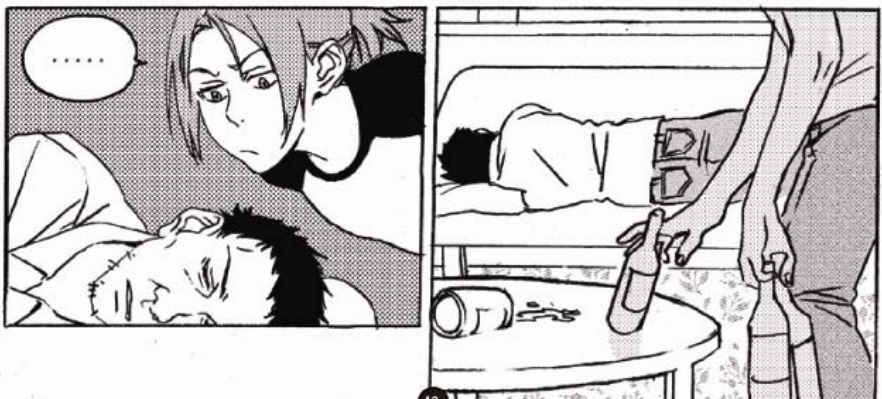
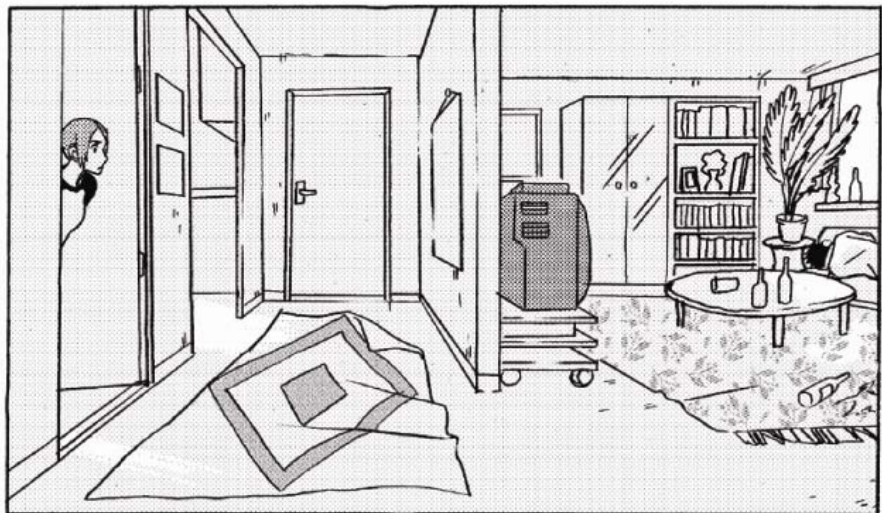
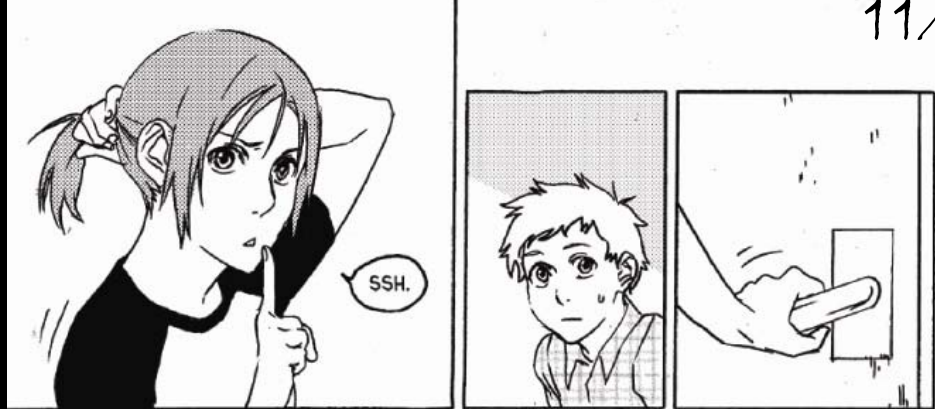


70.000 COPIES OF THE COMIC BOOK WERE SENT TO SCHOOLS TO 5TH AND 6TH GRADERS, 11 TO 13 YEAR-OLDS, IN SPRING 2008.

IN ADDITION TO THE STORY, THE COMIC CONTAINS LINKS TO THE WEBSITE AND INFORMATION ON HOW AND WHERE TO SEEK HELP.



THE COMIC BOOK WAS PRODUCED  
AND DISTRIBUTED WITH A FUNDING  
FROM THE **MINISTRY OF SOCIAL  
AFFAIRS AND HEALTH OF FINLAND.**





# SHADOW WORLD WEB SITE



ON THE WEBSITE **CHILD CAN SHARE** HIS OR HER OWN **STORY** ANONYMOUSLY, EITHER BY WRITING OR BY **CREATING A COMIC STRIP** WITH AN APPLICATION SPECIFICALLY DEVELOPED FOR THE PURPOSE.

**NEW! A DISCUSSION FORUM**

13 206  
visitors,  
1288  
registered  
users,  
503 comic  
strips ja  
75 stories



# SHADOW WORLD WEB SITE



TUNNUS  SALASANA   [» Luo tunnus Varjomaailmaan](#)

## MIKÄ ON VARJOMAAILMA?



Varjomaailma on paikka kaikille niille, joiden vanhemmat käyttävät liikaa alkoholia tai muuta päihteitä. Täällä voit kertoa oman tarinasi tai hakea, mitä muut ovat kirjoittaneet.

Sivulta löydät myös tietoa siitä, mistä voi hakea apua, jos kotona on väkivaltaa.

Lue lisää...

## UUTTA VARJOMAAILMASSA

Varjomaailmassa voit tehdä oman sarjakuvan!  
» Siirry tästä sarjakuvasivostamme!

## UUSIMMAT SARJAKUVAT

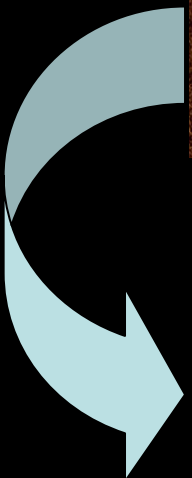




# COMIC MACHINE AND STORIES



*I AM 14 YEARS OLD AND IN THE SPRING I LIVED THROUGH THE MOST AGONISING MOMENTS OF MY LIFE. MY PARENTS DRINK EVERYDAY AND IT DOESN'T SEEM TO EVER STOP...*





# WEB DISCUSSION GROUPS



THE WISH COMING FROM THE SHADOW WORLD USERS HAS BEEN TO MAKE IT MORE INTERACTIVE!

MESSAGE BOARD ENABLES PEER-SUPPORT BUT ALSO STARTING UP CLOSED WEB DISCUSSION GROUPS, WHICH WILL BE COUNSELLED BY PROFESSIONALS.

IN ADDITION, POSSIBLE TO SEND TEXT MESSAGES VIA A-CLINIC FOUNDATION'S "POWER CIRCLE" FREE SMS MESSAGING SYSTEM.



# EXPERIENCES FROM A WEB GROUP

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A PILOTED GROUP STARTED IN JUNE 2008 IN  
ADDICTION LINK → STILL ALIVE

7-12 GIRLS AGED BETWEEN 12-17 YEARS (5 ACTIVE)

GUIDED BY CHILD PROTECTION WORKER AND  
PSYCHIATRIC NURSE



# WEB DISCUSSION GROUP

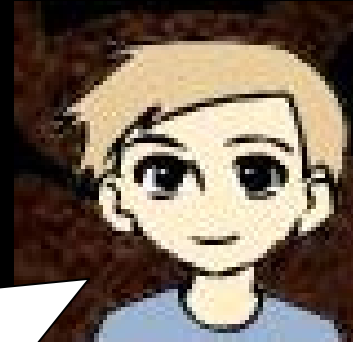


CHILDREN CAN FREELY DISCUSS BUT COUNSELLORS ADJUSTED METHODS USED IN CHILD PROTECTION TO THE WEB ENVIRONMENT E.G.

DIARY, WHAT DO I THINK OF MY SELF? -CHART, QUESTIONS ON FEELINGS AND A LETTER TO THE DRINKING PARENT.



# WEB DISCUSSION GROUP



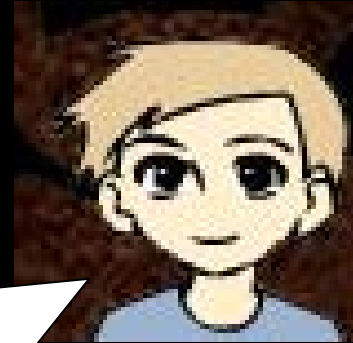
## FROM THE DIARIES:

ALCOHOL IS A FIRM PART OF FAMILY LIFE, SOMETHING "ORDINARY" BUT STILL RAISES A LOT OF CONCERN AND SORROW, WHICH IS DIFFICULT TO PUT INTO WORDS

**OBSERVATION:** CHILDREN DID NOT SEEK FOR PEER SUPPORT BUT RATHER DISCUSSED DIRECTLY WITH THE COUNCELLORS.



# WEB DISCUSSION GROUP

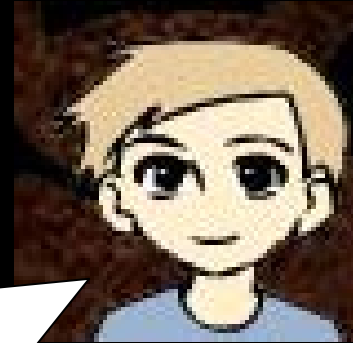


**RULES** OF THE GROUP EXPLICIT:  
SPREADING AND COPY-PASTING THE DISCUSSIONS TO  
OTHER FORUMS IS PROHIBITED.

**ETHICAL QUESTIONS:** CHILD PROTECTION ACT 2008.  
THE ANONYMOUS SERVICES CANNOT FIND OUT THE  
IDENTITY OF THE CHILD, AND THEREFOR THE LAW DOES  
NOT APPLY. (MINISTER RISIKKO)



# CONCLUSIONS



- LOW THRESHOLD **SUPPLEMENTING** SERVICES
- **LISTENING** CHILDREN, WHOSE VOICES MIGHT GO UNHEARD
- **BYPASSES** THE PARENTS WHO MAY DENY THE PROBLEM
- REACHING CHILDREN WHO MIGHT NOT BE SUBJECTS OF ANY INTERVENTIONS YET
  - PROVIDES A **RELIABLE ADULT**
  - **EMPOWERING** CHILDREN TO GET HELP
  - NOTICING **"YOU ARE NOT ALONE!"**



YOU ARE NOT ALONE!

EVERY STORY IS VALUABLE. IN SHADOW WORLD, IT IS OK TO TALK ABOUT FEARS AND OTHER DIFFICULT FEELINGS, WITHOUT FORGETTING THE BRIGHT FUTURE!

[WWW.VARJOMAAILMA.FI/ENGLISH](http://WWW.VARJOMAAILMA.FI/ENGLISH)



# THANK YOU!



PRESENTATION: [WWW.LASINENLAPSUUS.FI/ENGLISH](http://WWW.LASINENLAPSUUS.FI/ENGLISH)

CONTACT: MINNA ILVA, [MINNA.ILVA@A-KLINIKKA.FI](mailto:MINNA.ILVA@A-KLINIKKA.FI)

SHADOW WORLD: [SHIRLEY.HUBARA@A-KLINIKKA.FI](mailto:SHIRLEY.HUBARA@A-KLINIKKA.FI)

TO ACCESS THE COMIC BOOK ONLINE GO TO  
[WWW.VARJOMAAILMA.FI/ENGLISH](http://WWW.VARJOMAAILMA.FI/ENGLISH)