

SELF HELP SITUATION IN FINLAND

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SELF HELP GROUPS -WHAT IS SITUATION IN FINLAND

5 % of Finns participate some kind of peer activities, are peer to peer (Citizen forum etc.) No information, how many self help groups are there, words self help are not being used at all

Peer support is side by side with professional support, starts often where professional support ends (Mikkonen 2009)

Peer-support is increasing rapidly especially on internet (Citizen Forum 2015 among other)

FINNISH COUNTRY REPORT

- There are no clearing houses
- Concepts vary, voluntary aspect is important
- Many who are working as professionals in associations start peer groups
- There is big interest to start peer groups based on own experiences etc.
- Education for starting peer groups exist/Citizen Forum

MANY DEFINITIONS FOR SELF HELP

- Different kind of backgrounds: associations, parishes, municipals/public, club activities
- Peer support is part of system, though they refer to AA-roots. (Siitonen 2012)
- Peer support is seen as part of Voluntary help
- (Hokkanen 2014) and part of helping that also professionals do)
- Financing is problematic nowadays, the role of RAY
- (Finnish Slot Machine automat system) is changing because of EU tendering legislation. The legislation also changes the role of associations



Definition in the Finnish context

- A group of people who meet each other regularly (face-to-face or virtually) to share experiences and to receive information in a personal life situation, health or social issue.
- "Based on mutual support & sharing similar life situation or concern" (Nylund 2000, 20)

WHO ORGANIZES PEER SUPPORT?

- Mostly associations in the field of social and health care
- Peer support groups are increasing also in the field of education
- For example children in custody have found peer support important, also parents have started.
- The peer support group must be safe and participators can rely on group. (Citizen Forum 2015)

NAISTENKARTANO RY

Women Together Against Addictions

EMPOWERMENT IN SELF-HELP GROUPS FROM THE POINT OF VIEW OF SOCIAL WORK WITH GROUPS

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Chania 13.5 -16.5 Expert meeting

NAISTENKARTANO RY

- National non governmental organization
- Established in 1922
- Specializes in women's dependencies and makes preventive work in the field of women's addictions
- Financed by Finland's Slot Machine (RAY)
- Coordinates the NOVAT-programme
 - a three semester long peer group programme which is also organized as a 4-5 month programme online

NOVAT - THE SELF-HELP PROGRAMME

- An empowering and preventive treatment method
- Mutual aid and peer group process, self help group
- Open to all women
- Theoretical base of the development of women's addictions and how they can get rid of dependencies
- Lasts for 3 semesters
- Group works on the basis of the NOVAT-workbook
- Professional support and counselling, groups work alone as self help group
- Research of effectiveness conducted in 2005, Licentiate thesis 2009,contuing feed back summaries

SOME OF EMPOWERING ELEMENTS OF THE NOVAT-GROUP

- Offers a chance:
 - for a woman's voice to be heard
 - to feel accepted
 - to define ones problems without professional diagnosis, individually in group
 - learn new skills and get tools for managing every day situations
 - Inner empowerment – women feel good, obsessive behaviour – tipping, etc. are disappeared

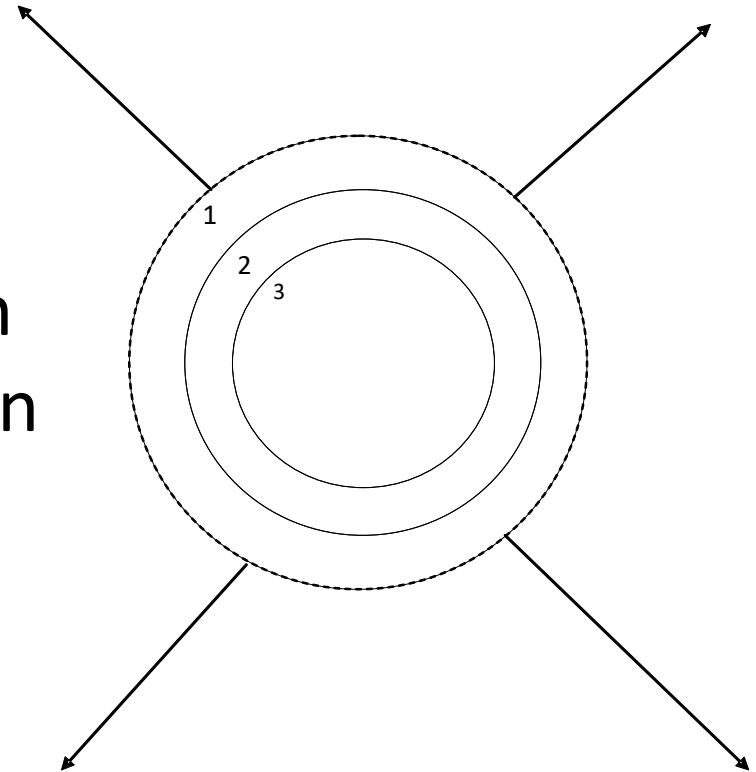
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Table 1: The paternalistic and empowerment- models (Starrin 1997).

	Paternalistic model	Empowerment-model
Types of relationship	<ul style="list-style-type: none"> ▪ Person as a ruler or subordinate ▪ Center and periphery 	<ul style="list-style-type: none"> ▪ Person as a citizen with civil rights ▪ I- you relationship
Actors	<ul style="list-style-type: none"> ▪ State ▪ Municipalities ▪ Counties ▪ Companies ▪ Bureaucracies 	<ul style="list-style-type: none"> ▪ New popular movements ▪ Local activists ▪ Cooperatives ▪ self-help groups ▪ Action groups
Operation	<ul style="list-style-type: none"> ▪ Directives ▪ Control ▪ Measures ▪ Service ▪ Organizational 	<ul style="list-style-type: none"> ▪ Mobilisation ▪ PArticipation ▪ self-help ▪ Unusual solutions ▪ Civil disobedience
Ideals	<ul style="list-style-type: none"> ▪ Patriarch ▪ Strong and all understanding father and good mother ▪ Expert 	<ul style="list-style-type: none"> ▪ Inspirer ▪ Enlightener ▪ Advocacy
Sources of knowledge	<ul style="list-style-type: none"> ▪ reports ▪ conferences ▪ meetings 	<ul style="list-style-type: none"> ▪ Local studies ▪ Personal experiences ▪ Study groups ▪ Dialogues ▪ Learning by doing
Verbal code	<ul style="list-style-type: none"> ▪ Neutral ▪ Technic ▪ Expertise orientation 	<ul style="list-style-type: none"> ▪ Emotional level is used and important ▪ Participative

ACTION AREAS OF THE INDIVIDUAL

- 1 = Ultimate area of action
- 2 = Objective area of action
- 3 = Subjective area of action



EMPOWERMENT AND SOCIAL WORK (Payne 2005)

- Defined as the information given by clients. (compare consumer movement). Advocacy is important in this point of view.
- Clients are service users and consumers.
- "They have the best information about conditions people live in and they know their goals." (Payne 2005)

THE CONCEPT OF EMPOWERMENT

- Several definitions
- Different theories of internalized empowerment
- Social work connected with power issues regarding an individuals
 - internal process
 - everyday life
 - Relationships
 - social work has a dual emphasis on individuals and their environments removing both direct and indirect obstructions

SOCIAL WORK AND EMPOWERMENT

- Empowerment seeks to help clients gain power of decision and action over their own lives by reducing the effect of social or personal blocks to exercising existing power, increasing capacity and self confidence to use power and transferring power from the groups and individuals. Advocacy seeks to represent the interests of powerless clients to powerful individuals and social structures.(Payne 2005)
- Self help particularly through groupwork connects with self-advocacy.
- Advocacy and empowerment are connected with self help and the participation of individuals and communities in decisions that affect them. (Mullender and Ward's self directed groupwork exemplar of emp and partipative practise.

SELF-HELP AND PARTICIPATION

- "Social workers support groups of people sharing the same problems to come together to support one another. New responses to and ideas about appropriate services often arise from these groups." (Payne 2005)
- Participation is key a aspect in self-help groups and uses it as a means empowerment
- We must know what happens in these groups

SOCIAL WORK WITH GROUPS

- Lee talks about using interventions to deal with personal pain by taking social forces into account
- Social workers have supported groups of people sharing the same problems to come together to support one another
- The groups can create new responses and ideas.

SELF HELP AND SOCIAL WORK LITERATURE

- Adams(2003) Mullender and Ward (1991)
- Lee, Judith A.B (2001)
- Kuronen (2004)
- Payne (2005)
- Hokkanen (2014)

DOCTORAL THESIS (2014)

- Hokkanen Liisa: The Process of Being Helped – on the Forms of Agency through the Advocacy-Empowerment Approach
- Rovaniemi: University of Lapland 2014, 229 pp., Acta Universitatis Lapponiensis 278
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