SMART
OPPVEKST

SMART upbringing
Re municipality- Norway

A project in mental public health prevention for children and youth

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RE KOMMUNE
- new and warm

SMART OPPVEKST

IN THE HEART OF VESTFOLD COUNTY

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- new and warm

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KEY FIGURES

- Inhabitants 9500
- 1/3 Children and youth
- Area 224 km^2
- Employees 700
- Total budget 463 mill. nok (53 mill. EUR)
- Long-term dept 705 mill. nok (80 mill. EUR)
- Funds 120 mill.nok(13,5 mill. EUR)

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To Days Challenges

- Mental illness costs the society more than 50% of all cancer diseases
- Stands for more than 40 % of all sick leave
- 40 % of all disability insurance
- A society that focus on the individual .
- Many young people struggles feel left out, depression and loneliness
- Can lead to drug abuse, crime, and radicalization.
- The answer from government tens to more control
- New ways of communication, social media , Facebook, Twitter, etc

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Mental disorders a public health challenge

- A examination of Norwegian municipalities found that mental illness is the greatest challenges
- Over 50% of the municipalities did not know how to address this.
- WHO: **Mental health is defined** as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.
- **Quality of life**: experience happiness, joy, meaning, vitality, satisfaction, safety and belonging.
- To use our strengths, have interest, discover meaning and engagement.

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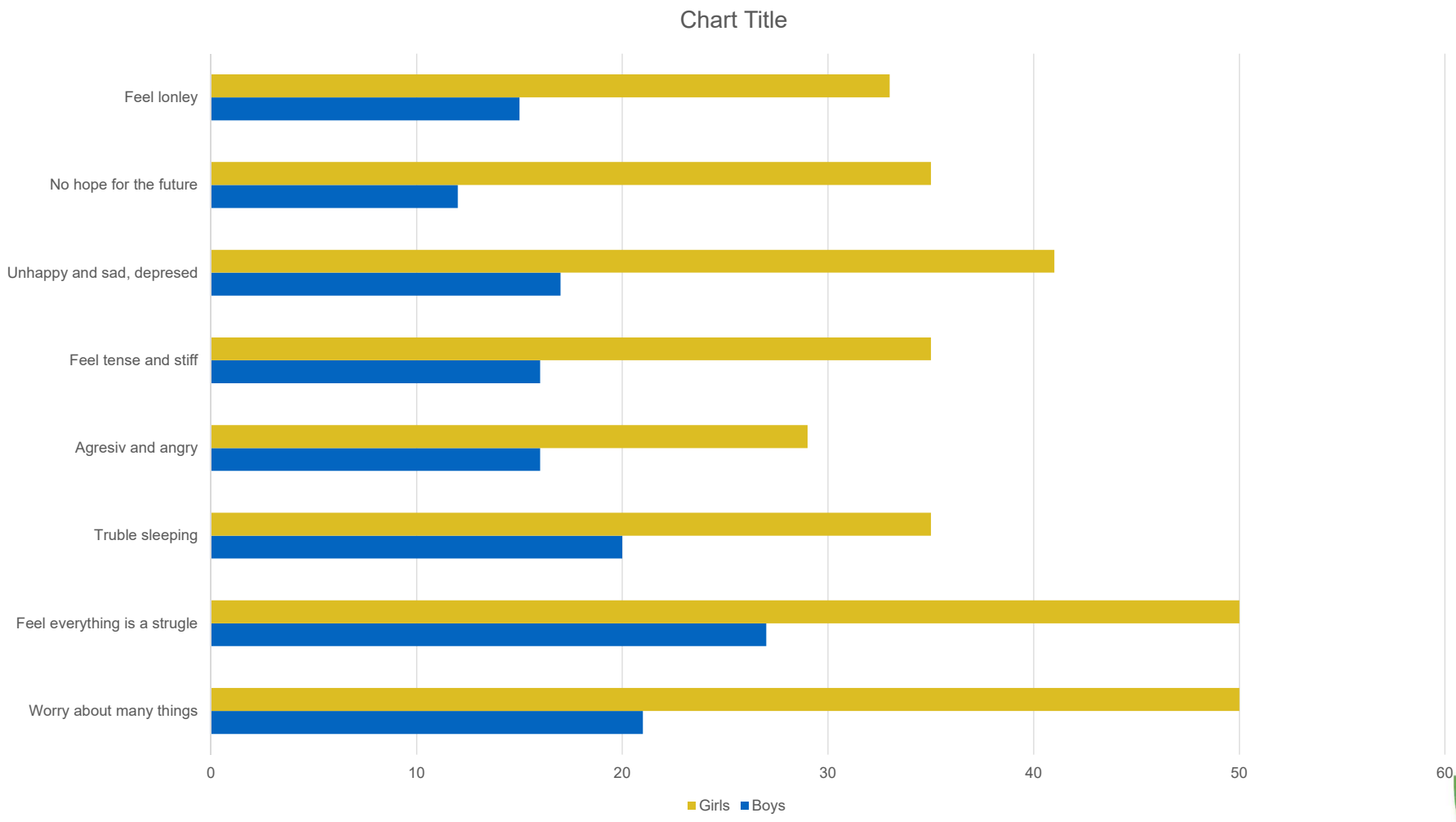
Youth survey

Ungdata Re 2013 – Depression and loneliness



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Background

- **A national youth survey 156 000 respondents** (13-19 years- 2013) Found:
  - 25% of the girls have symptoms of depression
  - 40 % reported to be lonely
  - Many youth reported physical pain, head, abdomen, muscles and skeletal pain
- **In Re: Many children reported that they were bullied**
- **11 % of the children needed educational assistance**
- Child protection services reports of many cases of family violence, parents with mental illness and drug abuse.
- We overspending the budget with millions
- We had to address this development

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Norwegian Institute of Public Health

- **Universal measures -** are more effective
- **Prevent – and start early** – more effective than repairing
- **Health promotion at children's natural arena:** home, kindergarten, schools, leisure activities.
- **To build mental capacity are more effective than mend/ treat mental illness.**

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We found that we had to look at it through new set of glasses

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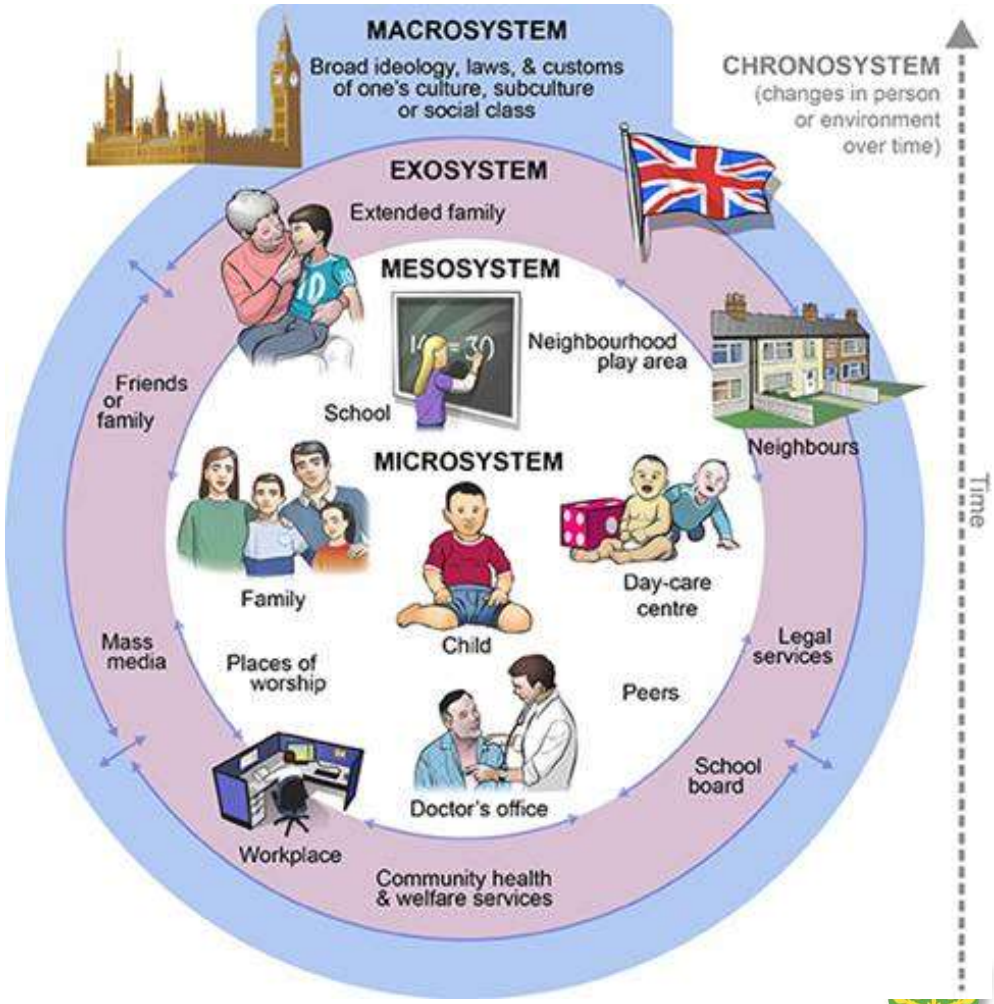
From individ to society

- Bronfenbrenner's modell
- A ecology from the individual to society and back.
- We have to work on all levels
- From repairing to preventing



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SMART upbringing - social innovation

- We define social innovations as new ideas that meet social needs more effectively than what we have done previously.
- Create new social relationships or collaborations.
- In other words they are innovations that are both good for society and increases society's capacity to act.

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Methodology

- **Appreciative Inquiry (**Phd. David L. Cooperrider and Phd.Diana Whitney)
- **Positive psychology** (B. Fredricson and M. Seligman)
- **Social construction**, (Dr. Kenneth Gergen)
- **Action research**

❑ **ART** (Phd. Arnold p. Goldstein) Aggression replacement training, a multi modal program. Moral reasoning, anger management and social training.

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Our Dream:

Resilient child,
youth and adult

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S – Strength

M – cooperation

A – Appreciative

R – Relations

T – Training

Tools and methods

Together we create environment were all are included, and can experience well-being and hope

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Public health - municipality

Strength– M =cooperation – Appreciative – Relations - Training

SMART
Research
Public Phd

Leader program

Upbringing
Kindergarten, Schools

Youth
Ungdomsskole og videregående
14 – 18

Relations
parents

SMART Child welfere

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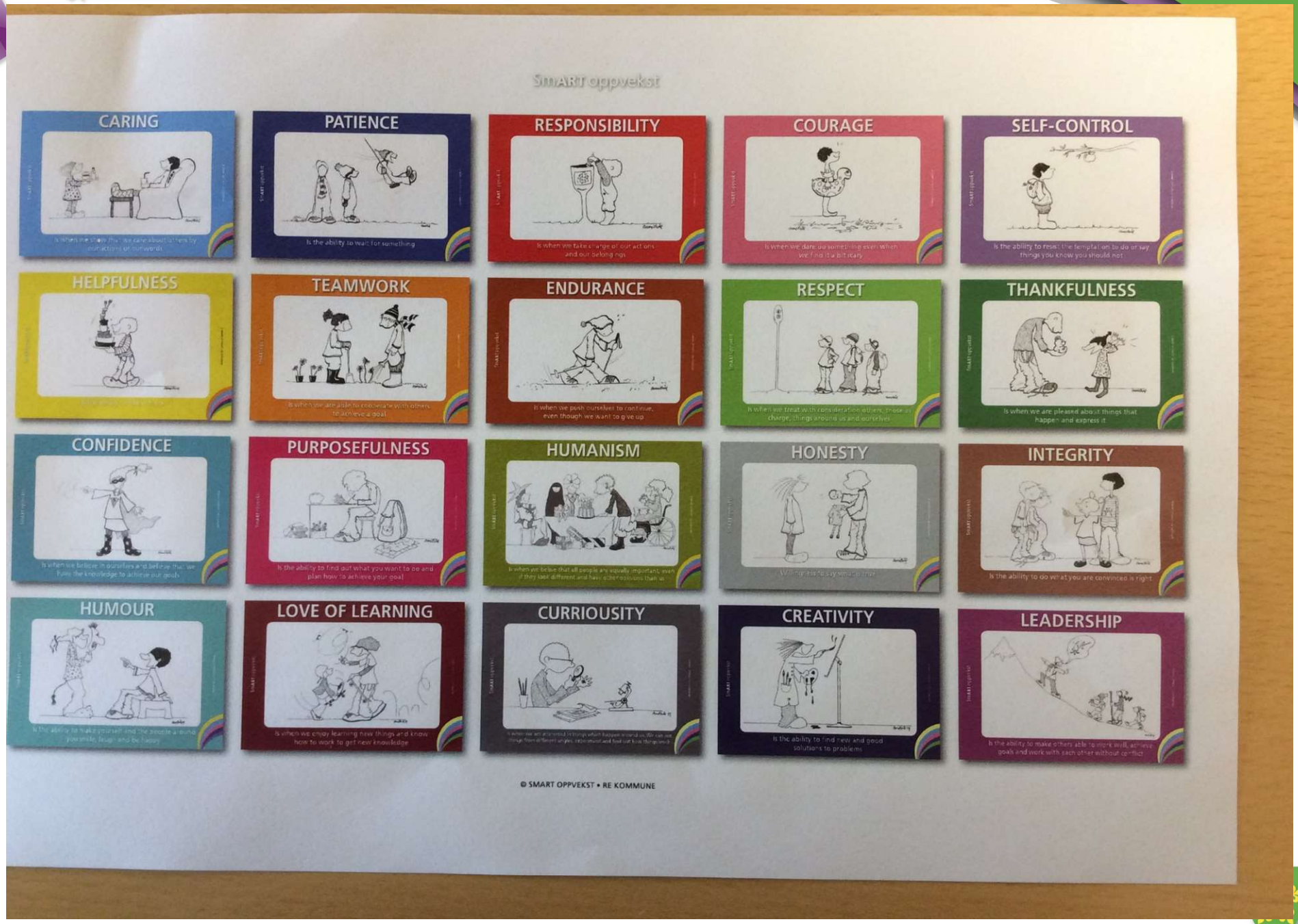
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CARING
PATIENCE
Is the ability to wait for something
RESPONSIBILITY
COURAGE
SELF-CONTROL
Is the ability to resist the temptation to do or say things you know you should not
HELPFULNESS
TEAMWORK
ENDURANCE
RESPECT
THANKFULNESS
Is when we are pleased about things that happen and express it
CONFIDENCE
PURPOSEFULNESS
Is the ability to find out what you want to do and plan how to achieve your goal
HUMANISM
HONESTY
INTEGRITY
Is the ability to do what you are convinced is right
HUMOUR
LOVE OF LEARNING
CURRIOUSITY
CREATIVITY
Is the ability to find new and good solutions to problems
LEADERSHIP
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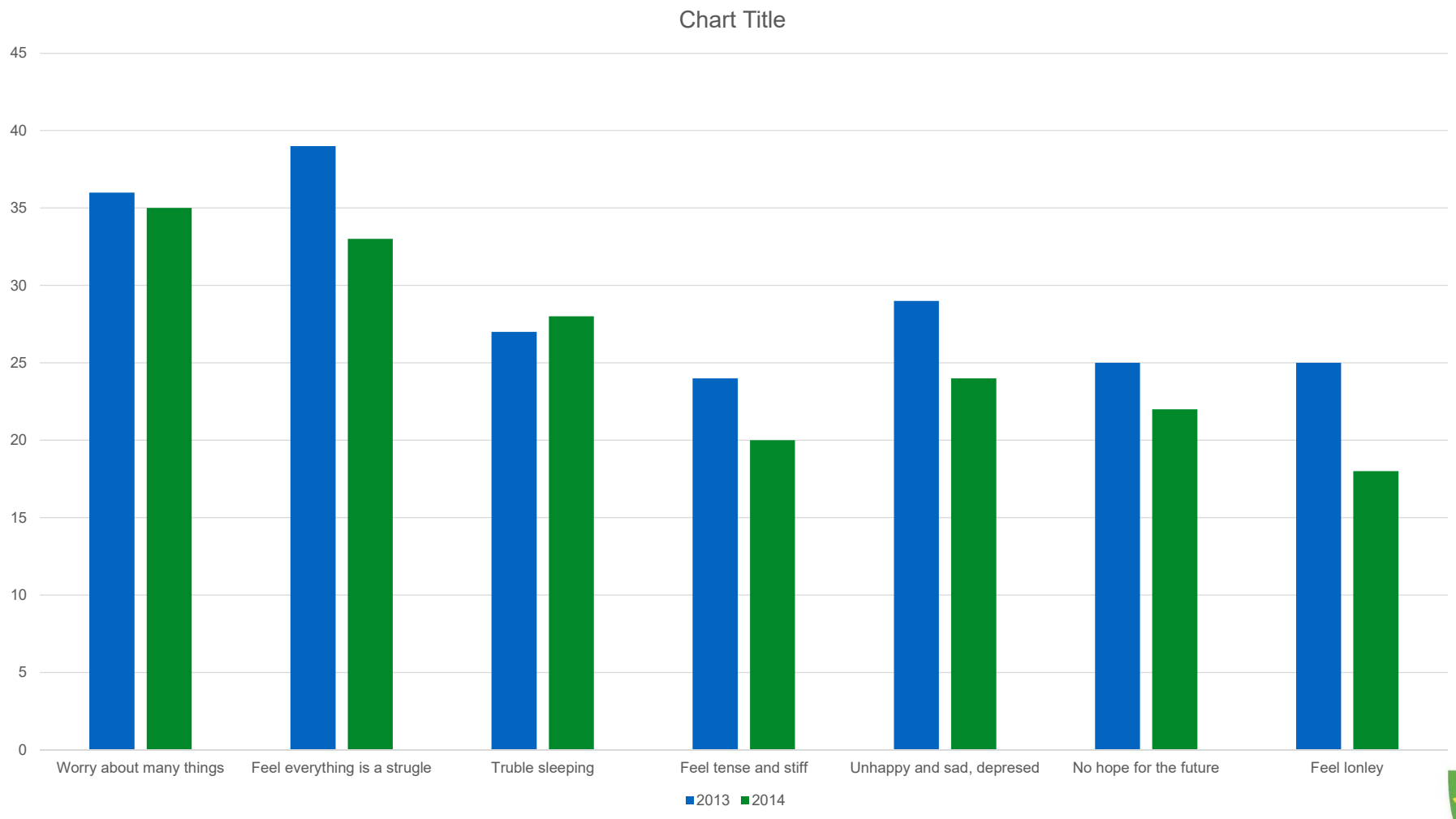
SMART tools developed in Re

- SMART oppvekst book 1, 5 years
- SMART oppvekst book 2, 6 og 7 years
- SMART oppvekst bok 3, 8 og 9 years
- SMART ungdom, 13 – 19 år, October 2016

- SMART Key Chain

- SMART posters

Results



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- Assisted education from 11 % to 8%
- Bullying down from 9% to 4%
- 5.th grades on top in our county in English, math and Norwegian (PISA international school test)
- Reports to child welfare down 34%
- Les children in foster care from 10 to 3 each year
- Child protection services saved Kr.7 millions (745 200 EU) in 2 years

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