



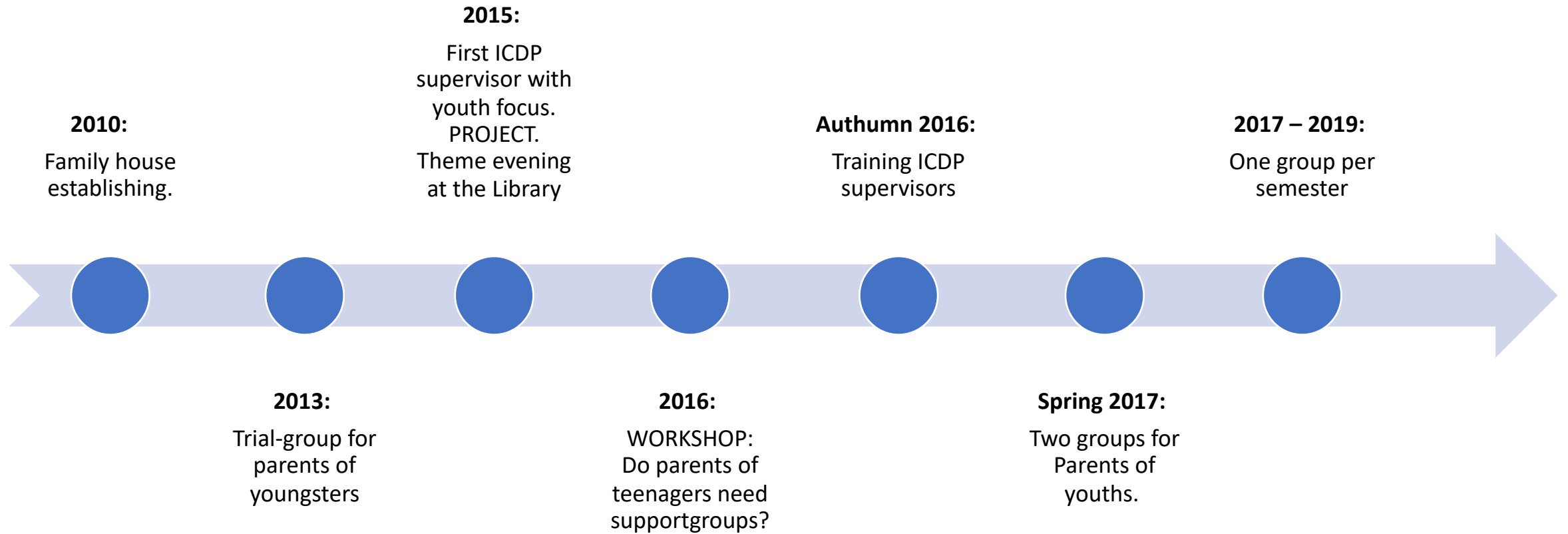
Disposition over presentation:

- Background and why we started with ICDP groups for parents of adolescents
- Cooperation with different departments in our municipality
- Challenges we met concerning the use of the program and handbook for ICDP
- Implementation and challenges
- What we have achieved and how we got there

TODAYS LIVING WITH THE YOUNG ONES... NOT EASY 😊



Timeline





Theme evening in the city library

- Working group: social workers in school, public health psychologist, representatives from youth health clinic, Family House, city library
- Open for everybody
- Neutral place
- 1,5 hours
- 50-300 participants
- Twice a year



Kunsten å kommunisere med en tenåring

Tema: Hvordan snakke med tenåringen om seksualitet?

Om å sette ord på seksualitet, betraktninger rundt normer, respekt, grenser og hvordan man kan ta opp temaet med tenåringene sine.

Foredragsholder Margrete Wiede Aasland er pedagog, forfatter, terapeut, foredragsholder og spesialist i sexologisk rådgivning.

Onsdag 27. mars kl. 19:00 - 20:30
Hovedbiblioteket, plan 2
Gratis



Kunsten å kommunisere med en tenåring

Tema: #metoo #parents #talkaboutit
Er det noe som betyr noe for de som er mindre voksne?
Er det noe som betyr noe for de som er voksne?
Er det noe som betyr noe for de som er i mellom?

Onsdag 14. mars kl. 19:00 - 20:00
Hovedbiblioteket, plan 2
Gratis



Kunsten å kommunisere med en tenåring

Tema: Hvordan snakke med tenåringen når ting er vanskelig?

Onsdag 26. oktober kl. 18:30 - 20:00
Hovedbiblioteket, plan 2
Gratis



Kunsten å kommunisere med en tenåring

Tema: Generasjon prestasjon

Hva betyr det å være god nok?
Hvordan kan vi som foreldre hjelpe tenåringene til å være fornøyd med å være god nok i stedet for å strebe etter å være best?

Foredrag ved Jørgen Sundby, psykolog ved UIT

Velkommen til temakveld for foreldre, foresatte, besteforeldre og andre interesserte.

Onsdag 17. oktober kl. 19:00 - 20:30
Hovedbiblioteket, plan 2
Gratis

The art of communicating with a teenager

Different topics:

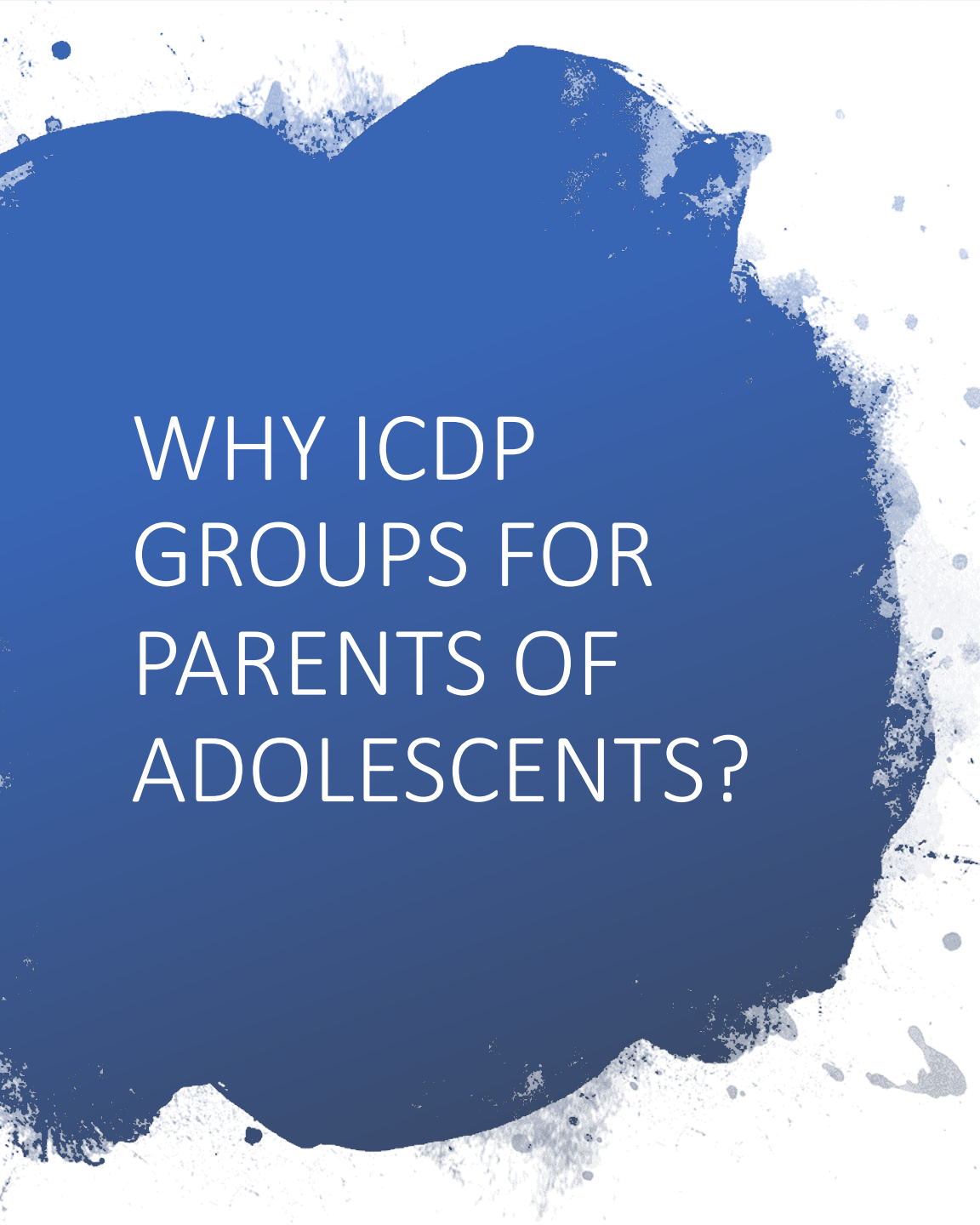
- Generation of best achievement
- #meeto #parents #talkaboutit
- Love me most when I least deserve it
- Cyberbullying
- Adolescenst and sleeping habits
- Why and how to talk about sexuality

Cooperation and implementation of ICDP for teenage parents

An expansion of the offers in Family House for supporting families

A workgroup with different departments in the municipality leaded by Family House:

- Coordinator for preventing drug abuse and crime
- Outreach workers for youths
- Adviser for better interdisciplinary efforts
- Head nurse of youth health clinic
- Family house



WHY ICDP GROUPS FOR PARENTS OF ADOLESCENTS?

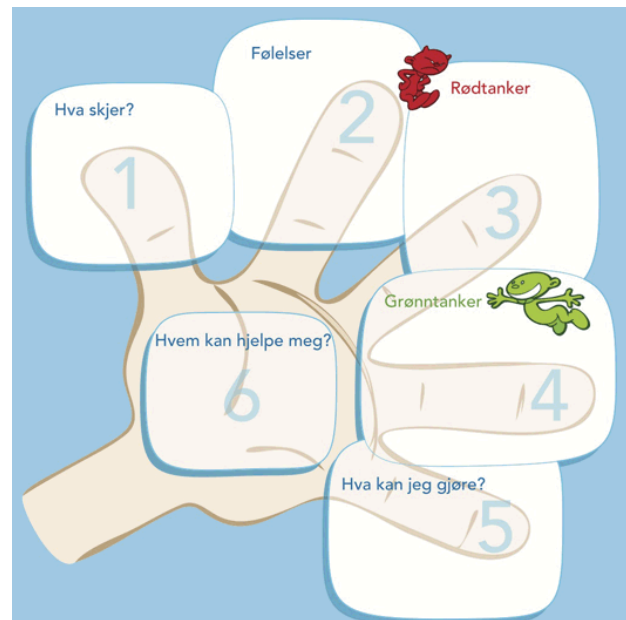
- Our department- Preventive Health Care Services – are responsible for the child and youngsters up age of 20 years and their parents
- Many parents of adolescent felt alone and unsecure. They desired to talk with other parents. They needed to be confirmed; what you are doing is good enough
- ICDP was a program for all ages up to 18 and could be adapted

ZITS

BY JERRY SCOTT AND JIM BORGMAN



Examples in adjustment/samples



- Information about changes in brain in teenage years
- Information/discussion about what kind of support teenagers need, what is different than in the younger years
- Films and articles from www.foreldrehverdag.no
- You tube, songs and also commercials 😊
- Psychologic first aid kit, information about where to get help

Something
specific.....



KEEP THEM
Safe.

Recruiting

Tromsø
kommune



Velkommen til foreldregruppe for tenåringsforeldre

Familiens Hus i Tromsø arrangerer foreldregruppe til tenåringsforeldre. Det er både spennende og utfordrende og det er ikke alltid man har noen å dele dette med eller spørre om råd. I en foreldregruppe kan du møte andre foreldre og dele erfaringer og drøfte gleder og utfordringer. Gruppene avholdes vår og høst. Tilbudet er gratis!

I ungdomstida skal ungdommene bli selvstendige og gå opp mot nye utfordringer. Det er en brytningstid. Samtidig er det den tiden som er som en trygg og omsorgsfull brytningstid og meningsfull.

Tenåringen din trenger mer støtte og veileder respekt uansett hva som måtte skje.

I en travelt hverdag blir det lite tid til de viktigste tingene vi er for ungdommene. I foreldregruppe kan du dele erfaringer og drøfte gleder og utfordringer opp med heftet «8 tema for foreldre» som er utgitt av ICDP-stiftelsen (Internasjonalt Center for Demokratiske Foreldre).

Vil du vite mer? Les mer på bit.ly/foreldregruppe

FOR MER INFORMASJON

Familiens Hus
Solveig Wæver
solveig.waever@tromso.kommune.no
Linn

ADDRESSING ALL PARENTS of teenagers

- Through junior high school
- Outreach Group, Child Welfare Service and Health Nurses in School
- Newspapers, E-mail, Facebook, Webpages
- Posters and information in the Theme Evenings at the Library

Parents evaluation

- 37 parents participated
- **The parents were** positive about reflecting in a group and felt strengthened in their parental role.
- Almost all parents said this affected the relationship with the teenagers in a positive way.
- Everybody answered that this affected positive on the youngster.
- Almost everybody said the 8 themes were relevant
- They would all recommend it to others



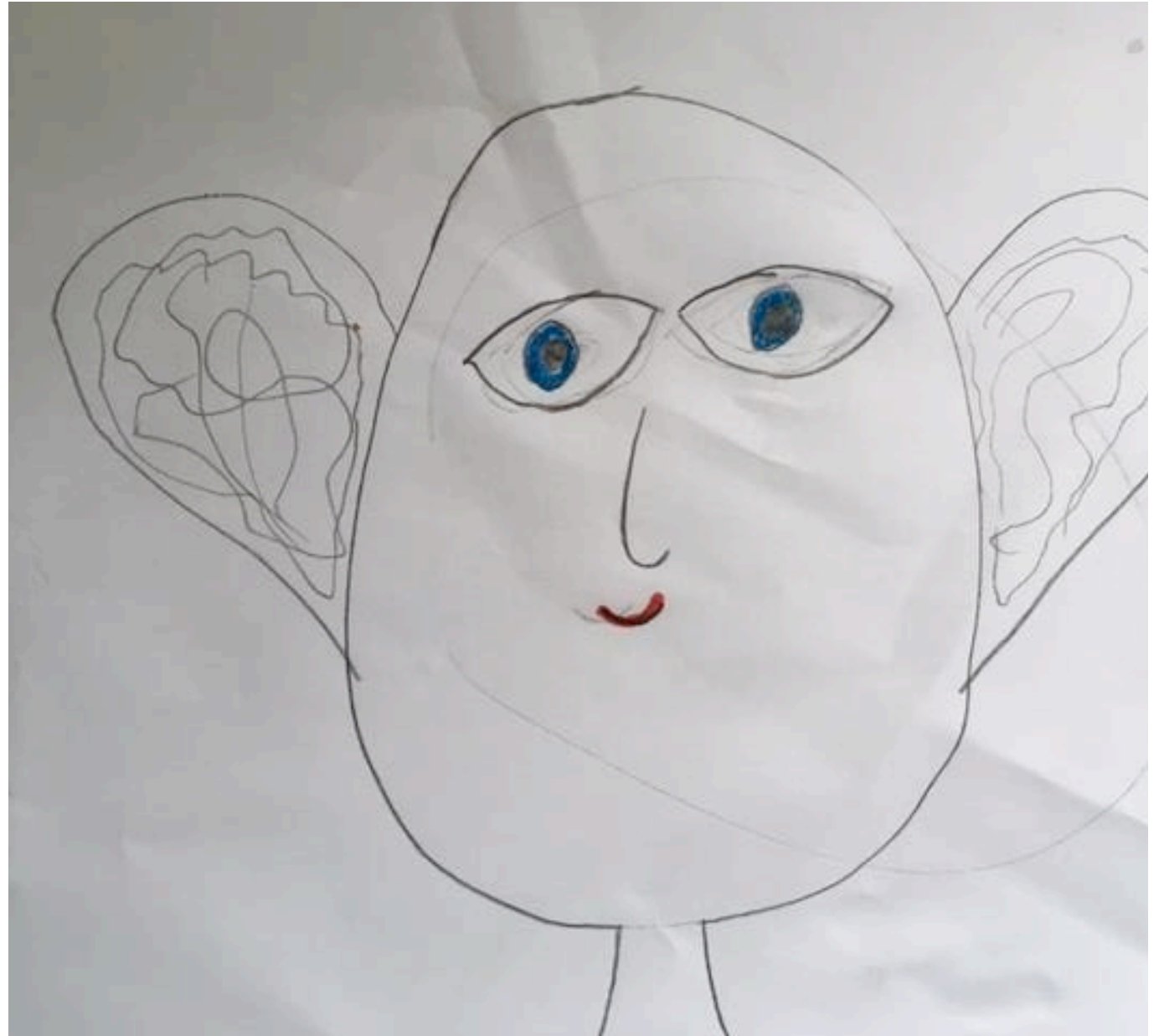
Quotes from parents

«Every parent with youngsters should have a group like this»

«Made me think some more before I talk»

«Saved us as a family, now we can enjoy each others company and see each other»

Big ears and
a small
mouth



ICDP-group for parents of adolescents

- Does it make a difference?

- Parent evaluation
- Focus groups June 2019 – Extracting experiences from the ICDP supervisors , in collaboration with the University of Tromsø, RKBU.
- Participate in national study on ICDP
- Could we evaluate new groups to find out more about changes in the families, in youngster or parental behavior after being in a group?

Challenges in implementing ICDP

- Economy and time to run the courses
- Prioritizing preventive work
- Implementing it further in the organization
- We need more research

Questions

- Are we reaching the parents with most need or just the parents that are motivated and a little bit insecure?
- Do we want to offer preventive groups or groups for selected problems - and what kind of problems? School refusal, social emotional problems, behavioural problems?
- How can we be working to recruit and motivate the one most needy? Who will be able to recruit and motivate these parents?
- What is ICDP meant for? Is it exactly a good program to be used at a universal level and therefore something anybody could benefit from?
- Will the groups be functional if parents have too big issues? Or is diversity in problems a good thing?




Guidelines for the future

Government strategy for parental support (2018-2021) TRYGGE FORELDRE-TRYGGE BARN (Confident parents- confident children) has pointed as an aim to develop the parental guidance groups for teenage parents who worry

The reports from Fafo summarises that parents of adolescents are in need for support

National guidelines for school- and youth health clinics mention nothing about parental guidance for parents of teenagers



Our achievements and how we got there

- We offer continuous preventive groups every semester for parents of adolescents
- Collaboration between Outreach Group, Health Care Station for Youth and Family House
- We recruit enough parents of teenagers that are motivated – the groups are full
- Supportive leaders and connecting it to politic plans
- Professionals/supervisors in different departments that believe in ICDP and sees the changes
- We are working to expand this offer rather than closing it down

BECAUSE THE TEENAGER AND THE PARENTS
DESERVE IT!

Bufdirs (the Norwegian Directorate for Children, Youth and Family Affairs) work on ICDP for parents with concerns about their youth

- Pilot project 2015-2016: ICDP was tailored to parents with radicalisation concerns and was tested on eight groups in different municipalities, as part of the *Government's Action Plan against Radicalisation and Violent Extremism* – as a prevention strategy
- Two topics were added: Different challenges that adolescents face in the society, included radicalisation, and information about development and changes in the brain during adolescents
- Result: Parents with real radicalisation concerns were difficult to recruit, but parents with other difficulties participated and found the adaptation of ICDP very useful
- The Norwegian research institute Fafo evaluated the project (Fafo-report 2017:02), and concluded that there is a great need of guidance among parents of teenagers, and that ICDP should be offered to parents with less specific concerns, on a lower prevention level

Step 2

- The same adaptation of ICDP to parents concerned about their teenagers was tested in another project in 2017, but not connected to radicalisation to the same degree as the first project. 10 municipalities participated with ICDP groups.
 - Fafo evaluated the project in the report *«It takes a village». Evaluation of group guidance for parents that are concerned about their youngsters* (Fafo-report 2018:23).
 - Conclusions: ICDP meets the parents' desires to interact and share challenges with other parents, and they describe varying degrees of improvement to the relationships with their teenagers, linked to the ICDP counselling
 - Recommendations: Fafo gives detailed advises on how to improve the adaptation further, and specific advises related to parents with minority background
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The way forward

- The *SKM for Parental support/Bufetat* is going to follow up the recommendations from Fafo
 - The further development of ICDP for parents concerned about their adolescents is anchored as a specific task in the new Norwegian strategy for parental support: *Safe Parents – safe Children. The Government’s Strategy for Parental Support (2018-2021)*.
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