



PRESENTATION:

NETWORKS OF PREVENTION OF CHILDREN AT PSYCHOSOCIAL RISK

Saint Exupery Child and Youth Home
Camille Claudel Child and Youth Home



July, 2011

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PRESENTATION

Investing in psychosocial prevention is investing in the future of the country, betting on an increase in social security and pursuing a promising future for us all. Fundación Mente Sana (Fundamentales), which goal is to support initiatives that promote mental health, has directed much of its efforts to the prevention of children at high risk and psychosocial vulnerability by cooperating with the program *Networks of Prevention of Children at Psychosocial Risk* of the Manuel Antonio Chapui National Psychiatric Hospital, which is conducted with the collaboration of the Ministry of Public Education (MEP, Spanish initials), Fundación Mente Sana (Fundamentales), and Community Associations of Pavas.

Fundamentales has had the vision of joining the efforts of the civil society, private enterprises, and state institutions to achieve an efficient operation of the program, based on the premise that participating in programs that promote social benefits is part of the social responsibility that each person, company, or institution has with the Costa Rican community in general.

NETWORKS OF PREVENTION OF CHILDREN AT PSYCHOSOCIAL RISK

Overview

Health is mental health. The civil society, together with the three national powers, must answer the question of where we want Costa Rican children to be: in jail or at school. Costa Rica has a major challenge in defining their future, thus the importance of investing in our children. Currently one of the communities that requires urgent intervention and restatement of the policies for the healthy growth of children and adolescents is the area of Pavas, in the county of San José.



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The district of Pavas has a population of 87.539 inhabitants; in this zone there are about 1285 slums that crowd 6,245 people, it is the district within the Greater Metropolitan Area (GMA) with the highest concentration of poverty. Moreover, it is the area where the most violent gangs are found ¹ followed by groups in La Carpio, Uruca, and Los Cuadros in Purral, Goicoechea².

According to our experience, after nearly six years of working in the community, most gang members are boys between 14 and 20 years of age, many of whom abandoned their studies and have serious drug addiction problems, mainly crack. The important question is how to prevent this catastrophic trigger in children and adolescents who still have a chance to build a worthy future. The answer is complex and enormous efforts at national level are required to mitigate this problem.



Our proposal is to act “before” and not “after”. The “before” is defined as the time preceding the breakup of pathways leading to a future of less destruction, such as keeping children and adolescents in school, preventing the use of drugs, and promoting their socialization with peer groups that do not promote criminal activities. The “after” is defined as the breaking of these pathways, leading to children with a future of social and self-destruction. State and civil

intervention and treatment programs are the ones obliged to give an answer to this population.

Following this line of action, Fundamentes has supported the HNP in the creation and sustainability of two Child and Youth Homes, Saint Exupéry (began operations in June 2006) and Camille Claudel (began operations in February 2010), located in Pueblo Nuevo and Finca San Juan respectively. Both Homes work with school-age population at risk of ruining their future following the path of violence and self-destruction, hence the success of programs like *Networks of Prevention of Children at Psychosocial Risk*.

About us

¹ Aguilar, N. “San José has at least 25 gangs”, La Nación newspaper, Monday November 10, 2008, taken from the world information network on 11/14/2008, http://www.nacion.com/In_ee/2008/noviembre/10/sucesos1767967.html.

² At least 25 gangs operating in different slum areas of San José, according to information of the Public Force and OIJ. Ibid.

We are an interdisciplinary team which mission is to increase the mental health care, mainly among children and adolescents, within their own community.

Purpose

Generate actions and work jointly with civil and state organizations, aimed at creating day care centers specialized in the psychosocial prevention of children and adolescents.

Beneficiaries

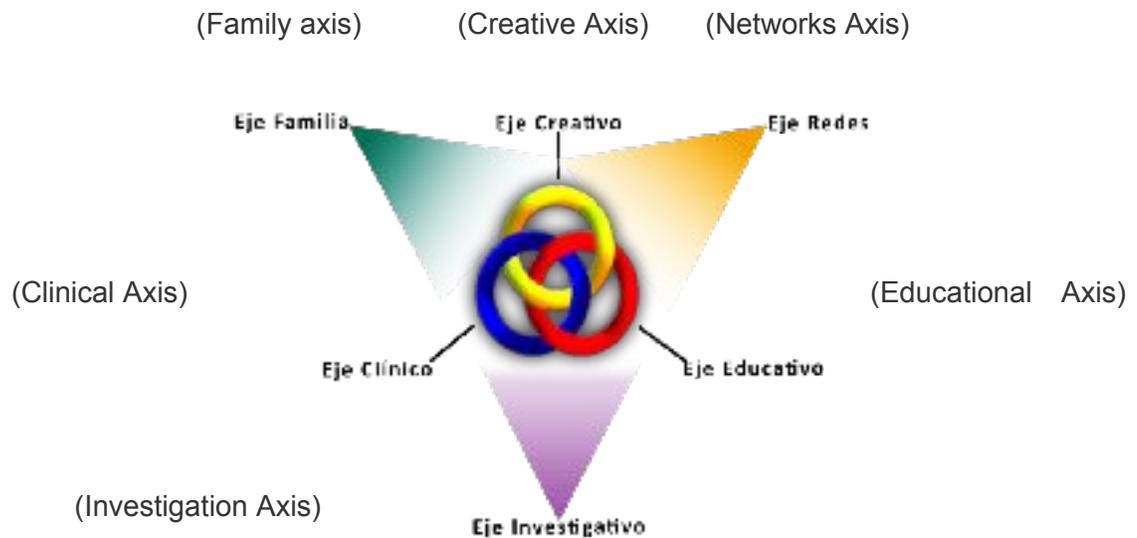
Currently, both programs serve 151 children and adolescents attending school between 6 and 20 years of age, referred by five schools of Pavas and the Liceo de Pavas. At the same time, 60 adults are being benefited by the literacy program and adult education.



Program Structure

The program is structured on a six-axis approach, three internal: clinical, educational, and creative, and three external: family, networks, and research, which model of linkage between these axes is based on the mathematical Borromean knot model.

The term “Borromean knot” is a mathematical concept that refers to a knot formed by three rings linked in such a way that when any of them is cut, the other two separate. Therefore, the prevention of children and adolescents at psychosocial risk must have an integral approach. There have been failures in previous mental health prevention projects which objectives were focused exclusively on one axis only, excluding the others. Let us see the topological presentation of the six axes mentioned above:



Creative Axis:

It consists of workshops that seek to encourage expression in children and adolescents through art, cooking, music, theater, dance, and other forms of communication.



Fundación Fundamentos cooperates mainly in sustaining the creative axis, specifically paying the facilitators who are responsible for the operation of each workshop and purchasing materials for some of the workshops. The workshops of the Creative axis for 2011 are as follows:

- Art therapy
- Cooking Therapy
- Garden Therapy
- Music therapy
- Literature therapy
- Sculpture Workshop
- Animal-Assisted Therapy

Educational Axis:



An agreement with the Ministry of Education allows reinforcing school contents. Tutorial support is given in order to prevent primary and secondary school desertion. The assistance to the program takes place during non-school hours and all users being served are attending the educational system. In turn, parents and community members attend the Literacy and Adult Education program three nights a week. This program started as a response to the parents' request.

Clinical Axis:

In this axis, professionals in the area of psychology and nursing from the HNP carry out individual, group, and family interventions. The purpose of these interventions is to make the participants express through words their "frustration" or "suffering" and look for non-destructive alternatives in the construction of life projects. The clinical axis also includes physical health prevention and care of children within healthy lifestyles.



Total staff working in the program

Clinical Axis (funded by the HNP)

1 ½ time nurse

3 ½ time psychologists (each)

Educational Axis (funded by the MEP)

2 full time teachers for first and second cycles.

1 high school math tutor (10 hours)

2 literacy teachers (10 hours each)

Creative Axis (funded by Fundamentos)

3 B.A. in psychology (½ time each)

1 high school math tutor (10 hours)

Services (funded by Fundamentales)

1 manager (½ time)

1 security officer (½ time)

2 janitors (½ time each)

1 messenger (10 hours)

SUMMARY OF WORK 2010-2011

Creative Axis

- 56 monthly sessions of the art therapy workshop, each session working with an average of 7 children.
- 36 monthly sessions of the cooking therapy workshop, each session working with an average of 4 children.
- 36 monthly sessions of the compu-therapy workshop, each session working with an average of 3 children.
- 8 monthly sessions of the music therapy workshop, each session working with an average of 7 children.
- 8 monthly sessions of the garden therapy workshop, each session working with an average of 3 children.
- 16 monthly sessions of the sculpture workshop, each session working with an average of 7 adolescents.
- 8 monthly sessions of the literature workshop, each session working with an average of 3 children.



Educational Axis

- 56 monthly group tutorials, each working with an average of 7 children in the basic subjects of first and second cycles.
- 32 monthly group tutorials, each working with an average of 7 adolescents in mathematics for third cycle.
- 32 monthly visits to schools and high school attended by the users.
- 12 sessions of literacy and adult education for 60 parents and community members.

Clinical Axis

- 140 monthly psychosocial sessions with psychologists for children, adolescents, and their parents.
- 48 monthly hours of therapeutic support.
- 8 monthly workshop sessions on sexuality and life projects with adolescents, each session consisting of 7 adolescents.
- 24 community visits to families and schools to have a greater impact at psychosocial level.
- 10 monthly hours of supervision of specific cases.
- 5 annual training on issues such as mental and physical health addressed to the working team.
- 36 monthly meetings with the team for a better monitoring of all cases.
- 660 annual nursing consultations in 2010 (Saint Exupéry Child and Youth Home: 249 and Camille Claudel Child and Youth Home: 411), understanding the above as the number of times a child or an adolescent received individual or group attention.



ACHIEVEMENTS

- 2008-2010 0% school desertion.
- 2008-2010 94% school promotion.
- 2008-2010 annual systematic assistance to both Child and Youth Homes 95%.
- Among the most remarkable achievements are:
 - The union of civil society, community associations, and government institutions working in harmony in favor of the Costa Rican children and adolescents.
 - The population served in both homes have access to a mental health program in their community, as stated in the national children's mental health.

SUSTAINABILITY OF THE PROGRAM

The program belongs to the Manuel Antonio Chapui National Psychiatric Hospital, which provides the psychologists working in both homes: Dr. Laura Chacon in the coordination of the Networks of Prevention of children at psychosocial risk, Lic. Marcia Traube in the sub-coordination of the Saint Exupéry home, and MSC Mauren Fernandez in the sub-coordination of the Camille Claudel. It also contributes a part-time nurse, Lic. Veronica Roman. The Hospital provides, through the Head Office of Medical Services and Rehabilitation, all working materials and snacks for children and adolescents.

Simultaneously, the Ministry of Public Education offers two full-time teachers for the student population of Saint Exupéry and Camille Claudel, two teachers in charge of the literacy project, and a mathematics professor for adolescents at Saint Exupéry.

Infrastructure, along with water and electricity utilities, are provided by community associations in both communities. This help is highly valuable, as it reinforces the commitment and support of the community towards the program. Moreover, DINADECO as the institution in charge of community development especially devoted to communities with greater economic and social deprivation, has provided a great contribution for the development of the project:

- Year 2008, construction of the third floor of the Pueblo Nuevo Community Hall, Pavas (Saint Exupéry Child and Youth Home). Donation of 14 million colones.
- Year 2010: Full equipment of the Saint Exupéry Child and Youth Home. Donation of 29 million colones.

Fundación Fundamentes is also an important part in the sustainability of this program, since through this foundation, private companies make financial contributions that are used to fund the entire creative axis, part of the infrastructure sustainability, and pay surveillance and cleaning services. Among the major contributions obtained through Fundamentes are:

- Year 2009: Sabores Magazine of “Grupo Talamanca Verde” donated \$ 13,000 to remodel the kitchen in order to implement the cooking therapy, plus \$ 300 per month to

sustain the workshop for one year.

- Year 2010: The Municipality of San Jose contributed 2 million colones to build a classroom in the Finca San Juan Community Center (Camille Claudel Child and Youth Home)

Chart 1 below summarizes the approximate monthly cost of the program, broken down per expenditure, showing the investment of private enterprises and the state counterpart.

Chart 1:

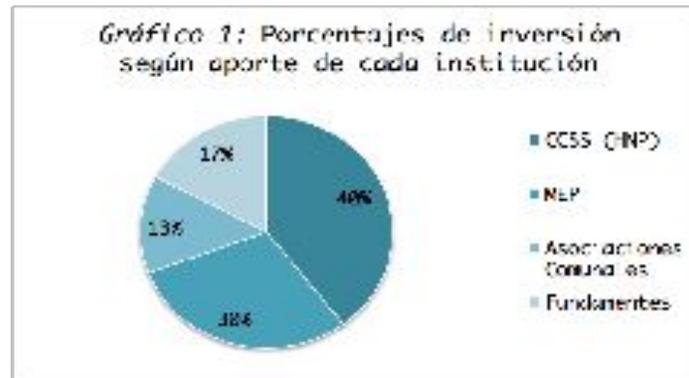
Summary of the monthly investment per institution per item devoted to the operation of the Networks of Prevention of children at psychosocial risk

INSTITUTION	ITEM	DESCRIPTION	TOTAL AMOUNT (¢)	% PER ITEM
CCSS (HNP)	Materials	All the materials used in the program, various workshops, and service areas in both homes.	462,333.33	6.3%
	Professionals, plus social security charges	½ time nurse, ½ time psychologist ½ time psychologist, ½ time psychologist.	2,441,297.99	33.3%
MEP	Professionals, plus social security charges	2 full-time teachers, a mathematics tutor, 2 adult literacy tutors	2,168,855.40	29.6%
Community Associations	Infrastructure of both homes	Local establishment and utilities (electricity and water).	1,000,000.00	13.6%
Fundamentales	Professional	4 B.A. in psychology hired for professional services	650,000.00	8.9%
		Other administrative expenses, messenger, janitors, security, cooking therapy materials, Internet, gardening and other	607,000.00	8.3%
TOTAL MONTHLY EXPENSES OF THE PROGRAM			¢ 7,329,486.72 (\$ 14.659.00)	100%

* Source: internal data.

Chart 1 shows the total approximate investment of the CCSS of ¢ 2.903.631,32 devoted to the payment of professional and materials; the investment of the MEP of ¢ 1.446.000,00 devoted to pay professionals; the contribution of Community Associations of ¢ 1.000.000,00 used to pay infrastructure; and the investment of Fundamentales of ¢ 1.257.000,00 destined to pay the creative axis and other expenses. The estimated total cost of the program is ¢ 7,329,486. 63 per month, out of which ¢ 5.072.486,60 comes from the State and ¢ 1.000.000,00 from Community Associations. This means that 70% of the total program cost is borne by the state (CCSS and MEP),13% is assumed by the community, and 17% from contributions of Fundamentales ¢ 1.257.000,00 (aprox. \$ 2.514,00 per month).

Graph 1 shows, more clearly, the percentage of investment in the project according to the contribution of each institution.



SOCIAL RESPONSIBILITY PROGRAM

How can you help?

1. Fundamentales has the ability to open more evening hours for the community adult literacy, but it requires an amount of 250,000 colones per month to cover the teacher fees and materials required for a full year period. This could help 40 to 50 adults, mostly parents of children and adolescents with whom we work.
2. On the other hand, you can sponsor one of the programs of therapies, such as garden therapy, pet therapy, literature workshop, dance therapy, and cooking therapy. To do this, we would require to hire therapists and get the materials. This has a monthly cost of 150,000 colones.
3. The third option is through an event you organize on behalf of our foundation to raise funds, either via a social event, marathon, sales, etc. Our organization does not necessarily have the infrastructure regarding staff and resources to carry out these events and that is why this is a great help for us because it allows us to present our work and get economic benefits. This money could be used in two different ways, depending on your preferences, to sponsor any of the therapies or build the second floor of a community center, for which we are already working with the Chamber of Construction.
4. Last but not least, we can not forget the end of the year Christmas activity for the children.

COMMITMENT OF THE PROGRAM

In the case of establishing a financial support alliance with Fundamentales, the Program *Networks of Prevention of Children at Psychosocial Risk* is committed to achieve as part of its objectives and ensuring an effective investment of the economic contribution made by this company, as follows:

1. Daily systematic work, providing integral care to each of the users of the program.
2. Constant attention of more than 100 monthly users.
3. Maintain the 0% index of school desertion, encouraging children and adolescents we serve to remain within the education system.
4. Achieve over 75% of school promotion of children and adolescents within the program.
5. Annual reports to account for the program results in people being served, as well as the program's impact on the community.

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<http://www.fundamentales.or.cr>

Location:

Pueblo Nuevo, Pavas, Costa Rica
Finca San Juan, Pavas, Costa Rica

1.- Bank Information for wire transfers in US\$ from United States or other countries

Intermediary Bank

WELLS FARGO BANK
NEW YORK INTERNATIONAL BRANCH
11 Penn, Plaza 4th Fl, New York City, NY 1001 United States
SWIFT: PNBUS3NNYC
ABA: 026005092

Beneficiary Bank

Banco Lafise S.A.
Address: 50 mts este de la rotonda de la fuente de la Hispanidad, San Pedro de Montes de Oca, San José, Costa Rica
SWIFT: BCCECRSJ
Account Number: 2000192003696

Beneficiary: Fundación Mente Sana
Account Number: 735513927

2.- Instructions to receive wire transfers in Euro to Costa Rica

Intermediary Bank
WELLS FARGO BANK
LONDON GB
SWIFT: PNBPG2L

Beneficiary Bank
Banco Lafise S.A.
Address: 50 mts este de la rotonda de la fuente de la Hispanidad, San Pedro de Montes de Oca, San José, Costa Rica
SWIFT: BCCECRSJ
Account Number: 05712162
IBAN: GB25 PNB2 1656 7105 7121 62

Beneficiary: Fundación Mente Sana
Account Number: 735513927