

## TEMPLATE N°1: IDENTIFICATION OF GOOD PRACTICES BY HOST ORGANISATION

**Template N°1** facilitates the description and identification of the good practices that will be presented by the host organizations during the TRIADE project. These good practices should endorse the main aim of the project, i.e. the good practice(s) focus on the enhancement of knowledge, skills, competences or attitudes of formal and informal caregivers for a more inclusive and community based care system.

**Template N°1** should be completed for each good practice that will be presented and/or shown by the host organizations. PLEASE, SEND THESE TEMPLATES TO ALL PARTNERS AT LEAST 2 MONTHS BEFORE THE ACUAL VISITS!

<b>NAME OF HOST ORGANISATION/INSTITUTION</b>	ESKILSTUNA MUNICIPALITY, DEPARTMENT OF CARE AND SUPPORT TO PEOPLE WITH DISABILITIES
<b>TITLE OF THE GOOD PRACTICE</b>	<b>The V.I.P. program.</b> V.I.P stands for very important person.
<b>GENERAL OBJECTIVE OF THE GOOD PRACTICE</b>	The V.I.P is a programme to prevent domestic violence against women and men with intellectual and mental disabilities. The aim and goal of the V.I.P-program is to minimize the risk for the person with disabilities of exposing her or himself of destructive relationships. To minimize the risk of him or her getting abused by others, or abusing others we work to increase the disabled person's self-esteem. Through reaching more and a better awareness of their own feelings, training their personal boundaries, we can increase the participant's possibilities to make better choices in different situations. By exchanging opinions and experiences in the group, values are challenged and different processes are starting that can lead to a changed behavior. The assumption is that an increased knowledge about feelings, relationships, personal boundaries and violence will lead to a decreased exposure in situations that involves power and control, and also an increase in attention and reporting of violence and abuse.
<b>MOTIVATION FOR CHOOSING THIS GOOD PRACTICE</b>	<p>There is a shortage in methods and good practices when it comes to working to prevent violence for our target groups of service users, and especially for men. This makes it even more important to highlight. The V.I.P program has given us the experience in working with a prevention of violence program especially produced for our service users with intellectual and psychological disabilities which is unique. Also we have found a way of making the program attractive for men and a lot of men are applying to each semester. The topic of how we recruit the participants and the conditions we create in the groups is one of our success factors, that we would like to share with you in Sweden.</p> <p>The V.I.P-program is produced and developed by Ewa Fransson Mannelqvist och Kerstin Kristensen and it is based on Ersta vändpunktens och Föreningen Bojens (two compounds) support program that got financed by a project in the Inheritance fund in Sweden. The V.I.P program is based on research and experiences that have been compiled in the Swedish Development center Dual Exposed. Their mission was to contribute for the inclusion of woman with disabilities in their ordinary work for safety of women.</p> <p>In 2015 Eskilstuna municipality overtook the license for the V.I.P-program and we are now responsible for the training of new group leaders on a national level. We are responsible for managing, evaluating and developing</p>

the V.I.P program and to also be responsible for the national network of V.I.P group leaders. In 2015 the municipal in Eskilstuna also made an agreement to co-produce an evaluation of the program with Mälardalens university, and they are also funding the ongoing evaluation at the moment, we expect the result at the end of the year.

The evaluation will be according to program-theory and it will examine if the participating in a V.I.P program will make any long-term difference for the participants. The evaluation is also aiming to capture the validity of the program-theory and if these kind of psycho educational efforts is suitable for the target group. We are also interested in viewing how well the group leaders comply with the manual and the matching of the groups.

The evaluation will have a gender perspective and we will view the result for both women and men that participate in the V.I.P program.

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**SHORT DESCRIPTION OF THE GOOD PRACTICE (+/- 500 WORDS)**

V.I.P is a special manual based program for increasing empowerment and Quality of life directly to the participants themselves.

The V.I.P program is built on six themes, and they are repeated with recess.

The six themes are:

- 1, Introduction
- 2, Emotions/feelings
- 3, Defenses
- 4, Violence
- 5, Risks and choice
- 6, Me as a person

The recesses:

- 7, Guilt and shame
- 8, Communication
- 9, Power and powerlessness
- 10, Values
- 11, Boundaries and safety
- 12, Change and closure

For example, theme 2 has the message of all emotions and feelings are okay! The recess in number 7 has the message that you are perfect the way you are!

Some important conditions in V.I.P is that men and women are in different groups, and there are always two group leaders. The program is manual based and it consists of twelve lessons, every lesson is two hours and we always have coffee. The V.I.P program consist of different exercises where we draw, write, watch film, role play etc. We can adapt the program based on the individual participants. The program is free for the participants.

The participants in the V.I.P program are training to have the lead role in their own life.

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**MEANS/MEHODES OR TOOLS USED**

A manual based educational group program for person with intellectual and mental disabilities. We also have training for group leaders.

We give several group programs for service users each year and we train group leaders all over Sweden on a regular basis.

The topic of recruiting participant for various discussion groups is a known problematic issue that other municipalities are struggling with. When we are marketing the V.I.P program the participants, the service users, are with us and they share their own experiences of the program.

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**SKILLS INVOLVED FOR THE CAREGIVERS**

- Knowledge of domestic violence against people with intelectal and mental disabilities.
- Training for beeing a grop leader of the V.I.P
- Courage of leading groups, with different group processes
- Structured way of leading the group
- Beeing able to make adaptations of the exercises based on the participants abilities (cognitive, intellectual, mental etc.)

<b>ATTITUDES INVOLVED FOR THE CAREGIVERS</b>	<p>The staff needs good knowledge of domestic violence, good knowledge of cognition and disabilities, adapting exercises on an individual basis. They need to be able to think outside the box if participants have a hard time with communication etc.</p> <p>They also have to be able to take care of different feelings, emotions and sometimes sadness that emerge within the discussions. They have to be able to keep the rules set by the group. They can use the other group leaders to share good examples and to get inspired in how to execute some of the exercises.</p>
<b>RESOURCES NEEDED</b>	<p>Two group leaders for each group</p> <p>Continuously recruiting of group leaders</p> <p>Trained group leaders</p> <p>Participants (good recruiting)</p> <p>Support from the board – municipal – implemetation</p> <p>Educational material</p> <p>Feedback from former group participants</p> <p>Administration of all the groups</p> <p>Evaluation</p> <p>Continuously support for the group leaders</p>
<b>NOTES</b>	Publications

Hickson et al. 2013. Journal of policy and practice in intellectual disabilities.

Diane. L. Smith. 2007. Disability, gender and intimate partner violence: relationships from the behavioural risk factor surveillance system.

Thomas J. Gerschick. 2000. Toward a Theory of Disability and Gender