



NORTH
CONSULTING

PROJECT IDEAS AND POTENTIAL PARTNERS IN ICELAND

EEA Grants upcoming call on Health in The Czech Republic

EARLY INTERVENTION MODEL

MUNICIPALITY OF
HAFNARFJORDUR

EARLY INTERVENTION MODEL

- PRIORITY 1

- ❑ Hafnarfjordur Municipality is the *3rd largest municipality in Iceland* with 30000 people, 17 pre-schools and 8 compulsory schools
- ❑ Hafnarfjordur offers comprehensive support services for children up to 18 years through its school and social services
- ❑ Most children with behavioral problems (mental illnesses) are serviced/partly treated by municipality services (1st stage) while the state provides secondary psychological assessment and psychiatric treatment (2nd and 3rd stage)
- ❑ In order to prevent behavioral and psychological problems to escalate to 2nd stage, Hafnarfjordur Municipality has designed an early intervention model

EARLY INTERVENTION MODEL - PRIORITY 1

- ❑ Aim of the model is to improve the quality of life of children and youth in Hafnarfjordur
- ❑ Through cooperation between the school and social services and all pre-schools and compulsory schools the model consists of following aspects:
 - ✓ Solution teams located within each school
 - ✓ Increased collaboration –The Social and School Services
 - ✓ Better use of the expertise and resources available at schools
 - ✓ Better use of expertise and resources at the Social- and School Services
 - ✓ Fewer psychological assessments
 - ✓ Fewer notifications to the Child Welfare Board
- ❑ Potential Partners: municipalities, school district offices, healthcare services, social services interested in implementing a holistic early intervention programmes to prevent developmental and psychological problems in children
- ❑ Project Manager: Hulda Björk Finnsdóttir, hulda@hafnarfjordur.is
- ❑ Head of School Support Services: Eirikur Thorvardarson, eirikurth@hafnarfjordur.is

KARA CONNECT – VIRTUAL THERAPY

KARA CONNECT VIRTUAL THERAPY – PRIORITY 1

- ❑ Kara Connect is an Icelandic start-up company established in 2014. To date over 1500 clients have used the services (10000 therapy sessions)
- ❑ 4 out of 15 people aged 18-65 in EU countries suffer from mental illnesses (over 80 million). Mental health care costs are on the rise globally and estimated to rise to up to 4% of GDP in most European countries. Yet, only 1/4 of those in need of mental healthcare services receive them today.
- ❑ **Kara Connect** is a browser-based secure teletherapy platform (SaaS) and a virtual office for professionals. The platform offers:
 - ❑ a virtual office for professionals and
 - ❑ teletherapy (video sessions) for children and adults who need special education services (speech therapy) or psychological therapy
- ❑ KARA offers professionals a secure platform to offer treatment, optimize their administrative needs and gives all people, irrespective of location, equal access to help, support or training. KARA thus connects children and adults in need of help to different professionals in a quick and affordable way.
- ❑ The platform is GDPR compliant.

KARA CONNECT VIRTUAL THERAPY – PRIORITY 1

- ❑ The platform gathers and stores statistical data on length of therapy sessions, outcomes of therapy etc.
- ❑ Potential Partners: psychological, psychiatric, special education and other specialist services offering therapy for children and adolescents; municipalities/state agencies/NGO's offering therapy services. Partners would pilot the teletherapy platform.
- ❑ **Contact:** Thorbjorg Helga Vigfusdottir, General Manager; email: Thorbjorghelga@karaconnect.com
- ❑ **Website:** karaconnect.com
- ❑ **Youtube:** <https://www.youtube.com/watch?v=6AGtHbHbQko>
<https://www.youtube.com/channel/UCAOp-M3g46oJB7rFumGLtsg>

HUGARAF L

EMPOWERING PEOPLE WITH
MENTAL ILLNESSES (USER
APPROACH)

HUGARAFL EMPOWERMENT PROGRAMME – PRIORITY 3

- ❑ Hugarafll is non-profit organisation located in Reykjavik Iceland. Hugarafll was founded on **Judi Chamberlin** theories of empowerment of people with mental illnesses
- ❑ Hugarafll offers individual empowerment approach for those who have experienced mental illnesses and their next to kin (families/friends). Hugarafll offers individuals support to recover and regain control of their own lives through an individualized approach.
- ❑ Hugarafll's unique approach chrystalizes in an individualized approach, cooperation between different specialists and the users of the mental health services on a peer basis. Hugarafll's users create their own rehabilitation programmes and provide other users support.

HUGARAFL EMPOWERMENT PROGRAMME – PRIORITY 3

☐ Hugarafl's main objectives are:

- ✓ Impact Icelandic mental health care system
- ✓ Eliminate prejudice in Icelandic society
- ✓ Promote knowledge about recovery and the process of recovery
- ✓ Increase the human rights of people with mental illnesses and support more diversity in service to people with mental illnesses
- ✓ Strengthen the cooperation between specialists (nurses, psychologists, psychiatrists) and users
- ✓ To be visible in Icelandic society through hosting of different initiatives and participation in public discussions

☐ Potential Partners: NGOs, health organisations, public health care administrations looking to implement empowerment services/user oriented rehabilitation programmes for people with mental illnesses.

☐ Contact Person: Audur Axelsdottir, audur@hugarafl.is

☐ Website: www.hugarafl.is



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FOR MORE INFORMATION ,PLEASE
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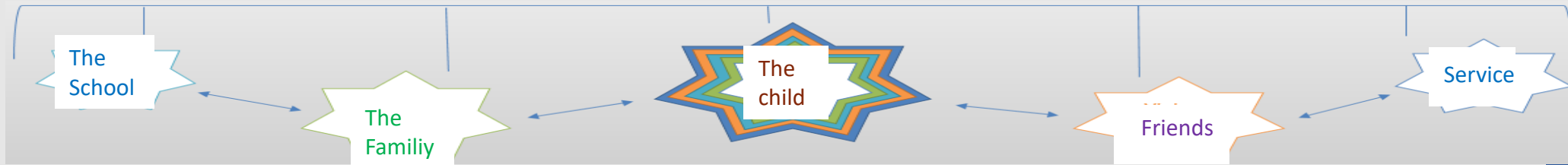
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EARLY INTERVENTION IN HAFNARFJÖRÐUR MUNICIPALITY, ICELAND

Collaboration Model –The School Service , Social Service, pre-schools and schools



The Service Stages



- State Diagnostic and Counselling Centre
- Psychiatric department for children and youth
- Psychological assessments
- Special service –healthcare system
- The healthcare system
- The Social- and school Service
- The School

The main objective

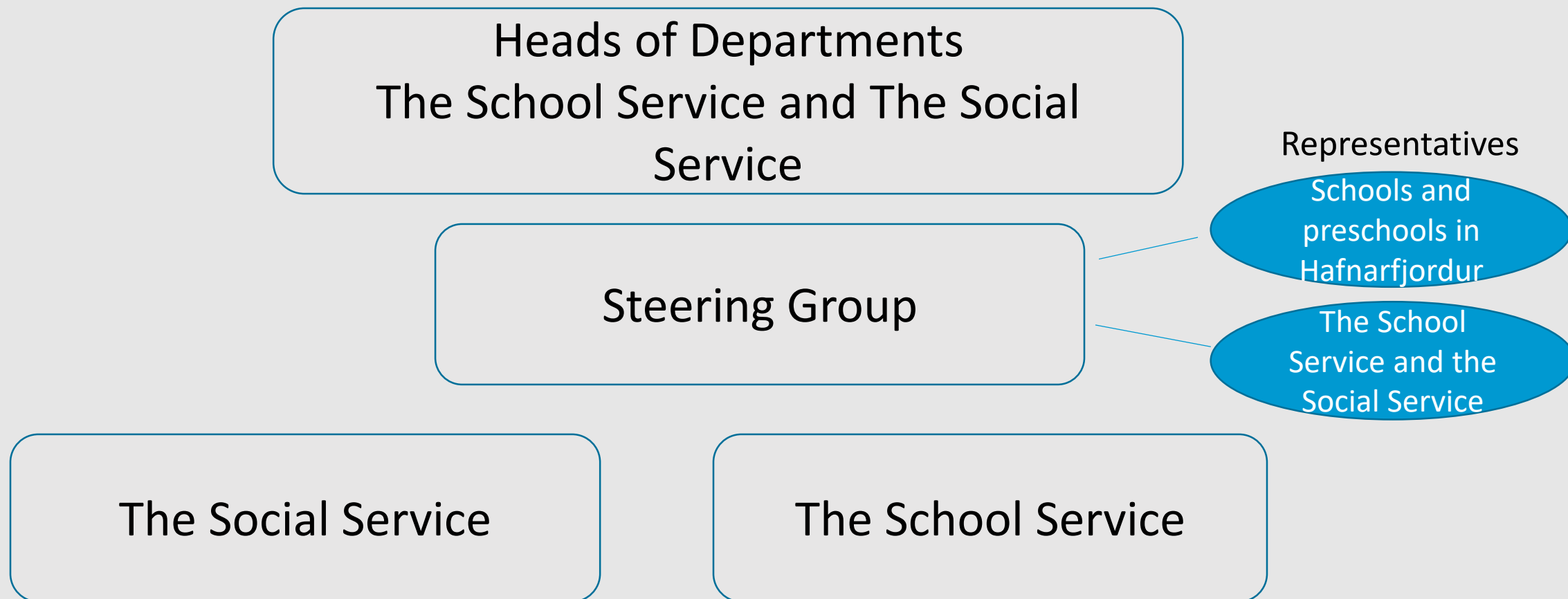
To improve the quality of life of children and youth in Hafnarfjörður Municipality



Other objectives

- Solution teams located within each school
- Increase collaboration –The Social Service and The School Service
- Better use of the expertise and resources at the schools
- Better use of expertise and resources at the Social- and School Service
- Fewer psychological assessments
- Fewer notifications to the Child Welfare Board

The Model - organisation



The solution team- the process

The school uses the resources that exists within the school

Solution team

Lighter problem
Students with behavioral,
educational, psychological problems,
lack of social skills.

Reference- Parents approval

if success
is not
achieved

Student Counsel

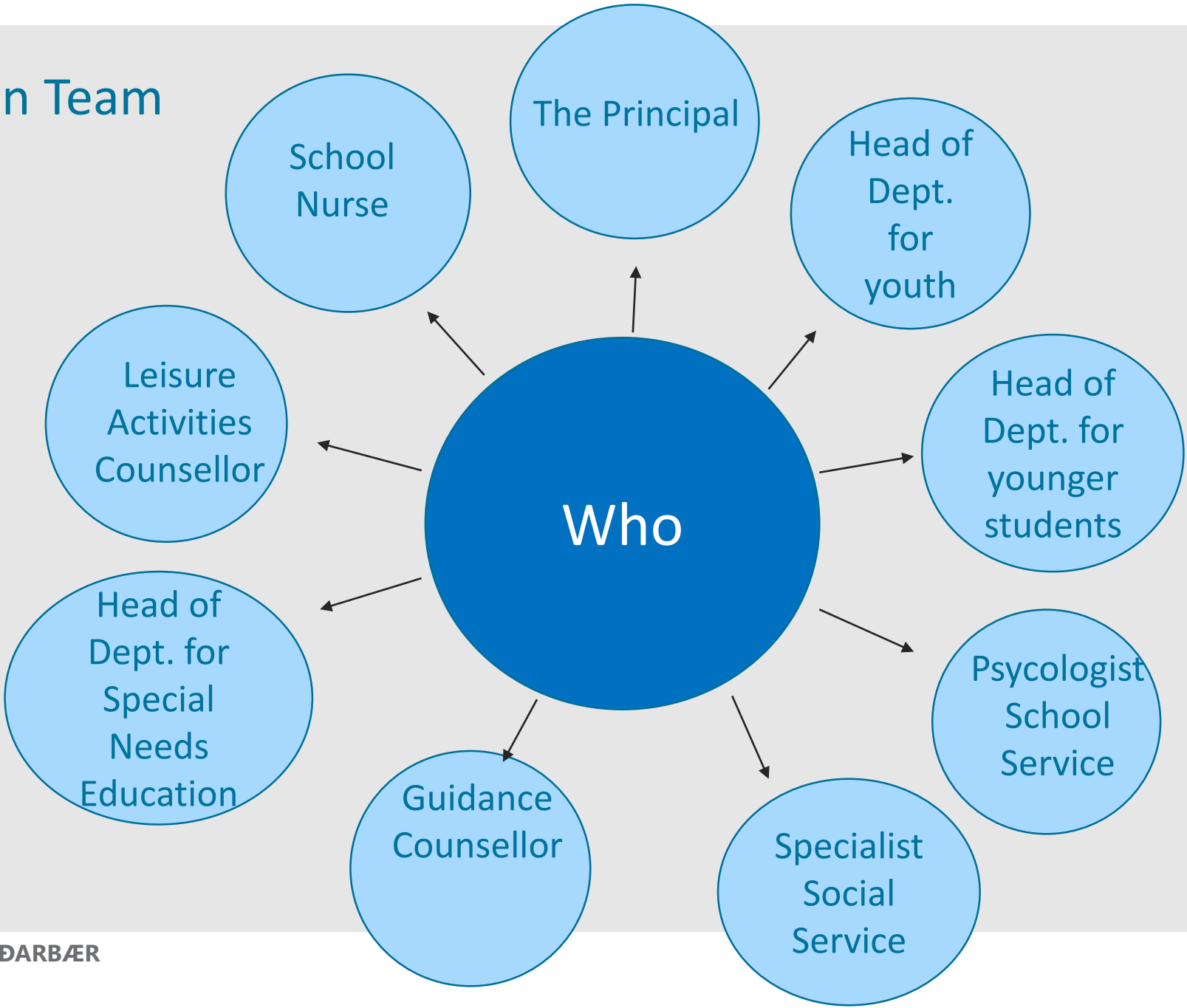
The Social Service

The School Service

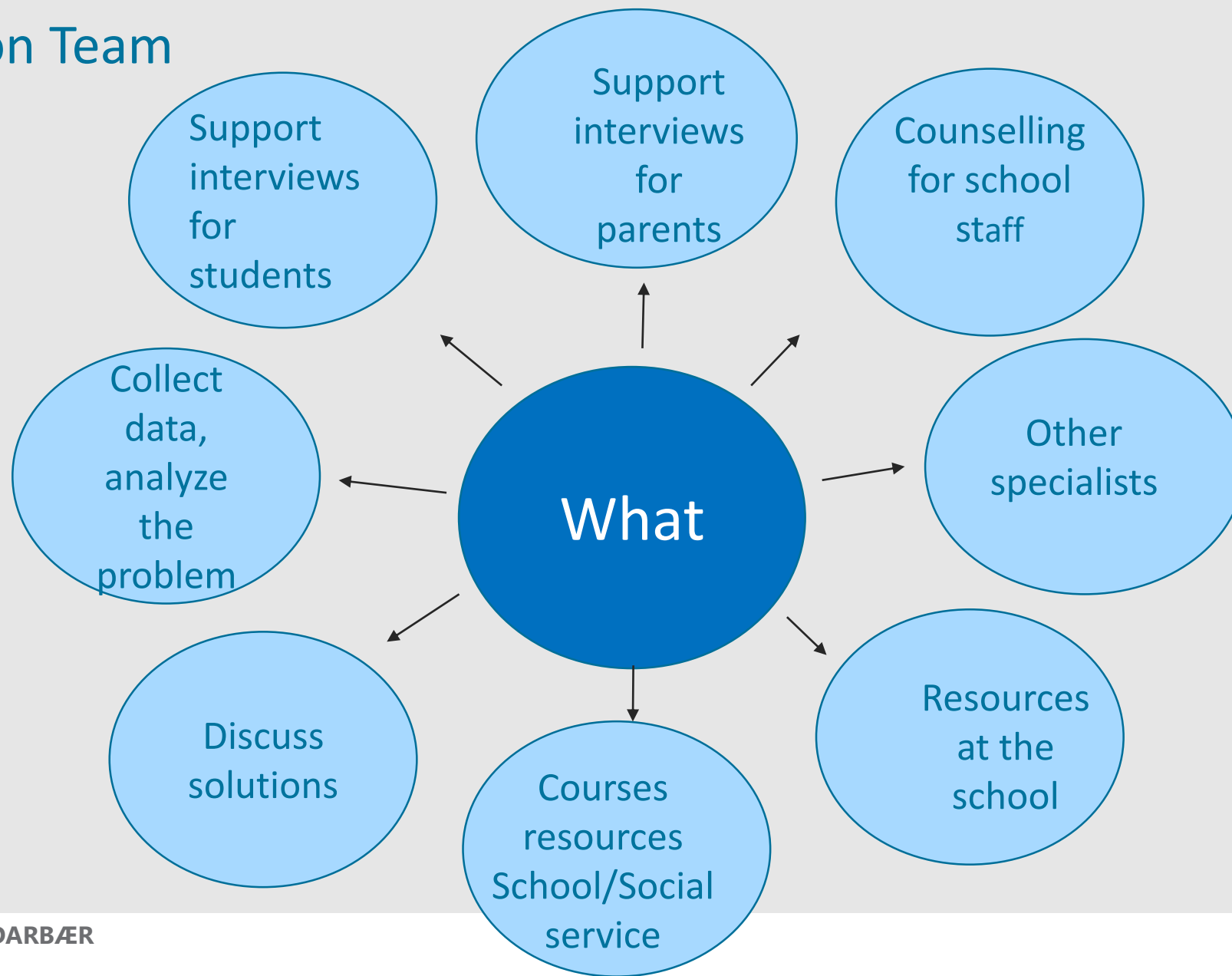
Collaboration Team

Children with multiple problems

The Solution Team




The Solution Team



Forms: Parental Agreement

Lausnateymi í grunnskólum Hafnarfjarðar

 **HAFNARFJÖRÐUR**

Beiðni um ráðgjöf frá lausnateymi (eyðublað B)

Kennari: _____ Dagsetning: _____

Ástæða beiðni er vegna _____ nemanda eða _____ nemendahóps.

Eftirfarandi nemandi á í vanda í bekknum: _____

Það sem á helst við í þessu máli:

Sýnir trúfandi hegðun, t.d. <input type="checkbox"/> Missir stjórn á skapi sínu <input type="checkbox"/> Beitir líkamlegu ofbeldi <input type="checkbox"/> Fylgir ekki fyrirmælum <input type="checkbox"/> Trúflar kennslu/aðra nemendur	Námserfiðleikar <input type="checkbox"/> Já <input type="checkbox"/> Nei <input type="checkbox"/> Áhyggjur af málþroska <input type="checkbox"/> Annað:
Vinna, t.d. <input type="checkbox"/> Mætir illa <input type="checkbox"/> Vinnur ekki í tímum <input type="checkbox"/> Vinnur hægt	Slök félagstengsl, t.d. <input type="checkbox"/> Dregur sig út úr hópnum <input type="checkbox"/> Les illa í félagslegar aðstæður og samskipti
Er óskipulagður, t.d. <input type="checkbox"/> Lýkur ekki verkefnum <input type="checkbox"/> Trúfast auðveldlega <input type="checkbox"/> Erfiðleikar með einbeitingu	Sjálfsmynd og líðan, t.d. <input type="checkbox"/> Á erfitt með að orða hugsanir sínar og tilfinningar <input type="checkbox"/> Sýnir merki um vanlíðan, depurð, kvíða eða vanvirkni
Áhyggjur af uppeldi eða heililsaðstæðum <input type="checkbox"/> Já <input type="checkbox"/> Nei	Samvinna við foreldra, t.d. <input type="checkbox"/> Er góð <input type="checkbox"/> Er ábótavant
Áhyggjur af þroska <input type="checkbox"/> Já <input type="checkbox"/> Nei	Annað <input type="checkbox"/>

☐ Forráðamaður hefur gefið samþykki fyrir þessari beiðni

Lausnateymi í grunnskólum Hafnarfjarðar


☐ Nemendahópur er trúfandi og erfiður í samskiptum og umsjónarkennari óskar eftir ráðgjöf/handleiðslu lausnateymis.

Nánari lýsing á vanda í stuttu máli, í hvaða aðstæðum kemur hann helst fram og hvernig hefur verið brugðist við:

Aðrar mikilvægar upplýsingar:

☐ Búið er að fara yfir gátlista kennara (eyðublað A) frá deildarstjóra stoðþjónustu.

Undirskrift umsjónarkennara

 **HAFNARFJÖRÐUR**

Tilvísun til ráðgjafa Fjölskylduþjónustu og Skrifstofu fræðslu- og frístundaþjónustu Hafnarfjarðar (eyðublað C).

Heimild til að afla og veita upplýsingar vegna tilvísunar í Fjölskylduþjónustu og Skrifstofu fræðslu- og frístundaþjónustu Hafnarfjarðar.

Nafn barns: _____

Kennitala barns: _____

☐ Ég undirrituð/aður veiti hér með ráðgjöfum Fjölskylduþjónustu og Skrifstofu fræðslu- og frístundaþjónustu Hafnarfjarðar leyfi til að ræða málefni barnsins og fjölskyldunnar í teymum starfsmanna Hafnarfjarðarbæjar og við þær stofnanir (BUGL, Greiningar- og ráðgjafastöð ríkisins, Heilsugæsla höfuðborgarsvæðisins, Heyrnar- og talmeinastöð Íslands og Proska- og hegðunarstöð) er koma að máli barnsins og fjölskyldunnar. Einnig veiti ég ráðgjöfum Fjölskylduþjónustu og Skrifstofu fræðslu- og frístundaþjónustu Hafnarfjarðar leyfi til að afla upplýsinga og veita þær sem þörf er á að því marki sem þykir nauðsynlegt til að vinna að úrlausn mála.

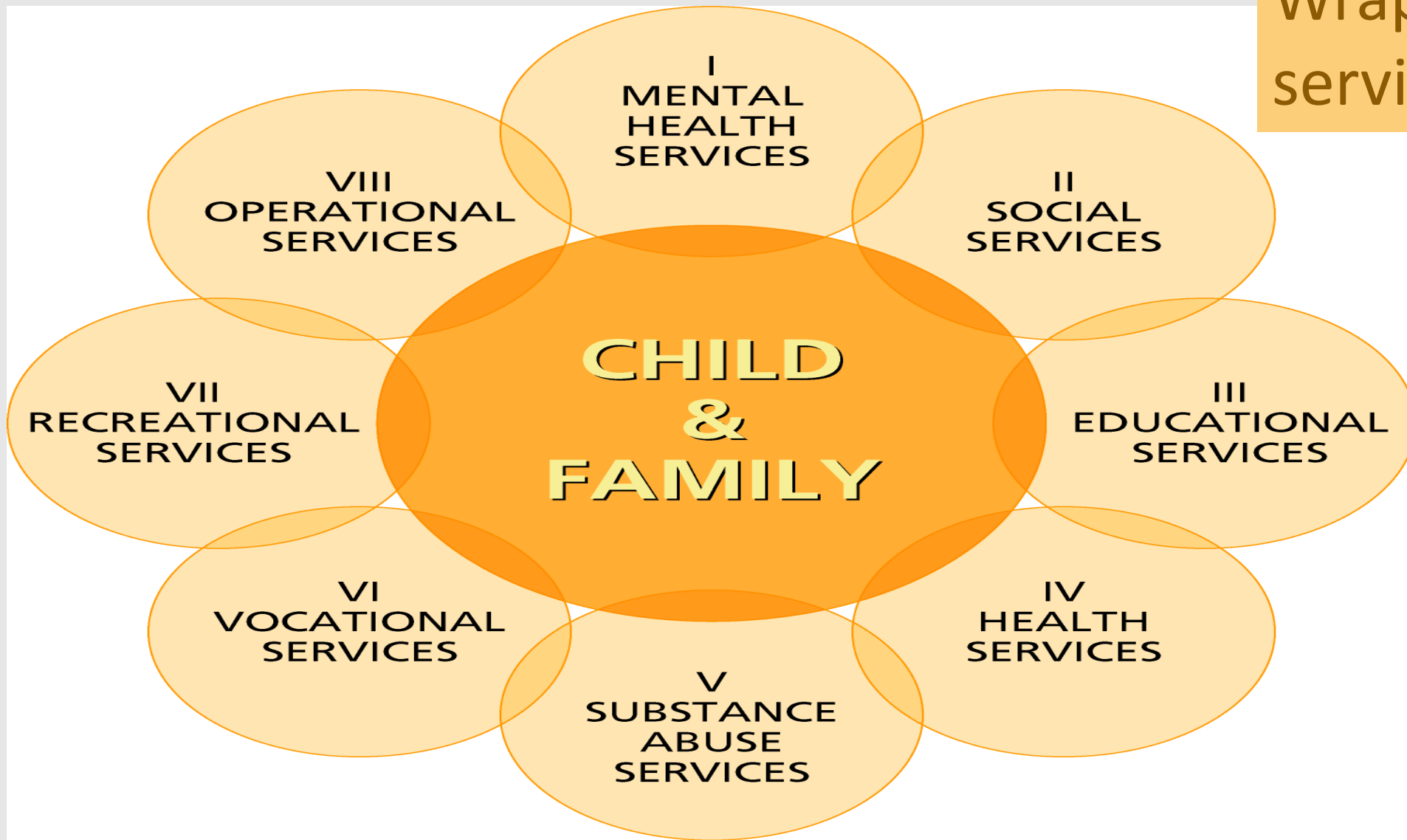
Staður og dagsetning: _____

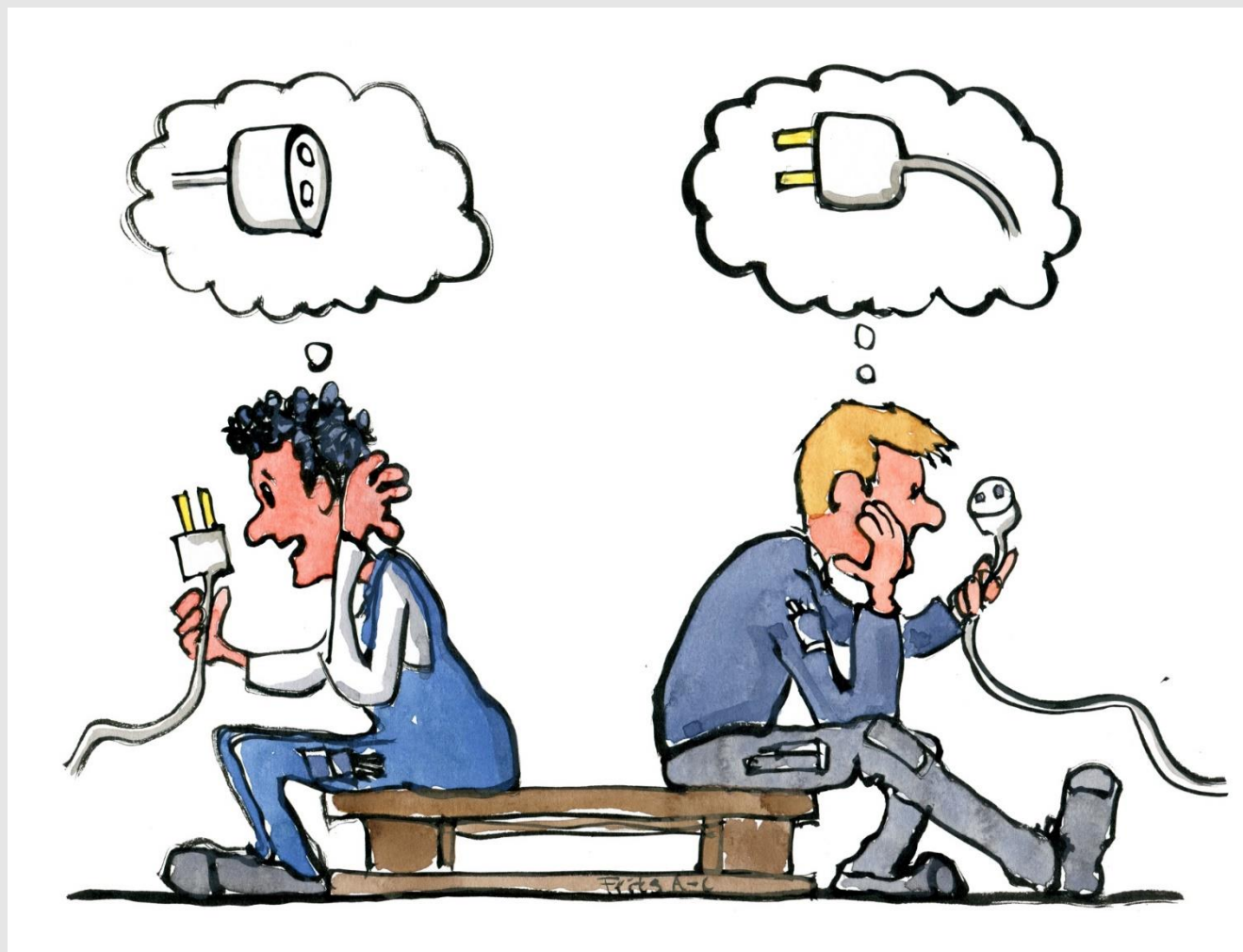
Undirskrift forsjáraðila: _____ Undirskrift forsjáraðila: _____

Undirskrift teymisstjóra lausnateymis: _____

Undirskrift ráðgjafa Fjölskylduþjónustu og Skrifstofu fræðslu- og frístundaþjónustu Hafnarfjarðar: _____

Wrap around service model





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