



Community of Practice for Social Systems Strengthening to Improve Child Well-being

How well are children faring?

A longitudinal assessment of child well-being of early grade learners in selected, Johannesburg schools over three waves from 2020- 2022

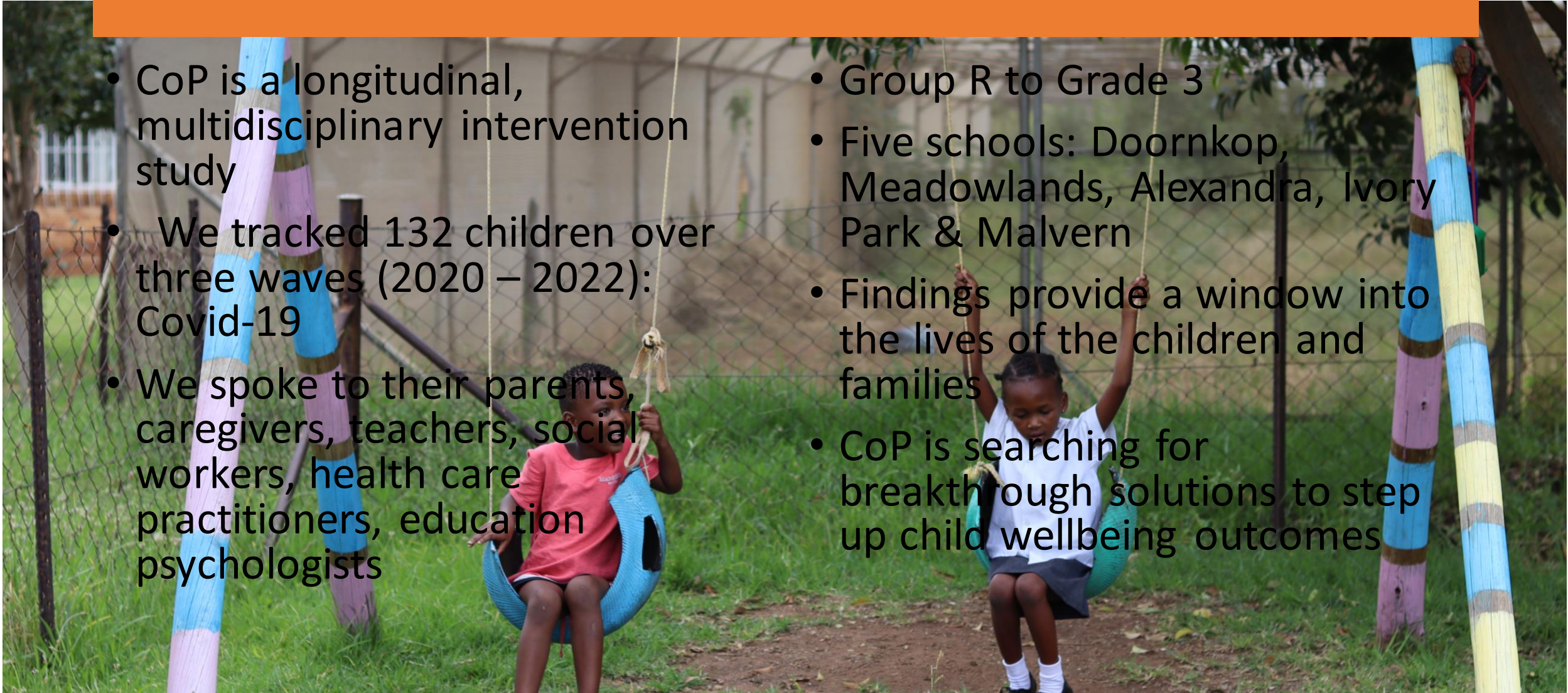
27 November 2023



The story of the Community of Practice



- CoP is a longitudinal, multidisciplinary intervention study
- We tracked 132 children over three waves (2020 – 2022): Covid-19
- We spoke to their parents, caregivers, teachers, social workers, health care practitioners, education psychologists
- Group R to Grade 3
- Five schools: Doornkop, Meadowlands, Alexandra, Ivory Park & Malvern
- Findings provide a window into the lives of the children and families
- CoP is searching for breakthrough solutions to step up child wellbeing outcomes



What is the problem we hope to address?



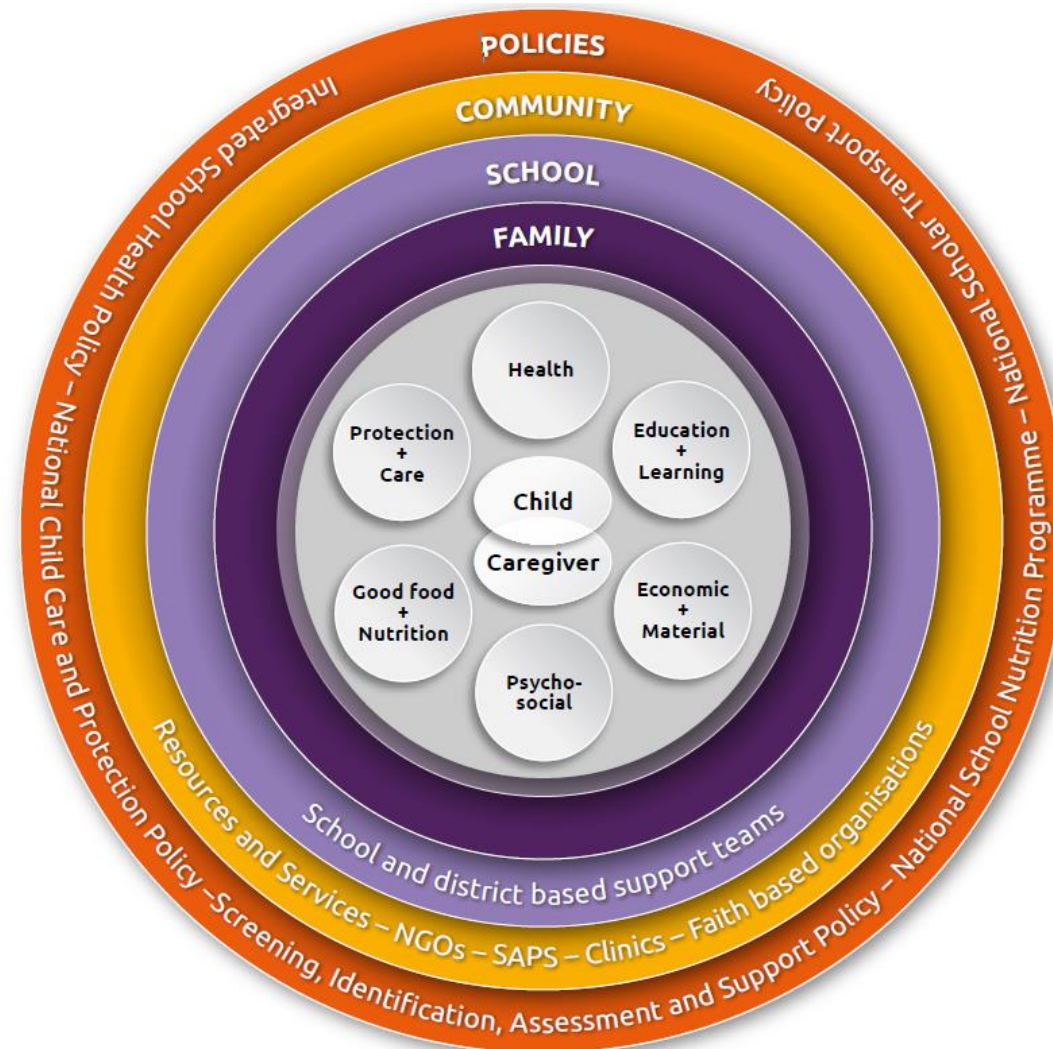
Child well-being assessment & key domains



- **Wave 1 (2020):** 162 Children
- **Wave 2 (2021):** 140 Children (+15 top-us sample: N=155)
- **Wave 3 (2022):** 123 Children (+14 at W2 and 11 top-up: N=155)

- Data presented is for a **matched sample of 123 children** across all three waves
- We present **findings only for the 5 dimensions tracked:** economic well-being, food and nutrition, health, education, protection and care & we present risk assessments by domain.
- **Validated assessment scales** were used to measure depression, monitor child growth and the Strengths and Difficulties Questionnaire

The CoP Model: Holistic View of Child Wellbeing



The CoP process

- Digital tool was developed & tested
- Data was collected on all wellbeing domains
- **School level CoPs were established** – met 9 times
- CoPs reviewed risk profiles of the children
- Intervention plans were developed and implemented & monitored
- Facilitated by CoP social workers
- Interventions: referrals, linking with resources, services, clinics, ed. psych assessments, home visiting
- Family strengthening interventions
- Teacher training in maths and language skills



How well are children faring? The findings 2020 - 2022

Child information, care arrangements and household factors



- **85% of children** received a CSG in Wave 3
- **40% of children** lived in a household with SRD and an OAP recipients
- The primary caregivers were **parents (82%)**, grandparents (10%) and other kin members (8%).
- **43% of households had between 3 & 4** children by Wave 3
- The physical environment in which they lived remained constant except that more children had a mattress to sleep on by Wave 3 (down to 2% by Wave 3 from 11%).

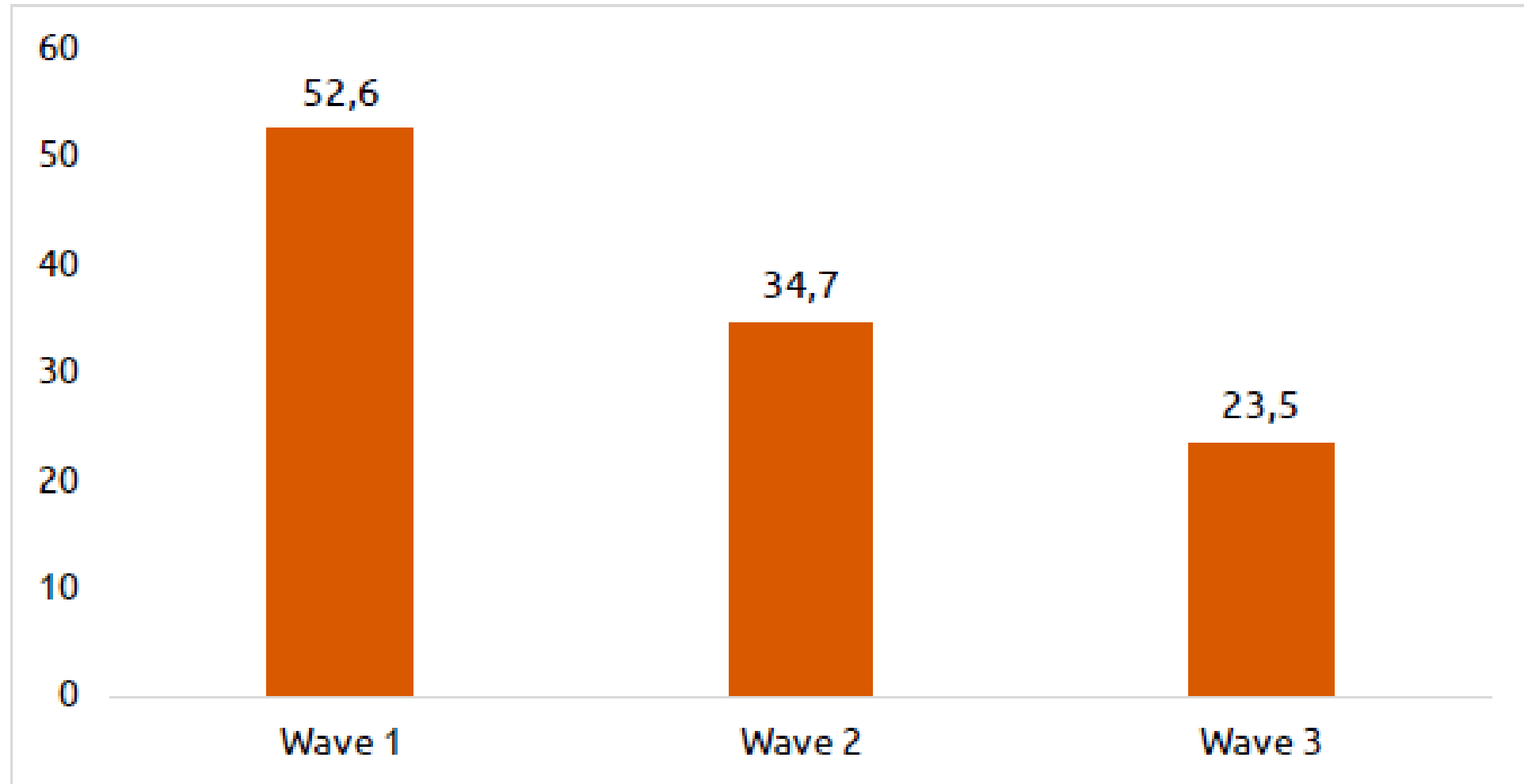


Psychosocial well-being of children and caregivers



- **Overall improvements of 24%** were observed in children's psychosocial well-being
- Improvements especially in emotional, peer and social domains
- Conduct difficulties decreased by 16% but it was still high with **25% experiencing these challenges**
- Children were less fearful of going to school by Wave 3
- More caregivers reported spending time with the children
- **60% of children** are exposed to **hostile and violent behaviour at home and in the community**

Caregiver depression scores



Economic well-being over 3 waves



- **62.6% of caregivers remained unemployed** by Wave 3.
- Full-time employment declined from **19% in 2020 to 15% in 2022**.
- **4% more caregivers were self-employed**
- Indebtedness increased by 10% by Wave 3
- Fewer families had enough money to buy the things they need (dropping from **38,5% in Wave 1 to 29% in Wave 3**).
- Social grant income from the CSG, SRD, OAPs mitigated income shortages at household levels.
- 57.7% of families indicated that other members of their household had access to other sources of income other than grants



How are children faring at school?



- Caregiver assessments of school progress was more favourable than those of the teachers
- Teachers reported **71% of children** didn't do homework in 2020 and **64% in 2022**.
- In 2021, 18.5% of children in Grade 1 were repeating the year and 5.1% remained in the same grade in 2022
- The pandemic led to a **54% loss in learning time**



Moving the dial towards zero hunger



- Child hunger (the number of children who went to bed hungry) **dropped from 13.7% in 2020 to zero in 2022 and then rose again to 5% in 2022.**
- More children were eating three meals a day
- The quality of their food intake improved
- Access to school feeding remained **constant at just under 60% across all three waves.**
- This suggests that school feeding has not yet achieved the same levels prior to the pandemic.

Nutrition



Nutritional outcomes	Wave 1 n=123	Wave 2 n=123	Wave 3 n=123	New enrolment n=7
Stunting	17 (13.5%)	16 (12.7%)	14 (11.1%)	1 (14.3%)
Wasting	7 (5.6%)	10 (7.9%)	25 (20.3%)	1 (14.3%)
Underweight	7 (5.6%)	7 (5.6%)	14 (11.4%)	1 (14.3%)
Overweight	16 (12.7%)	12 (9.5%)	10 (8.1%)	0

Children's health

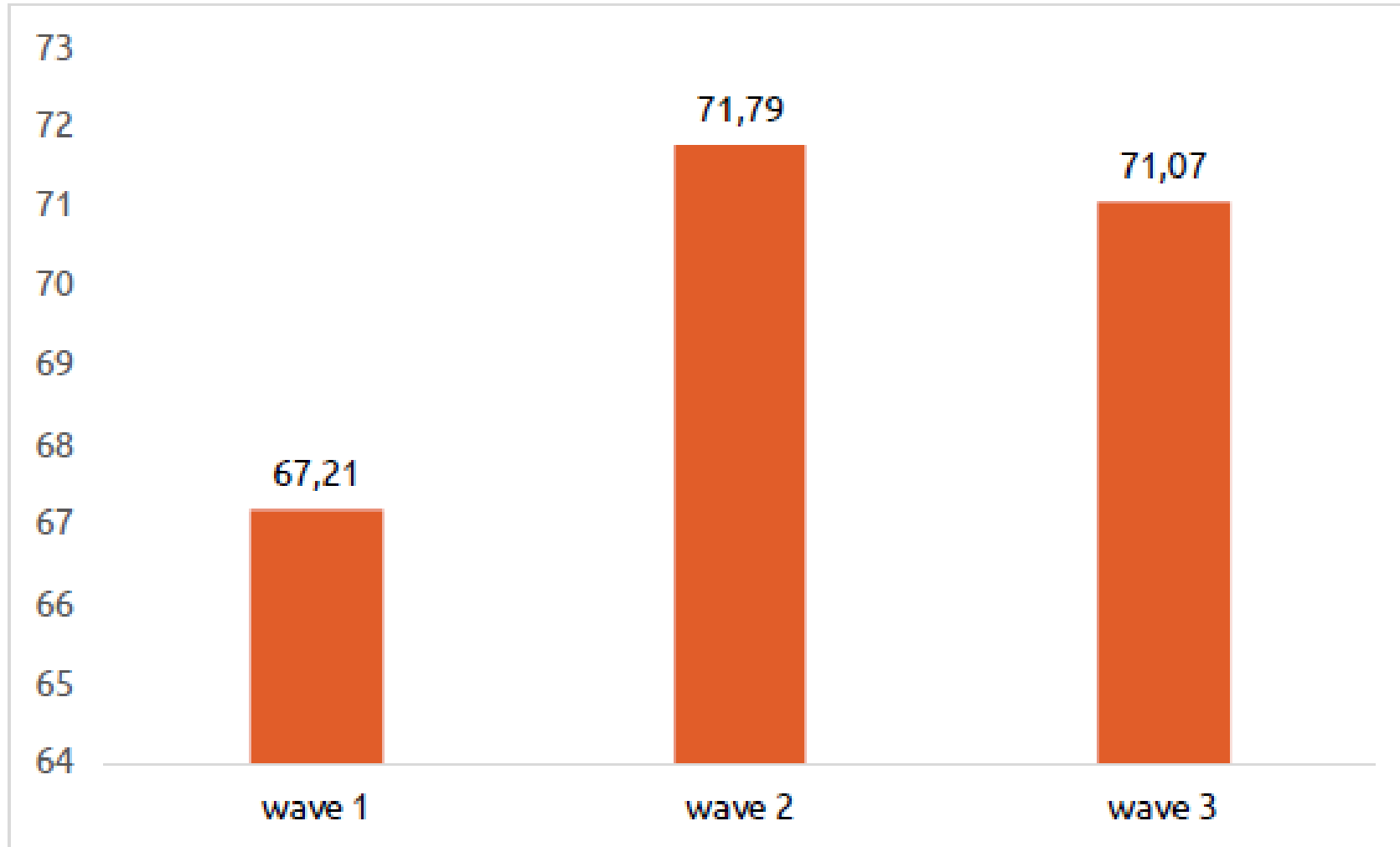


Figure 6: Children's vaccination status across 3 waves excluding new enrolments

Risk assessment using the CWTT

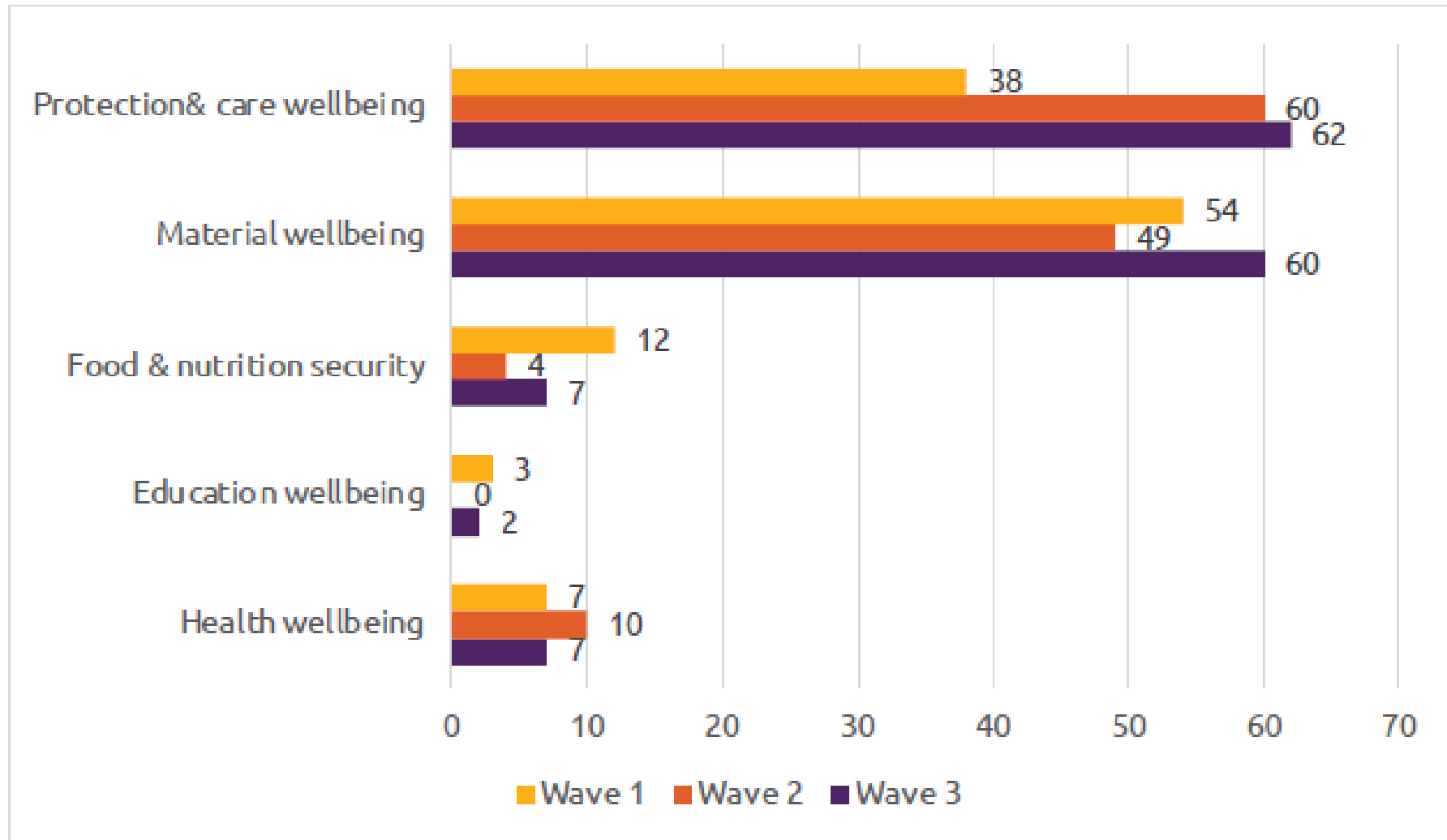


Figure 7: Risk profiles of children in different wellbeing domains over three waves

What does this mean?



- **Multi-dimensional assessments are valuable:**
 - Help identify priority needs and difficulties that children & families face
 - Flag issues and challenges that need to be addressed by different government departments
- South Africa children need a **“whole systems approach”**
- A **diversity of interventions** are needed that target different groups
- Multidisciplinary **teams need to be capacitated**
- Work on tangible solutions tested in real world situations



What are the barriers to a systems approach?



- Under-provision and funding of school based support services
- Staff must have the requisite knowledge, skills and infrastructure to do the work
- New, cost effective and high impact service modalities are needed at school level.
- Need committed leaders and champions to drive school-based support services.

Key away: investments are needed in school-based support and care services in the early grades for children and families to enjoy long, happy and productive lives

[Read the report CoP Website](#)



Family centres in Finland – integrated support for children, young people and families

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27/11/2023

Finnish Institute for Health and Welfare

Brief history of the Finnish family centres

Development of Family centres in Finland

- **started locally** as part of so called Perhe-programme (2004-2007) and Kaste-programmes (2008-2011 and 2012-2015)
- **spread out to cover the whole Finland** (2016-2019 and 2020-2023) as part of LAPE-programme
- **was modeled** by the family centres e.g. in Norway, Sweden and Netherlands
- **was facilitated** by a co-design structure which brought together regional and national level actors (The national Family centre network)

Electronic Family centre

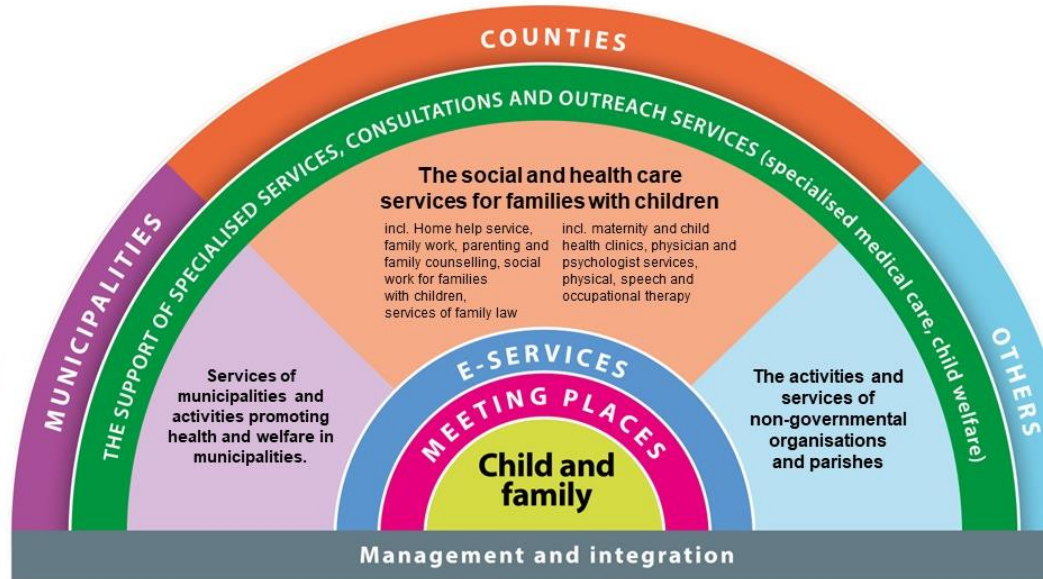
- **development started** 2016-2019 as part of LAPE-programme
- **was finalized** by DigiFinland Oy during 2021-2023. **Implementation is going on** at the moment in several wellbeing services counties

Aim

- To provide the support and **help in a timely and coordinated manner** to children, young people and families
- To offer **help and support to families close to their everyday life on a low threshold**
- To move the focus from curative services to **preventive services and early support**
- To **reduce inequality of wellbeing** and to help halting the increasing costs of corrective services



The service network of the Family Centre



- The targeted population is all the parents and families with children and young people.

Stakeholders include e.g.

- Professionals of the wellbeing services counties (the social and health care services for families, young people and children)
- Professionals of the municipalities (education and early childhood education, activities promoting health and welfare)
- Services of non-governmental organizations and parishes

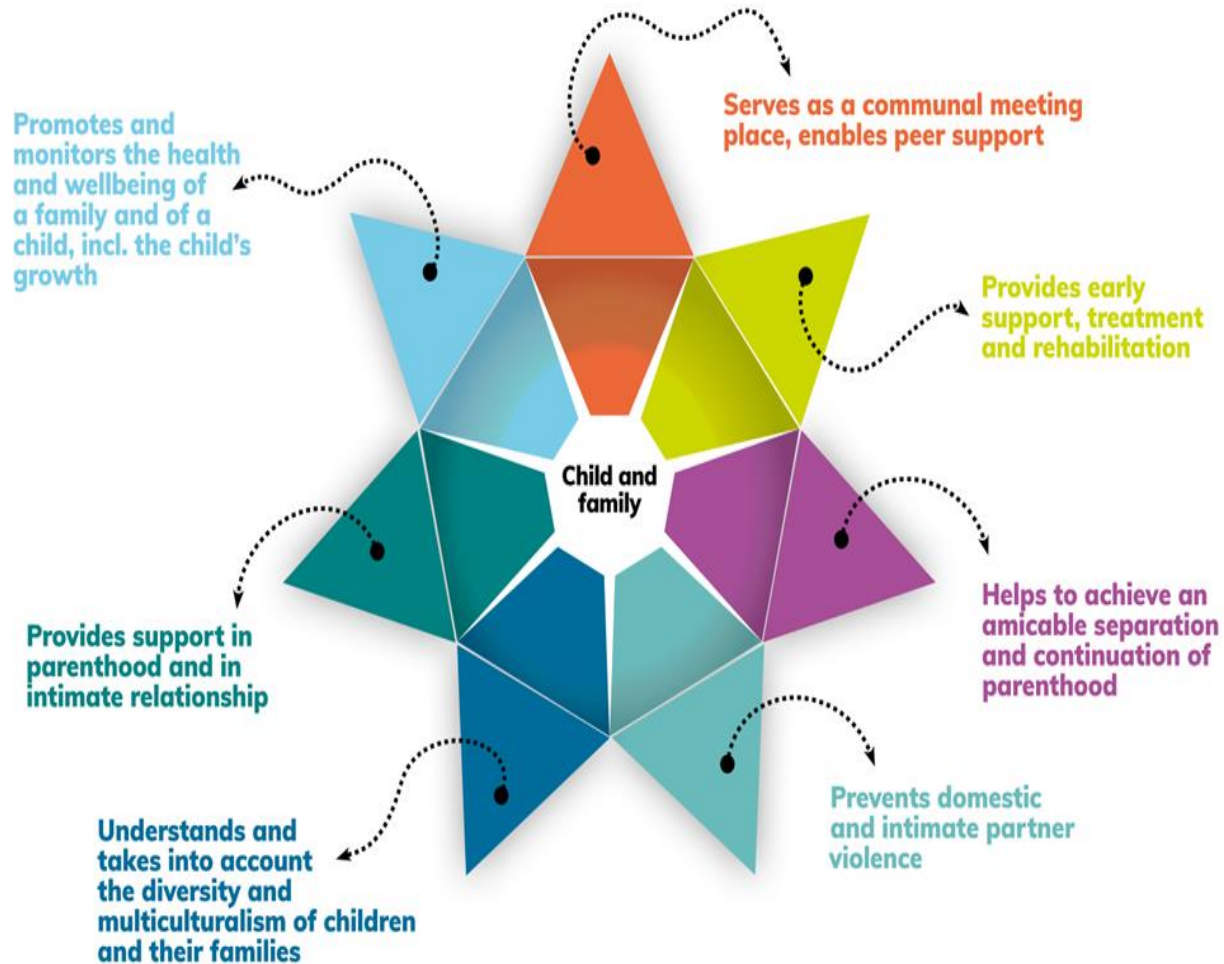
10/2/2023

Päivi Varonen & Arja Hastrup

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Targeted population and stakeholders

The tasks of the Finnish Family centre



Family centre 's **service promise** to the children, young people and families:

- ❖ We offer help and support when you need it
- ❖ We offer peer support. The services and activities of the open meeting places are widely available for all families.
- ❖ We cooperate and coordinate our services.
- ❖ We stand by you and your family when needed.

Current phase of development

Family centre refers to an integrated and coordinated whole of services for children, young people and families



- There are Family centres in function in almost every wellbeing services county .
- In many counties all the services targeted to children and families are organized according the Family centre model and Family centres cover the whole area of the county.
- At the moment the **development** of Family centres **focuses on**:
 - **harmonization** of the Family centres within one county
 - **establishing** their function
 - **finalizing the Plan of action** of Family centres in each wellbeing service county



The electronic family centre provides support and information for everyday life



Electronic family centre



The electronic family centre is divided into three user group specific sections



Expert information, self-care instructions, and peer support, as well as instructions for national, third sector, parish, well-being services counties, and municipalities services

- Getting pregnant, pregnancy and childbirth
- Children's age ranges
- Parenthood and relationship support
- Concern about a child or a young person

For families and those starting a family; information and service portal - OmaPerhe



- Mental health
- Physical health
- Management of everyday life
- Study and work
- Not feeling well
- Relationships
- Body and sexuality
- Social influence

Information and service portal for young people - OmaHelpperi

Free and open data between professionals in regions

Professional data bank within the region and cooperation between regions (preliminary)



- Information content and instructions for professionals
- The organisation's operating instructions
- Customer instructions
- Professional services directory/
- Need for consultation
- Event calendar



Electronic family centre

Omaperhe enables self-care and access to services

Your own situation; assessment

- Assessment of your own situation independently before applying for services, prompts to apply for services.
- Assessment of your own or your family's situation through low-threshold assessment methods.

Self-care instructions

- Always available, low-threshold self-care instructions.
 - Independent study and familiarization, always available.

Guidance

- Guidance to the services and service channels of the well-being services county and municipalities.
- Guidance to national services and service channels.
- Guidance to the services and service channels of the third sector and parishes.

Finding services is easy

- Independent comparison and search for services.
- The need for information on events in the region.



Helpperi - the section for young people

Helpperi



- The development of Helpperi is underway
- The section for young people is a separate section in the electronic family centre
 - It is important that young people feel that the section is intended for them
 - The user interface will be different from Omaperhe
 - Promoting youth in a positive way
- The operating logic of the youth section is consistent with the logic of Omaperhe
 - The brand is similar to Omaperhe, but the content is suitable for the world of young people
 - Information that interests young people and guidance to services for young people
- The first production version will be ready in spring 2023



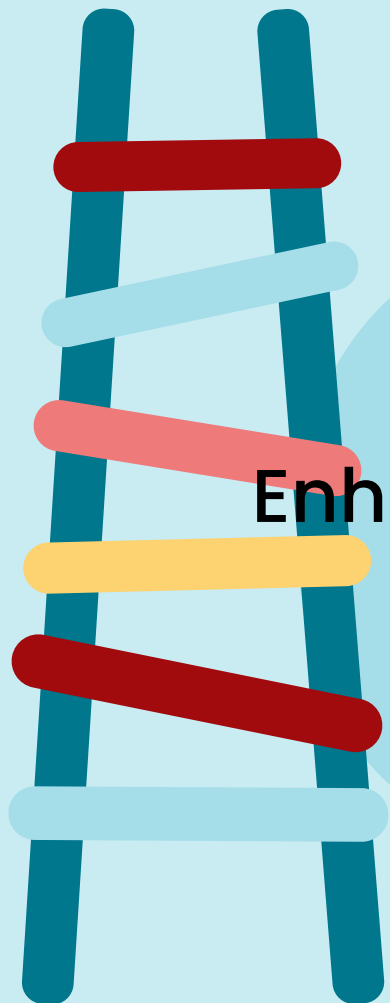
The most asked-for functions of the professional section of the electronic family centre



Professional requirements	Function	What need does it meet?
Multidisciplinary cooperation and support between professionals	Professional directory	Finding professional contact information
Professional support and competence development	Exchange of information and consultation	Mutual professional exchange of information and consulting, no sharing of customer data
	Tool and method bank	National compiled method information
	Process and operating model descriptions	Descriptions of key national operating models and processes
	Care recommendations	National care recommendations, customer instructions and professional instructions
	Self-assessments, tests and forms	National recommended tools, customer instructions and professional instructions
	Studies and reports	National and international studies and reports by theme
	Laws, regulations and justifications	National key legislation
Local work support and competence development	Local guidelines	Local policies and guidelines deviating from national guidelines by region / operator
Resident needs	Event calendar	Supporting professionals 'competence and developmental events
Development needs	Phenomena	Compilation of SPK search terms by region, statistical data
	Feedback	Technical and content development feedback



Thank you!
Hanne Kalmari, Development manager
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Valtakunnallinen perhekeskuskonferenssi
- yhdessä lasten, nuorten ja perheiden rinnalla

Enhancing wellbeing with youth-centered digital service

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Diaconia University of Applied Sciences, Finland

30.11.2023

Zekki .fi



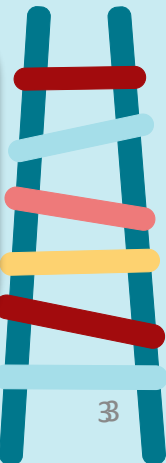
Young people need support on their way to adulthood

- 1/6 have difficulties on their way to adulthood
- The problems easily become complicated and prolonged and the risk for social exclusion increases.
- Young people have difficulties in finding suitable support for their situation.
- We as a society, lose huge amount of potential.

17.4 %
(more than
14 million people)
had a mental health
issue
15-29 year-olds in
the EU in 2019.
IHME, 2020

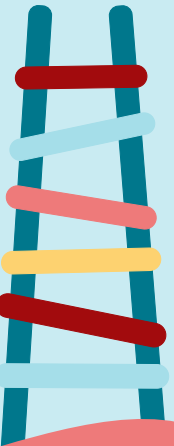
13.1 %
Not in
employment,
education or
training (NEET)
15-29 year-olds
in the EU.
Eurostat 2022

50 %
Unmet needs for mental health care
18-29 years olds in the EU, Spring 2022.
Eurofound 2022



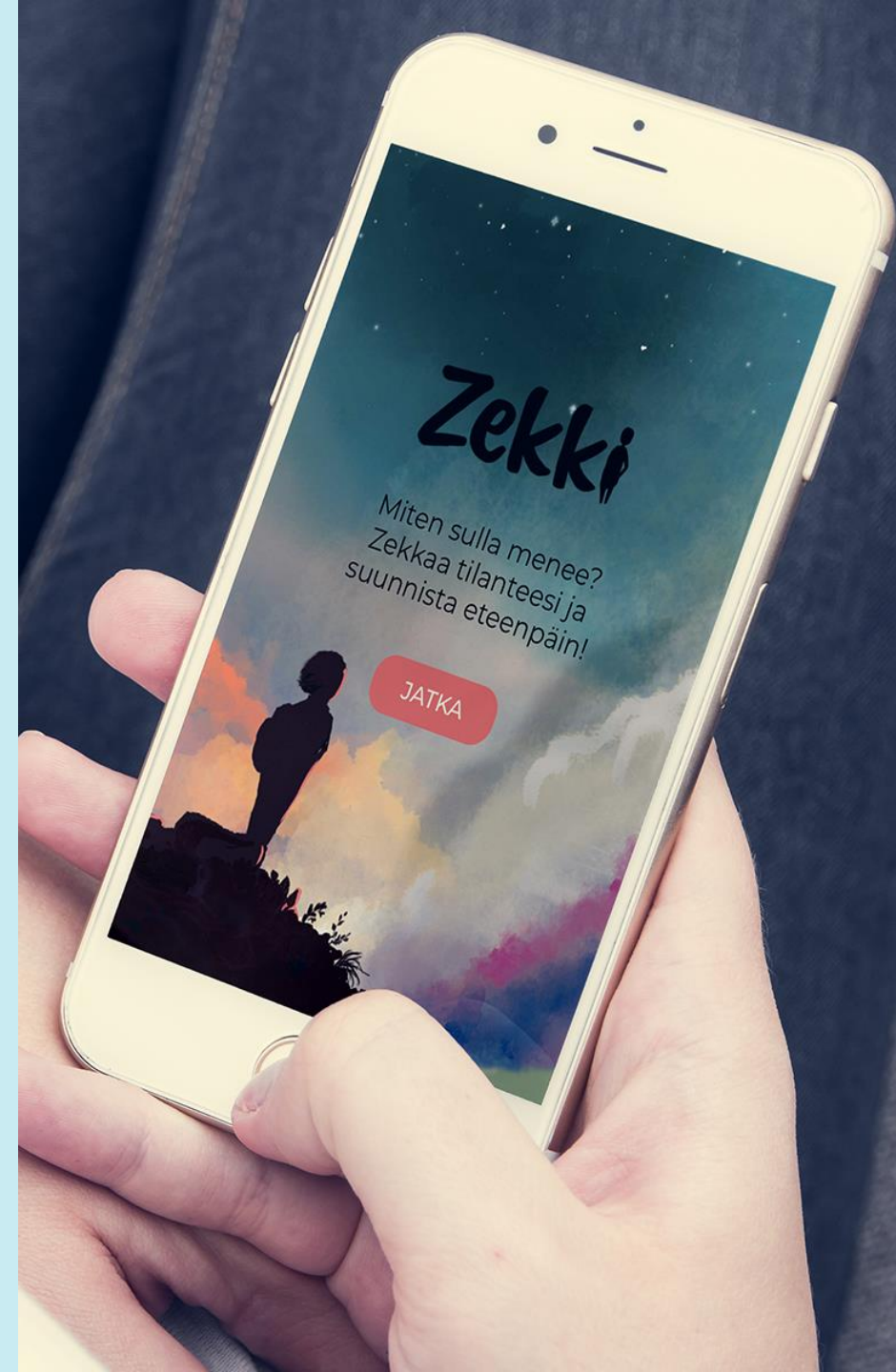
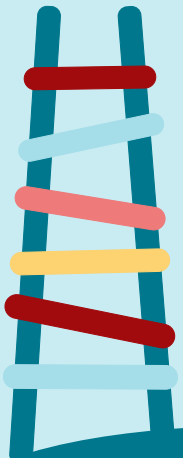
The needs and the services do not meet

- Services exist but they are dispersed
- Young people find it difficult to assess their own situation or support needs
- Young people do not know about the trustable services for support at low-threshold.
- Even the professionals do not know about the available services.
- Young peoples' needs:
 - To get support easily
 - at low-threshold
 - and for individual situation and needs



Zekki is a youth-centered digital service linking young people and support services

- Co-created with young people and professionals
- Easy and quick, open website
- Young person can
 - assess one's personal life situation and needs
 - get information about suitable support services
- Navigate straight to the right support
- Collects the services offered by cities, regions and 3.sector providers
- Research based innovation which uses a valid and reliable 3X10D Survey



3X10D-Survey – a measure for subjective wellbeing



18+ -vuotiaalle

Lue ensin kysymys ja arvioi sen jälkeen jokaiselta riviltä arvioitava asia ja rastita mielestäsi sopivin numero (0-10).

Nolla tarkoittaa, että olet erittäin tyytymätön ja kymmenen erittäin tyytyväinen. Numeron viisi kohdalla on ole tyytymätön tai tyytyväinen.

Kun ajattelet nykyhetkeä, niin kuinka tyytyväinen olet seuraaviin asioihin?

1 terveydentilaasi
0 1 2 3 4 5 6 7 8 9 10

2 kykyysi voittaa elämässä eteen tulevia vaikeuksia
0 1 2 3 4 5 6 7 8 9 10

3 asumisoloihisi
0 1 2 3 4 5 6 7 8 9 10

4 päivittäiseen pärjäämiseesi
0 1 2 3 4 5 6 7 8 9 10

5 perheeseesi ja läheisiisi
0 1 2 3 4 5 6 7 8 9 10

6 luotettavien ystävien määrään
0 1 2 3 4 5 6 7 8 9 10

7 taloudellisen tilanteeseesi
0 1 2 3 4 5 6 7 8 9 10

8 omien vahvuksiesi kehittämiseen (esim. harrastamalla mieluisia asioita)
0 1 2 3 4 5 6 7 8 9 10

9 itsetuntoosi
0 1 2 3 4 5 6 7 8 9 10

10 elämäsi kokonaisuutena
0 1 2 3 4 5 6 7 8 9 10

3X10D® on Diakonias-ammattikoulun rekisteröimä, notermittari elämäntilannemittarin käytöstä voittoa tavoittelemattomassa toiminnassa on sovittava etukäteen ammattikorkeakoulun kanssa. Yhteystiedot: asiantuntija Sakari Kainanen, s.kainanen@diak.fi

**Also a version
for families
and parents**

Human relations

Family & other close

Trusted friends

Every-day life

Daily managing

Developing skills

Life satisfaction

Psychological skills

Resilience

Self-esteem

Basis of wellbeing

Housing & Finance &

Health

Zekki.fi – easy and handy

1/10

Kun ajattelet nykyhetkeä, niin kuinka tyytyväinen olet terveydentilaasi? ⓘ

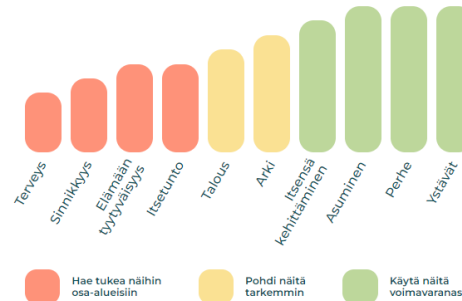
Erittäin tyytymätön Erittäin tyytyväinen

0 1 2 3 4 5 6 7 8 9 10

VASTAA

Mahtavaa, kun lähdit arvioimaan elämäntilannettasi!

Oman elämäntilanteen äärelle pysähtyminen vaatii rohkeutta. Sitä sinulta selvästi löytyy, koska olet nyt tässä. Elämässäsi on nyt asioita, jotka aiheuttavat huolta ja eivät tunnu hyvältä. Tilanne saattaa näyttää sinusta huonolta, mutta kaikkien löytyy ratkaisu.



1. Easy and fast mapping of one's life situation with 10 questions (3X10D Survey)

2. With the help of a summary, the young person perceives his or her life situation, need for support and resources.

Apua nopeaan tarpeeseen:



Päivittäinen pärjääminen

Vastasit kysymykseen 4

Tukea tilanteeseesi

Nuotti-neuvonta 020 692 205

Työpajat

Nuotti-valmennus

Tukea oman pohdinnan rinnalle:



Terveydentila

Vastasit kysymykseen 6

Tukea tilanteeseesi

Nuortenlinkin testit

Buenotalk minivisat

Oivamieli harjoitukset

Tukinetin chatit

Omaolon oirearvio

Mielenterveystalo

Työkaluja hyvinvoinnistasi huolehtimiseen:



Perhe ja läheiset

Vastasit kysymykseen 9

Tukea tilanteeseesi

Parisuhdetietoa

Nettiparisuhdekurssi

3. Zekki recommends suitable support for the situation. Services are targeted based on age and responses.

Zekki for young users

- Easy and fast structuring and descriptor of one's own situation.
- For all young people – despite of wellbeing or support needs.
- Information is easy to share.

Make sense So easy to use!

Fast Helps with things that need support

Nice to answer the questions

Visually excellent There may be more diverse questions

“I thought it was nice and calming and made you think about your own situation. I think more people should know about this. You would tell me at school, for example.”



Zekki strengthens young people wellbeing and social inclusion



Increases the awareness of the support possibilities



Young people found it meaningful to stop for a moment thinking about their life



Lowers the threshold for support and promotes need-based use



Increases the sense of security



Enhances social inclusion... in one's own life



...in communities



...in the processes of influencing



... in the common good

100 000
visitors on
Zekki.fi in
2021-2022

62 %
of the users
viewed the
services

22 %
moved on the
the service

Zekki in customer work

- A tool for bringing up relevant topics
- Strengthens customer involvement
- Indicator of the impact of work
- Networking tool

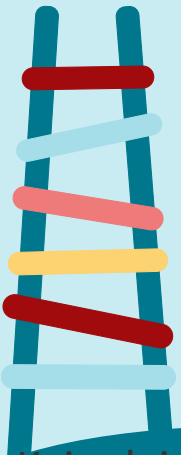
Self assessment



Discussion

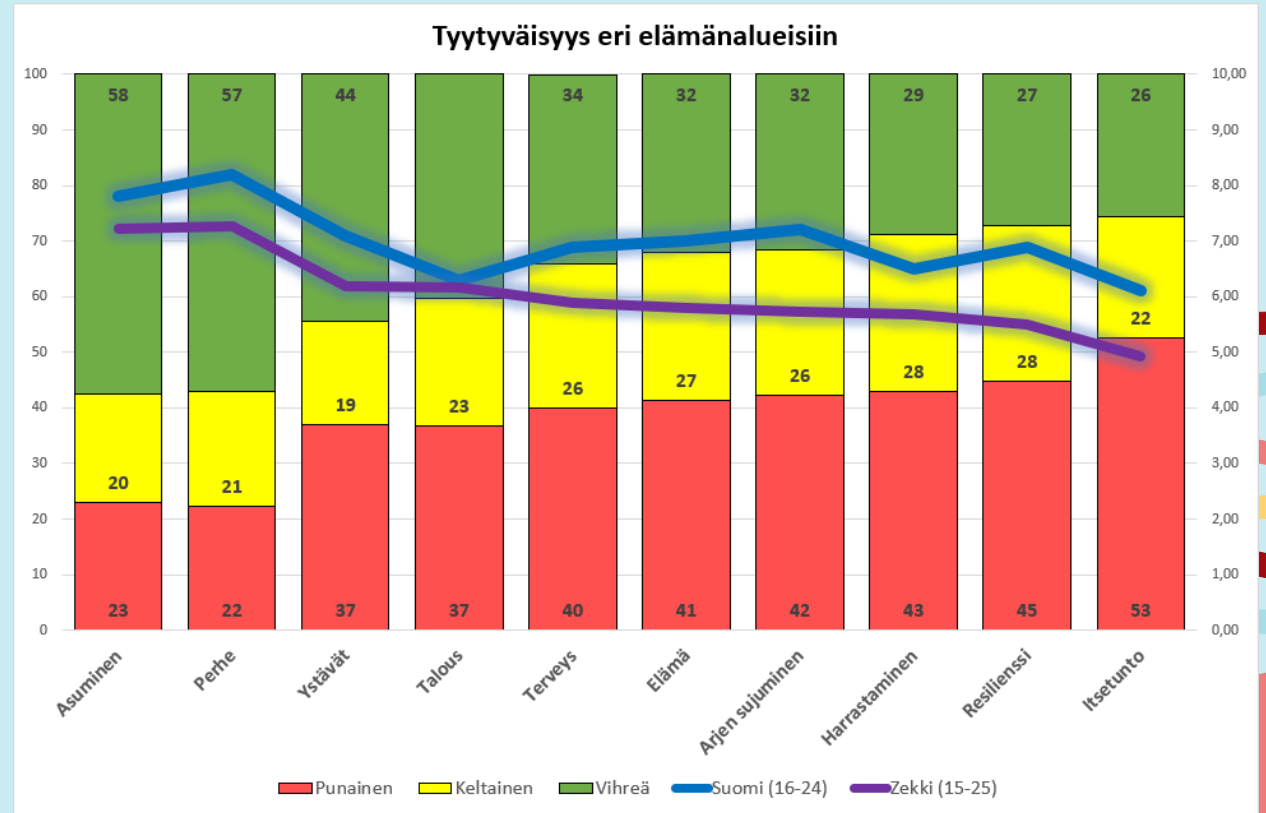


Planning together



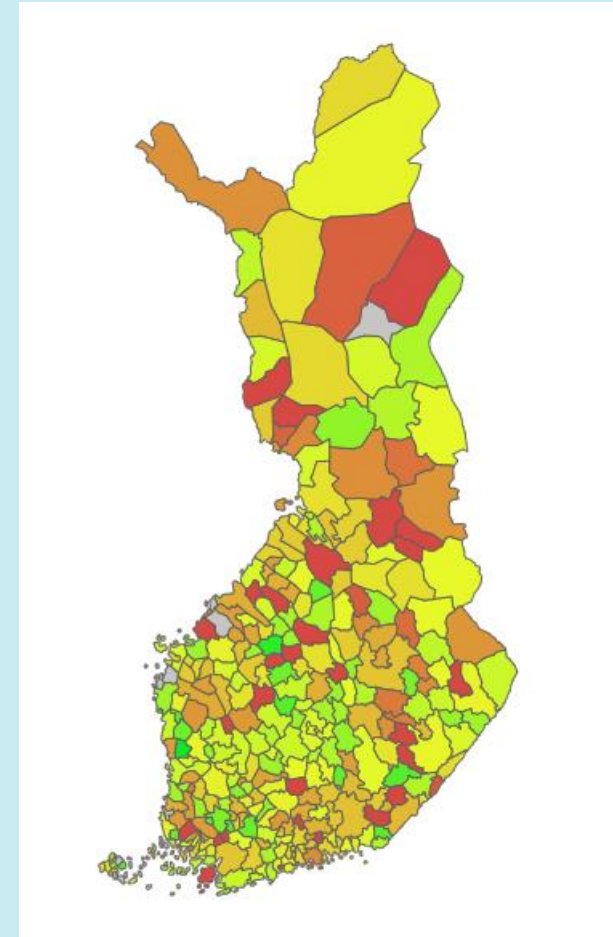
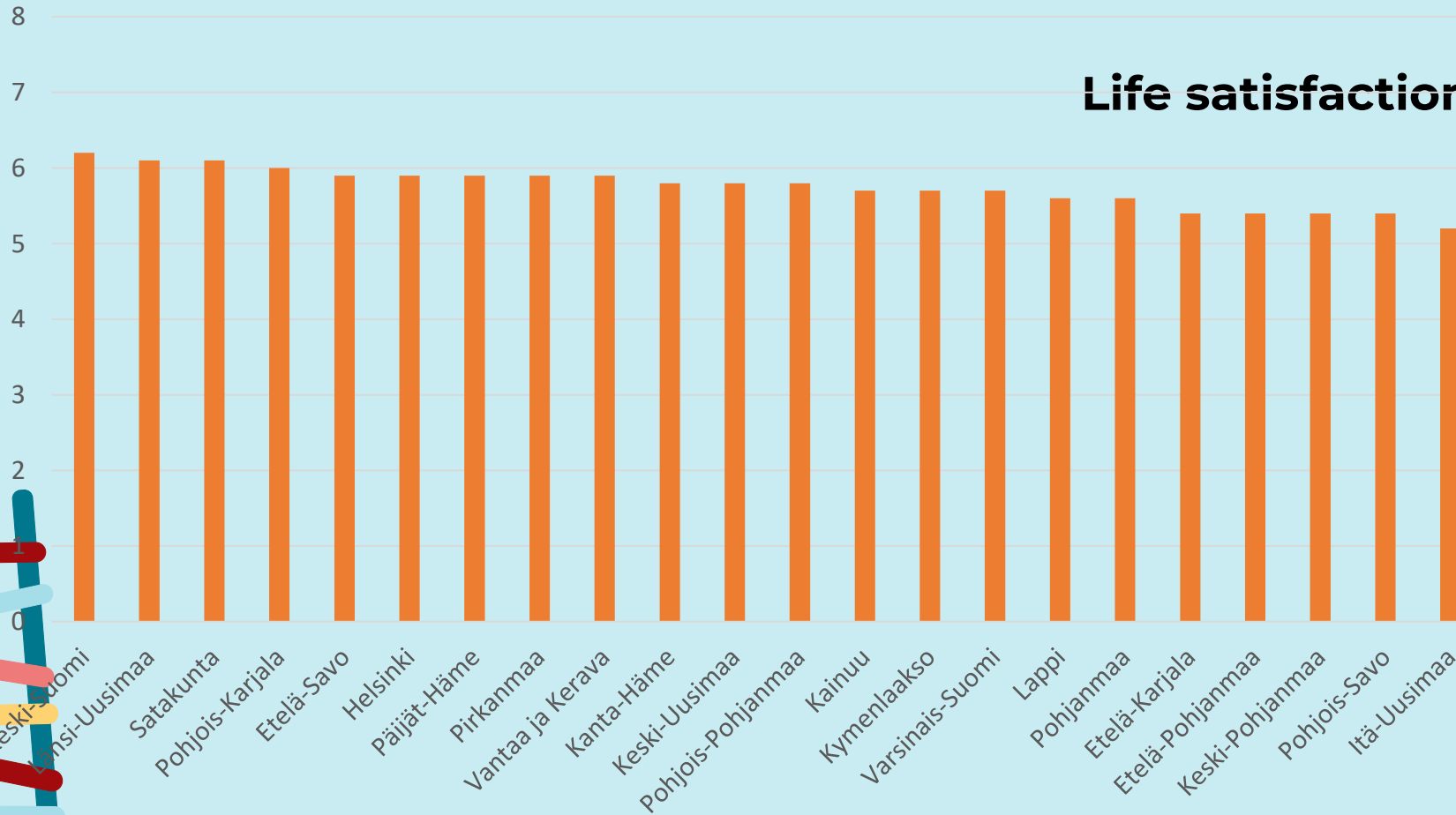
Zekki for knowledge based management

- Produces up-to-date information to support management and development and to direct resources.
- Impact and Effectiveness Assessment Tool.



Zekki produces up-to-date and comparable welfare information and information on support needs

Life satisfaction



Zekki supports clients, professional and managers

For young people

- A low-threshold digital support service for all young people. (Free and anonymous)
- Direct navigation to appropriate support service
- Helps to communicate support needs, a supporter of inclusion

For professionals

- A tool for
 - understanding the overall situation.
 - Evaluation of the need for support.
 - Providing appropriate support.
 - Setting and monitoring goals.
- Aggregator of networked, interconnecting and cross-sector work and goal structuring.

For knowledge based managing

- Systematic and comparable up-to-date information
- Customer information to guide development and resource orientation
- Monitoring impact and effectiveness

Coming in 2024: ZekkiPro allows...

- Through the Zekki interface, the use of all 3X10D life situation indicators
- Adding your own questions to 3X10D Surveys
- Sending Individual and Group Query Requests
- Data recovery to customer information system
- Monitoring individual and group-specific well-being change
- Visual Information Tool
- Customization of support service recommendations

Zekki PRO

Eri versioita

