Family centres in Finland

A strategic way to provide universal promotion and early support

Marjatta Kekkonen
Senior Specialist, Ph.D., M.Soc.Sc.
Child, Adolescent, Family services

NATIONAL INSTITUTE FOR HEALTH AND WELFARE, FINLAND
Family center - based on research, knowledge and good practices

Familjecenter i Norden – en resurss för barn och familjer

Family centres in Finland. Services, cooperation and management by Nina Halme, Marjatta Kekkonen ja Marja-Leena Perälä

Family centre in the Nordic Countries – a meeting point for children and families
Structure of the presentation

• Background and framework
• The study of Family centres in Finland
• Types of family centres in Finland
• Cooperation, coordination and management
• Role of NGOs and other partners
• Activities and support provided to parents and families
• Conclusions and measures
Variety and joints of child, youth and family services

Home

Day care
Early childhood education /care (ECEC)

Pre-school

Lower classes

Upper classes

High school
Vocational school

Maternity and child health care clinic
Dental care

Early support in day care
Remedial ECEC
Education and family clinic
Home services
Extra and home visits of professionals
Preventive intoxicant welfare
Preventive income support
Special social welfare services
Special health care services and rehab

School health and welfare services
Student health and welfare services

Student health and welfare services
Youth work

Work and livelihood services

Playgrounds, parks, etc.
Cultural and exercise services
Vacation services
Home help and cleaning services
Peer group activities
Play activities and other day care
Open early childhood education and care activities
Clubs of associations/parishes
Morning/afternoon activities

Environm ent of childhood growth

Variety and joints of child, youth and family services

(Source: Perälä, Halme, Nykänen. 2012. Lasten, nuorten ja perheiden palveluja yhteensovittava johtaminen. THL)
The FAMILY – project (2005-2007) as a booster for the distribution of family center service concept

First phase – single projects
Third phase – Kaste reform I, 2008-2011
Fourth phase; Kaste-reform II, 2012-2015

Single Family center projects Perhekeskuksen käynnistymisvuosi
During the FAMILY project
Kaste programme I, 2008-2011
A study: Family centres in Finland
By Nina Halme, Marjatta Kekkonen and Marja-Leena Perälä

The aim the study of Finnish family centres

- A number and types of family centres
- Coordination and management of family centre services
- Early support and participation provided for families and children
- Cooperation with NGOs’ and other partners
Number of family centres in Finland is increasing

Family centres in Finland / Marjatta Kekkonen, Senior Specialist
How was the family centre defined in the study?

Family centre has been defined as a complete range of services which are fully co-located and cover maternal healthcare, child healthcare, open early childhood education and care services and at least the preventive work of social services.

Definition concluded in the Swedish Family center survey (Socialstyrelsen, Familjecentraler -kartläggningen, 2008).

=> Data was categorized in four subgroups according to the family centre definition
Family center service models in Finland

- Multidisciplinary family centre, in which services are located in a same building (47%)
- Multidisciplinary family centre, in which services may locate in different premises (22%)
- Welfare advice centre (19%)
- Open early childhood and care (ECEC) -centre (9%)
- Specialised family support centre (3%)
Family center service models (esitystapa 1.)

**Multidisciplinary family centre**
- Maternity health care clinics
- Child health care clinics
- Open ECEC-services
- Preventive social services

**Welfare advice center**
- Maternity health care clinics
- Child health care clinics
- No clear link
- Preventive social services

**Open ECEC-center**
- No clear link
- No clear link
- Open ECEC-services
- Preventive social services

**Specialized family support center**
- Child welfare services
- Child-/adolescent mental health
- Substance abuse services
- Other specialized services

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Finnish and Norwegian family centre models

**Finland**
- Multi-disciplinary family centre
- Welfare advice centre
- Open ECEC - centre
- Specialized family support centre

**Norway**
- The Family’s House
- Resource health clinics
- Open kindergarten with extra resources
- Specialized referral team
How local administration of family centres in municipalities was organized?

- Education sector: 23%
- Ngos: 6%
- Social- or health- or combined social- and health care sector: 71%

(N = 32)
Implementation of family center service model in municipalities requires a wider cross-sectoral coordination, more systematic steering structures and integrative management of services as well as negotiated agreements with Ngos and other partners.
A well organized coordination and successful cooperation

- Most family centers (80%) had written goals or an action plan
- Crossectional cooperation was more effective in municipalities, which had
  - family center coordinator (32%)
  - Management or steering group (34%)
  - Family center teams (30%)
- 80% of family centers had agreed upon on principles which concerned:
  - support provided for everyday life in minor concerns
  - principles of early interventions
  - practices of providing help for families and children in risk

13.6.2013 Marjatta Kekkonen, erityisasiantuntija, THL/Lanu
A successful cooperation was linked to well organized coordination

• 70% of family centers had agreed upon principles concerning:
  – evaluation of family centers
  – prioritizing of services
  – Service processes and service paths
  – multiprofessional cooperation

• Family centers had seldom agreed upon principles concerning:
  • Strategic development of family center
  • Cooperation with NGOs and other partners
  • Involvement of families and children
Target groups – age of children

<table>
<thead>
<tr>
<th>Services provided to families with</th>
<th>Yes %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children under 12</td>
<td></td>
</tr>
<tr>
<td>Under 3-years</td>
<td>100</td>
</tr>
<tr>
<td>3 – 6 - years</td>
<td>100</td>
</tr>
<tr>
<td>7 – 12 –years</td>
<td>61</td>
</tr>
<tr>
<td>Children over 12</td>
<td></td>
</tr>
<tr>
<td>13 – 16 -years</td>
<td>52</td>
</tr>
<tr>
<td>17 – 23 –years</td>
<td>31</td>
</tr>
</tbody>
</table>
Support and interventions provided to families

- Family centers were in general effective in
  1. Providing early support for parenthood
     - Supporting parents’ strengths in everyday life
     - Helping parents to create social networks
     - Ensuring peer group activities
     - Promoting early interaction between child and parent
     - Providing low threshold meeting places for families
  2. Providing indicated interventions in form of counseling and guidance in issues concerning
     - upbringing
     - parenting and
     - relationship
Family centres which cooperated intensively with NGOs’ could more often provide:

- Early support and peer group activities
- A low threshold meeting places
- Involvement and participation of parents
KASTE – program II as the national development plan for family centers for years 2012-2015

- National guidelines for family centre work
- National network of family centres
- Family centre pilots and models
Conclusions

• Of all family centre models, multidisciplinary family centre is the most effective

• Integration and cooperation of universal services, selective and indicative interventions and services must be defined and further elaborated

• Parental involvement, peer support, low threshold meeting places and social networks can be best promoted in multidisciplinary family centres in which NGOs and other partners are involved – NGOs and parishes are vital partners of the family centre

• Integrative, joint management and steering structures of child and family services on the whole are needed in order to coordinate family center services specifically.

• Crosssectoral cooperation of family center services requires coordination structures; family center coordinators and family center teams.

• Competence of professionals should be improved by structured parent support programmes and practices.

• The role of parents, families and children needs to be strengthened and involvement enhanced.
Family center gathers both families and services!

Thank you for your attention!