

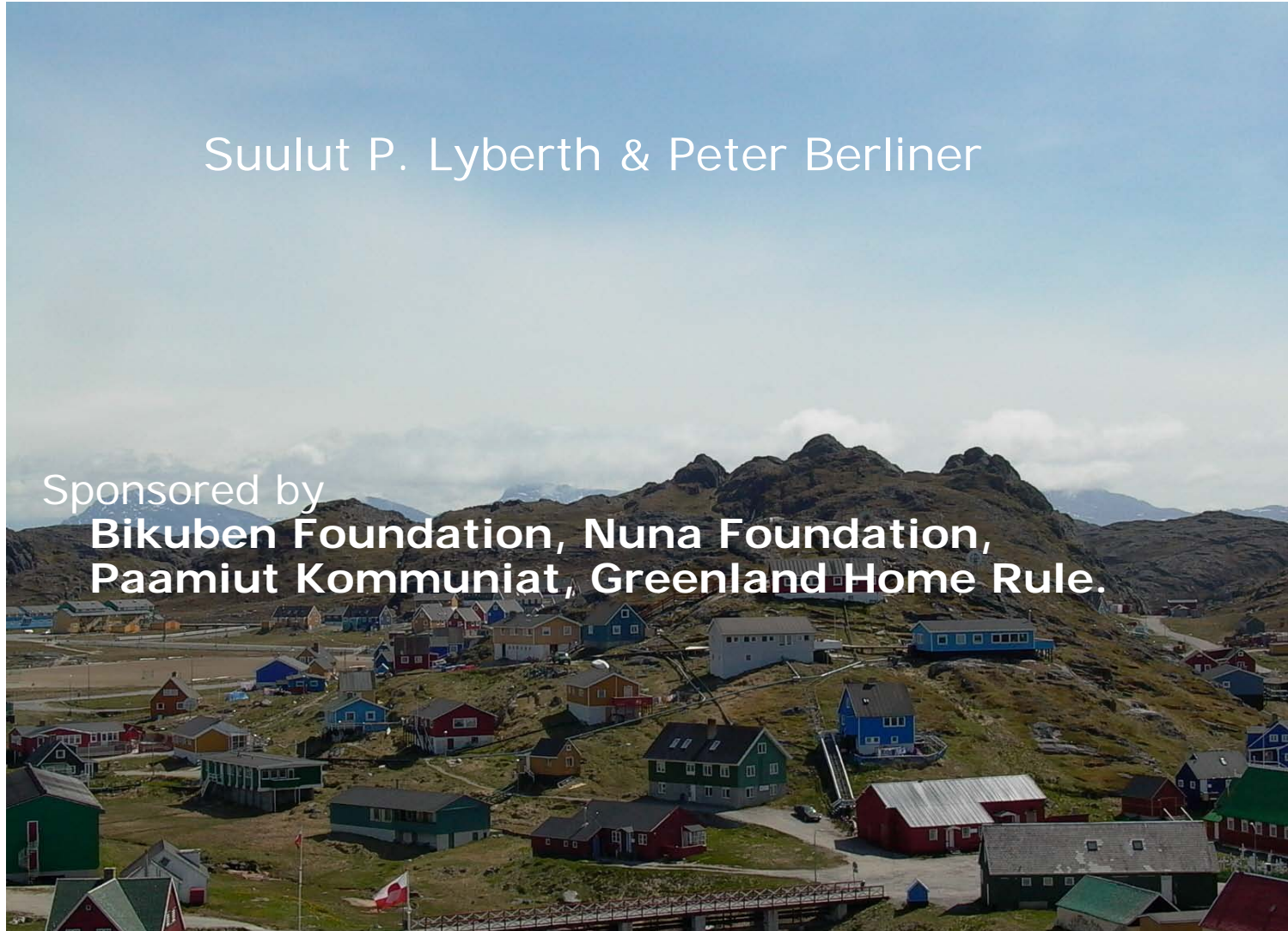
Paamiut Asasara

A Community Mobilisation Programme



Suulut P. Lyberth & Peter Berliner

Sponsored by
**Bikuben Foundation, Nuna Foundation,
Paamiut Kommunitat, Greenland Home Rule.**





History of Paamiut Asasara

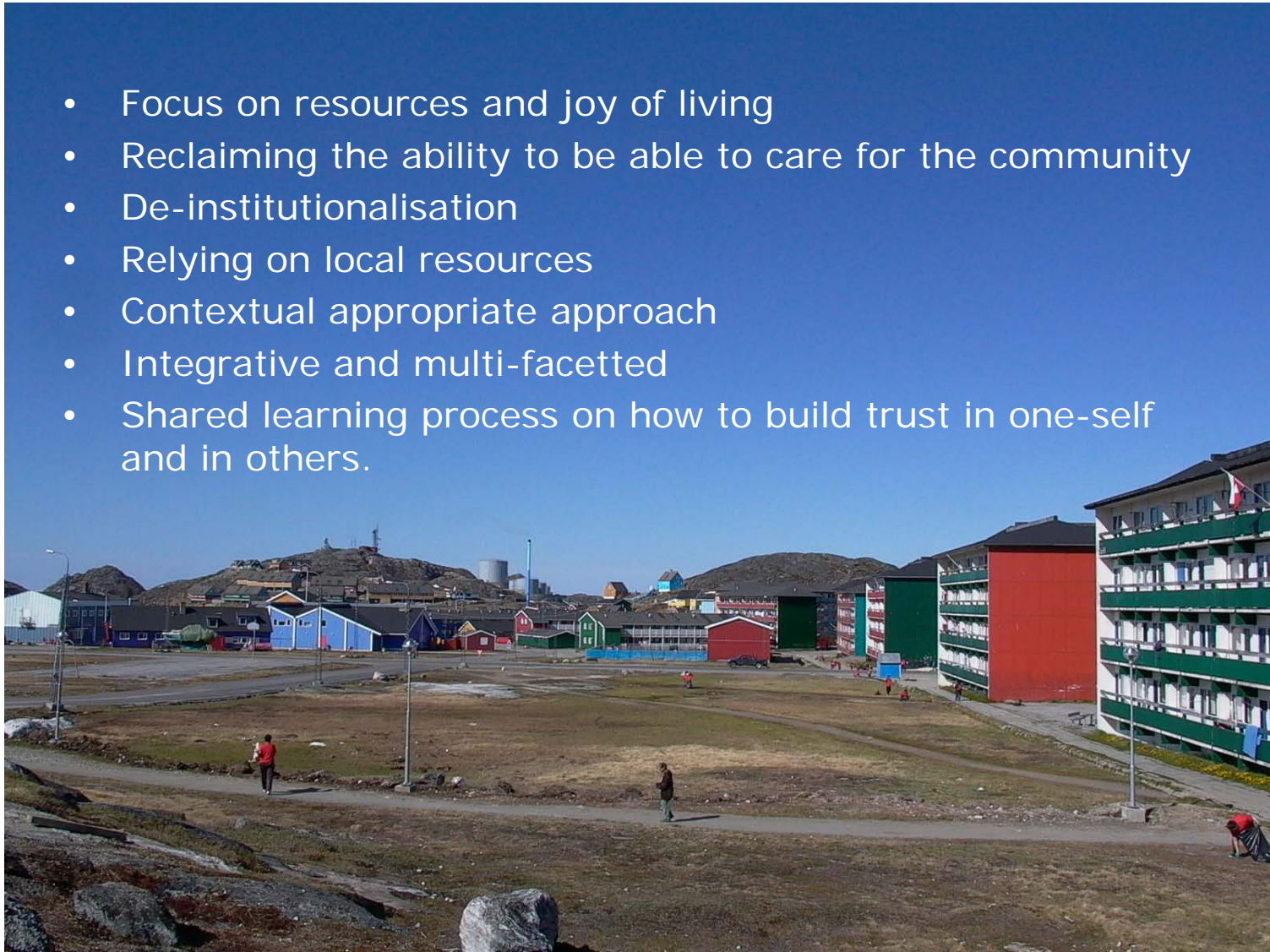
- 2004: The Mayor initiated 120 interviews with key informants on factors impacting the quality of life in Paamiut (children, adults, elderly, balanced regarding gender and vocations).
- 2004: Goal and objectives were informed by the results of the interviews.
- 2005-07: Fundraising (Bikube-fund and Nuna-fund) + Home Rule and Paamiut Kommuniat. Total 4.8 mill kr annually (app. 1 mill US \$ per year).
- January 2008: Launch of the programme.
- Duration: 5 years (and sustainability).





Philosophy

- Focus on resources and joy of living
- Reclaiming the ability to be able to care for the community
- De-institutionalisation
- Relying on local resources
- Contextual appropriate approach
- Integrative and multi-faceted
- Shared learning process on how to build trust in one-self and in others.





Shared values in the community

- Pride of being able to fend for oneself
- A strong sense of solidarity within the family
- Openness, curiosity and hospitality
- Involvement of the citizens in public affairs
- Respect for other people, equipment and environment
- No sympathy with any kind of acts of violence
- Development instead of passive adjustment





Goal and objectives

Goal:

- To enhance the quality of life for families – through enhancement of resiliency and sense of community

Objectives:

- A well-functioning primary school
- Five new vocations
- Transparency and efficiency in the administration of the municipality
- A 50% decrease in incidents of violence, other criminal acts, suicide and substance abuse
- Prevention of child neglect



Based on a needs assessment

- Key informant interviews (2004)
- Community meetings (2004)
- Seminars at the primary school (2005 and annually)
- SLICA – 72 randomly selected respondents (2003)
- On-going feed-back to the programme re needs and activities



Results of the needs assessment

- Need for improvement of the primary school
- Need for more support for vulnerable families
- Need for more protection of vulnerable groups
- Need for more cultural activities (especially for young people)
- Need for coordination between professional groups and between professional groups and citizens
- Need for social support (somebody to talk with when worried, sad, in need of advice)
- Need for economic development and innovation



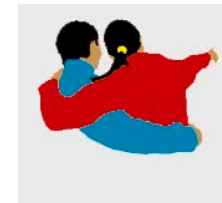
Evidence-informed approach

Reviews of research indicate that the best results in psychosocial support are achieved in programmes that enhance and preserve

(Hobfoll et al. 2007 *Psychiatry*. 70 (4) 283—315):

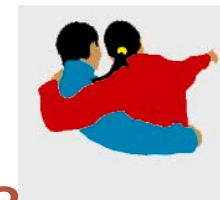
- A sense of safety
- Calming
- Self- and communal efficacy
- Connectedness (sense of belonging, the social fabric)
- Hope

Supported by lessons learned: social support, active participation, sense of control, local ownership, meaningfulness, sense of human dignity.



Indicators

- More than half of the pupils in the school reach an average in the grading system (i.e. C-level).
- 5 new vocations have been established and sustained.
- More than 200 citizens have been actively participating.
- An open academy has been established.
- The users of the family centre report that the support is helpful in reducing their problems and increasing well-being: (a) seminars; (b) family and individual counselling).
- The participants in cultural community activities report that the activities have been joyful and supportive to the social cohesion.
- Application for a PhD project has been submitted.



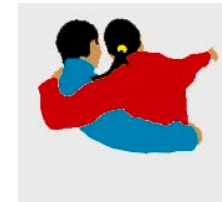
Activities: January – August 2008

Family Centre:	
- Seminar for mothers	10
- Rehab	14
- Counselling	10
Hunter/fisher Academy	37
Art Summer school for children	16
Circus	30
Football summer school	32
9 concerts (Lima Iniu x 2, Don Maliko x 2, Tomba x 2 , Enok Poulsen x 3)	2700
9 th grade visit in Nuuk	12
Sports activities for elderly people (buying hiking poles)	15
A community dinner (non-alcohol) with live music and entertainment	200
The National Day – a community dinner and concert	800
Cleaning-the-city-day	800



Base-line

Prevention of child neglect I



- Estimated level of child neglect:
 - The Health System: 30 % of families in need of support;
 - The Police: more than 50%
 - The Social Services: more than 50%
 - The Day Care Institutions: 10%
 - The School: 30-50%
- The number of forcible removed children for foster family care was 20 in 2008 and foster care institution was 1 in 2008.
- SLICA showed a need for social support (someone to talk to about worries and to get advice from).
- The level of violence (including domestic violence) is high (index 222 in 2006).
- The consumption of alcohol and cannabis causes challenges during weekends.

Base-line

Prevention of child neglect II

- The larger family may be supportive, but may cause problems of interference.
- Social stigmatisation may be a problem for some families.
- Interview with the group of pregnant young women on “the good parenthood” as a contextual definition of valued functions within the family – and the need for support from the community and the society.





Vulnerability factors in families – according to lessons learned by the professionals

- Abuse of alcohol or/and cannabis
- Unemployment
- Straining housing conditions
- Lack of sufficient economy resources
- Violence and other criminality
- A personal history of violence and abuse
- Single parent
- Teenage mothers / parents
- Mental problems
- Physical or mental disability of the child
- Lack of social support (marginalisation)



Indicators for more happy families

Process

- Number of people using the newly established family-centre:
 - Individual, couple and family counselling;
 - Qaqiffik – alcohol abuse rehabilitation;
 - Number of mothers and fathers in the empowerment group for pregnant women and for families with infants.
- Number of families participating in joint activities in the community





Indicators for more happy families

Outcome

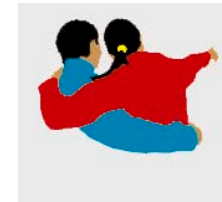
In the community:

- A decrease in the estimated need for support for vulnerable families by key people.
- A decrease in the number of forcible removals of children.
- 10 representative families report an increase in well-being and resiliency.

Of psycho-social interventions:

- A questionnaire on the outcome of (1) the programme for families; (2) the substance abuse rehab programme; and (3) counselling.

Research methods and designs (more happy families)



- Quantitative:
 - Recurrent assessment of the level and distribution of risk factors in the community – from statistical data.
- Qualitative:
 - Professionals' estimates on the level of vulnerability and resources in families.
 - Annual interview with 10 representative households on well-being and resiliency (including selected SLICA-questions on social support and shared and individual values).
 - Households and individuals as research partners – providing ongoing feedback.

Results of the capacity building (pikkorissarneq) for young mothers



- Mutual trust and confidence in the sessions – somebody to share thoughts and feelings with.
- Competency in applying their love for the child in practical behaviour.
- Practical communication skills with the child and in the family.
- Empowerment through learning-by-doing – supporting self-respect, self-efficacy and group efficacy.
- Sustainability – organisational (meetings), physical (a place to meet), economic (selling clothes for children, running a café), technical (reflection on their needs and capacities as mothers, inputs from professionals).
- Invitations to the fathers - to participate actively in the meetings.



Reflection by one of the young mothers

- I have realised that my *mothering* should not be disturbed by family members under the influence of alcohol, gambling or other disturbances. I will have to protect my newborn child from that kind of disturbances and interference.





Reflection by one of the young mothers

- Good parenthood requires that we can talk openly about happiness and sorrows. We must have a dialogue about daily tasks and decisions. We must actively create love and togetherness and mutual understanding. This is how support and attachment are created.



Locally based development of sense of community and social support

- Protection of the child to be born –
- Protection of the pregnant women –
- Protection of motherhood for the infant –
- Support by other young mothers –
- Involvement of the fathers = protection of parenthood
- Horizontal social support –
- Focus on the need for more social support and sense of community -
- Dialogue with the local community –
- Dialogue with other towns and countries.



Results – in a broader perspective

- Radio broadcasts on motherhood (“the voice of the young mothers – as part of the voice of Paamiut”).
- Revitalisation of the cooperation between the Health system, the Police, The Social Security, the School and the Cultural Activities).
- Including the young mothers as research partners (capacity building).
- Produced idea: in the future bigger county – extending the approach to young mothers from other cities (combination of housing options and capacity building).
- Produced idea: sharing the ideas with other inuit communities.

Paamiut – Community Research



- A shared learning process in/of the community
- It is important that the citizens are involved in the definition of the need for knowledge is
- The citizens are invited into the formulation of the **research questions and into participating in all the steps of the research.**
- The researchers may then be helpful in giving suggestions of research designs



Paamiut Asasara Participatory Action Research



- The objective of the research component is to support this local development.
- The research may in a valid manner document the outcome, impact or effect of a particular programme.
- The aim is to develop locally applicable knowledge which may enhance the joint capacity to solve present problems.
- The starting point is locally defined research questions



Research as community capacity building



Participatory action research should do what it wants to promote:

- Human Rights
- democracy and shared responsibility
- transparency
- dialogue
- local ownership
- Inclusion of vulnerable groups
- human dignity





Research – the process and structure

- *Paamiut Research Council* – with representatives from the different sectors and from the civil society
- *Paamiut research network*
 - find local research partners for PhD researchers and MA students;
 - Invite researchers from Ilisimatusarfik and other universities.
- *Paamiut & University of Copenhagen Centre for community-based participatory action research*), located in Paamiut.
- The *local radio* as part of the research projects (interviews and dissemination)
- Community meetings on research (as part of the larger *FLOW MARKET*)
- Feed-back to the community through the Research Council.



Paamiut Asasara

A Community Mobilisation Programme

Thank you

Sponsored by
**Bikuben Foundation, Nuna Foundation,
Paamiut Kommunitat, Greenland Home Rule**
– and put into life by the people in Paamiut ☺

