



International Child Development Programmes

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ICDP Report 2005 to SUSILA DHARMA INTERNATIONAL

ICDP began developing its training program in 1985 but an organisation was not founded until 1992 when it was registered as a private foundation, in Oslo, Norway, with the objective of working for the development of children and young people.

The ethos of ICDP is to provide for human care by activating empathy and education of both caregivers and their children.

The work of ICDP is based on the principles that are laid down in the UN Convention on the Rights of the Child. ICDP may participate directly or indirectly in activities run by other humanitarian organisation having corresponding objectives.

The icdp approach to training is based on the idea that the best way to help children is by helping the children's caregivers. It is now well known that unless children have at least one caring adult to love them and teach them life skills, social behaviour and morals, their mental and emotional development will be impaired. Recent research suggests that normal physical development of the brain depends on proper interaction between a caring adult and the growing child. In normal circumstances such learning happens naturally. However when families are uprooted through social changes, migration, catastrophes, children losing their parents, or having been numbed by severe deprivation and emotional shock, this care often breaks down and has to be reactivated through skilled help. If children do not receive sufficient love and attention while they are young, the problem can perpetuate itself because they can themselves become inadequate parents. Therefore ICDP's focus is on trying to break this cycle.

Programme

- ICDP has developed a simple and culturally adaptable programme, based on recent research in child development that sensitises and enriches the relationship between caregivers and their children. The point of ICDP training is to build competence and confidence in members of a community or an existing child caring system, so as to withdraw after some time and transfer the project to the local resource persons. Local cultural practices are identified and reactivated in order to stimulate development that is truly authentic and long lasting.

Implementation

- In the beginning the ICDP program was used only with parents/caregivers of babies and infants, but it has since been adapted for use with older children and teenagers. The program is relevant both in the area of prevention and rehabilitation in a variety of contexts; for training staff in centres and institutions for children, for teachers and parents through preschools and schools and as a community out-reach programme for families by working through networks such as primary health care or social services. In addition, it can be used to develop minimal standards for human care within a child-care setting,

when emergency situations arise and young children are placed in camps or institutions due to war, migration, catastrophes, abandonment or abuse.

Training

– There are different levels of training which are linked to practical experience in ‘self training projects’. Participants at the first level of training apply the programme in their own practice. The second level qualifies participants to train and support others. The third level authorizes participants to legally register local branches and set up training programmes with ICDP.



ICDP board members:

Karsten Hundeide, chair

Markus Amund Hoff Berge, board treasurer

Nicoletta Armstrong, board secretary

Henning Rye

Wilbert Verheyen

Pedro Mendes

Helen Roenning Andresen

ICDP PROJECT DEVELOPMENTS

duirng 2005:

AFRICA

ANGOLA

NORAD support ended in 2005. As a result the Angolan staff and the network of activities built steadily over 10 years had to be reduced. REPSSI and the Swedish Embassy supported specific projects and a rather small team is still operating with Milu as ICDP vice rep and Manuel da Cruz as project director. The international consultants have been giving support via internet and telephone. ICDP was implemented in highly vulnerable communities and IDP camps in six provinces with considerable and documented impact. The future challenge will be to get an effective and sustainable financial support for ICDP Angola to keep its so demanded activities going. The importance of this project is well documented in the External Evaluation Report that took place in 2003.

MOZAMBIQUE

Since its start in 2003, the competence-building project in the field of psychosocial care for AIDS affected and abused children, OVCs, has been operating with funds received from NORAD. Since psychosocial matters are becoming a major concern other agencies, such as REPSSI, have been granting funds for advocacy and mainstreaming PSS issues. ICDP Mozambique has protocols of cooperation with the local NGOs “Rebuilding Hope” as its main partner and with district departments from the Ministry of Social Affairs and the University. The training of a local team for wide scale implementation of ICDP continued throughout the Spring. During the same period there were several field visits to the very poorest areas where AIDS represents a serious problem, and some of these areas were appointed for ICDP intervention which started to take place in the second half of the year. Selected were District 4 of Maputo where cooperation with local NGOs has led to community based interventions. In the North of the country, in Nampula province, ICDP Moz operates in cooperation with a national NGO, CFD (Community, Family and

Development). In addition, a special small project was set up in the Kindergarten (orphanage) 1st of May, in Maputo, which received financial help from SDI. ICDP international team: K. Hundeide, P. Mendes, I.Mendes and S. Momade.

TANZANIA

Kiwakkuki, a women's organisation working with HIV/AIDS related matters decided to implement the ICDP program in order to strengthen the caregiver's ability to fulfil the children's psychosocial and developmental needs, particularly of those children who are suffering from trauma and loss. The training of 19 women and 1 man as ICDP facilitators was accomplished by February 2005 by ICDP trainer Grete Flakk. In November 2005 there was another meeting with the facilitators who had in the meantime implemented the program with groups of caregivers. According to their reports there had been significant changes in attitudes and behaviour in caregivers who benefited from the ICDP programme. The plan is for further follow up, as well as training of some of the facilitators to the level of trainers.

CONGO

In Bukavu, a workshop took place in November. ICDP was invited by the local organization called "Celpa".

SCANDINAVIAN **COUNTRIES**

NORWAY

With the support of the Ministry for Children and Family Affairs, ICDP has developed a wide country program with ICDP projects reaching several different target groups. The overall supervision is by Karsten Hundeide and Henning Rye:

1. The project for *families from different ethnic minority groups* started in 2003. By the end of 2005, one hundred facilitators had been trained in the cities of Oslo, Drammen and Stavanger. A new project is building on the work done so far, taking ICDP to other cities, starting with Bergen and Trondheim and then to some smaller cities on the west coast. Some of the facilitators are being trained to the level of trainers in order to create a larger team leading the ICDP work with families from different minority groups. The ICDP model will be used with refugee families also. The project leader is psychologist Mona Hannestad.

2. The objective of the project '*ethnic minority families with children under child protection*' is both to adapt the program and to investigate its potential use for this highly vulnerable group. At the centre of the project are four families from different ethnic minority groups, all with children under child protection. These families are participating in the ICDP sensitization program and they will be investigated as case studies with a qualitative methodology. This project has started with a group of mothers from Somalia and is led by Mona Hannestad.

3. The idea of this pilot project, '*families in general whose children are under child protection*', is to adapt the ICDP program for working with children and parents in vulnerable life situations. The implementation of the ICDP program through systems related to child protection appears to be one of the more challenging tasks. ICDP's format of working with parents in groups represents a new model and it is fulfilling the many requests for parents' guidance. The project leaders are two ICDP trainers, psychologist Ingeborg Egebjerg, and Clinical pedagogue Janni Eriksen.

4. ICDP trainer Hilde Tørnes is leading the '*project for families with special needs children*'. She is the psychological and educational advisor at the Bergen municipality office. The project is adapting ICDP as an intervention program for use in kindergartens and schools, focusing on families with special needs children. During 2005, in Ytrebygda district, 3 trainers completed their training to be accredited in 2006. During this process, they trained 18 new facilitators who were accredited as ICDP facilitators during the spring 2005. The training of another 20 facilitators started in 2005 and will finish in the spring 2006. Most of the facilitators work with ICDP in relation to kindergarten staff and have conducted their self-training there. In spring and in autumn the pedagogical and psychological services and the child health center, as well as Skrantvatnet school, conducted conversation groups for parents with children between 3-6 years. The Søreide school ran a conversation group for staff at SFO (after school service).

5. The project '*parents in prison*' was launched by The Ministry of Justice in cooperation with the Ministry for Children and Family Affairs with the aim of applying the ICDP program inside the Norwegian prison system all over the country. The prison staff receive ICDP training and use the program to sensitize parents living inside the prisons, offering these parents an opportunity to develop and reflect on their role as parents. Many of the prisoners have regular contact with their children, and the idea is to assist parents to help their own children cope with the difficult life situation they are faced with, as well as to

focus on improving relational issues. The project is lead by psychologist Ingeborg Egebjerg, and the coordinator for the program of parental guidance is Grete Flakk.

6. An evaluation project is currently being prepared by Karsten Hundeide to measure the impact of ICDP on some selected target groups in Norway.

7. A project adapting ICDP for the care of the elderly in institutions in Oslo and Alicante in Spain has been prepared. The coordinator is Angelica Majos, supported by Martin Waage and Helen Andresen.

SWEDEN

ICDP works within a number of different areas including preschools, schools, social services, and healthcare. In 2005 ICDP training was conducted in various parts of Sweden. By the end of the year there were 360 accredited facilitators, 154 were professionals from the area of education and 135 were nurses. Also among the accredited facilitators there were psychologists and social workers. Several more people have gone through the theoretical part of the training as facilitators but have not yet done the practical side of the ICDP training. In addition, there are 59 ICDP accredited trainers in various parts Sweden. The program has drawn the attention among educationalists and is now part of the courses offered at the Social-educational Institute.

During 2005 there were several network meetings in Sweden, including Network meeting in Örebro for facilitators working within the school system, Network meeting in Stockholm for facilitators at the Center for Public Health, Seminar for ICDP trainers in Stockholm, Network meeting in Halmstad for facilitators working in pre-schools and Network meeting in Sundsvall for ICDP within social services. There were also two seminars held in Stockholm conducted on the theme of ICDP with parent groups with approximately 150 participants from all over Sweden.

In August 2005 ICDP Sweden received financial support for documentation and further development of the program 'guided interaction' (Vägledande samspel), which is projected for one year. The documentation will result in two books on the work within child health and pre-school. ICDP key contact for Sweden is Karin Edenhammer.

SWEDEN – RUSSIA COOPERATION

The ICDP project called *Competence development* which has been developing in Arkhangelsk in northwest Russia continued during 2005 and is projected to end in 2006 with a final report.

DENMARK

The ICDP network is affiliated to the Northern Jutland Centre for further education. It offers ICDP courses at facilitator and trainer levels. There are over 10 competency development groups established all over the country whose work is sponsored by the municipalities. Their aim is to develop relational abilities in preschools and with school teachers. In a town south of Aalborg, called Frejlev, ICDP in-service-training of professionals working for children at risk was set up as a research study.

SCANDINAVIAN NETWORK

In 2002, Norway, Sweden and Denmark formed together the ICDP Scandinavian Network with the objective to exchange experiences and discuss new developments. In 2005 there was a third meeting which took place in Vetre, outside Oslo and was hosted by the Norwegian ICDP committee.

SECOND INTERNATIONAL WORKSHOP

It was held from the 4th to the 6th July, at the Institute of psychology, at the University of Oslo. There were presentations of ICDP projects from 8 countries. One of the key topics was how to confront challenges of scaling up ICDP.

LATIN AMERICA

COLOMBIA

Boyaca is the Colombian province with the highest percentage of family violence. This is why the representative of UNICEF Manuel Manrique suggested for ICDP to be implemented there as part of a wider peace promoting strategy.

At a press conference on the 18th February, the Governor of the Boyaca province launched this ICDP project. The governor expressed his conviction that ICDP represents an important contribution towards the future development of the Colombian society. Furthermore, he stressed the uniqueness of our work, because for the first time all

government institutions will be working together in 123 towns of Boyaca. Inter-institutional work on such large scale, he said, was unprecedented.

The project's main sponsors were UNICEF and FPAA, but there was a significant contribution from the province itself and from SD Britain. The ICDP workshops, held throughout March, were attended by representatives from different networks, including preschool teachers, educational psychologists, community mothers, health nurses, doctors, clergy and university students and teachers. Each group came to the training with different expectations in line with their own fields of work. At first this proved to be rather a challenge, but gradually the participants grew to understand what ICDP was about and realized its practical value. ICDP was officially adopted by all as a long term strategy, not just for the 2005 year. An ICDP presentation was given at a meeting attended by almost all 123 mayors of the Boyaca province, which helped promote our work on municipal levels and reinforce commitment towards it. Training was delivered to over 5000 agents from education, health and social services, and they implemented the ICDP programme in 123 towns, working with 50 000 families linked to their respective networks. The evaluation was carried out by a research team from 3 local universities. It showed positive impact of our work both inside the institutional networks, as well as on community levels. Follow up plans include a training programme that will complete the handover from ICDP Colombia to a team of local trainers with the task of supervising future ICDP developments. The future vision for sustainability of ICDP in Boyaca was the main topic of a number of ICDP meetings with the First Lady of the province and the rest of the team from the Governor's office. As result the Secretariat for Education will include ICDP as a permanent component in the PEI programme for schools, the Institute for social services (ICBF) will have ICDP training as an obligatory component of its own training programme and in the coming year, the secretariat for Human Development plans to reach 20 000 families with ICDP. In addition, there was a local television interview about ICDP developments in Boyaca. This is going to be followed up with a radio programme, over a period of 10 months, on the topic of the 8 guidelines and other key themes of the ICDP programme. ICDP team: N. Armstrong, A. Ramirez, C. Andrade, B.Garcia, C. Rojas, D. Aristizabal, R. Jimenez.

In Medellin, the Luis Amigo University included the ICDP programme inside their project of assistance to families displaced by the civil war, reaching 300 families and children. ICDP trainer Carolina Montoya supervised the project.

BRAZIL

Eleazar Luft, completed an ICDP training project in Santo Angelo, sponsored by the Bernard van Leer Foundation. He trained 61 facilitators and 226 promoters, who put the ICDP programme into practice with 2717 caregivers and 4308 children. The evaluation conducted in focus group interviews with promoters and families was very positive.

ARGENTINA

A group of 14 teachers from 6 preschool centres in the poor and remote rural areas of Valle de Traslasierra received training and supervision for their project which reached 60 families and 150 children. Project leader was Virna Cassuccio. In Barrio de Villa Hall, near Buenos Aires, Lamberto Arevalo implemented the ICDP programme with 14 families.

PARAGUAY

The ICDP courses run by Benita Gavilan and her ICDP team received positive evaluation by the Ministry for Public Health and Social Services Institute. A number of new training courses delivered to future kindergarten teachers took place in a small town 100 km from Asuncion, financed by Fondo Canada.

MIDDLE EAST

ISRAEL

Alla Magidson is working with teachers, children and parents applying ICDP at the education centre called “Mofet” in Haifa.

ASIA

INDIA

Karl-Peter Hubbertz ran two ICDP courses in Athgara and in Malda, West-Bengal; with follow up plans.

FINANCIAL REPORT

The following was received from SDI bodies for the development of ICDP projects in Latin America:

FROM SD BRITAIN	£ 9,330.00
FROM SD USA	£ 1,846.47
FROM SD CANADA	£ 223.92
FROM SD HOLLAND	£ 1,348.71

Total: £ 12,749.10

NOTE: ICDP projects that received funds directly from SD bodies are not included above.