

Advice and support

– Individual and Family Care in Norsjö



NORSJÖ
kommun

You know you can contact IFO for advice and support. Individual and Family Care, IFO, works to support and help children, young people, adults, families and close relatives who are in need of it. The service also work preventatively with the aim of improving the health of the municipality's children, young people and adults. If you have any questions or a need of support in any form you can contact IFO for more information, advice and support or to make an application.

Contacting us for advice and support or for more information does not mean that an investigation is started. The application initiates an investigation and we need to know a little more about your life situation in order to assess what course of action will suit you best. There is also an opportunity to open access to social educationists with up to three sessions where no decision from a social worker is required.

At the end of brochure you can find information about services other than IFO.

If you have any questions or if you would like to make an application you are welcome to contact IFO through the municipal switchboard by calling 0918-14 000. More information is also available on the municipality's website.



Services within IFO

Open access

Support through dialogue in different forms regarding parenting and addiction together with a social educationist (up to three sessions) without requiring a decision by a social worker. The sessions are free of charge, takes place confidentially and are not recorded in any case-book. Talks are tailored to suit your needs/ wishes and can take place on the telephone or in the municipal centre. Contact the social educationist directly to make a time for talks. Open access also applies to close relatives.

Support counselling

For those who need to talk to a professional about, e.g. addiction or mental ill-health. Support is also offered to close relatives.

Parental support

A service, which among others, supports you as a parent to set boundaries and to guide your children in a clear and empathetic manner as well as providing support to convey fundamental needs and emotional accessibility. Parental support can also take place in the home as support prior to contact with parents/close relatives for example planning the purchase of food/meals. Support can also be given during contact if the need exists.

Cope

Manual based parental training aimed at parents with children in the ages 3–12 years old. The overall aim is to give parents the tools to understand and cope with the behaviour of their children. Counselling is provided individually and in groups.

FBT - Talking to the children

Manual based, structured method to speak to the parents about parenthood and the children's situation in the event of the parent's mental ill-health, addiction or in the event of the parent's somatic illness (e.g. cancer, stroke). The goal is for the parent to talk with the child/children.

Coaching talks

Coaching makes you more aware of your possibilities. Coaching also contributes to in-depth learning, increased accountability and to make it easier to reach your goals.

MI - Motivational talks

MI concerns promoting motivational and behavioural changes in terms of lifestyle and among others with dependency issues through talks and information.

RePULSE

A tried and tested working method for impulse control as well as the training of social skills. Through structured mapping of different situations and to reflect on thoughts and feelings that can arise, the child/young person/adult can learn to recognize their own reaction patterns and become better equipped to deal with similar situations.

ÅP - Relapse prevention

ÅP is a treatment method for young people and adults with addiction issues related to alcohol, drugs, pharmaceuticals, tobacco or gambling. ÅP is given as part of a long-term rehabilitation programme to prevent relapse into addiction and dependency by taking control of the environment, learning to deal with risk situations as well as to replace drugs/alcohol and gambling with other behaviour. The programme involves 8-10 meetings.

CRAFT

The programme is directed towards relatives and close friends to people with an addiction. Participants learn different skills to change his or her own lifestyle and increase their well-being irrespective of whether the person with the addiction chooses to make a change or not. The programme involves 10-14 meetings and is aimed at persons over the age of 18 years.

Violence in close relationships

Violence refers to physical, mental, sexual, material or economic vulnerability. IFO helps those subjected to violence of all ages who live or have lived in a relationship where they have been hit, threatened, humiliated, violated or treated badly in anyway. Persons who use violence can in turn receive help and treatment at IFO (individually) or at Centre for men (individually and in groups) in Skellefteå.

ATV – Alternative to Violence

The aim through talks is for the person to stop using violence in close relations. Talks involve, among others, responsibility, consequences and understanding of their own violence as well as alternatives to violence.

Trappan

Treatment comes in the form of crisis talks with children who have witnessed or have been subjected to violence in their family.

I can

Solution focused method based on special working material that helps children between 5-12 years old to learn skills and conquer difficulties.

Housing support

Housing support is aimed towards those who are 18 years old or older with mental functional disabilities or comorbidity in the form of abuse and mental functional disabilities. The purpose of housing support is to provide support for motivation and solutions that in different ways facilitate everyday life. The overall and long-term goal of housing support is for you to become as independent as possible based on your own prerequisites.

ESL – an independent life

ESL-time can be granted within housing support work. ESL is a social-educational manual based treatment model with integrated goals that can be used individually or in a group.

Co-operation talks

Co-operation talks is an opportunity for separated parents to reach common solutions concerning custody, residence and contact. The starting point is co-operation for the child's best.

Contact person and contact family

A contact person gives support and advice in everyday situations and helps you to break isolation through relations and help with recreational activities. A contact family is a support for a specific family with children. This can mean that the child lives with the contact family for a few days per month. The contact family is an appreciated and in-demand support initiative and an important part of Social Service's preventive work. Everyone who has a contact family has chosen to receive the support.

Economic support

If you find it difficult to manage your economy, you can apply for economic support at IFO. You can also get help here to come into contact with budget and debt counselling in Skellefteå. Read more on Norsjö municipality's website.

LSS

You have the opportunity through the municipality to apply for assistance according to LSS – the Law regulating Support and Service to Persons with Certain Functional Disabilities. LSS is a rights law that guarantees persons with extensive and permanent functional disabilities good living conditions, that they receive help with their daily life and can influence which support and which services they receive. The aim is for the individual to be able to live like others.

Home care service

The aim of the home care service is to make life easier for those who are ill or have a functional disability, to strengthen their own resources and in many instances to make it possible to stay in their own home.

When outpatient care is insufficient there is a possibility of assistance through different forms of placements. These different forms of placement are not however described in this brochure.

TIPS outside of IFO

ABC – Alla barn i centrum (All Children in Focus)

Counselling aimed towards parents with children in the ages 3–12 years old. ABC consists of four group meetings each with a particular theme. The meetings offer the opportunity to discuss parenthood with other parents. The content deals, among others, with how parents can promote their child's self-esteem and how you can work to strengthen relations. Offered in group form every year by the public health council in Norsjö.

Älskade förbannade tonåring (Loved Angry Teenager)

The service is aimed towards parents with children in the ages 13-17 years old. Discussions over the course of four meetings related to a number of everyday situations that most parents to teenagers will recognize. Offered in group form every year by the public health council in Norsjö.

Cope in group

Manual based parental training aimed at parents with children in the ages 3–12 years old. The overall aim is to give parents the tools to understand and cope with the behaviour of their children. Offered in group form every year by the public health council in Norsjö.

Personal representative

The personal representative service is a mouthpiece for persons with mental functional disabilities. This is independent from the authorities. Personal representative is a voluntary and free service that does not require a referral. More information is available on Norsjö municipality's website and on the "Personal Representatives in Västerbotten" website:
www.povasterbotten.se.

Relative support, respite

There is the possibility of support for relatives through, among others, relative meetings and activities for relative carers as well as telephone contact for advice and support.

There is also a possibility of support through assistance decisions. Read more on Norsjö municipality's website.

Trustee, administrator, legal guardian

A trustee or administrator helps with the economy, monitors legal rights or provides other everyday support. Read more on Norsjö municipality's website.

Family counselling

Couples, families and individuals on their own initiative can apply for family counselling in Skellefteå. Family counselling costs SEK 50 per person/session. Read more on Skellefteå municipality's website.

Counselling Oden

Counselling Oden in Skellefteå works with issues related to alcohol, drugs and compulsive gambling. Relatives can also turn here for help. The staff have vast experience, work confidentially and visits are free of charge. Read more on Skellefteå municipality's website.

FMN – Parents Against Narcotics

The Parent association Against Narcotics is a non-profit making, religious and politically independent network organisation, whose primary activities are first of all directed towards relatives – parents, siblings and all other closely related parties who would like the support of someone who has faced a similar situation. In Norsjö there is a contact group you can get in touch with if interested. Read more on FMN's website.

Contact details IFO:

If you would like to contact a case worker please call the municipality's switchboard on 0918-140 00. The switchboard will provide information about current telephone times.

Open access

If you are interested in "open access" please contact Emma Viklund, social educationist directly by calling 0918-140 00 or e-mailing: emma.viklund@norsjo.se



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