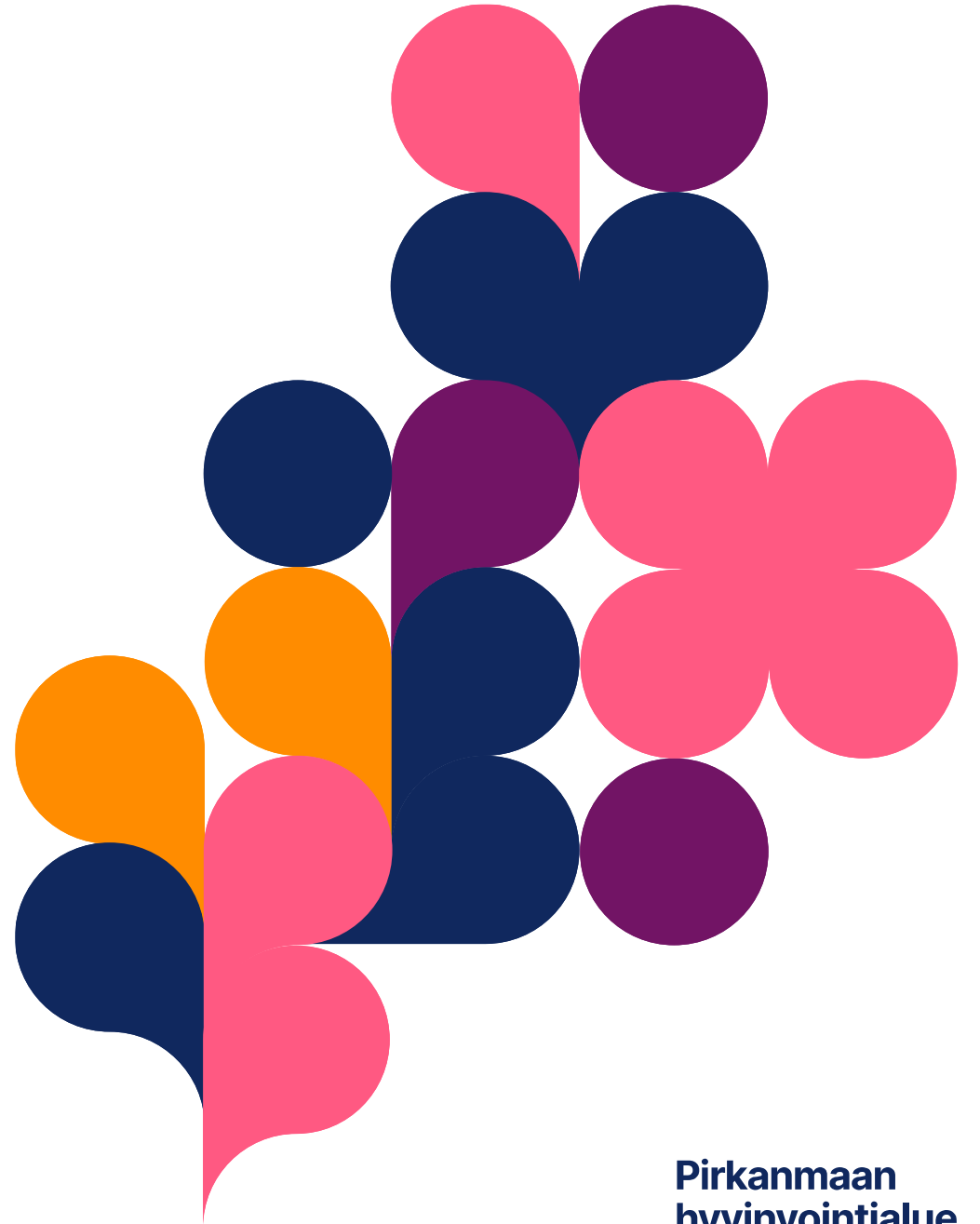


# Pirkanmaa Family Centre Model

Virve Rutanen, Psychologist

Child and Adolescent Mental Health and  
Substance Abuse Services



# Contents of presentation:

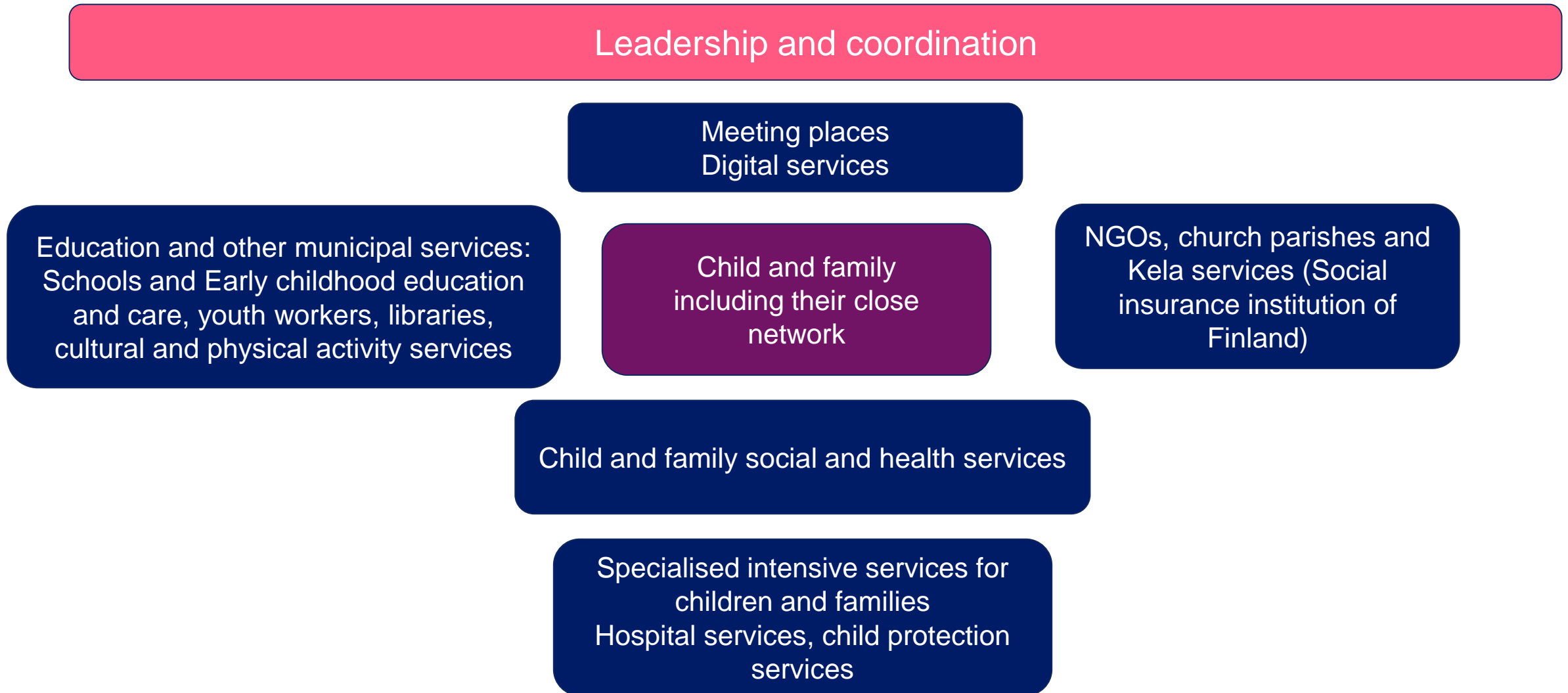
- **Family Centre model** - Finnish Institute of Health and Welfare (THL)
- **My Team model** Pirkanmaa Family Centre
- **Professional Network supporting the integration and social inclusion of migrant families** Pirkanmaa Family Centre
- **Services for Families Model** – dialogic service model supporting immigrant families (Tampere / Pirkanmaa Family Centre)
- **Leisure Activities for kids and youth - Pop-Up** (Tampere / Pirkanmaa Family Centre)



## Family Centre Model

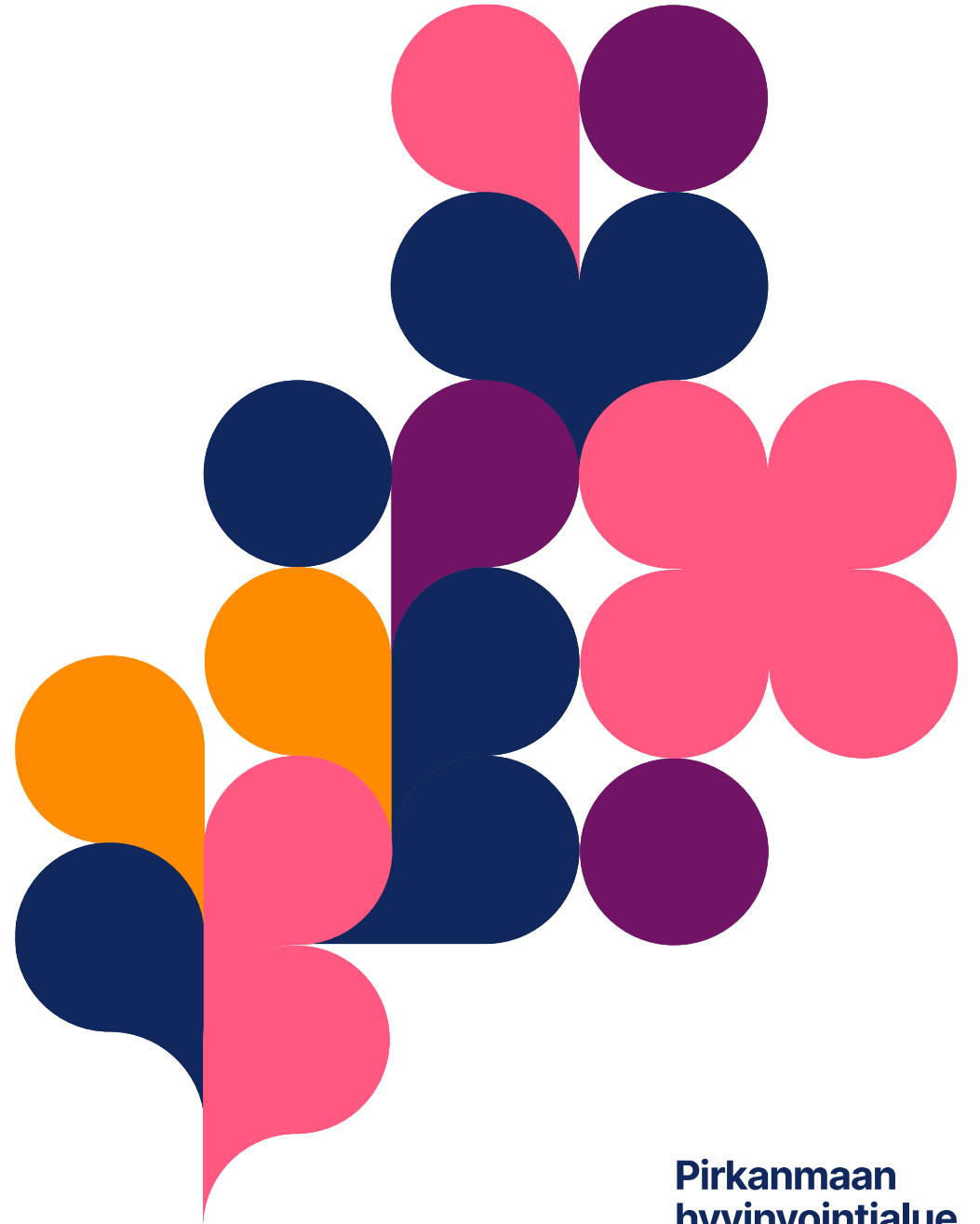
- Implemented nationally in Finland as a framework for organizing services. Developed and coordinated at national level by Finnish Institute for Health and Welfare, allowing for local adaptation.
- Regionally and locally operating network that brings together services promoting the health and wellbeing, growth and development, as well as early support for children and families.
- Services include social and health care services, education services, non-governmental organisations (NGOs) and church-based actors.
- **Family Centre is not a building, but an operating model and a way of working. Services form a coordinated service network and operate according to jointly agreed practices.**
- Aim is to offer holistic, client and family centred support at the right time.

# Family Centre – Integrated Service Network (THL model)



# My Team Model

Pirkanmaa Family Centre



# My Team – Pirkanmaa Family Centre operating model

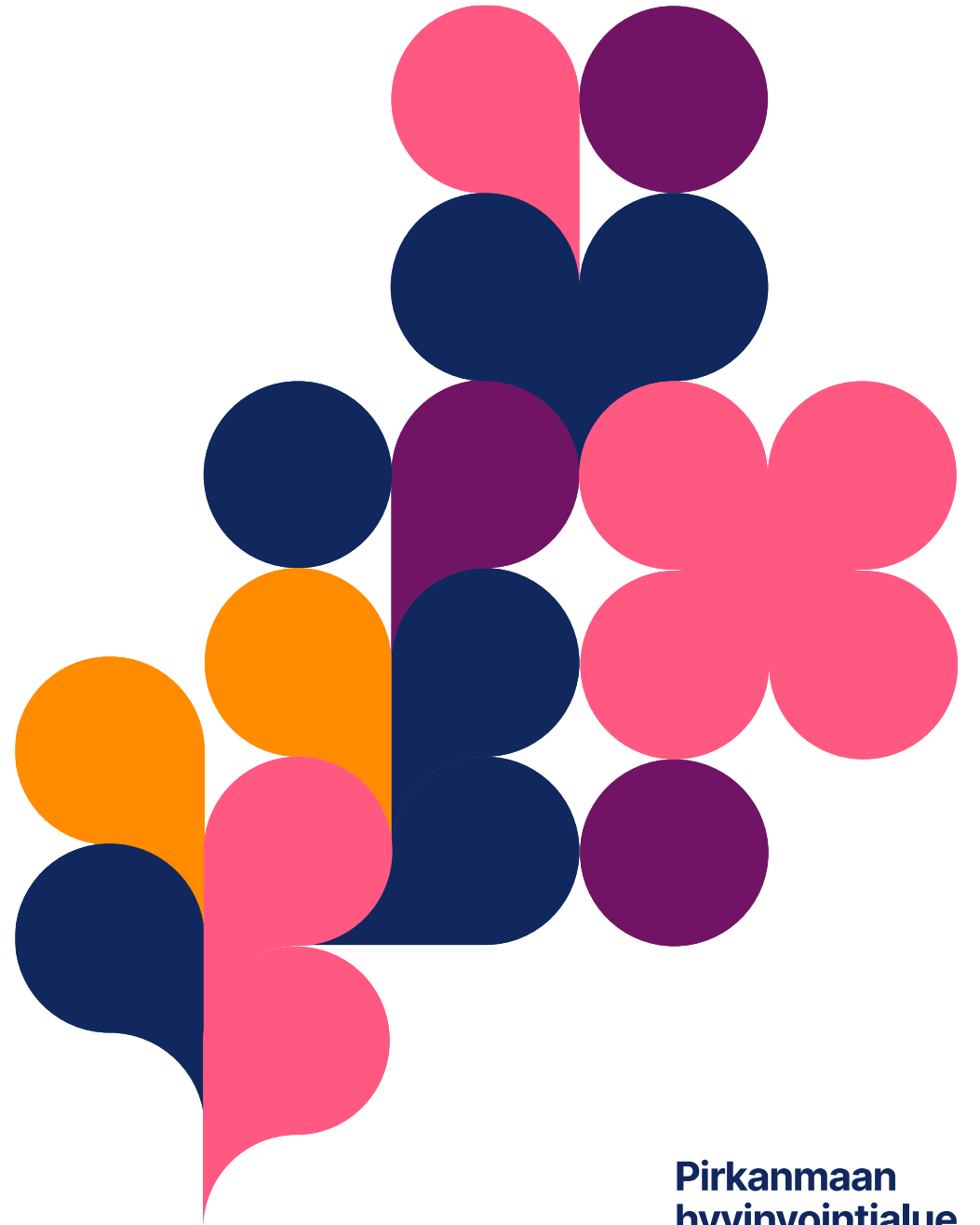
- In the Pirkanmaa Family Centre, multiprofessional collaboration is based on the needs of families. The **My Team operating model provides a structure and a shared way of working across different services for the benefit of a family.** It brings together the relevant actors, enables a shared understanding and a joint plan to support the family.
- My Team can be convened by any professional or volunteer in any service. Most services are committed to attending when invited.
- A shared booked 1,5h time / week in calendar across services (Wed 14:00-15:30).
- Systemic – client centred approach: together with the client recognizing the problem at hand and possible relevant actors.

# When a My Team meeting should be arranged

- The client is involved with multiple services and there is no shared overall picture among different professionals → **need for coordination**
- A professional feels that the support they can offer is not sufficient → **need for consultation and involving additional professionals**
- The client's situation is not sufficiently known to all professionals, and there is a need for a more in-depth, multidisciplinary understanding of the situation

# Professional network supporting the integration and social inclusion of immigrant families

Pirkanmaa Family Centre

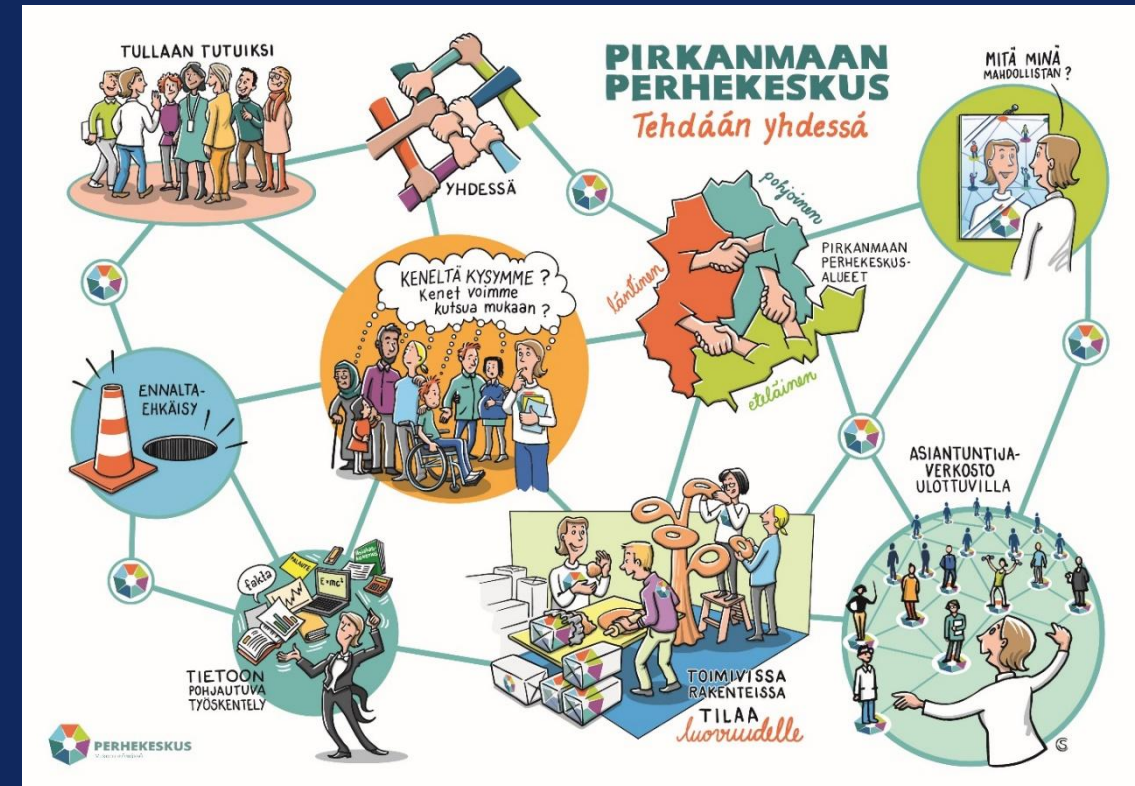


# The need for cooperation and the professional network

- Cut down of specialized services for immigrant families → Migrant families needs to be better met in all basic services.
- Finnish services are very specialized - also fragmented
- Migrant families are underrepresented in early intervention services and overrepresented in more intensive services
- Need for multiprofessional cooperation and importance of a family perspective (vs. individual) in supporting migrant families
- The network has been established since 2023

# Professional network supporting the integration and social inclusion of immigrant families

- Region-wide professional network in Pirkanmaa – part of Family Centre Network
- Strengthens cooperation between professionals working with immigrant families & offers a platform for sharing knowledge and expertise as well as consultation opportunities
- Communicates current events and offers information, tools and education for professionals
- Meets four times per year for an afternoon, around a certain theme, approx. 40-90 participants / meeting
- Participants from all services working with families; health care, social services, schools and early childhood care and education, NGO's, Finnish immigration service (Migri), municipal integration professionals working with refugee families



# Professional network supporting the integration and social inclusion of immigrant families – structure

- Core group coordinating the network & thematic planning groups as needed
- Communicates with professionals through the Family Centre Teams channel and has an emailing list of potential participants & service leaders and managers.
- Meetings include educational presentations by local as well national experts, workshops, networking, panels, discussions
- Examples of themes:
  - ✓ Multiprofessional cooperation
  - ✓ Specialized services for immigrant families
  - ✓ Tools and materials for professionals supporting immigrant families
  - ✓ Mental health and integration
  - ✓ Parenting, family dynamics and integration
  - ✓ Accessibility of recreation and free time activities
  - ✓ Trauma or neuropsychiatric challenges
  - ✓ Fathers, boys and men

# Services for Families Evenings - Dialogic service model supporting migrant families

**Viola Valli, Social Worker**

Adult Social Services – Refugee Services Unit

**Virve Rutanen, Psychologist**

Child, Youth and Family Services



# Services for Families Evenings– Service Model

**Dialogical discussion evenings for immigrant families and professionals from different child and family services.**

- **Families are best reached by going where they already are.**
- **An evening of open discussion between families and professionals around a certain theme.**

**Outcomes (as assessed by interviewing the participants - families and professionals):**

- Improved accessibility of services for families
- Better informed families
- Services become familiar and approachable
- Family participation in service development
- Strengthened multi-professional cooperation

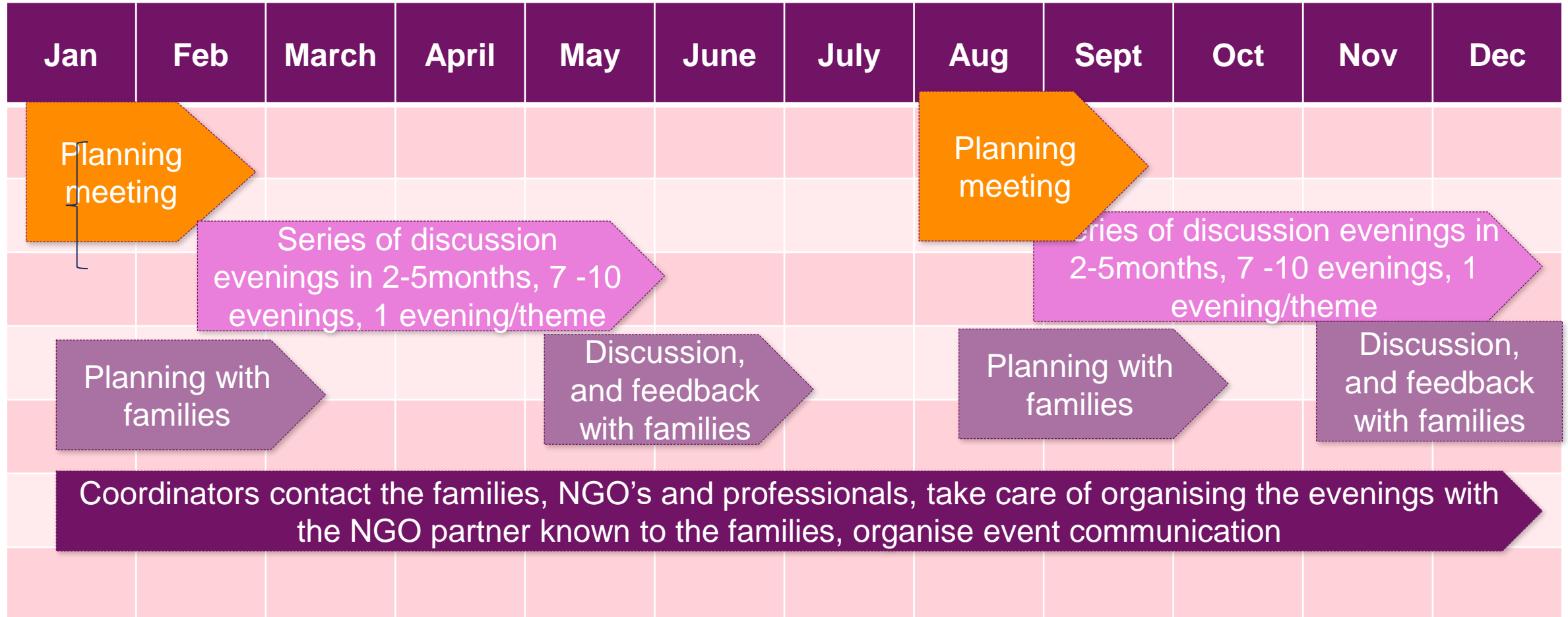
# Recurring themes and professionals

- **Leisure activities and free time** / municipal family physical activities coordinator, library, youth workers, children's cultural centre workers
- **Early childhood education and child development** / day care teachers & day care social services professionals
- **School support for children and families** / Finnish as a second language teacher, school social worker, school psychologist, special educations teacher
- **Health and wellbeing** / School nurse, school psychologist, dental care
- **Child protection and family social services** / Social workers and service coordinators
- **Parenting in Finland** / Family counselling centre

# Examples of themes Based on Families' Requests:

- Divorce services – rights and responsibilities during separation
- Substance use and gambling education for young people
- Female genital mutilation (FGM)
- Practical support in finding hobbies (Leisure Pop-Up)
- School support and multilingualism

# Annual Plan of the Service Model



# Leisure Activities Pop-Up

Practical support for families in finding and registering for children's leisure activities.



# Organising the Leisure Activities Pop-Up

- Families that do not speak Finnish expressed a strong need for support in registering for leisure activities.
- The Leisure Pop-Up is organised as a cooperative afternoon event involving multiple professionals across different services, usually in early autumn when registrations open.
- Collaboration between municipalities, NGOs, educational services, social services and voluntary organisations.

## Requirements:

1–2 coordinators

- Interpretation or multilingual staff
- Possibility for social services support
- Emphasis on low cost / free leisure activities

# Leisure Activities Pop-Up – Multi-Professional Collaboration

