

Interactive Session C

6. Digital Counselling for Children and Young Adults at Risk

Presented by
**Aarhus City Council,
Denmark**

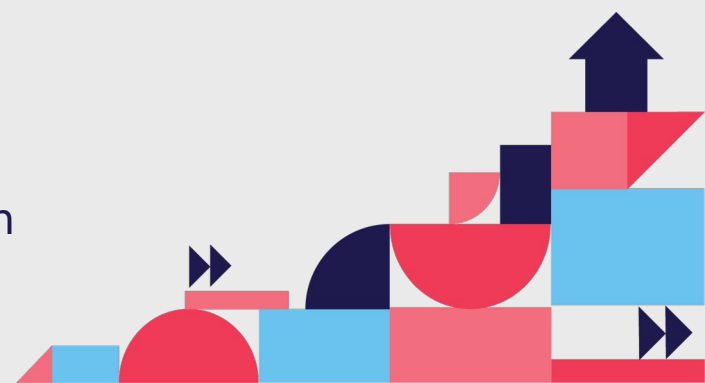


09:30 – 10:30

Room HIGH 4



Session in English





DIGITAL COUNSELLING FOR CHILDREN AND YOUNG ADULTS AT RISK

A child with a drinking problem?



ALKOHOL&SAMFUND TrygFonden

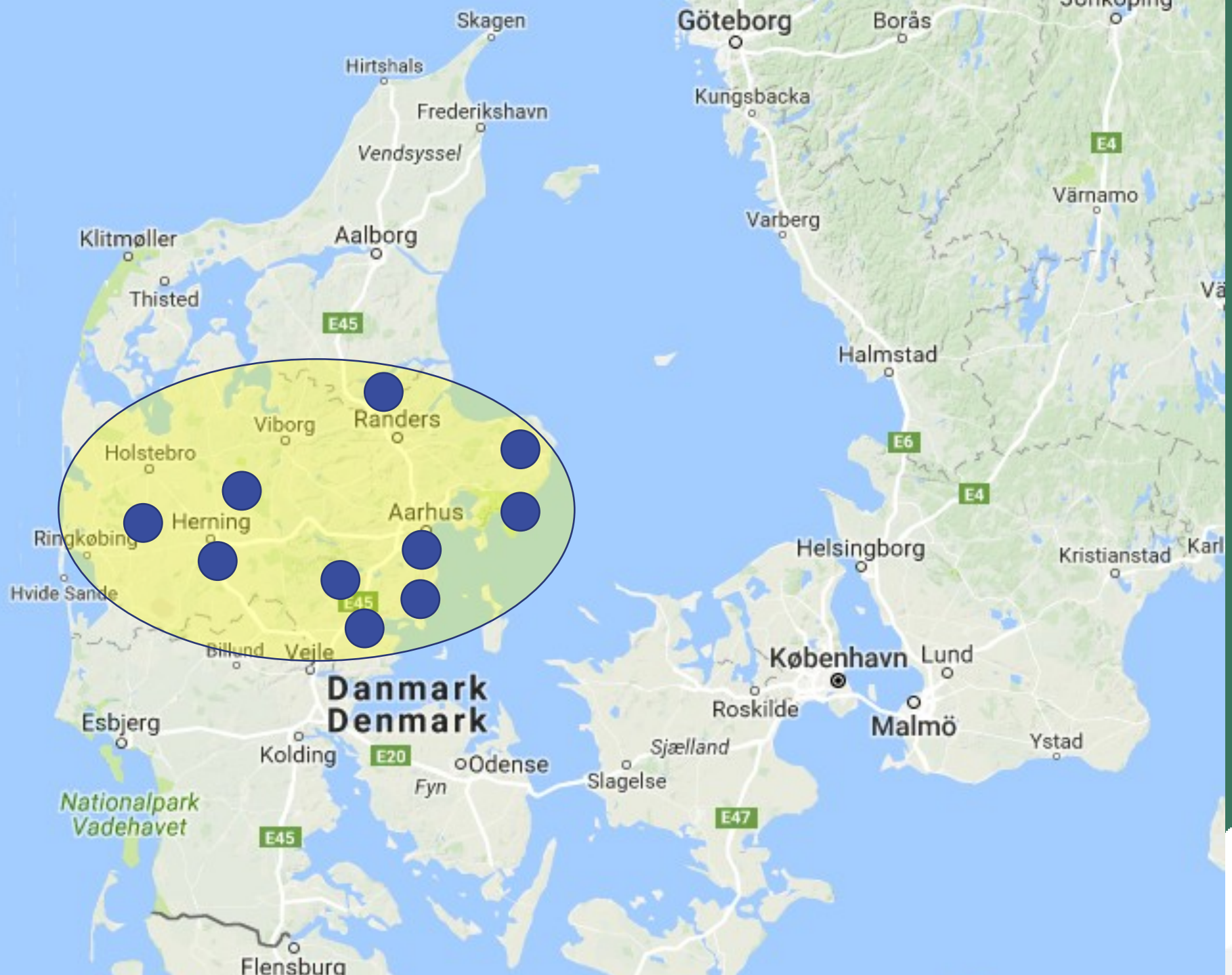
“Hi, I am Agnes. I have a drinking problem”

When you drink too much it isn't only your problem. Do something. For yourself and for your family.

FÅ RESPEKTEN TILBAGE
hopedk

BRUS is for...

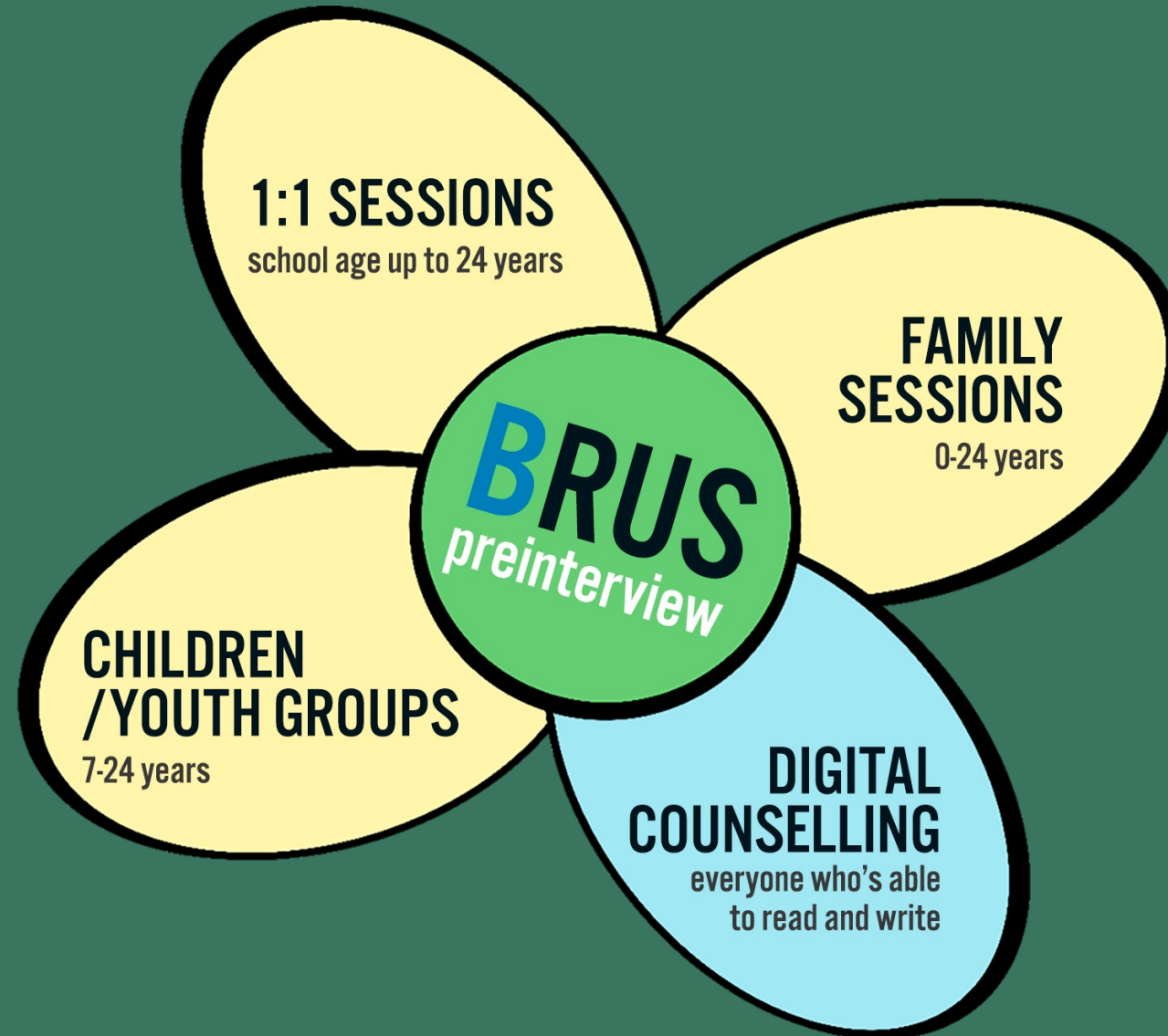
- Children and youth aged 0-24 years in families with alcohol or drug problems
- BRUS is a partnership **between 11 municipalities in Denmark and the non-governmental organisation, Center for Digital Youth Care**



Interaction with you



BRUS offers...



Enabling early intervention and the prevention of harm is not always easy

- Children and youth cannot be spotted through a specific behavior
- Reaching out for help can be overwhelming and hard. It is often perceived shameful to have a parent with a drinking- or drug problem.
- Children's love for their parents are unconditional and the fear of what will happen to the family, can prevent them from reaching out.
- Geographical distances



Anonymous digital counselling



Digital Q&A



MENU & SØG

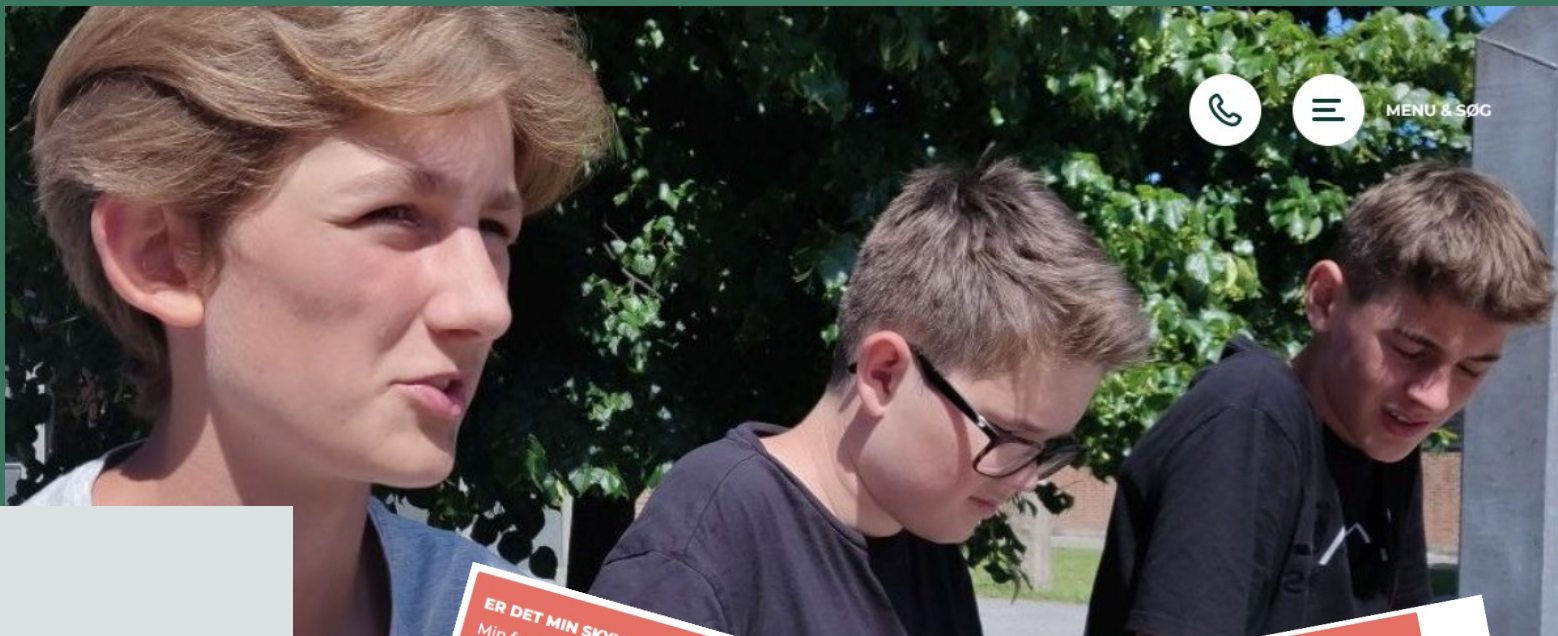
Brevkasse

Er der nogen i familien der drikker eller har problemer med rusmidler? Indsend et spørgsmål til brevkassen og en rådgiver vil svare dig indenfor 10 hverdage.

Overskrift *

Tilføj en overskrift til dit spørgsmål.

Spørgsmål *



ER DET MIN SKYLD?

Min far er ofte ked af det og drikker mange øl. Jeg får tit skæld ud. Min far har lige været i behandling. Jeg har tænkt på, om det er fordi, jeg er uartig, at han drikker for meget? Kan børn få voksne til at drikke?

Pige/kvinde, 13 år

SVAR FRA RÅDGIVER

Kære du

Mange tak for dit brev.

Det gør mig ondt at høre at din far ofte er ked af det og drikker for mange øl. Det i sig selv må være svært for dig at være i. Ovenikøbet får du nogle tanker om hvorvidt det kan være din skyld at han kommer til at drikke for meget, fordi han skælder ud, og måske beskylder dig for ting du ikke har gjort eller har haft til hensigt at forstyrre ham med. Jeg vil gerne understrege så kraftigt jeg overhovedet kan: Det er ALDRIG børnenes skyld hvis en voksen drikker for meget.

Det er til enhver tid den voksne som alene bærer ansvaret for om han/hun vælger at drikke for meget alkohol, når

FAR DRAK MEN KOM I BEHANDLING

Jeg havde et alkoholmisbrug indtil jeg blev 10 år, og så kom jeg i behandling. Min far er altid været glad for at han stoppede, men da jeg blev 15 år, så blev det hårdt at tænke på, hvordan det var dengang... Hvad fik ham til at vælge flasken frem for sin familie? Jeg har sidenhen haft om social arv i skolen, hvilket har gjort mig nervøs for at blive som ham, da jeg har truffet nogle dårlige og ufornuftige valg, som pejer i den retning... og nogle undersøgelser viser at alkoholisme kan være arveligt... Jeg ved ikke hvordan jeg skal leve med mine fejl og minderne fra dengang. Nogle gange ønsker jeg bare at få hukommelsestab og glemme ALT fra dengang. Jeg føler mig alene og magtesløs. Hvad skal jeg dog gøre?

Pige/kvinde, 15 år

SVAR FRA RÅDGIVER

Hej Mathilde

Mange tak for dit brev. Det er rigtig godt du skriver, i stedet for at gå alene med dine tanker.

Jeg kan godt forstå at du er glad for at din far fik stoppet med sit misbrug af alkohol. Ingen børn skal leve med, at deres forældre drikker for meget. Dejligt at han er stoppet MEN du oplever, lige som andre med dig, at sindet og kroppen bliver ved med at huske hvordan det var, når din

Individual chat - SMS chat or online chat

Hi BRUS. Can you chat?
M

Hi M,
Yes! What would you like
to chat about? I'm here
for you

My dad drinks beer all the
time. He is angry when he
is awake

My mum is crying... and I
don't know what to do...

...



Digital youth groups

NÅR RUSMIDLERNE FYLDER I FAMILIEN

UNGBrus

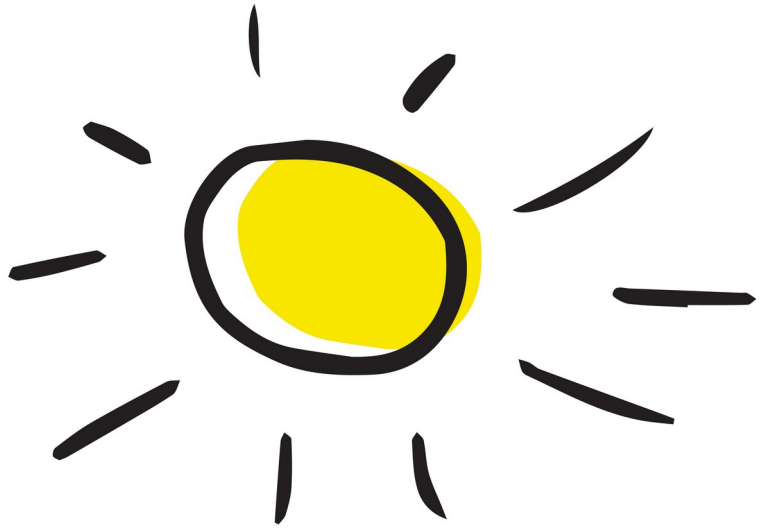
UNGBrus Gruppechat

🕒 Torsdage kl.20-21.30

AFHOLDES AF [brus](#)

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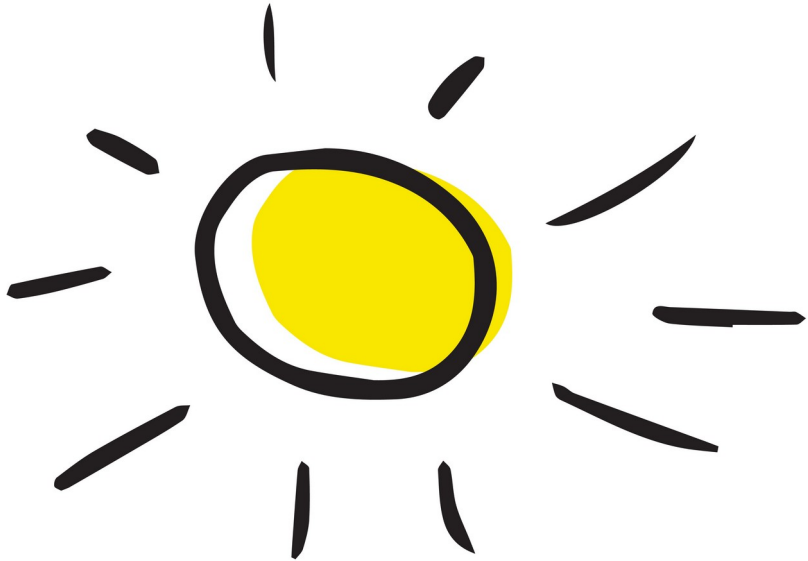
Benefits of digital counselling





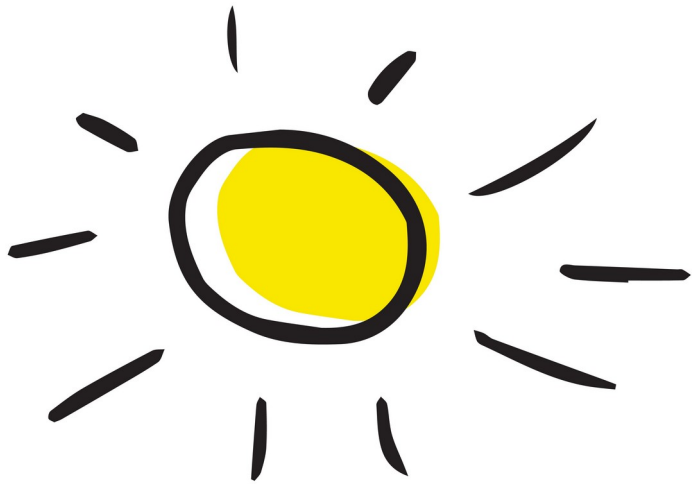


Anonymous digital counselling



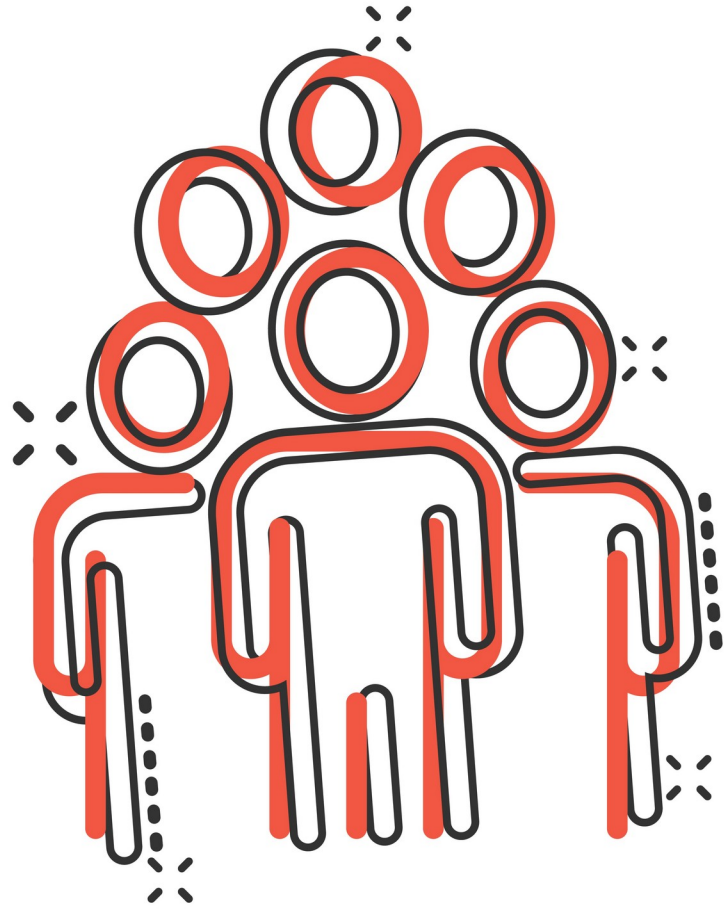
- Helps the children breaking the taboo and reaching out for help without being concerned for the consequences.
- May empower the children and youth to reach out for further help.
- Offers easy access

Further...



- Digital counselling has the potential to be expanded across other social services
- A fundamental change in how we get in contact with vulnerable citizens and provide service in circumstances where it is not easy to reach out for professional help

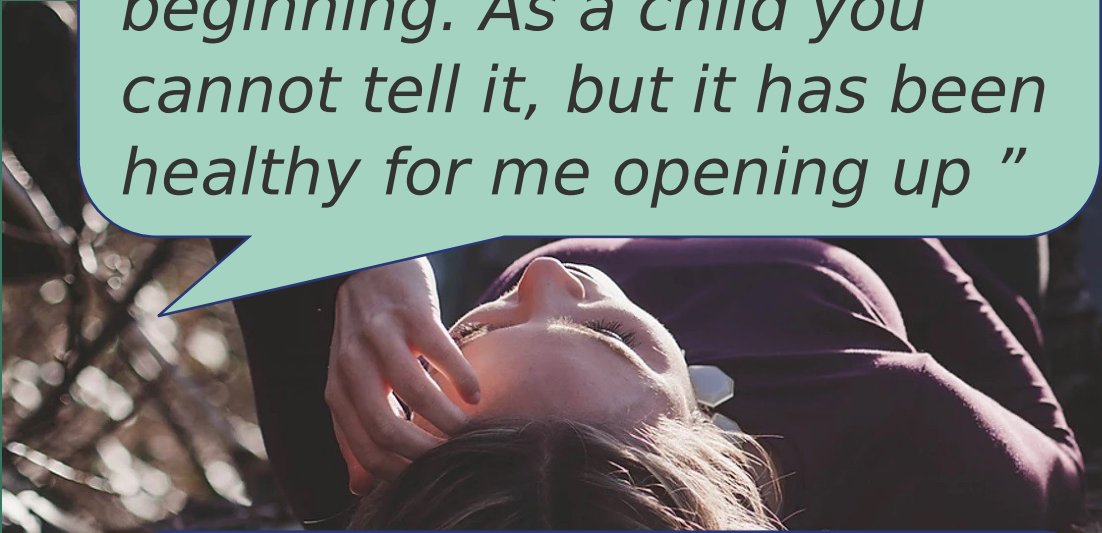
An example on...



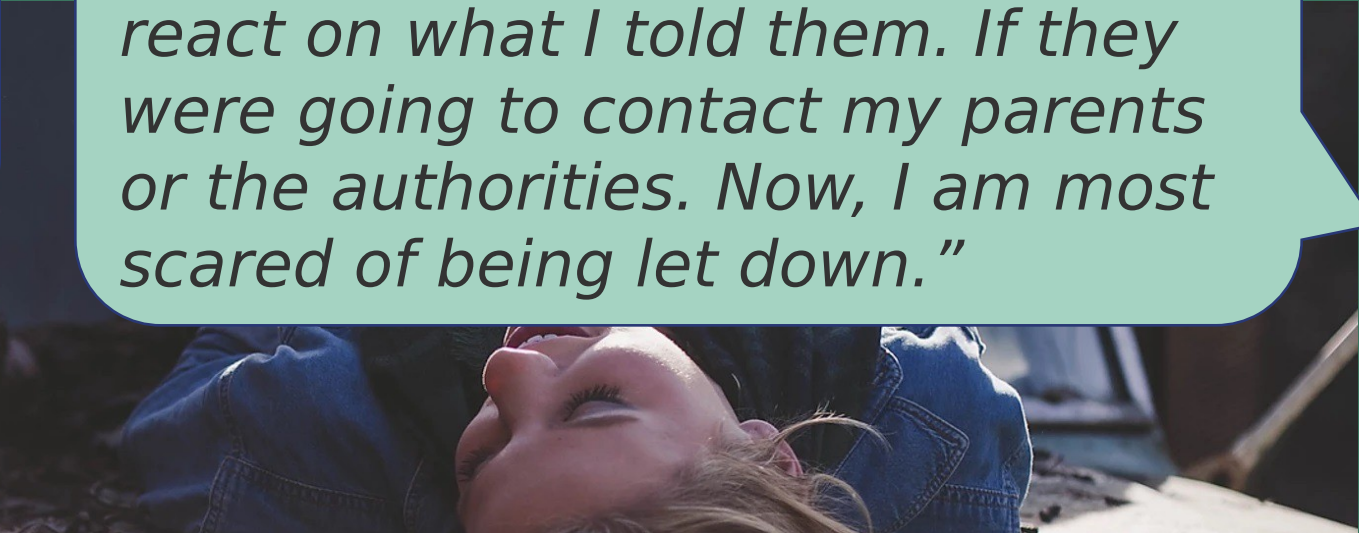
how it is possible to leverage the use of technology/ digitalization through partnerships

What the users report





"It was almost impossible for me to talk about at the beginning. As a child you cannot tell it, but it has been healthy for me opening up"



"When I was under 18, I was really scared that some people might react on what I told them. If they were going to contact my parents or the authorities. Now, I am most scared of being let down."

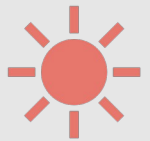
"I don't want my friends to know, because it will make me feel weak and I am scared that they are going to treat me differently."

"It is not often that people say those things to your face. But suddenly, people start telling you things when they're anonymous."

Interaction with you



Discussion



What are the perspectives of digital counselling?



For which groups can digital counselling be beneficial?



Does this project bring you new ideas or insights?

Please contact ...

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