



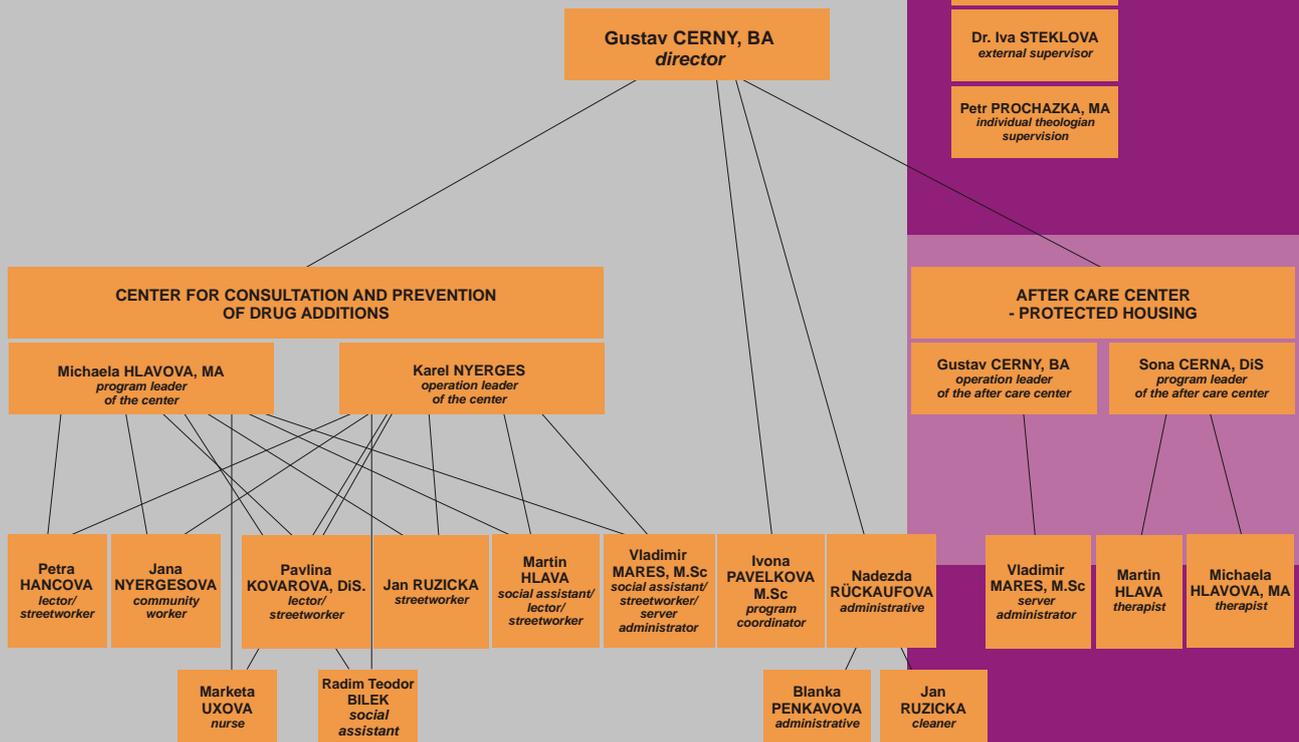
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TEEN CHALLENGE PLZEN
STREDISKO KRESTANSKE
POMOCI PLZEN

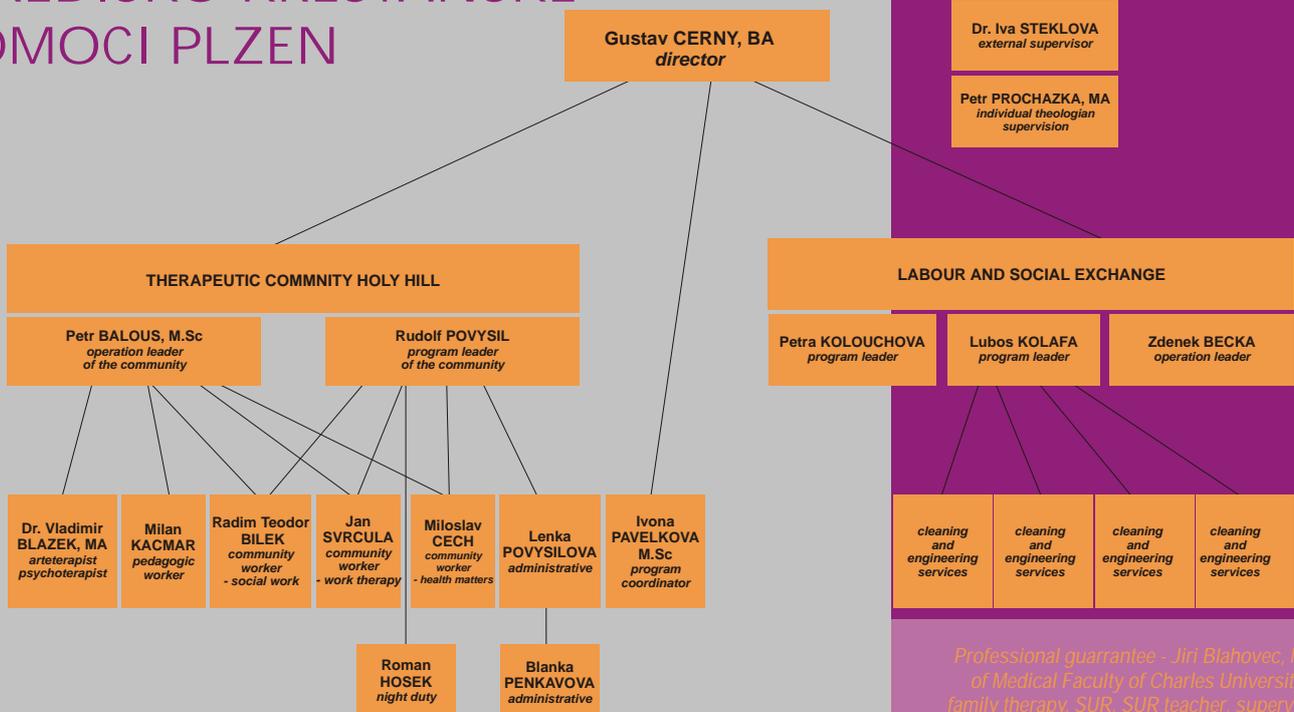
ANNUAL
REPORTS



TEEN CHALLENGE PLZEN



STREDISKO KRESTANSKE POMOCI PLZEN



Dr. V. BLAZEK, MA
external supervisor

Dr. Iva STEKLOVA
external supervisor

Petr PROCHAZKA, MA
individual theologian supervision

Dr. Iva STEKLOVA
external supervisor

Petr PROCHAZKA, MA
individual theologian supervision

AKTUAL ORGANIZATOIN STRUCTURE

Professional guarantee - Jiri Blahovec, MD, graduate of Medical Faculty of Charles University; training: family therapy, SUR, SUR teacher, supervision training, certificate for psychotherapeutic practice, experience in the addictions field; Municipal Office of National Health Plzen, Alcohol-drug-addiction office, Psychiatric institution Dobruška, recently the director of a private health facility

Professional guarantee - Synkova, MD, Železniční poliklinika Plzeň, psychiatric ambulance, 14 Svihovská



INTRODUCTION

Dear friends.

I would like to thank to all of you who have subsidised us, given us moral support and thank you for all prayers for our efforts. As usual our service did flourish in 2007 in a very progressive way. Unfortunately, we mostly face the lack of secured resources for our newly implemented service. When Jesus was walking on Earth he visited people, who were spitting images of our clients in many ways, and spent his time with them. Our clients are people very much hurt physically and above all emotionally. It is pain, worries, a mask of arrogance or aggression, addiction of many ways. Their life stories are very often unbelievable and they would be a sufficient source for writing books. It is true our service is especially about people and for people. If you read about our work results please try to imagine a single human being behind each number in our annual report. A concrete man who more or less tries to save his or her life. A concrete man who makes mistakes. Our workers are trying to stand him or her in good stead and follow his or her way for some time. They painfully experience their clients' falls on the contrary they are satisfied from their clients' promotions. Teen Challenge Christian Therapeutic Community are trying their best to help people to become healthy physically and emotionally, spiritually creative, emotionally well-balanced and socially secured.

Gustav Cerny

CERTIFICATION AND REGISTRATION

In the period of 12th to 16th November 2008 and on 1st November 2007 (the Center for consultation and prevention a low-threshold services and streetwork program and primary prevention) and a Re-entry house through a certification of professional qualification of services for patients/clients who abuse narcotic and psychotropic substances by RVKPP (Government anti-drug Council) were certified.

June 7 2007 The County Council of the Plzen County, the Social and Health Department, have registered our services according to the Act 108/2006 Digest about social services.

HISTORY OF THE ORGANIZATION

Teen Challenge (TC) was founded in the United States during the fifties by a Christian minister named David Wilkerson in response to spreading violence and drugs in large cities. Over the past fifty years this work has spread into the whole world. We can find over three hundred therapeutical-resocializing programs. In Europe, TC Euroasia was founded in Holland 32 years ago. Thirty years ago, TC was established in West Germany. TC was established in the Czech Republic in 1994 through the National Office. TC Plzen began to develop its activities as one of the workplaces of TC in the Czech Republic (organisational unit of a foundation) in a 1994. This was the first non-governmental organisation with concept and strategy for the resolution of drug problems that had come into existence in Plzen. One positive is that from the beginning TC Plzen used considerable volunteer help from church members. Also ex-drug-users who went through the program then became counsellors themselves, which proved to be a positive. An effort to improve our work structure and an opportunity for better financial provision for our workers and personal reasons led to a status change of the organization to the Association of Legal Entities. The National Office TC in Czech and the United Methodist Church founded the Association of Legal Entities Teen Challenge Plzen. In 1998, after several years of preparation and help from the members of the association, we were able to open a Christian Therapeutic Community for young men in Cernosin, a small village close to Stribro. The birth of this project was initiated by an acute need of such facilities in the Pilsen region. In 2004 the Therapeutic Community in Cernosin merged with SKP Plzen and moved to more convenient premises not far from the village of Litohlavy near Rokycany. Through a merger, the operating costs for two buildings were lowered and the situation of a lack of funds for skilled personnel was resolved. In 1998 we began to facilitate a post re-entry into society for the graduates of the program, which consisted of an apartment specially designed for these purposes. In 1999, the City Council lent us an empty house in Susicka 75, Plzen (a former kindergarten facility) for us to use as a Re-entry House. At the beginning of 2000 the City Council agreed to lend us the building for 15 years and in 2001 this loan was extended to 30 years.

THE UNRIVALLED STATUS OF THE CONTINUAL MEDICAL AND SOCIAL CARE

Teen Challenge Plzen is professionally, materially and personally connected with the Therapeutic community Holy Hill. The main goal of Teen Challenge Plzen is to secure a primary prevention of addictive substances abuse, it operates a contact centre where drug addict people can come to solve their problems. Potential clients are sent, according to their indication, to Therapeutic community Holy Hill. After finishing their treatment the clients are allowed to enter TC Plzen to the After-care center Protected housing (Re-entry House). If clients are unemployed (because of low education, short labour practise, chronic diseases) then they can start working in the Labour and Social Exchange (secures The Teen Challenge Christian Therapeutic Community) as a cleaning and engineering service worker.



SPECIFIED PRIMARY PREVENTION

The main goal of primary prevention is a healthy development of personality, help in finding proper life values, a positive influence in attitudes and behavior of the children towards a drug-free way of life and support for a healthy life-style. The intention of the program is, for the target group, to gain new knowledge and attitudes supporting a healthy life-style and to be able to apply these advantages in its behavior not just in the time when the program is being realized, but also in the future. Among the particular goals are: providing a sufficient amount of objective information, removing myths and prejudices about addictive substances (primarily about their effects and risks), increasing the foreknowledge about the legal sanctions for the addictive substances abuse, strengthening of positive relations in the group, mutual tolerance, strengthening the ability to make individual decisions and a sense of self-responsibility, increase in communication skills and the capability of friendly relations creation, stress and anxiety management, non violent management of conflicts, etc.

Primary prevention of addictive substances abuse was carried out in a form of interactive seminars in two successive units (one unit lasting 90 minutes). The seminars were intended for pupils in the 9th grade of elementary schools and the 1st and 2nd grade of secondary schools and educational establishments. The program was carried out in school rooms or in TC's building.

At the beginning of the school year 2007/2008 there was created a completely new program for elementary schools, this program was held as the reaction to demands of elementary schools.

During three phases of the program the leaders established contacts with pupils, they were interested in the atmosphere and pupils' favourite topics. They responded directly pupils' questions and needs. Pupils made ideas of bullying clear and our workers discussed about the bullying solving and about other forms of abuse.

Pupils of secondary schools were also informed about addictive substance abuse, about reasons for drug addiction, myths and prejudices were broken, pupils were taught to feel and describe their own emotions, to express and stand up for their own visions against the others' ones, to resist and keep their opinion to their peers' pressure and arguments. Pupils were invited to enter other preventional activities (the low-key club).

The interest in those lectures was very high. We were not able to fill the demand. Since September 2006 there were 4 schools chosen for an evaluation study of the effect of the primary prevention blocks.

In the last school year, 149 lectures were provided, 3029 pupils participated in them.

LOW - THRESHOLD CLUB

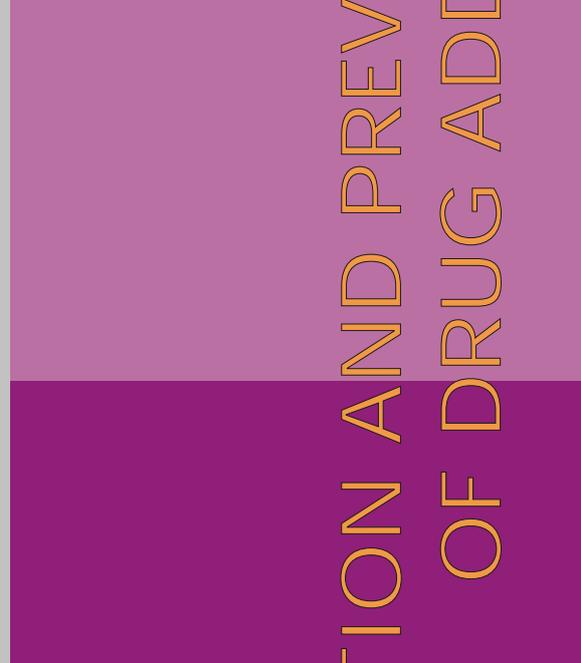
Low-threshold club was running regularly on Fridays and also on Wednesdays. It is intended for the youth between the age of 14 to 18 years as a follow up activity after primary prevention was carried out in schools. The club gives an alternative to traditionally offered ways of spending leisure time. The visitors find a place where they can play different games and meet with their peers and there was also a space for the creation of their own music production. The visitors used our offer of regular meetings to focus on the development and strengthening of communication skills, lifting selfconfidence and the ability to face the pressure exerted by peers. This part of the club also trained in the use of assertive skills. The club attendants participated in several weekends away stays, where common activities, psycho-games and active leisure-time activities took place, etc

The club visited 58 clients last year, 71 meetings occurred.

E-MAIL HELP

Some students who attended our activities in schools, and visitors of our web pages made use of the possibility to give a question through E-mail. We provided them information about services and activities operated by our facility. We offered basic information on drug problems and cooperation in the solution of drug problems.

153 people used the e-mail counseling, especially students.





CRISIS PHONE LINE + 420 774 SAVE ME

The service was founded as a reaction to a need of the target group of the low-threshold club, where the number of attending children rapidly rose. A special worker solves the critical situations of children and focuses on given problems in the area of case assistance to a child or a teenager, dealing with the parents, authorities, schools and educational facilities. The aim is to offer adequate and constructive resorts and solutions, provide counselling, education and preventive activities, help children and teenagers not only in their difficult life situations but also in their every day life and troubles.

The crisis is felt very pressing and urgent which can not be solved by themselves by means of their resources. The general goal is to provide help and protection to the child in a difficult life situation caused by violence at home or at school or during after-school activities or in case of any other form of abusing or neglecting.

The short time goal is to restore the child to the level they were before the crisis.

The long time goal is a general improvement in the child's mental condition, comfort and resolving the family situation to such a level, that the child can return back to the family and join a normal life.

Telephone contact

About 453 SMS messages were about counseling in the area of family and peer relations, school grades, etc.

Phone counseling dealing with the actual situation of a youth (family, school, information about interests) took place in 86 cases.

Crisis intervention - an aid in solving an urgent and pressure situations, that is by the teenagers unsolvable using their own strength and resources, an offer and mediation of a proper way of solution of a given situation happened 14 times.

Once, a crisis was solved after a serious bus accident.

Personal contact

There were 164 talks that followed immediately after a phone call (the themes of the talk were the same as the calls).

parental consulting used 42 parents

Phone counseling used 63 parents.

THE "LITTLE BIT DIFFERENT PROJECT

This project is interested in supporting girls and boys from underprivileged or dysfunctional families. The project's goal is to offer such youth a different way of spending their leisure time, motivation, self-implement, their situation's alternative solution.

The project offers a helpin hand to elementary or secondary or voluntary schools pupils who asked for an interview after a discussion. These interviews led to individual approaches and helping solutions. The project is shaped to be ready to react to immediate needs of the target group. If there is a sign of a dysfunctional family, bad communication with peers or other personal problems (low self-esteem) in the interview, then „The little bit project“ offers :

1. Professional counselling if there is a sign of sexual abuse or violence. In such situations the mediator cooperates with school management, uses the announce obligation to the Child Care Departement and arranges psychological aid in the The Fund for Children in Need or in the Educational Care Centre.
2. Children living in underprivileged or dysfunctional families or those having problems with their peers due to their low self-esteem were offered a choice of amateur club based upon their interest or talents. In the framework of this project the organization was ready to cover costs of these activities with condition that the families contribute at least a minimal amount for social-educational reasons. It is also possible to contribute towards a summer training camp with a focus on the given activity or for a general summer camp according to their choice. The project also allowed children from underprivileged families to receive a one-time financial gift. This offer was used in three cases.

This procect was donated by means of foreign private resources thank to a very kind care of Mr. Porter H. Speakman, Missions Department, Central Curch of God, Charlotte, NC, USA.

LOW THRESHOLD SERVICES THE CONTACT AND DAY CENTRUM

The Centre is designed for people experimenting with drugs, for problematic drug users, for drug-addicts who are making their first contacts with a professional institution, for drug-addicts who are not motivated to abstain or who do not accept some other more effective form of treatment, for family members, partners and other important people. The contacts can be anonymous and non-anonymous. The service is accessible to all incoming clients including those anonymous and they comprise contact work, basic counseling, basic health care, HIV, hepatitis and syphilis testing, urgent care and other supporting services.

The premises of the usual contact and counseling center have more stories and the services of the centers are distributed according to the needs of the clients into two time structures. The Day Center is open from Monday to Friday from 9 am to 5 pm. The Contact Center Tearoom Jericho is based on the Portuguese model of work with the client, the goal of which is to intercept a different client type than there is with the Day Center. The Tearoom is therefore open during evening hours, on Mondays and Tuesdays from 7 pm to 9 pm (during this time it is possible to get a test on HIV, hepatitis B, hepatitis C; the tests being carried out by a health worker, who complies to all requirements for such an activity in low-threshold facilities.

(Recently she has gone through a training of testing from blood serum using a centrifuge organized by the Cafe Therapy Prague). The two provided services do differ perhaps only in the point that during the day the client can be provided with an assistance service. A difference can be observed in the type of clients with the evening service being used by clients needing to deal with a crisis. Most of these clients are on the brink of a social debacle. During the day-time service there are mostly younger and less problematic clients. There are former clients (mostly former clients of the Re-entry Housing of TC Plzen) helping with the technical operation of the center (kitchen; preparation of tea). This fact functions as a mutual healthy „confrontation“ and it can serve as a powerful means of motivation for the clients attending the center.

During this period we launched a project of intervention within an entertainment environment called KomunikArt. This project arose on the basis of an agreement with an owner of a known club at the

Americka Street in Plzen where many users of not only drugs such as ecstasy tend to appear.

The

idea of KomunikArt is to enable a creative work (work with colors, clay, stones and other natural materials, work with a work of art, with music, with the body, etc.) to be carried out within an unconventional area. The KomunikArt can be followed by other meetings in the Teen Challenge

Plzen, where the participants are offered space to talk more about their experiences from KomunikArt.

The works created in the framework of KomunikArt can be exhibited in the premises of Teen Challenge Plzen or in other spaces within the city of Plzen. One of the main goals is to provide support (especially with the adolescents) in developing the talents of the participants who are interested in visual arts.

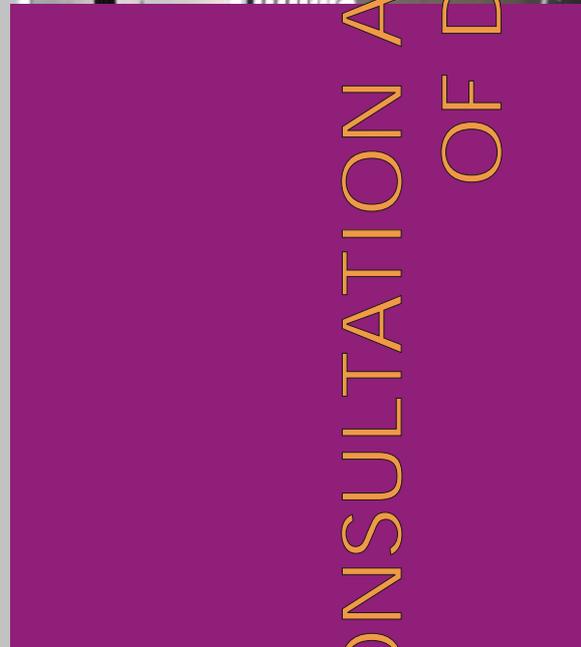
Other goals are: to come into contact with those experimenting with drugs or the „week-end users“,

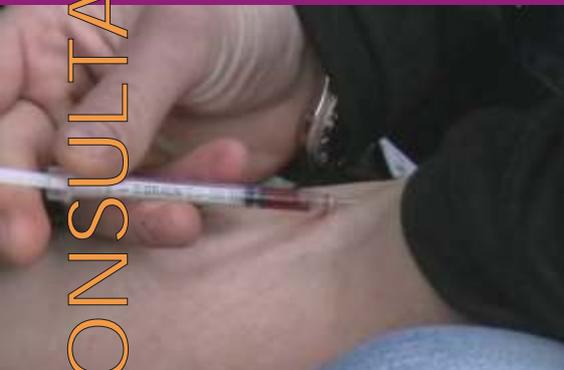
who are not in contact with any institution in their natural surroundings and to offer them help and

support in dealing with a eventual drug issue. To prevent with these clients an eventual enfoldment

of a drug issue and the risk behavior connected to it. To offer and support safe alternatives of leisure time activities.

*In year 2008, 193 clients were worked with and 1234 contacts were carried out. We observe a 31 % increase in comparison to the last year as the contacts are concerned.
Hygiene services 2008 339 administrations (114% increases).
Food services 2008 1101 administrations (33% increases).
Health care 2008 59 administrations (55% increases).*





STREETWORK

A team of professional workers and volunteers contacted the clients especially on the open and semi-closed drug scene. The outreach activities were accessible to all addicted persons regardless of their age, social situation or kind of drug.

The clients used, in the area of streetwork activities, the following services:

- counselling in the area of sexual transferable diseases and other contagious diseases,
- providing information about the risks caused by long-time usage of a high dosage of drugs and overdosing (the risk of social debacle and the loss of human dignity),
- actual information service about available counselling, treatment and other professional services, about syringe exchange programs, HIV testing, hepatitis vaccination, social and legal assistance programs,
- recommendations on appropriate medical and social institutions, low-threshold contact centres or to other providers of professional services,
- assistance by resolving social and medical problems followed by motivation training with the aim of changing the risky behaviour of the client and motivating them towards treatment, minor wounds treatment,
- gaining of trust of the clients for the possibilities of professional help, creating relations and links to other facilities with the aim of resocialization of drug addicts,
 - providing crisis and situation interventions,
 - supplement services - food aid.

We were successful in arranging contacts with gambling clubs owners and they let us place our notice board with information about our services for potential clients. This board points out a time schedule of our workers who enters such clubs to contact clients personally. In the cooperation with the Teaching hospital Lochotin (ward „B“ a short-term treatment) the workers were connected to regular Monday motivation groups. The workers support the clients to long-term treatments according to the way of their addiction.

In year 2008, 253 clients were worked with and 1360 contacts were carried out. 36 clients were recommended to therapy. There was 197 used syrette collected.

DISPERSAL STREETWORK - THE PRISON HOUSE DRAHONICE

The project of a service at the field work-place the Prison-house Drahonice has a stable place at the department for the prisoners with a penalty that is usually short (first penalty) and is mostly connected to the criminal activity linked to drug-abuse.

The work is carried out on two levels. group and individual. The prisoners are usually placed into an educational program and a tension-lessening program. Employees of the TC Plzen are working in groups using self-reflecting techniques that help the prisoners to understand better, orient themselves better and subsequently to express their feelings e.g. via elements of art therapeutic approaches. In the framework of group activities there are thematic and educational groups taking place mostly concerned with drug issues (orientation in the issue, prevention of relapsing, recurrence). The following week the prisoners have the possibility to make use of an individual talk with the workers. The talks are mostly concerned with what the mind of the prisoner is being busy, but the main theme is the actual dependency of the prisoner, their future and the searching for concrete and realistic alternatives for the fulfillment of the set goals of the prisoner. The goal is to prevent the recurrence of the clients in the way of a regular group therapy and a following individual work. What seem important is to keep in touch with the client after their release and to support them in their attempt to enter in contact with suitable professional institutions.

There were 5 individual and 22 group meetings carried out in 2008. 60 prisoners were approached and 66 contacts were realized.

RE-ENTRY HOUSE

Protected housing (Re-entry House) has been offering its services for nine years. Protected housing is a means for the client's social stabilisation in the form of a temporary housing and services related to social help and therapy. This facility is intended for men aged between 18 to 40 years who have finished the treatment in a therapeutic community for drug addicted clients. This program allowed safe transition from community into society and helps the clients with integration, finding work and suitable housing, with housekeeping and with the strengthening of healthy habits which they acquired in the community.

The regime was within general rules, e.g. to abstain from drugs, to be employed, to be at home by midnight, to pay the rent, attend regular meetings with a counselor and take part in collective activities. Genuine motivation is required from the clients for their stay in the protected housing which can not be perceived as a hostel but as a part of the Teen Challenge program where the clients henceforth continue in therapy, where they are subjected to guidelines. The basic length of the stay is 6 months. Most clients use the possibility to prolong their stay for one year.

During the last year the capacity of housing was utilized more than 100% (one room occupied by two clients), there was a redundancy of clients in those days. In other periods during 2007 the capacity was utilized optimally with one room by one client.

ACTIVITIES

A newly offered activity was the support of leisure-time activities (clients were led to active participation in leisure-time activities. Once a month, they were given a paid ticket to a sport or culture event of the clients own choice (cinema, theatre, concert, swimming pool, fitness, etc.).

Clients are allowed to work off their alternative penalties.

The Protected housing program accepts ex-clients of the Protected housing program and the After care with their families in the framework of a program the Ex-clients' family crisis. There was no family accepted to this program in 2008.

In year 2008 there was an increase in the number of clients from 13 (year 2007) to 15. With regard to the optimum capacity of the facility (7 clients) there was an overhead of clients.

The capacity of the Re-entry housing was used from more than 100 %.

In 2008 the program of Re-entry housing was used by two people who were not clients but family members. In this period there was a 57 % increase in administrations in the area of social work from 47 (2007) to 82 sessions. This fact can be subscribed to the fact that in year 2008 8 new clients entered the program whose social situation was unsatisfactory with regard to their former way of life (long-term dependency, criminal activity, indebtedness, etc.). In the area of individual therapy and counseling there was an increase in the area of administrations from 240 (year 2007) to 284.

An important contribution for their social re-of the clients of the Re-entry housing was the possibility to make use of the sheltered employment in the Labor and Social Exchange that was established at the Center of Christian Help Plzen. Uneasily employable clients of the Re-entry housing had the possibility to use the services of the Exchange and get employed there.

In year 2008 there were 8 clients. This concerned clients with minimal working experience, low education, a stained criminal or job record. In the framework of a group therapy there was an increase in the number of groups. This increase corresponds to the enlargement in the offer of activities of the Re-entry housing to which has been added a thematic (meditation) group meeting once per week (since September 2008).

In June 2008 there was held the 10th anniversary of the Re-entry housing at the premises of the Follow-up Care Center. This celebration was attended by the city council deputies, the employees of Teen Challenge Plzen and of the Holy Hill, the current and former clients of the Re-entry housing and the Follow-up Care Center and the clients of the Holy Hill.

AFTER CARE

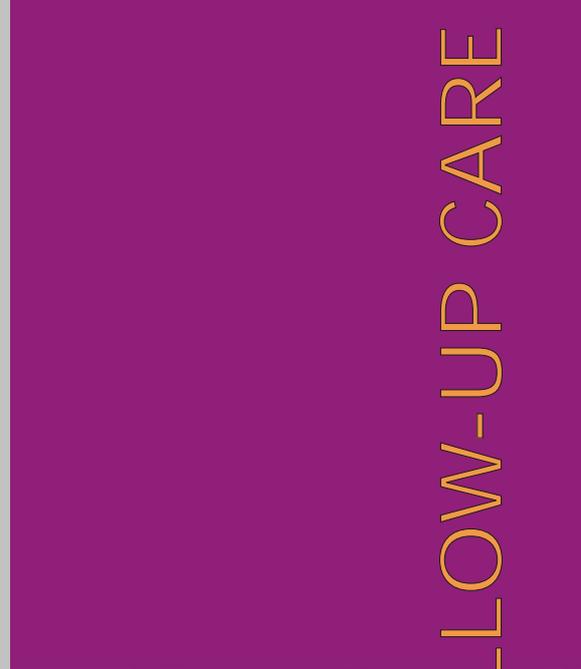
A condition for enlistment into the After care program is completion of the therapy program or finalisation of the Protected housing. The client met with his advisor at least once a month.

Abstinence by the client was required.

Within the after care these activities were realized: individual therapy, counseling and single talk, family therapy, solving relations with family members, support and solution of actual family situations of the clients, social work, social interventions (in the cases of courts, debts, seeking a job, etc.), References and mediation of specialized care (psychiatrist, psychologist)

In this period the Follow-up Care was made use of by 21 clients. Those were men, who underwent treatment and after-treatment, and women in the family of which dependency occurred. These clients made use of counseling 26 times; there were 11 meetings carried out in the framework of social work; the short call counseling was used 38 times. There were 20 contacts realized.

In the framework of Follow-up Care the groups for former clients men from Re-entry housing were carried out 5 times (since October 2008) and the groups for women 20 times. Service was being provided to a former client of the Re-entry housing, who was serving his terms (public beneficial labor) in our facility. He successfully brought his penalty to an end.





TRAINING PROGRAM IN THE PREVENTION OF AROUSAL AND DEVELOPMENT OF SOCIALLY UNFAVORABLE PHENOMENA IN THE SOCIETY

Accredited at the Pedagogical Faculty of the West-Bohemian University, dep. of psychology.

The goal of the experiences based course is to make the participants acquainted with the possibilities of prevention among children and youth. The participants should get an insight in the communicational techniques, in the drug subcultures, the types of dependency, in violence and abuse in families, in the administration of the work with clients, in the practical signification of supervision, in the bases of counseling activities including motivational dialogue, and skills such as creating confidence, initial and quick assessment of the situation of the client (family, drugs).

The target group consists of:

Professionals dealing with the realization of programs of narcotic abuse prevention and prevention of other socially unfavorable phenomena

People, who intend to carry out these programs in the framework of the profession

People involved in the activities of the church (employees and volunteers) as leaders of home group, youth and adolescent people.

People working in the children's centers or centers for the work with non-organized youth.

Number of participants is from 12-24.

Training methods used:

The contents structure is based upon a few basic thematic fields:

Themes oriented on the gaining of basic theoretic knowledge in the field of drug addictions and socially unfavorable phenomena, of risks and protective factors of dependency arousal and development, system of drug addicts care, survey of narcotics and types of dependency, risks of narcotics use, models of effective primary prevention, violence and abuse in families.

Themes oriented on the gaining of practical skills for the work with model situations „Drugs in the school and family environment“, methods and techniques of the primary prevention program, theory and practice for the use of administration of the work with the client.

Techniques of work with children participants will be taught a range of techniques that help to develop communicational skills, to discern marks of socially unfavorable phenomena, to assess the social climate among peers which leads to a development of operational skills. These techniques can subsequently be used in the work with children.

The theoretic and general part is equally essential and inseparable as the practical part. In addition to the basic theoretic themes the course focuses on the personal development of the participant, on the forming of its attitudes, the development of social skills and on the finding of independent possibilities in dealing with problematic situations, etc. The methods therefore prefer to combine the practical skill training workshops with the parts focusing on the handing down of theoretical information.

Among the methods used are:

Lectures focusing on the handing down of theoretical knowledge, on the group work with the appointed themes, on the training of practical skills, on the autonomous preparation of a case report.

The extent of the course is 67 hours (1 lesson corresponding to 45 minutes) divided into seven one-day seminars (once per month). It includes three hours of work on the case report at home. Approximately 30% of the course will consist of theoretical parts and teaching, while the rest will be covered by practical training and workshops. In order to obtain a document certifying the passing of the course the participant has to reach a required number of lessons and to present a written case report.

Staffing of the course:

The organization of the course is assured by the employees of Teen Challenge Plzen. The course is led by three lecturers who are employees of the Center for Prevention, Treatment and Follow-up

Care Teen Challenge Plzen - Karel Nyerges, Michaela Hlavová, MA, Sona Cerná, Dis

Expert guarantees of the course: theological framework - Petr Procházka, MA

Psychological and therapeutical framework- Dr.Vladimír Blažek, MA

Executive coordinator of the course - Gustav Cerný, BA, ordained deakon

Last year the course was held twice.

AT CONFERENCE

On June 18 and 19 the Anti-drug Prevention and Therapy Center, Teen Challenge Plzen and the Civic Association Ulice in collaboration with the Society for Addictive Diseases of the J.E. Purkyn Czech Medical Association held 4th year of the Conference on the Prevention and Treatment of Dependencies in the Pilsen Region.

The conference was awarded the Educational Event Accreditation from the Czech Medical Chamber.

Themes: In the Course of Time

Some of the contributions at the conference were for instance: Substitution in Plzen. Clubs Den of Sin or Partner in Prevention? Follow-up Care in Plzen. Labor and Social Exchange. Work with Drug Addicts and Prevention in Portugal. Trauma and Dependency. Quality Standards of the RVKPP versus Standards of the Ministry of Education. How to Influence Children's Attitude Towards Smoking? What Am I and What Else Am I?, etc.

4th year of the Conference on Prevention and Treatment of Dependencies in the Pilsen Region

Centrum pro prevenci a léčbu závislosti, s.r.o. - Teen Challenge Plzeň, Ulice - Agentura řešení a sociální práce, a.s. - Mladá Boleslav

Váš středně velký čas

4. konferenci a prevenci a léčbu závislosti v Plzeňském kraji

„V PROUDU ČASU“

17. - 18. června 2008

V PROUDU

V prostorách metodického kostela, Husova 14, Plzeň

THERAPEUTIC COMMUNITY HOLY HILL

The activities of The Center of Christian Help Plzen (SKP Plzen) come from principles of the Christian therapeutic community. Human life has not only material substance (body and its needs) and psychological and social dimensions (personality, emotions, relationships), but man is also a spiritual being created in God's image. That is why our work comes out of bio-psycho-social-spiritual model - from a so called holistic approach towards a client. During their stay the clients are lectured to be oriented in their social-legal matters. They are counselled to be independent from the social system.

HISTORY

SKP Plzen was established in 1991 by the Deaconate of the United Methodist Church with the objective of helping people in need. It is registered as a purpose built facility of the church. SKP Plzen offered to the people on the edge of society accommodation, food, social help and assistance in looking for a job. Afterwards, when in the basement of the same building a contact centre of Teen Challenge Plzen "Tearoom Jericho" was started, SKP Plzen began to receive these clients. SKP Plzen) accepted the program from Teen Challenge Czech Republic and since 1999 it operates the therapeutic community.

THE PREMISES WHERE THE PROJECT IS BEING REALIZED

The seat of the organization is in Plzen, 14th Husova (John Hus street).

The Therapeutic community is operated in a village Litozlavy (near Rokycany). It's located in a quiet place, but all the necessary services are convenient (10 minute drive to Plzen). There are 3 rooms available for accommodation for the clients (8 beds in the 2 rooms in the ground floor for clients in 1st and 2nd phase, 4 beds for the clients in 2nd and 3rd phase is on the 1st floor), kitchen, dining room, lounge, an apartment for a worker and his family, room for night duty, sanitary facilities, offices, etc.

The building has an area of 627 square meters. It has 2363 square meters of adjacent gardens including: a shed, a barn, a farm building, a drink-water well and a permanent lawn. In the grounds of the therapeutic community there are residential containers where all of the group activities, the Computer literacy course included, are held. In the grounds of the therapeutic community, there is a playground for leisure time activities. There is no gas-fixture, therefore wood and coal serves for heating. One phone line, fax and internet connection are being used.

There is a joinery workshop in the house that helps to improve work-therapy.

The therapeutic community owns 4 company cars, which serve to transport clients to doctors, trials, an employment bureau, for shopping needs of the community, etc.

The owner of the building is United Methodist Church, which is the founder of SKP Plzen, SKP Plzen is the operator of the building. The property is being used free of charge.

CERTIFICATION AND REGISTRATION

May 2nd 2006 the Therapeutic community Holy hill was granted a Certificate of expert qualification.

July 9th 2007 the County Council of the Plzen County, the Social and Health Department have registered our services according to the Act 108/2006 Digest about Social Services.

THE PROGRAM

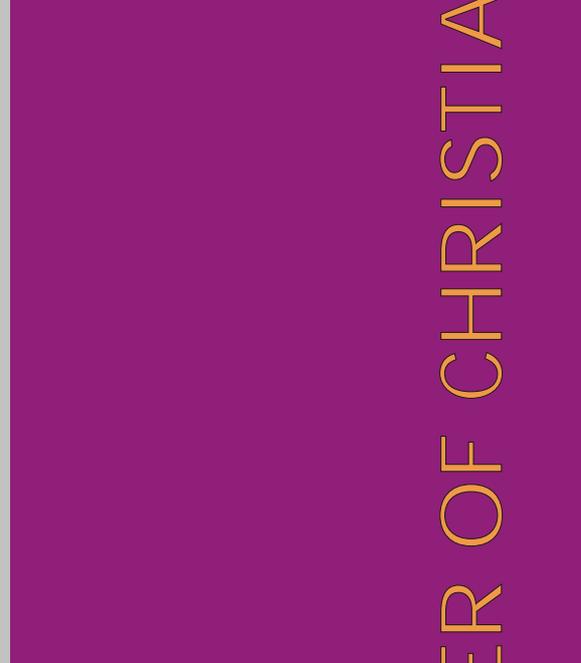
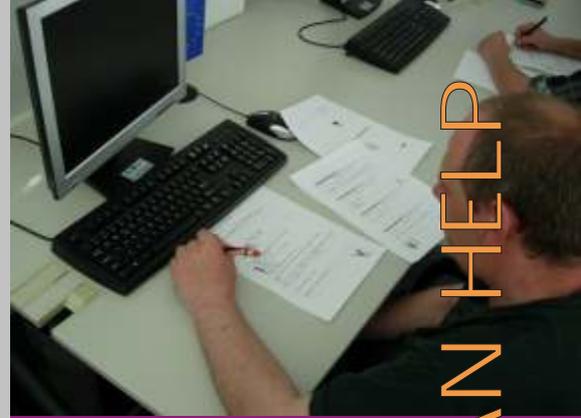
Therapeutic community ensures a therapeutic program for men in the age of 18 to 40 years who struggle with some kind of addiction. It provides food, worktherapy, personal and group therapy, sport and leisure time activities, assistance in dealing with the authorities, spiritual care, crisis counseling, recondition and training stays for the clients, etc.

And newly since August 2007 the Computer literacy course. Computers, classroom equipment and other costs were and are co-ensured by European Structural Fund sources within SROP (Common regional operative program) The Social Integration Support from the state budget and the Plzen County budget.

The program is intensive, structured and it combines a psychotherapeutic approach for the group and social skills training within the schedule and clear rules. That allows take client reconciliation for their own deeds, attitudes and influence on others. It helps them to learn how to live within certain limits of behavior, to understand the sense of self control his attitudes in his life and in taking responsibility for his own behavior. All program activities are mandatory.

PHASES OF THE PROGRAM

The program in therapeutic community lasted 12 months. The basic method used is „a therapeutic community method“. The clients joined the program according to their own decision and could leave the program at any time. The program was divided into 3 parts. The length of each part, mentioned below is just for orientation, because it is set individually according to the actual state and needs of every client. The first 2 weeks are a probationary period, the client learns the rules and structure of the program and decides whether he wants to participate actively.





1st PHASE

The first 3 months of the program are characterised by many restrictions on the clients. The client is not allowed to leave the community alone, the client does not have individual outings, the family members' visit can happen after one month since entering the program. The aim is to separate the client as much as possible from his previous environment, change his system of habits and meet his needs, give him the possibility to deliver himself from the past. For the client all the regulations and rules of the community were valid. Most of the activities, including the leisure time spend was directed and took place in a group. In this phase the clients were no longer physically addicted and the first changes in behavior and problem solving were expected to be evident. At the end of this phase the clients had the usual crisis. They considered the pros and cons of the program again. Most of the physical symptoms subsided. The feelings started to improve. They were able to go right in the protected environment of the community, but the program felt stereotyped for them. The personnel paid attention to it and tried to show the client the risks connected with the possible exiting of the program in this phase, his being unready and not being ready for the life out of the protected environment.

2nd PHASE

The 4th - 9th month of the program consisted of a successive gain in privileges and possibilities to contact the environment outside the community. The client overcame the crisis of the previous phase. His motivation raised again. He could see his weaknesses and worked on them. Stepwise he gained the possibility to have individual outings go shopping alone - later to spend 48 hours on so-called furloughs - go home or to a place intended as a return place after client's finishing of the program. All these activities are still supervised by the workers of therapeutic community. The clients register their arrival and departure times, had to keep a given time. After their return to the centre they were given a breath test for alcohol or a urine drug test if needed. They had to have receipts for the goods they were buying. They applied for their furloughs, talked about the possible risks with a worker, wrote a report about the furlough, went through particular situations and events with the counselor. Relapse prevention was a significant part of this phase.

3rd PHASE

The final 3 months of the program were characterised mainly by a strong emphasis on getting a job and housing and creating a net of safe relationships outside the community. In this phase the client has lived (since December 2005) in a separate part of therapeutic community building in a 4 bed apartment that offers more privacy with a separate bathroom and a little kitchen. He still attends all the mandatory community activities. The client obtained further privileges through the disengagement of the strict community supervision. He arranged visit to the doctor according to his needs himself and attended to it. He could have a cell-phone, etc...
If the client had, after finishing staying in therapeutic community no place to return or didn't want to return to his original environment, he could use an offer to enter the Re-entry House in Plzen (an affiliated organization which Teen Challenge offers in Plzen, the accepted member of A.N.O., the after care programs section) or enter some different after care centre. These activities are highly important and must be carefully treated and take a lot of time. The workers help clients enter the „outside world“ as smooth as possible.

ACTIVITIES RUN WITHIN THE TC PROGRAM

Collective study - thematically oriented groups (themes, for example, growth through falls, anger and personal reformation, obedience, ...)

Personal study - therapy based on individual concrete long-term and short-term goal setting and achievement. Themes for example: character traits, moral freedom, relations with others.

Group therapy - biographic, thematic and interactive groups the Turn Point, Face to face, the Re-laps prevention.

Computer literacy course - clients are lectured to work with a computer.

Art therapy - used artistic activities as an instrument of cure. It achieved the required changes in self-knowledge, attitudes and behavior of an addict towards his greater autonomy and integrity.

Work therapy - cleanup and maintenance work in the house and on the premises around the property (fence repairs, playground construction), gardening, housework, work in the locksmith or joinery workshop (candle and decorative production), obtaining wood for winter.

Individual counseling - every client had his personal guarantee (one of the workers), who in cooperation with the client regularly evaluates the situation of the client and his progress in the healing process. The guarantee guided the client during the whole stay in the community.

Social work - We allowed access to a network of various institutions during the stay in the program of therapeutic community for the clients. A social worker handled the registration of clients at the employment bureau and handled the getting of a social benefit, communicated with the creditors (health insurance agencies, courts, urban traffic companies), arranged the hire-purchase payments, guided the clients to courts, communicated with the probation and mediation bureaus, managed their alternative punishment work.

Leisure-time activities - were done and organized together. A client in the therapeutic community area used the professional equipped fitness, playground, included in the therapeutic community program were other sports and endurance activities (ping-pong, swimming, tour trips, cycling etc.). Usually these were activities that could fill the free time of the clients also after finishing the therapeutic community program. Clients visited various cultural and educational events (galleries, vernissages, theatre, concerts).

Recuperative and endurance stays - a week stays of clients focused on strengthening their motivation (a week stay in a recreation area Veselka u Vimperka, 3 day Teen Challenge conference in Prag).

Spiritual care - personal talks with a pastor.

Family therapy - working with family members and partners during visits or by phone.

In year 2008 a total of 30 man clients have made use of the program of the Holy Hill TC, while 8 of them entered the program already in 2007. Ten clients passed successfully the program. The total program utility of the therapy community program was 63% (100% means all the beds are occupied) in 2008. There are still 8 clients carrying on with the program. Three clients were allowed to serve their terms (public beneficial labor) in the framework of of the program within their leisure time (1200-1500 h/year)

VOLUNTEERS IN MISSION

A very important part for our community developing are regular work stays of volunteer teams from Texas, Tennessee and Canada (Volun-teers in Mission). These volunteers really do support our work in therapeutic community Holy Hill in a very important way and they manually work together with our clients. The volunteers themselves pay for their travelling, accomodation and building material. Their presence is very motivating for the clients.

SROP

The TC has successfully recieved a grant from a Common regional operative program in a grant section The Social integration support in Plzen County. Within this project, we managed to ensure all facilites necessary for our new classroom a computer network, computers and other facilities, and the lecturer's salary, the lecturer of the Computer literacy course, is also ensured from the grant. Our goalis to increase our clients' qualification and let them have a better position in comparison with other socially similar clients on the work market. The technical progress requires higher demands to education and skills especially in working with information and personal computers. The Computer literacy course operates within a wider context. The course itself can not help the clients manage requirements of every day life. The motivation is an increasing offer of services in the therapeutic community. It is important to get the clients ready to leave our community and be able to return to an ordinary life. The course consists of two phases. During the first one the clients are taught to basic computer knowledge and work with the internet. The second level is more interested in work with a text editor, antivirus protection, programs installation, charts, graphs and communication records (SKYPE, ICQ...) etc.

RECONSTRUCTION OF THE HOLY HILL THERAPEUTIC COMMUNITY

The Center of Christian Help (SKP) Plzen has endeavours for a reconstruction of the Holy Hill Therapeutic Community and its financing from Nuts II Southwest (ROP Regional Operating Program).

The main goal of the project is a reconstruction of the Therapeutic community Holy Hill because of its bad condition that does not allow to run common activities. After the reconstruction the utilization capacity will grow from 12 to 20 beds. The room, designed for a work therapy, is also going to be reconstructed. They will be able to use their skills in their new employments after leaving the community Holy Hill. The level of offered social services is going to be progressed during the reconstruction to a modern and conflictsless surroundings.



EU PROJECTS



Společný regionální operační program



PLZEŇSKÝ KRAJ

Projekt byl spolufinancován Plzeňským krajem a Evropskou unií v rámci Společného regionálního operačního programu - grantové schéma "Zvyšování znalostí a praktických dovedností klientů v terapeutické komunitě".



LABOR AND SOCIAL EXCHANGE

Since August 1, 2008 there has been registered another service with the Center of Christian Help; it is called the Labor and Social Exchange. It is designed for the former clients of the therapeutic community or the clients of the Follow-up Care Center as well as for the Re-entry housing clients, who cannot be employed within the open labor market.

THE PREMISES WHERE THE PROJECT IS BEING REALIZED

Description of the facility: The service is being provided in a rented office with a surface of 38, 25 m². There is another for our disposal with a surface of 17, 56 m², which if need be is being used in turns with the employees of the Children in Need Fund, whose seat is in the same building.

The owner of the whole building is the City of Plzen.

CERTIFICATION AND REGISTRATION OF THE SERVICE

On August 1, 2008 the Regional Authority of the Pilsen Region, the Department of Social Affairs and Health in accordance with the Article 108/2006 Coll. on Social Services has ruled on the registration of the service of social rehabilitation.

The Labor and social Exchange emerged on August 1, 2008 by the Center of Christian Help. It is designed for ex-clients of the therapeutic community or for clients of the After Care Centre Re-entry housing who are hardly to be employed in a common way. It is mostly because of their chronic diseases, a badly disobeyed work morale, a note in their criminal and job record and more they do not have their elementary school education finished.

Agency should offer a work rehabilitation in cleaning and engineering services.

The program focuses on two client groups:

1. Hardly employable clients, who are disadvantaged at the common labor market. These clients are provided sheltered employment, where training of offer working skills in a sheltered environment. This program is providing the client with a job for a determined period of time (1 year) and its goal is not to offer the client a permanent job but to support them on an ensuing passage into a job in non-sheltered conditions. Sheltered employment this is simple cleaning and maintenance work.
 2. Clients searching a job this group gets supported in their searching for a job, is provided employment and social counseling, help with writing a structured CV, preparation for a job interview. We help the clients also to deal with their social problems, or we assist them in negotiating with authorities, health insurance companies, courts, creditors, etc.
- All the services in the framework of the Labor and Social Exchange are provided for free.

Sheltered employment: Since 1.1.2008 14 hardly employable clients were employed here. Clients searching for job: employment and social counseling, informations 102 contacts (38 woman, 63 men).

SPONSORS AND SUPPORTERS OF SKP PLZEN AND TC PLZEN

Expenses were covered by gifts from the following supporters (in alphabetical order) BEL SYRY CESKO a.s.; Central Church of God in USA; Deaconate of UMC; UMC Plzen 3 - Husova; UMC Praha - Strasnice; UMC Praha - Vrsovice; UMC Praha 2 - Nove Mesto, Jecna ul.; St. Lazarus Hospice; Martin Ruzicka, JD; County Council Plzen; Ministry of Health Ministry of Work and Social Affairs; Municipal Council Plzen; Foundation for Social Activities of Plzen Citizens; Nadeje Plzen; Prima Bakery - Plzen; Mr. Premysl Rzounek; RVKPP CR; Mr. Sestak Rudolf - Bookstore; VIM Canada, VIM Tennessee, UMC Norway, UMC North Texas USA; Mr. Vladislav Andrs, Committee of Good Will - The Olga Havel Foundation; Mr. Zdenek Eberle; Mr. Zdenek Trnka - OPTIK TRNKA and othe anonymous donors. We would like to thank to all these sponsors and supporters.

COOPERATING SUPPORTERS

Psychiatric Clinic Plzen detoxication unit and the B department, Mental Hospital Dobransy, County Hygienic Station, Ivana Bouchnerova, MD, Miroslava Synková, MD, Dr. Roman Cepelak, Dr. Iva Steklova, Dr. Jiri Tyl, Asylum houses society, Dental clinic of Teaching hospital Lochotin, Nadeje Plzen, Teen Challenge CR, St.Lazarus Hospice, Teen Challenge International.

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INCOME - ALL IN USD

DONORS	Consultation and prevention center	After care centre
MPSV	\$32 308	\$5 820
RVKPP	\$0	\$18 411
KU participation to RVKPP	\$17 817	\$10 690
KU car donation	\$7 128	\$0
MMP OSVZ	\$87 837	\$11 878
MMP UMO 3 (city district)	\$23 756	\$0
Social activities foundation	\$4 751	\$0
UMC CR direct payment	\$38 548	\$0
Texas, Tennessee	\$6 185	\$0
UMC Norway	\$3 750	\$0
Central Church of God	\$52 921	\$2 079
Employee allowances	\$7 119	\$990
External allowances	\$11 010	\$0
Client allowances	\$0	\$7 747
CELKEM	\$293 130	\$57 615

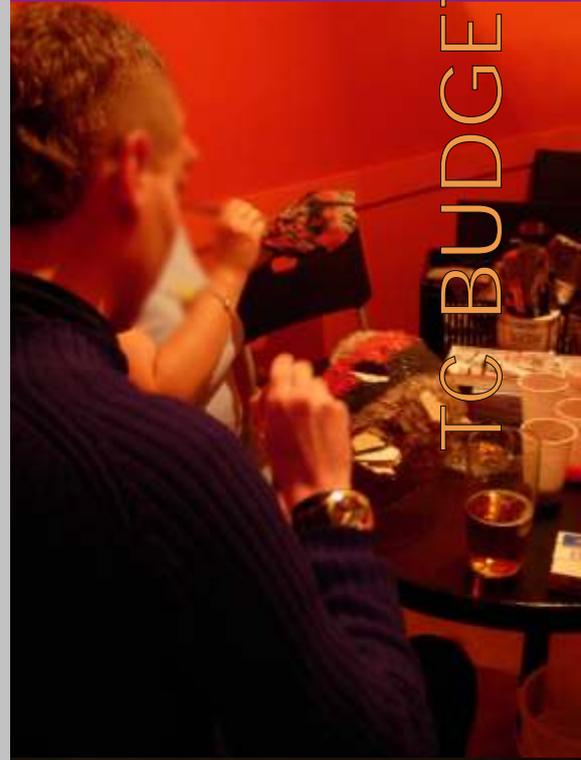
EXPENSES

	Consultation and prevention center	After care centre
CAPITAL EXPENSES	0	0
OPERATING EXPENSES	\$118 842	\$22 085
consisting of		
Material expenses	\$29 232	\$3 507
Energy	\$7 218	\$7 046
Repairs and maintenance	\$5 846	\$540
Travel expenses	\$1 127	\$0
Misc. services	\$59 065	\$8 643
Misc. operating services	\$16 354	\$2 349
PERSONAL EXPENSES	\$184 806	\$37 448
consisting of		
Gross incomes	\$73 056	\$13 346
OPE (working contract)	\$24 421	\$14 149
OPE (work agreement)	\$9 084	\$0
Other wage expenses	\$5 619	\$0
Social and health insurance	\$34 078	\$9 953
UMC CR salary contribution	\$38 548	\$0
NONCAPITAL EXPENSES TOTAL	\$303 648	\$59 533

AUDITOR'S STATEMENT

The auditor's statement finds the budget of Teen Challenge Plzen in the accountant period of the year 2008 has been found without any important errors in accordance to the Act 563/1991 Digest about Accounting and appropriate regulations.

TC BUDGET



HOLY HILL BUDGET



INCOME - ALL IN USD

DONORS

MPSV	\$17 817	\$0
RVKPP	\$42 167	\$0
MK odbor církví	\$2 969	\$0
KU participation to RVKPP	\$26 725	\$0
KU car donation	\$8 908	\$0
MMP OSVZ	\$55 198	\$0
MMP cleaning machine	\$0	\$8 315
MMP crime prevention	\$29 695	\$4 751
MMP - UMO 2 (city district)	\$0	\$2 880
Social activities foundation	\$4 751	\$1 188
Department of Labor Pilsen	\$0	\$21 866
Department of Labor Rokycany	\$0	\$1 119
UMC CZ direct payment	\$67 896	\$8 683
UMC Switzerland	\$9 634	\$2 959
Central Church of God	\$10 000	\$0
Employee allowances	\$12 074	\$0
Client allowances	\$16 035	\$0
Education allowances	\$6 292	\$523
Own budget activities	\$1 402	\$0
Job orders	\$0	\$24 624
EU SROP	\$73 862	\$0
TOTAL	\$385 426	\$76 908

EXPENSES

CAPITAL EXPENSES	\$15 679	\$8 638
OPERATING EXPENSES	\$124 884	\$20 409
consisting of		
Material expenses	\$22 238	\$4 987
Energy	\$8 818	\$980
Repairs and maintenance	\$4 883	\$1 379
Travel expenses	\$715	\$152
Misc. services	\$81 110	\$11 681
Misc. operating services	\$7 120	\$1 230
PERSONAL EXPENSES	\$186 131	\$57 899
consisting of		
Gross income	\$41 034	\$34 527
OPE (working contract)	\$40 821	\$0
OPE (work agreement)	\$4 523	\$2 604
Weekend service	\$2 376	\$0
Social and health insurance	\$29 481	\$12 085
Expenses financed by UMC	\$67 896	\$8 683
NONCAPITAL EXPENSES TOTAL	\$326 694	\$86 946

AUDITOR'S STATEMENT

The auditor's statement finds the budget of enter of christian help in the accountant period of the year 2008 has been found without any important errors in accordance to the Act 563/1991 Digest about Accounting and appropriate regulations.

TEEN CHALLENGE PLZEN Prevention and consultation center

Statute: Association of legal entities
Statutory representative: Gustav Cerny, BA
ICO: 663 61 630

Adress:

Teen Challenge Plzen
14 Husova, 301 24 Plzen
Tel.: 377 235 526, fax: 377 223 913
E-mail: office@teenchallengeplzen.cz
www.teenchallengeplzen.cz

Contact persons:

Office leader Nada Rückaufova, gsm.: 777 632 488
Operation leader Karel Nyerges, gsm.: 777 642 312

TEEN CHALLENGE PLZEN Afer-care center - protected housing

Statute: Association of legal entities
Statutory representative: Gustav Cerny, BA
ICO: 663 61 630

Adress:

Teen Challenge Plzen
75 Susicka, 326 00 Plzen
Tel.: 377 442 669, fax: 377 223 913
E-mail: sona@tenchallengeplzen.cz
www.teenchallengeplzen.cz

Contact persons:

Social therapist Sona Cerna, Dis, gsm. 777 570 658,
Therapeutic worker Michaela Hlavova, M.A. gsm.: 777 256 136

SKP PLZEN Therapeutic community Holy Hill

Statute: purpose church facility
Statutory representative: Gustav Cerny, BA
ICO: 405 245 66

Settlement address:

14 Husova, 301 24 Plzen
Tel.: 377 235 526, fax: 377 223 913
E-mail: pavelkova@teenchallengeplzen.cz
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Community adress:

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50 Litohlavy, 337 01 Litohlavy
Tel.: 377 224 320, fax: 377 225 739
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Contact persons:

Operation leader Rudolf Povysil, gsm.: 774 155 294
Program leader Petr Balous, M.Sc. gsm.: 777 621 395

SKP PLZEN Labour and Social Exchange

Statute: purpose church facility
Statutory representative: Gustav Cerny, BA
ICO: 405 245 66

Address:

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