

Who are Adults for Children?

Our organisation – NGO , Adult for Children, or in Norwegian; Voksne for Barn, has been working since 1960 for the wellbeing of children with a particular focus on mental health. We are the oldest and also the only organisation with this particular focus in Norway.

Adults for Children are working for children's and youth's interests are especially related to their mental health. We are a voluntary, idealistic membership organization that works so that all children and youth in Norway shall receive a positive childhood and adolescence. Adults for Children offer services to:

- children and youth
- parents and other carers
- professionals who work with children and youth

Among our main activities we have

- Promotion programs – mental health in schools
- Parent guidance – groups and helpline
- Training of professionals, to offer groups for children at risk, competence raising training in many important topics for mental health services, in communities etc
- Program and activities to involve children and adolescents to communicate their own experience
- Social policy – advocacy and lobbying
- Magazines, leaflets, conferences and information services

It is possible to read more about us at our website www.vfb.no or write to us by email address vfb@vfb.no

Training for the Preventive Family Intervention

Adults for Children offers this training in cooperation with universities or other educational institutions. These institutions then to offer the training as part of a specialization for care givers or as part of a master or bachelor.

The training are build up over 5 seminars in 6 days and 4 sessions where supervision related to the different meetings in the interventions are offered.

The 5 seminars present these topics:

1. Introduction to the intervention
2. From epidemiology to prevention
3. How to do the intervention in practice
 - a. Looking through the DVD with the meetings in plenary
 - b. Roleplay
4. Mood disorders
5. Resiliency in children

Each lecture last for 6 hours.

For the sessions on supervision the participants have to recruit a family to do the intervention in practice. The supervision is structured as both pre – and post intervention related to the different meetings in the family.

The examination is focused on the participants experiences with the intervention in the families.