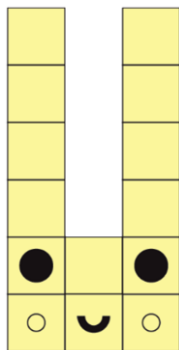




REPUBLIC OF ESTONIA
SOCIAL INSURANCE BOARD



Barnahus
Lastemaja
Дом детей
Children's House



Anna Frank
Head of Children's House
Children's Welfare Department

ESTONIA

1 328 439 people living in Estonia (2022)

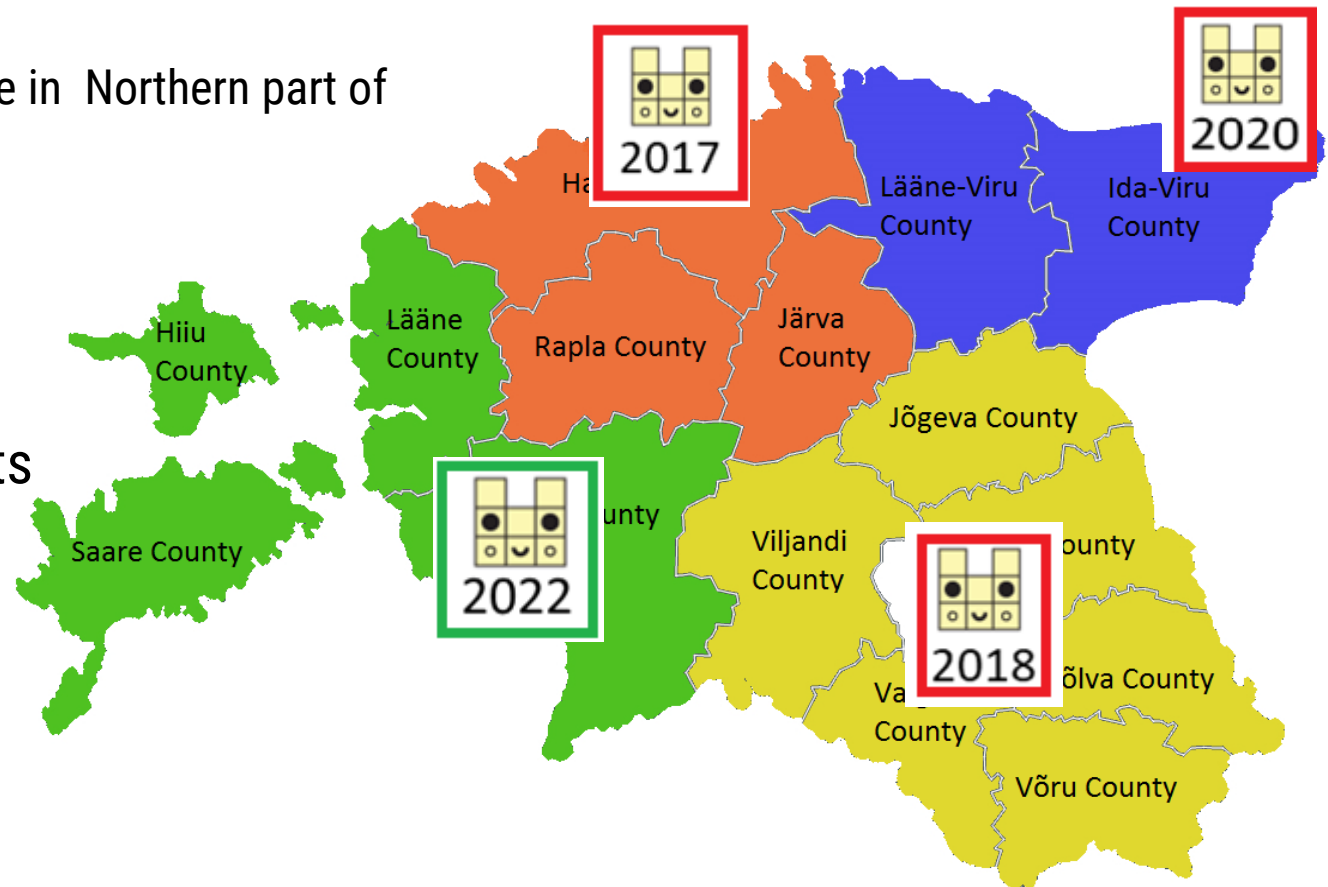
257 044 children living in Estonia (2020)

550 000 (ca) people live in Northern part of Estonia

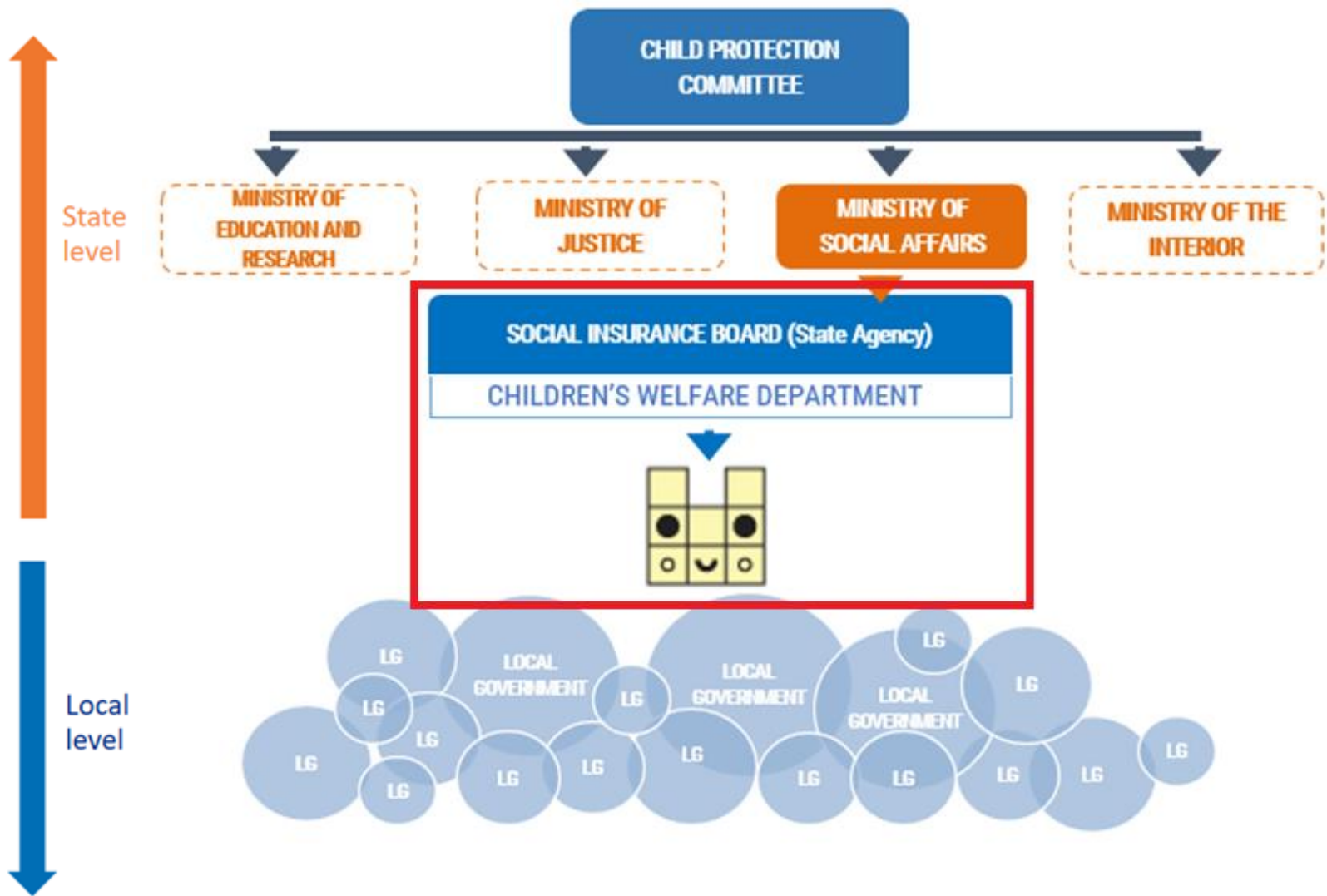
Estonia

15 counties

79 local governments



BARNAHUS IN ESTONIAN CHILD PROTECTION SYSTEM



CHILDREN'S HOUSE ESTONIA

Child-friendly, multi-disciplinary and interagency service

- **for child victims of sexual abuse** (or for children with that suspect)
- **for children with harmful sexual behaviour**

We aim to identify child sexual abuse cases and provide child-friendly services and help for children and families.

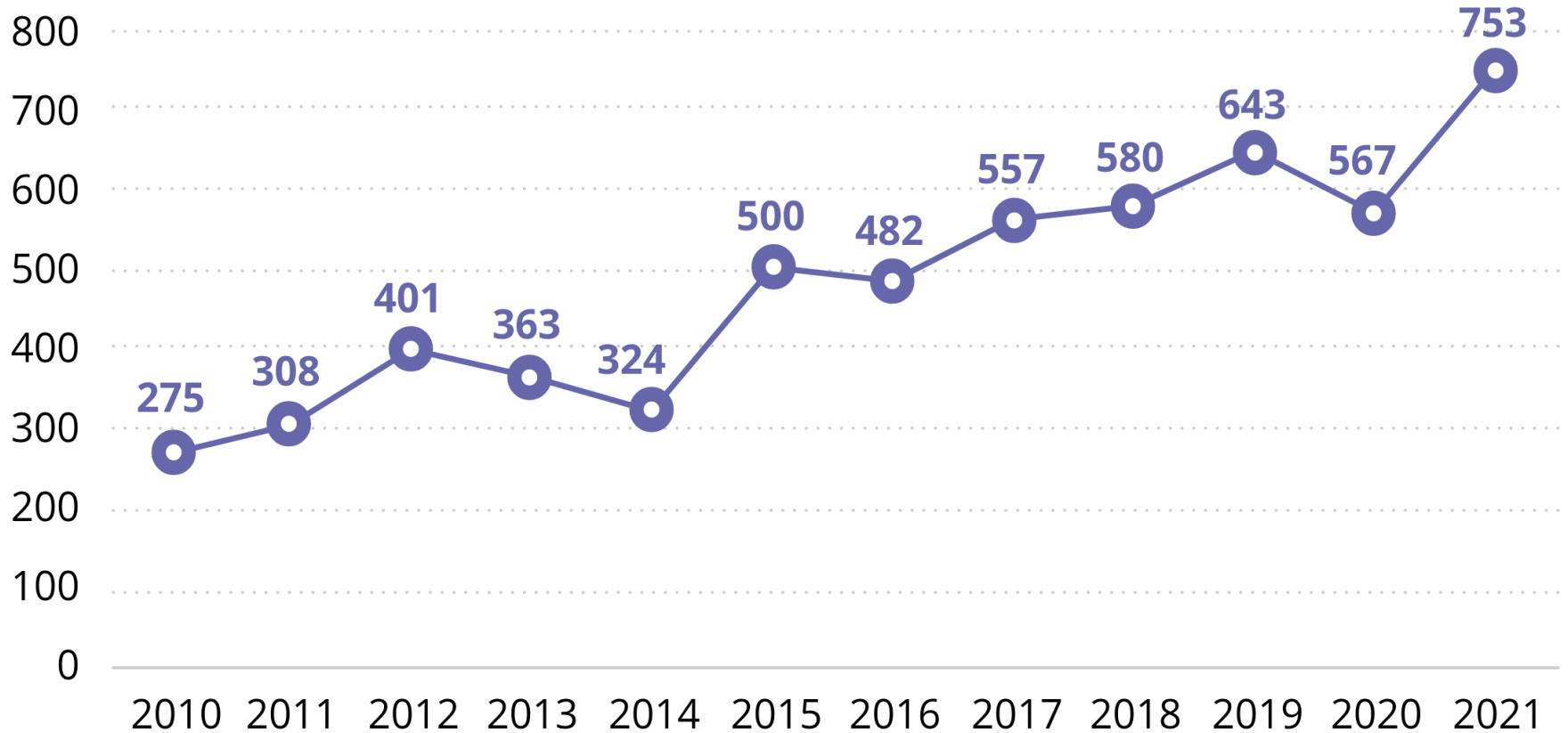




About **one in five children** in Europe are victims of some form of **sexual violence**.

<https://human-rights-channel.coe.int/stop-child-sexual-abuse-in-sport-en.html>

REGISTERED SEXUAL CRIMES IN ESTONIA



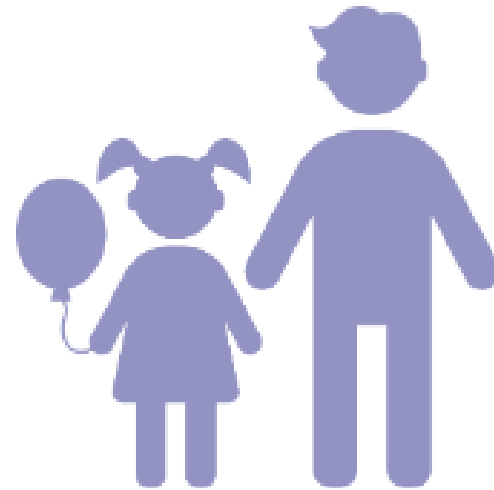
https://www.kriminaalpoliitika.ee/kuritegevus2021/Seksuaalkuriteod_page.html

2021

753



95



663

2021

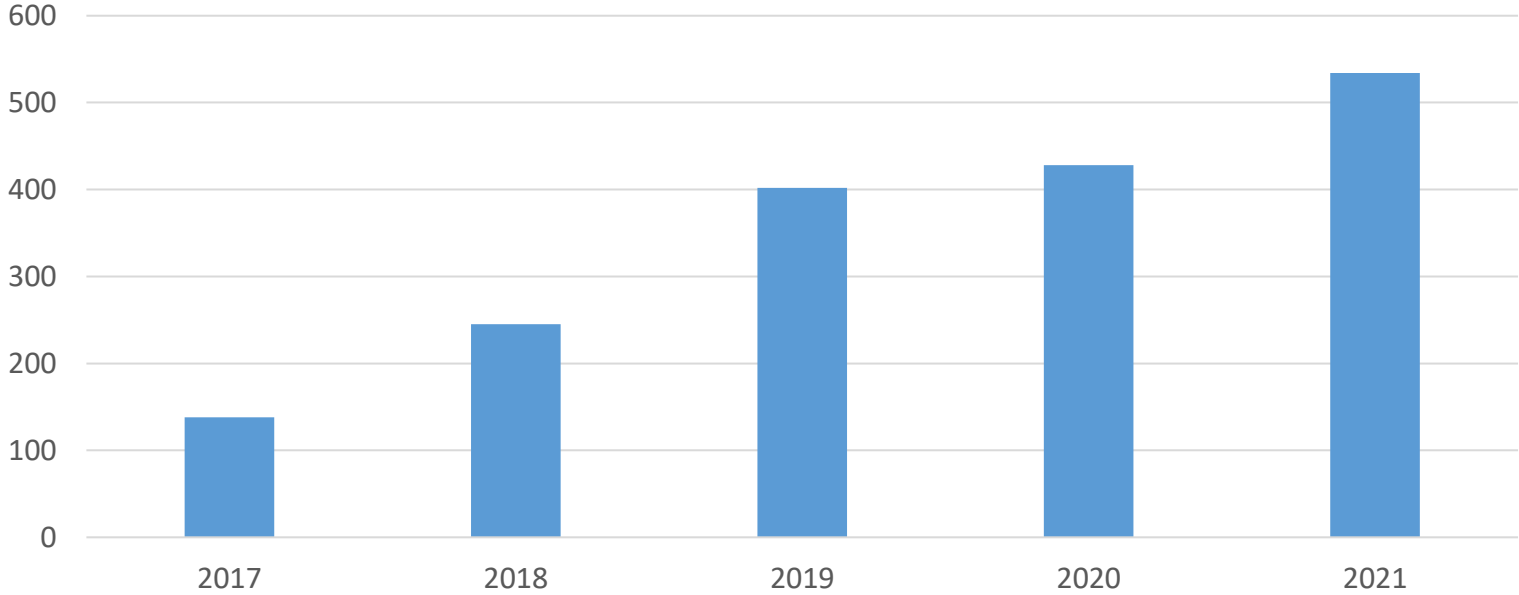


**Increase of sexual
crimes**



**Increase of sexual
crimes
against children**

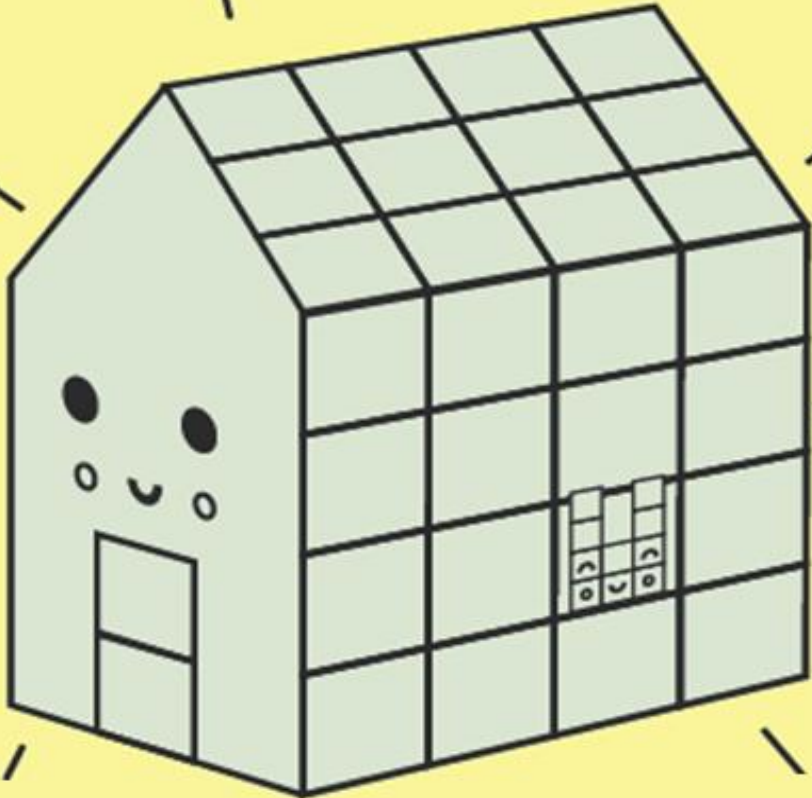
REFERRALS TO BARNAHUS



B A R N A H U S

HEALTH ROOM

MEETING ROOM

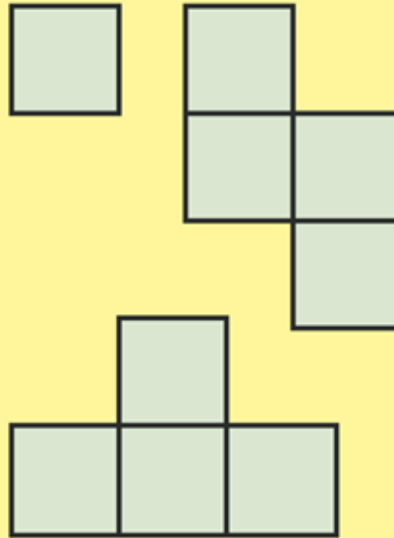


**INTERVIEWING/
HEARING/LISTENING ROOM**

**PLAY AND
THERAPY ROOM**

PLAY AND THERAPY ROOM

Children adjust to the Barnahus environment and it is explained to them what will take place. Meetings with a Psychologist also take place here.



HEALTH ROOM

Child's health is assessed in a child-friendly environment.

MEETING ROOM

Different case related specialists (Police Investigator, Child Protection Specialist, Forensic Doctor, Psychologist, etc.) Multidisciplinary case management.



INTERVIEWING/ HEARING/LISTENING ROOM

The conversation is conducted with the child by Barnahus specialist or Police investigator.



08.12.2022

Anna Frank

BARNAHUS 2016: FIRST STEPS IN ESTONIA

- Everybody knew that Barnahus model is good, but nobody didn't take initiative
- Ministry of Social Affairs (funder of Barnahus model)
- Lanzarote convention, new Estonian Child Protection Act etc.
- Memorandum was prepared by politicians and officials
- In order to design the child-friendly service **round tables** were being held with **medical and mental health professionals, police officers and other partners** who work with children
- **Joint** trainings to introduce the model of Barnahus and bring together the Network.

THE BARNAHUS QUALITY STANDARDS



Romanian: https://www.barnahus.eu/en/wp-content/uploads/2020/02/EE_StandardsSummary_FINAL.pdf

Polish: https://www.barnahus.eu/en/wp-content/uploads/2020/02/PL_StandardsSummary_FINAL.pdf

Slovenian: https://www.barnahus.eu/en/wp-content/uploads/2020/11/PROMISEStandards_SI.pdf

English: <https://www.barnahus.eu/en/the-barnahus-quality-standards/>

BARNAHUS ESTONIA 2017

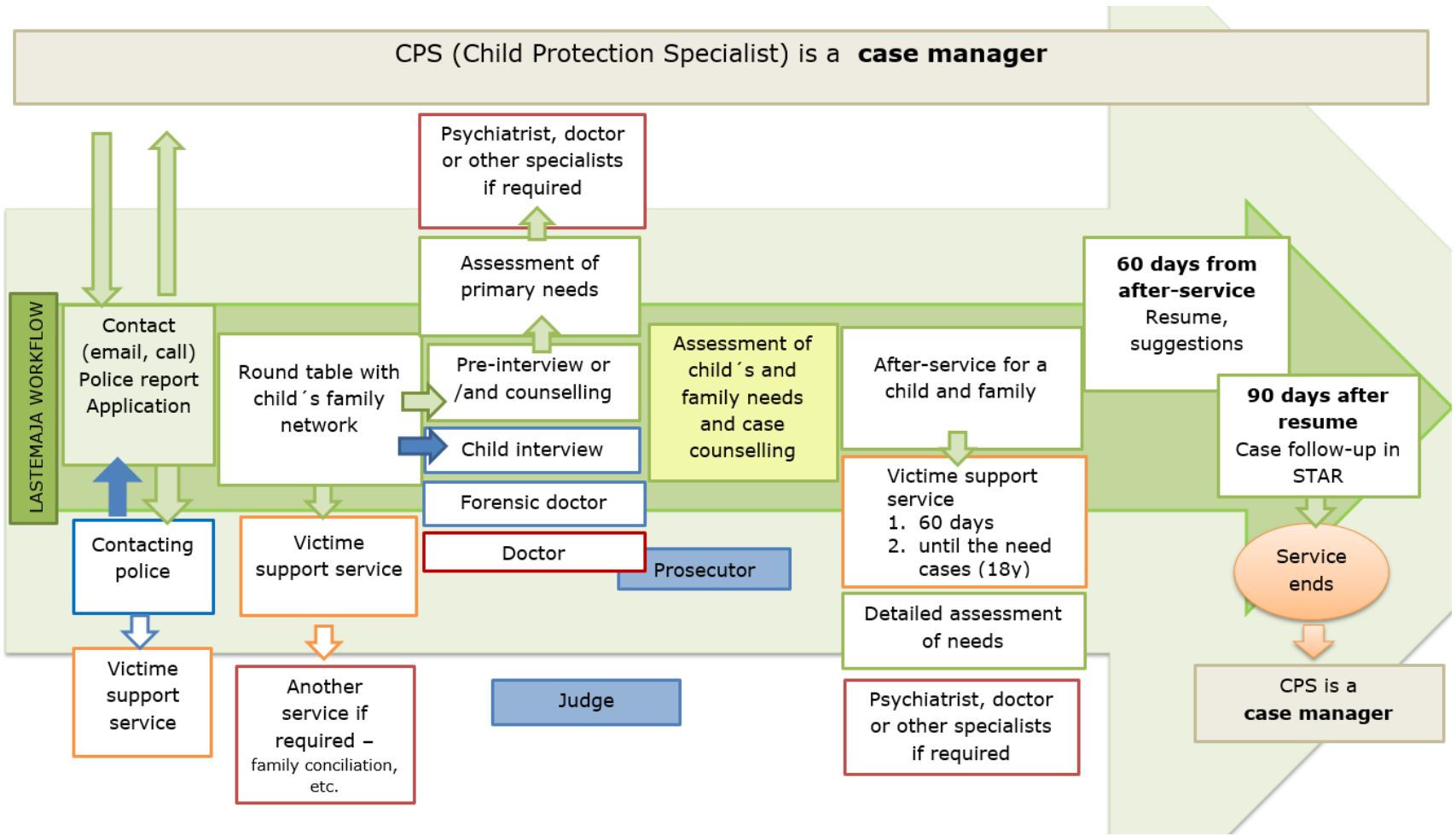
- **Pilot Project (1 year)** Funded by Estonian government
- **Building the Network – public agencies, NGOs**
- Media campaigns
- Police starts using the rooms in Barnahus
- Still some reluctance from partners
- Cooperation agreement
- 01.01.2018 Barnahus became governmental service

Usu last! = belive child!

<https://www.youtube.com/watch?v=9MfRXhGzkts>

MULTI-DISCIPLINARY AND INTERAGENCY WORK

- We are used to work in old way...
- Different work disciplines/protocols
- Cooperation takes time and resources
- Support child victims in holistic and trauma-informed way



Work-flow of Barnabus Service

What works

- Involve all parties from beginning
 - Contact person
 - Share tasks
- Regular meetings for development
 - Written memos
- Regular joint trainings
- Visit other Barnahus's
- „Thank-you-gatherings“ 😊

Trauma

- Individual trauma results from an event,
 - series of events,
 - or set of circumstances
- that is experienced by an individual
 - as physically or
 - emotionally harmful or
 - life threatening
- and that has lasting adverse effects
 - on the individual's functioning
 - and mental, physical, social, emotional or spiritual well-being.

Trauma awareness

- Trauma is an experience, not a disorder.
- Disorders can develop if the trauma is not dealt with.
- Most people have experienced this.
- The feeling of powerlessness and isolation increases **mistrust of professions.**
- It is not the event that becomes decisive, but its perception and reaction.
- Trauma is subjective and people's reactions can vary, even when experiencing the same event.
- Trauma produces a variety of feelings and reactions that may appear immediately or over a longer period of time.

~~What's wrong with you?~~

VS

What happened to you?

Trauma-informed behavior

- Approach, treatment, behavior, practice, etc.
- Theory and practice - the choice is wide.
- Trauma-informed behavior is not therapy.
- Understands, notices, reacts, avoids repetition (4xR). **Involves the customer.**
- Trauma awareness is the understanding that agencies and public services can themselves create the experience of trauma.
- A trauma-informed model or system integrates trauma-related knowledge into strategy, action plans, and behavioral norms while attempting to prevent re-trauma.
- The mental stress and secondary trauma of employees is reduced, because the awareness increases and the understanding of the joint responsibility of colleagues and systems is created.
- Universal - with everyone and everywhere

You don't have to be Therapist to act therapeutic.

Trauma-informed environment – easy part!





The 5 Basic Principles of Trauma-informed Practice

- Safety
- Trustworthiness
- Choice and voice
- Collaboration
- Empowerment

It is a journey, not a destination

Trauma-informed behaviour in Barnahus

- Quality standards of the Barnahus
- Cooperation and agreements between institutions
- Implementation
 - Cooperation
 - Communication
 - System
- Physical environment and people!
- Work culture, feedback, regular evaluation

How to start?

- Faith
- Desire
- Action
- It starts with one person
- The entire organization - manager, reception desk and the Janitor

CHANGE

The first step toward change is awareness. The second step is acceptance.

Nathaniel Branden

Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek.

Barack Obama

To improve is to change; to be perfect is to change often.

Winston Churchill

Thank you!

Head of Children's House
Children's Welfare Department
Social Insurance Board
Estonia

anna.frank@sotsiaalkindlustusamet.ee

+372 53 611 602

www.sotsiaalkindlustusamet.ee