

Naistenkartano ry



Preventive work among women: Internet services of Naistenkartano

Women together against addictions / Naistenkartano ry
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Women together against addictions / Naistenkartano ry

- Established in 1922
- A national non-governmental organization representing women and specializing in women's dependencies (alcohol etc.)
- The organization is financed by Finland's Slot Machine Association (RAY)

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Objectives of the organization

- To prevent dependencies specific for women in their early stages
- To provide tools of empowerment in women's day-to-day lives
- To take notice of the quality within provided welfare services for substance abuse
- To promote a women's point of view by informing, organizing lectures for women and educating welfare professionals in the field of health and social welfare
- To provide NOVAT, a self-help programme for women
- The Bella Suomi –project focuses on girls

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NOVAT: self-help programme for women

- Empowering and preventive
- Mutual aid and support group
- Approachable
- Based on a NOVAT-theory of how women's addictions gradually develop and how women can get rid of dependencies
- Lasts for 1,5 years
- The manual is based on essential issues concerning women's addictions
- Support and guidance provided by the organization
- Impact studies (2005 and 2012)

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Nettikartano: Internet services of Naistenkartano

- An easy way of getting in touch with a professional to assist with problems in their early stages
- Sharing problems with others, peer support
- Not dependent on a specific time or place
- Individual counselling
- A web-based NOVAT-course

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Women in NettiKartano

- Average age: 40
- Most of the women are in a relationship
- Many are mothers with small children
 - Difficulty to leave home
- Giving mothers support helps families
 - Women still predominantly responsible for taking care of the household
- Women want to get rid of their dependencies or harmful habits when they have children
 - Don't want to pass them on

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Web-based NOVAT-course

- The aim of the course is to increase life management skills and self acceptance
 - Support from peers
- 14 weeks
- 12 women, 2 instructors
- Weekly tasks and introductions
- Clear rules
 - Commitment to rules
- A modification of the face-to-face NOVAT groups

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Reasons for applying to a NOVAT course

- “ I don’t want to pass this thing on to my 6-year-old daughter, but I’m afraid that I already have.”
- “ Especially I’m tired of my child’s father, who avoids all responsibility and leaves us to manage on our own.”
- “ I’m a working mother, I don’t have time to go somewhere regularly at a specific time.”
- “ I raise my kids as a single parent, which is quite tough. I’d like to be more merciful to myself. It would be easier if I didn’t need to feel guilty of the things I can’t help.”
- “ I want my little children to see a good example of a mother, who loves and appreciates herself.”

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NOVAT-courses 2013

	Participants at the beginning	Dropped out	weekly attendance percentage (without those dropped out)
Spring I	12	2	95,3%
Spring II	12	-	96,4%
Spring III	12	3	95,1%
Autumn I	12	3	94,3%
Autumn II	11	3	93,7%
Autumn III	12	4	94,9%



Feedback from a NOVAT-course

- “I got support to change my ideas and opinions of myself from the NOVAT web-course. I admit that at first I was quite suspicious of the possibility to gain changes just by writing. To my delight I noticed that this really works. The changes are not big (not yet at least), but I notice that I can listen to myself better and I get along with myself better and I’m not so dependent on what other people think or expect of me. This is exactly the change that I was looking for and I’m really glad that I have started this path.”

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Individual counselling

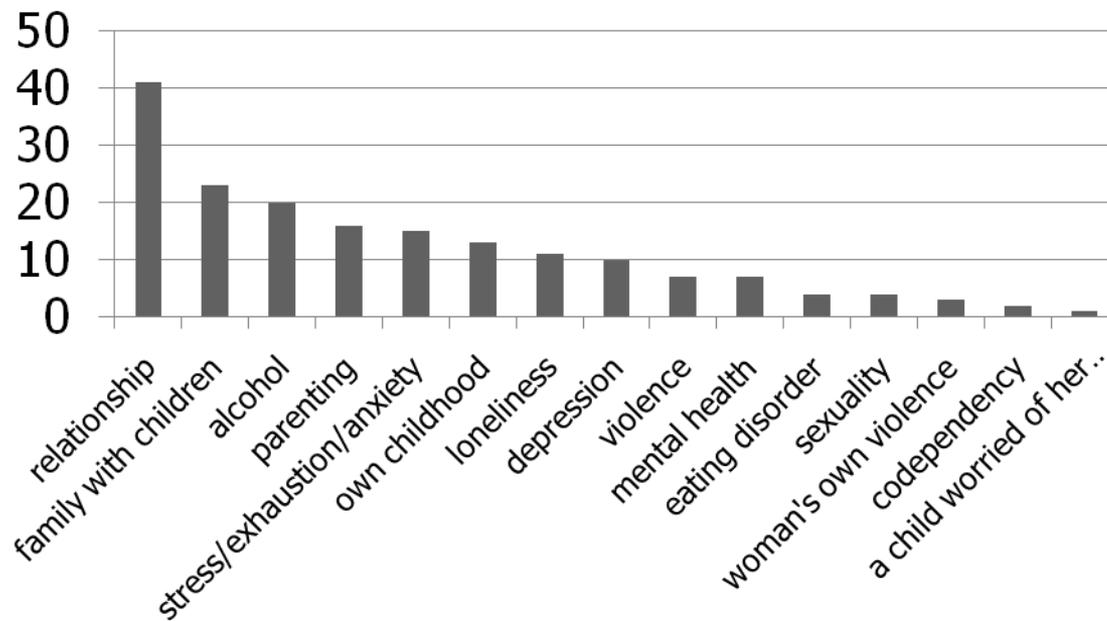
- A confidential web-based helping service
- Women can write anonymously to a social worker at Naistenkartano
- For women who need a neutral point of view and guidance with their problems
- A one-time service
 - Tools to work on the problems by themselves
 - Support in finding one's own resourcefulness
 - Instruction to further services

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Women's problems

- 98 messages in a year (2013)
- Problems and troubles defined by women themselves



Feedback from the counseling

- “ Thank you for the service, it is easier to start working with the problem this way than getting an appointment with a psychologist at occupational health care.”

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More information:

www.naistenkartano.com/nettikartano



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