Center for Social Services Prague, department Prague Center for Primary Prevention (PCPP)
Center for Social Services Prague (CSSP)

- The biggest service provider in Prague on the field of social, health, information and education.
- Established by Prague municipality
- App. 200 employees, 10 departments
- Social and law counselling, temporary accommodation (asylum houses), psychological, psychiatric and social help in critical life situation, help to victims of domestic violence, family therapy, education and support for teachers at schools

Tomáš Ján
Head of Center for social services Prague
Prague Center for Primary Prevention (PCPP)

- Was established in 2008
- Focused on **mapping system and services** for primary prevention of risky behavior
- **Educate teachers** in seminars, consultations, support, supervision, organize workshops
- Develop **methodical materials**, including websites, cooperate on internet prevention and early intervention projects
- Cooperate on **research activities** concerning primary prevention and mental health topics
- Our partners are **schools, professional institutions**, as well as **Prague municipality bureau** - analysis from the field of primary prevention of risky behaviour, which could be used for communal policies
- Search for **new preventive programs**, which are evidence-based and well established
Our team – Project „Build Future, Stop Bullying“

Jan Žufníček
Head of PCPP department, social psychologist, lecturer and university teacher. Long-term involved in anti-bullying and other prevention projects.

Pavel Dosoudil
Social psychologist and counsellor in the field of special education, supervisor, lecturer. Long-term involved in anti-bullying projects.

Markéta Čermáková
Psychologist and school counsellor, lecturer. PCPP: Implementation of Zippy’s Friends project, ADHD theme, process of Certifications of Primary Preventions Programs in the CR
Our team

**Jana Gricová**
Psychologist, in PCPP involved in developing and management of projects aimed on Internet prevention and early intervention of Eating Disorders, ADHD in coop. with Psychiatric clinic, research projects, websites.

**Aleš Kuda**
Psychologist and therapist, expert in the drug addiction problematics, university teacher, experience in municipal politics in Prague. In PCPP also developing websites.

**Jana Marečková**
Website manager in PCPP, social manager in Counselling for Drug Addicts, long-term experience in NGO sector in the field of drug addiction problematic.
Website [www.prevence-praha.cz](http://www.prevence-praha.cz)

**Pražské centrum primární prevence**
Portal primární prevence rizikového chování v Praze

**Target group:**
- Teachers
- **Professionals** (prevention nonprofit organizations, pedagogical-psychological councilors, other preventiosts)
- **Public** – parents, students

**Content:**
- Metodick materials, guidelines for prevention, brochures with practical advices
- Articles about high risk behavior
- Information about education activities and projects in prevention
- Library with professional literature

**Visitors:**
- About 4 500 unique visitors a month, across CZ
Zippy’s Friends: mental health promotion, children 5-7
Zippy’s Friends

- Trained teacher works with 5-7 years old children at school for one year (24 lessons)
- Feelings, Communications, Relationships
- Solving problems, recognize good solution
- Dealing with change and loss, coping with death, coping with difficult situations, coping with bullying
- CZ: one of the first evaluated program for the young school age children in CZ.
- Pilot: 20 teachers, 400 children.
- Follow-up new guidelines Apple’s friends for children 7-9, guidelines for children with special needs, broad dissemination.
Zippy’s Friends in the world
UK: NGO Partnership for children
Eating disorders prevention and early intervention
Anonymous Internet programs.
Cooperation with Psychiatric clinic, NGO E-clinic
ProYouth: international online program, ED, 2011-2013
10,000 unique visitors, 20% has already been in treatment for ED, avg. age 21
40% rural areas

Developed by University of Heidelberg, based on previous research
(Lindenberg et al., 2011 Ŧ significant reduction of clinical patients after program - 6% in intervention group, 10% in control group.

For people who are in risk of ED, e.g. dissatisfied with their body, weight, dieting, low self esteem, worries about gaining weight.

Target group 15 Ŧ 19 years

7 European countries

Contains screening, therapeutic chats, peer forum, anonymous access, modul with positive feedbacks 3 months

Charles University, Psychiatric clinic
Healthy and Free

**NOVINKY**

1. 9–1 pravda o PPP

2. Případ úspěšné léčby mentální anorexie

3. Léčba pacientky s morbidní obezitou

4. Obnova a získávání emočních kompetencí u pacientek s PPP

5. Svépomocný program - mentální bulimie, psychogenní přejídání, noční přejídání

**NEJČTENĚJŠÍ**

1. Svépomocný program - mentální bulimie, psychogenní přejídání, noční přejídání

2. Přístupy k lečbě poruch příjmu potravy

3. Co jsou poruchy příjmu potravy

4. "Zdravý" životní styl

5. Centrum pro diagnostiku a lečbu PPP

6. Poruchy příjmu potravy v dětství a dospívání

7. Poruchy příjmu potravy v dětství a dospívání

8. Případ úspěšné léčby mentální anorexie

**DOPORUČUJEME**

- Začarovaný kruh
- Svépomocný Program - Mentální Bulimie, Psychogenní Přejídání, Noční Přejídání
- Poruchy Příjmu Potravy V Dětství A Dospívání
- Přístupy K Léčbě Poruch Příjmu Potravy
- "Zdravý" Životní Styl
ADHD in adulthood
Cooperation with Psychiatric clinic
ADHD in adulthood

- Pilot program 1st in CZ, Psychiatric clinic. Diagnostics, support therapeutic group, couching, cognitive training
- Website [www.nepozorni.cz](http://www.nepozorni.cz),
- Documentary movie clients visit the program mostly after seeing the movie (reliazed they have long term similar troubles and find out that there is a way to cope), 40 % first contact with professional help
- Brochure for adults and adolescents
- [www.prevence-praha.cz](http://www.prevence-praha.cz) materials for teachers
Back to school!
Teachers' training
Unplugged drug prevention, in coop with Addictology clinic

- The program is based on a **Comprehensive Social Influence** approach

- It includes the following components
  - Social skills
  - Personal skills
  - Knowledge
  - Normative education

- It is administered by *teachers* trained in a 3-days course

- It is made by **12 units**, 1 hour each

- It is designed for **12-14 years** old students

Van der Kreeft et al., Drugs: education, prevention and policy, 2009
Minimalization of bullying
Minimalization of bullying

- Czech NGO Aisis, Pavel and Jan are involved for 7 years
- Education for **teachers teams** (at least 1/3 of school team from 1 school)
- Long-term (80 hours) interactive experiential learning
  - How to improve **safe classroom** /learning environment (means students feel physically, emotionally, and socially comfortable)
  - **3-dimensional model** (agression, group dynamic, addictive behavior)
  - Training focused on **early detection** and intervention (interviews)
  - Developing **anti-bullying policy** at the school
- Follow-up 40 hours of support and supervision at schools
- More than 120 schools
- Evaluation: proved earlier detection and succesfull solving of bullying, reduced the incidence of bullying at schools
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