

Empowering public authorities and professionals towards trauma-informed leaving care support

CarePath Project

Memorandum of Understanding



Co-funded by the European Rights, Equality and Citizens Programme (2014-2020)













Project information

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Project title:	Empowering public authorities and professionals towards trauma- informed leaving care support
Agreement number:	785698
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Project website:	carepath-project.eu

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1 st revision date:	08/10/2020

Approved on behalf of CarePath

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Approval date:	15/10/2020

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Disclaimer:

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The CarePath Project:

Memorandum of Understanding

Introduction

This Memorandum of Understanding is a tool intended to support the mainstreaming of the results from the CarePath project.

The CarePath Project: Empowering public authorities and professionals towards trauma-informed leaving care support advocates, is a two-year EU-funded project working across four EU Member States – Belgium, Greece, Hungary and Italy. The Project is a partnership of seven organisations:

- Belgium Eurochild;
- Greece ReadLab, E-trikala, and ERGO Academy;
- Hungary the Cordelia Foundation; and
- Italy the University of Torino's Departments of Psychology and Law (project coordinator) and the Person Centred Approach Institute (IACP).

The objectives of the *CarePath project* for children leaving care are to:

- 1. ensure that children leaving care have access to trauma-informed aftercare;
- 2. increase the capacity of professionals in child protection systems to better support children with traumatic experiences; and
- 3. advocate for the adoption of individualised leaving care plans for all children leaving care that are guided by trauma healing methodologies.

For professionals working with children leaving care, the objectives of the *CarePath project* are as follows:

- 1. improve knowledge around the provision of trauma-informed support of children in preparing to leave care and to those in aftercare settings;
- 2. improve national and regional child protection systems in partners' countries, through wider practice of one-stop trauma-informed interventions; and
- 3. develop a sustainable mechanism for providing integrated psychosocial support services to children based on trauma-informed interventions.

The *CarePath Project* is funded by the European Union's *Rights, Equality and Citizenship Programme*.

The Memorandum of Understanding

As stated above, the purpose of this Memorandum of Understanding is to facilitate the mainstreaming of the CarePath Project results. This Memorandum is intended for



endorsement by local, regional and national public authorities and stakeholders who are responsible for and work with child protection in the EU.

Therefore, this document outlines the tools developed by the CarePath Project that will enable the provision of integrated support services for children leaving care and care leavers in the EU, based on a trauma-informed approach. **Trauma-informed care is focused on increasing practitioners' awareness of how trauma negatively impacts people so as to reduce practices that might inadvertently re-traumatise**.

This Memorandum of Understanding summarises the following outcomes of the CarePath Project, that taken together, can be used to develop common ground for policymaking across the EU at local, regional and national levels. These are:

- The CarePath Policy Recommendations Report: Creating new pathways to trauma-informed aftercare
- The CarePath MOOC
- The CarePath Toolkit for Professionals common training standards for professionals working with traumatised children
- The CarePath Integrated Service Mechanism a online interactive tool that helps identify aftercare services in the four countries of the project

Relevant authorities are invited to sign and endorse this Memorandum of Understanding through email signature.

The Policy Recommendations Report: Creating new pathways to trauma-informed aftercare

This policy report makes the case for an integrated support system for children leaving care, and argues that this system should be trauma-informed. While the EU may not possess the competency to change Member States' child protection systems, it does provide an important opportunity for sharing and recommending good practices. Given the increased challenges faced by Europe's societies in light of the coronavirus pandemic in 2020, the need to take account for, and prepare effectively to respond to, the risks of trauma on children's development at all points in their life-course is greater than ever.¹

With these in mind, the 12 recommendations of this policy report serve to inform EU, national and regional decision-makers how we can create more trauma-informed child protection systems across Europe.²

¹ Read the CarePath partnership's <u>statement on COVID19 on the project website</u>.

² These recommendations emerged from the unpublished outputs of the project, as well as a desk-based review of academic and grey literature on alternative care of children, aftercare, and trauma-informed care. Outputs of the *CarePath project* included interviews with children, young people living in alternative care settings and their carers; and an assessment of care professionals' training needs. Other works that influenced this report include: SOS Children's Villages project *Leaving Care* (2018-2020); Save the Children Sweden's *Traumamedveten omsorg* (trauma-informed care) professional programme (2015-present); European Care Leavers Network (2018-2020); and the *Now What? Preparing and empowering youth leaving care* project (2018-2020).



For EU decision-makers:

- 1. The European Commission should issue a Communication on the transition from institutional to family- and community-based care, within which specific recommendations on the provision of aftercare are stipulated, as set out in the *UN Guidelines on the Alternative Care for Children* (2009). This would follow from, and fit within, the child-centred rights-based approach of the *Recommendation on Investing in Children: Breaking the cycle of disadvantage* (2013) to reduce inequalities and enhance services for children.
- 2. Concerning funding, the EU should closely follow the implementation of *enabling conditions* tied to deinstitutionalisation to prevent social exclusion of vulnerable groups in its 2021-2027 EU structural funds. Further, the EU should ensure that financial resources from the new European Social Fund+ reach children leaving child protection systems, in particular specific measures reflected in the upcoming EU Child Guarantee initiative. Intersectional vulnerabilities, such as care leavers with a disability or a migration background, need to be considered.
- 3. The EU should provide opportunities for peer learning and research on the effectiveness of trauma-informed care across Europe, particularly for children and young people transitioning from care to independent living
- 4. Children's right to participate is set out in the United Nations Convention on the Rights of the Child (UNCRC) and in particular Article 12 on child participation. Building on the Bucharest EU Children's Declaration in 2019, the EU should create mechanisms to ensure the participation of children and young people leaving care in decision-making at European and national levels.

For national decision-makers:

- 5. Public authorities should invest in integrated trauma-informed support programmes, guided by evidence-informed practices and the voices of children leaving care or who have experience of leaving care. A trauma-informed approach should:
 - a. involve specialised professionals of multiple disciplines and sectors;
 - b. aim to develop trauma-informed interventions and individualised plans for self-care, social inclusion, practical and inter-personal skills, housing and living.
- 6. National governments should extend the age of formally leaving child protection systems for children deprived of parental care to an age appropriate to enable the young person to live independently, based on individual needs/capabilities.

The recommendations of this report were also influenced by the recommendations issued in the SOS Children's Villages International project *Leaving Care's <u>Be the Change! Leave No Care Leaver Behind!</u> (2019), as well as those issued by the <u>European Care Leavers Network</u>. These recommendations have been cited appropriately in this report.*



- 7. National governments should establish a national strategy for the provision of aftercare for children leaving care, integrated into relevant child protection authorities/agencies. This strategy should consider the needs of all care leavers, establish measures to monitor data related to care leavers, and set out clear guidelines on how to incorporate a trauma-informed approach into existing care, education, social, justice and health sectors, as well as the personal and family networks of care leavers themselves.
- 8. Establish clear national measures for partnership between government, public services, civil-society and private organisations providing trauma-informed care services and aftercare services to children and young people. This cooperation should be supervised by a national coordinating body and needs to incorporate the voice of children leaving care themselves. Their voices need to be recognised and heard, and this participation needs to be clearly set out in national strategies on aftercare.

At local level:

- 9. The departure and transition from care can be traumatic in itself and risk retraumatisation. Children leaving care should therefore receive appropriate trauma-informed support and protection according to their best interests, in line with the UN Guidelines on Alternative Care for Children and the EU (2013)'s Recommendation on investing in children: Breaking the cycle of disadvantage. This includes support towards leading an independent and successful adult life, but this does not have to equate to sole-independent (and potentially lonely) living.
- 10. Financial resources and time should be allocated to the training of trauma-informed care for professionals working with children preparing to, in the process of and who have experience of leaving care. This training should include input from care leavers, where appropriate.
- 11. Preparation for the transition from care should begin prior to the child's departure from the care system and be incorporated into individualised care plans. The transition should be planned in advance and financial resources should be allocated both during and after the transition from care. It is important that these plans be trauma-informed to ensure that care leavers can transition to a fulfilling life beyond care.
- 12. Where possible and with the consent of children and young people themselves, access should be made to consistently available care professionals and other care leavers. This should be facilitated by care personnel in addition to, or ideally in continuation of, the care system under which the young person was part of prior to turning 18.

The CarePath MOOC

The Massive Open Online Course (MOOC) is intended for different professionals and to anyone interested in issues related to trauma - coming from different nations that

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are protecting and promoting the rights and welfare of traumatized children. The modules of the MOOC are focused on the psychological, juridical/legal and scientific research dimensions. The MOOC offers participants support, knowledge and access to: scientifically based information, theoretical and application materials, case studies, research, examples of trauma-informed practices and networking opportunities. The primary objective is to give access to knowledge on good trauma-informed practices, on how to prevent re-traumatisation and offer effective service to traumatized children and how to prevent burn-out and vicarious trauma of staff.

The CarePath Toolkit for Professionals

The CarePath Toolkit for Professionals accompanies and builds on the learning from the CarePath project's successful and highly attended massively open and online course for trauma-informed care. It enables professionals to provide a one-stop, trauma-informed aftercare support service to children. The toolkit is intended to be used by certified CarePath professionals who have completed the online training. It will also be made freely available to any professional working with children ageing out of care.

The toolkit will help professionals to follow a multi-dimensional and integrated approach for supporting traumatised children, including living and housing, healthcare, vocational training guidance, social inclusion, and psychotherapeutic services. It will also guide professionals on children's involvement in aftercare planning, as well as on the involvement of other complementary professionals such as psychotherapists, social workers, trainers, policy-makers, lawyers where necessary.

The CarePath Professional Toolkit will be available through the CarePath project website following the approval from the European Commission.

The CarePath Integrated Service Mechanism

The aim of the CarePath Integrated Service Mechanism is to support both professionals working in the field of aftercare, and importantly children and young people who are preparing to leave care themselves. The Mechanism is intended to help these audiences look for organisations that can help this crucial transition period in a more easy and efficient way.

This user-friendly tool offers a one-stop shop for care leavers and the professionals who work with them to access relevant organisations to assist with the leaving care process in four EU countries - Belgium, Greece, Hungary and Italy. The Mechanism includes various types of organisations, including public authorities, nongovernmental organisations, social services, child protection agencies, psychotherapists psychosocial support providers and healthcare professionals.

The CarePath Mechanism is composed of different categories and sub-categories and users can filter their research depending on the information they are looking for. The Mechanism provides the basic details of each organisation, including postal and



email address, phone number and a short description. For more information related to each organisation, the users can click the link which redirects them to the website of that organisation.

The CarePath Integrated Service Mechanism is accessible through the following link: <u>https://mechanism.carepath-project.eu/</u>. The platform was developed by project partner ReadLab with inputs from the rest of the CarePath's project partners.

Conclusion

This Memorandum of Understanding has summarised the following results of the CarePath Project:

- The Policy Recommendations Report: Creating new pathways to traumainformed aftercare
- The CarePath MOOC
- The Toolkit for Professionals
- The Integrated Service Mechanism

Taken together, these major four outputs, along with the other outputs of CarePath project, can support the development of policies, capacity building for professionals, and access to services for both professionals & children and young people.

Through adoption and implementation across the four countries of the CarePath Project and the wider EU, CarePath outputs can, taken together, improve provision of integrated support services for children leaving care and care leavers, using a trauma-informed approach. Therefore, the CarePath Project partnership welcome the endorsement by allies and authorities across local, regional, national, and European level for this Memorandum of Understanding.

To endorse, please email your full name and organisation to Ciaran O'Donnell, Project representative from partner organisation Eurochild at <u>Ciaran.odonnell@eurochild.org</u>.

Dissemination of the Memorandum of Understanding

620 individuals who registered to attend the <u>CarePath European Policy Conference</u> on <u>13 October 2020</u> were invited to endorse the CarePath Memorandum of Understanding.

Additionally, as the coordinating partner for dissemination, Eurochild invited its membership of almost 200 organisations and its wider stakeholder following of 5,000 subscribers and 10,000 followers on social media to <u>endorse the Memorandum of Understanding</u>.



Organisations that have endorsed the Memorandum of Understanding:

- Cordelia Foundation for the Rehabilitation of Torture Victims
- Ergo Academy
- e-trikala A.E.
- Eurochild
- ReadLab Research Innovation and Development Lab
- UNITO University of Turin
- IACP Istituto dell'Approccio Centrato sulla persona



SOS CHILDREN'S VILLAGE THRACE

ALEXANDROUPOLIS 68100,

Greece

To the CarePath Partnership

LETTER OF ENDORSMENT

I, Georgios Vafeas, the undersigned, representing SOS Children's Villages Thrace, hereby endorse the CarePath Memorandum of Understanding, express our support to the CarePath project results and our interest to be informed of any future activities related to the Carepath project.

Name of signatory GEORGIOS VAFEAS

Position of signatory

Director- SOS Children's Village Thrace

Date

Signature and institution stamp

Annex I: CarePath Memorandum of Understanding

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To the CarePath Partnership

LETTER OF ENDORSMENT

I, Prof. Heitor Gurgulino de Susa, the undersigned, representing the World University Consortium (WUC), hereby endorse the CarePath Memorandum of Understanding, express our support to the CarePath project results and our interest to be informed of any future activities related to the Carepath project.

Name of signatory	Prof. Heitor Gurgulino de Susa
Position of signatory	President of WUC
Date	November 21st, 2020
Signature and institution stamp (if it exists)	Herty Jos



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To the CarePath Partnership

LETTER OF ENDORSMENT

I, Garry Jacobs, the undersigned, representing the World Academy of Art and Science (WAAS), hereby endorse the CarePath Memorandum of Understanding, express our support to the CarePath project results and our interest to be informed of any future activities related to the Carepath project.

Name of signatory	Garry Jacobs
Position of signatory	President and legal representative
Date	
Butt	21.01.2021
Signature and institution	
stamp	
(if it exists)	Jury Jack



World Academy of Art & Science



World Academy of Art & Science



Azzurra '84 Società Cooperativa Sociale O.N.L.U.S.

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To the CarePath Partnership

LETTER OF ENDORSMENT

I, Andrea Castrataro the undersigned, representing "Azzurra '84 Cooperativa Sociale Ar.L. O.N.L.U.S." hereby endorse the CarePath Memorandum of Understanding, express our support to the CarePath project results and our interest to be informed of any future activities related to the Carepath project.

Name of signatory Nome del firmatario	Andrea Castrataro
Position of signatory Ruolo del firmatario	Legale Rappresentante
Date Data	08/03/2021
Signature and institution Stamp (if it exists) Firma ed eventuale timbro dell'organizzazione	

AZZURRA 84



To the CarePath Partnership

LETTER OF ENDORSMENT

I, Alberto Zucconi, the undersigned, representing the Coordinamento Nazionale Scuole di Psicoterapia (CNSP representing around 400 schools of psychotherapy in Italy, hereby endorse the CarePath Memorandum of Understanding, express our support to the CarePath project results and our interest to be informed of any future activities related to the Carepath project.

- Name of	- Alberto Zucconi
signatory	-
- Position of	-
signatory	- Legal representative CNSP
- Date	-
	- 20.01.2021
- Signature and	-
institution	-
stamp - (if it exists)	Allert Juccon
-	_
	-



Segretario del Coordinamento dr. Alberto Zucconi Istituto dell'Approccio Centrato sulla Persona (IACP) piazza Vittorio Emanuele II, 99 – 00185 Roma - tel. 0677200357 – fax 0677200353





G. DI VITTORIO SOCIETA' COOPERATIVA SOCIALE ONLUS VIA DEL CESARINO N° 38 54100 MASSA (MS)

To the CarePath Partnership

LETTER OF ENDORSMENT

I, LORELLA MASINI, the undersigned, representing "G. DI VITTORIO SOCIETA' COOPERATIVA SOCIALE ONLUS", hereby endorse the CarePath Memorandum of Understanding, express our support to the CarePath project results and our interest to be informed of any future activities related to the Carepath project.

Name of signatory	MASINI LORELLA
Nome del firmatario	
Position of signatory	VICE PRESIDENTE
Ruolo del firmatario	
Date	8/03/2021
Data	
Signature and institution Stamp (if it exists) Firma ed eventuale timbro dell'organizzazione	Obrella du Dividi ORIO Società Cooperativa Sociale ONLUS Via del Cesarino, 38 54100 Massa
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Annex I: CarePath Memorandum of Understanding



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SOS CHILDREN'S VILLAGE CRETE FINIKIA HERAKLION HERAKLION 71305, CRETE

To the CarePath Partnership

LETTER OF ENDORSMENT

I, Petros Papadakis, the undersigned, representing SOS Children's Villages Greece, hereby endorse the CarePath Memorandum of Understanding, express our support to the CarePath project results and our interest to be informed of any future activities related to the Carepath project.

Name of signatory	PETROS PAPADAKIS
Position of signatory	VILLAGE DIRECTOR
Date	•
Signature and institution stamp (if it exists)	

Annex I: CarePath Memorandum of Understanding



Παιδικό Χωριό SOS Κρήτης Φοινικιά - Τ.Θ. 543 715,00 Ηράκλειο Κάθε πταιδί αξίζει μία οικογενεια



Δημιουργούμε οικογένειες για παιδιά σε ανάγκη



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To the CarePath Partnership

LETTER OF ENDORSMENT

I, Federico Zullo, the undersigned, representing Associazione Agevolando ODV, hereby endorse the CarePath Memorandum of Understanding, express our support to the CarePath project results and our interest to be informed of any future activities related to the Carepath project.

Name of signatory	Federico Zullo
Position of signatory	President and legal representative
Date	2nd March 2021
Signature and institution stamp (if it exists)	Ass. AGEVOLANDO C.F. 91322070375 Via Scipione Dal Ferro, 4 401 38 Bologna (BO) e-mail: info@agevolando.org



Symplexis Katechaki 7, 11525 Athens Greece

To the CarePath Partnership

LETTER OF ENDORSMENT

I, Maria Efthymiou, the undersigned, representing Symplexis, hereby endorse the CarePath Memorandum of Understanding, express our support to the CarePath project results and our interest to be informed of any future activities related to the Carepath project.

Name of signatory	Maria Efthymiou
Position of signatory	Director
Date	8 March 2021
Signature and institution stamp (if it exists)	ΣΥΜΠΑΕΞΙΣ ΚΑΤΕΧΑΚΗΤ - 11525 ΑΘΗΝΑ ΑΦΜ: 997031417 ΑΟΥ: ΨΥΧΙΚΟΥ





Dilou 1 & M. Asias 11527, Athens, Greece

To the CarePath Partnership

LETTER OF ENDORSMENT

I, "Emmanouil Pikoulis", the undersigned, representing MSc "Global Health – Disaster Medicine", School of Medicine, National and Kapodistrian University of Athens, hereby endorse the CarePath Memorandum of Understanding, express our support to the CarePath project results and our interest to be informed of any future activities related to the Carepath project.

Name of signatory	EMMANOUIL PIKOULIS
Position of signatory	DIRECTOR
Date	09/03/2021
Signature and institution stamp (if it exists)	EONIEO & MAINDALEIFIAKO DANERIETHNIO AOHNON 1 μου - FAIPIEH EXOAH ΠΡΟΓΡΑΜΜΑ ΜΕΤΑΕΤΥΧΙΑΚΟΝ ΣΠΟΥΔΟΝ (MSc) ΔΙΕΘΝΗΣ ΙΑΤΡΙΚΗ - ΔΙΑΧΕΙΡΙΣΗ ΚΡΙΣΕΩΝ ΥΓΕΙΑΣ http://crisis.med.uoa.gr - crisismedinfo@med.uoa.gr





Dilou 1 & M. Asias 11527, Athens, Greece

To the CarePath Partnership

LETTER OF ENDORSMENT

I, "Emmanouil Pikoulis", the undersigned, representing MSc "Global Health – Disaster Medicine", School of Medicine, National and Kapodistrian University of Athens, hereby endorse the CarePath Memorandum of Understanding, express our support to the CarePath project results and our interest to be informed of any future activities related to the Carepath project.

Name of signatory	EMMANOUIL PIKOULIS
Position of signatory	
	DIRECTOR
Date	29/10/2020
Signature and institution stamp (if it exists)	AIRDA-LIFIKKO ΠΑΝΕΠΙΣΤΗΜΙΟ ΛΟΗΝΩΝ ΤΙΚΟΥ ΔΑΙΡΙΧΗ ΣΧΟΛΗ ΠΡΟΓΡΑΜΜΑ ΜΕΤΑΕΤΥΧΙΑΚΟΝ ΣΠΟΥΔΩΝ (MSc) ΔΙΕΘΝΗΣ ΙΔΤΡΙΧΗ - ΔΙΑΧΕΙΡΙΣΗ ΚΡΙΣΕΩΝ ΥΓΕΙΑΣ http://crisis.med.uoa.gr - crisismedinfo@med.uoa.gr



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To the Care Path Partnership

LETTER OF ENDORSMENT

I, Odisseas Raptis, the undersigned, representing **ANAPTYXIAKI ETAIRIA** DIMOU **TRIKKAION ANAPTYXIAKI ANONYMI ETAIRIA OTA**, e-Trikala S.A., hereby endorse the Care Path Memorandum of Understanding, express our support to the CarePath project results and our interest to be informed of any future activities related to the Carepath project.

Name of signatory	ODISSEAS RAPTIS
Position of signatory	C.E.O.
Date	12/02/2021
Signature and institution stamp (if it exists)	Privany Mille Trikala A.E. S





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To the CarePath Partnership

LETTER OF ENDORSMENT

I, Despina Markoutsaki, the undersigned, representing the Directorate of Social Policy, Municipality of Acharne, hereby endorse the CarePath Memorandum of Understanding, express our support to the CarePath project results and our interest to be informed of any future activities related to the Carepath project.

Name of signatory	
	Despoina Markoutsaki
Position of signatory	Director, Directorate of Social Policy, Municipality of Acharnes
Date	22 October 2020
Signature and institution stamp (if it exists)	Η Πορϊσταμένη Διεύθυνσης ποιωνικής Πρλιτικής Δεσποινα γιαρκουτσάκη

"Persone al Centro S.r.l."



Genova, 08/03/2021

I, "Luca Traverso", the undersigned, representing "Persone al Centro S.r.l.", hereby endorse the CarePath Memorandum of Understanding, express our support to the CarePath project results and our interest to be informed of any future activities related to the Carepath project.

1200 (Luca Traverso)

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SOS CHILDREN'S VILLAGES GREECE 12-14, Kar.Servias str. Athens 105 62, Greece

To the CarePath Partnership

LETTER OF ENDORSMENT

I, Konstantinos Papadimitropoulos, the undersigned, representing SOS Children's Villages Greece, hereby endorse the CarePath Memorandum of Understanding, express our support to the CarePath project results and our interest to be informed of any future activities related to the Carepath project.

Name of signatory	KONSTANTINOS PAPADIMITROPOULOS
Position of signatory	MENTAL HEALTH EXPERT, CHILD SAFEGUARDING COORDINATOR
Date	PIA SOS
Signature and institution stamp (if it exists)	A Papadin for 3
	* 1975*

Annex I: CarePath Memorandum of Understanding

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Κάθε παιδί αξίζει μία οικογένεια



SOS CHILDREN'S VILLAGE PLAGIARI Plagiari 57500 Thessaloniki "

To the CarePath Partnership

LETTER OF ENDORSMENT

I, Agathonikos Drepanidis, the undersigned, representing SOS Children's Village Plagiari and SOS Youth House Thessaloniki, hereby endorse the CarePath Memorandum of Understanding, express our support to the CarePath project results and our interest to be informed of any future activities related to the Carepath project.

	d m
Name of signatory	AGATHONIKOS DREPANIDIS
Position of signatory	SOCIAL WORKER, DIRECTOR OF SOS CHILDREN'S VILLAGE PLAGIARI & SOS YOUTH HOUSE THESSALONIKI
Date	M
Signature and institution stamp (if it exists)	SCOLO SOS MAR
Annex I: CarePath Memorand	dum of Understanding



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Δημιουργούμε οικογένειες για παιδιά σε ανάγκη