

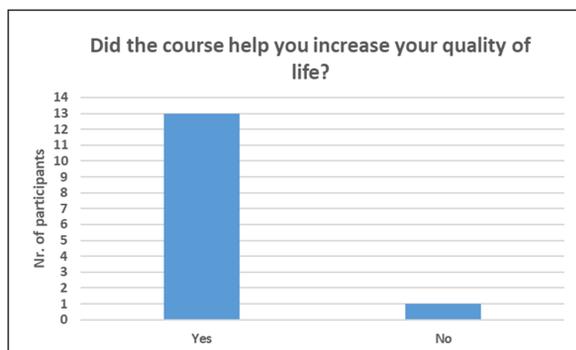
Project Development – Young People and employment

Goal: Preparing young people for employment, promote spiritual and social strength to increase their chances of joining the labor market or attending school.

Background:: Recently there has been a relative increase of people aged 18-25 that have been referred to our services at Starfsendurhaefing Hafnarfjardar (StHfj), Iceland. In 2016, nearly 25% of those starting our programs were aged 18-25 and 60% were 35 or younger. The staff at StHfj felt urged to develop resources to meet the needs of this group better than before, partly because how many of them only have limited or no experience at all in the labor market.

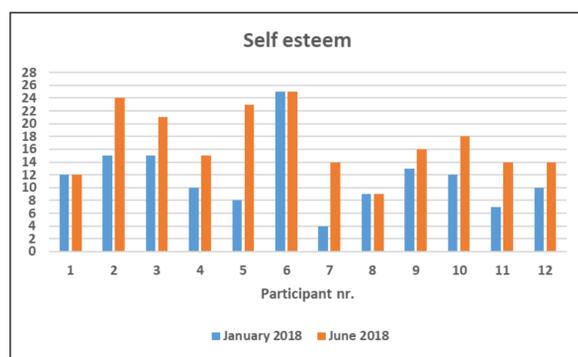
The program consisted of group therapy, courses emphasizing self esteem and efficacy, beliefs and attitudes and working skills and preparations for work. Last but not least, a part of the program was job training in co-operation with several work places, matching individual skills and interests with job tasks.

Thesis: Will short, straightforward courses suit young people to acquire the physical, mental and social skills required to enter the labor market, or to attend school. Is this a way that will assist young people to become active and engaged citizens?



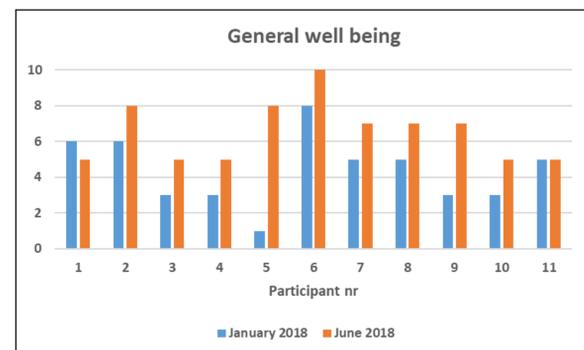
Picture 1. Did the program help increase your quality of life?

Picture 1 reveals the participant's attitude on whether the course has helped them gaining a better foothold in life. One out of the fourteen participants said that the course did not help him and thirteen believed that the course helped them to increase their quality of life.



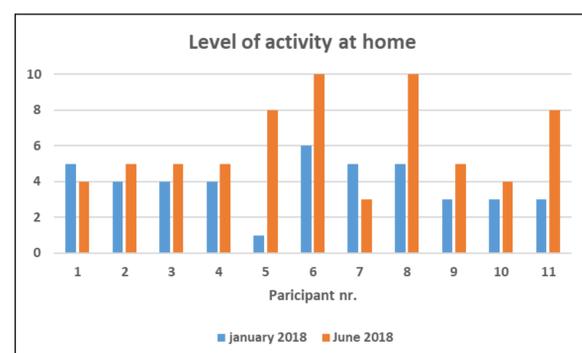
Picture 2. Self esteem

To evaluate the participant's self-esteem, we used Rosenberg's self-esteem scale (RSES) at the start and towards the end of the program. The results can be seen in picture 2. One participant did not fill out the scale at the beginning and another one did not fill out the scale at the end of the program. That explains why only twelve participants are counted for in the final results. As the picture shows, nine participants increased their self-esteem dramatically and three participants believed that their self-esteem was about the same as before. No one believed that their self-esteem had been shattered throughout the program.



Picture 3. General well being

The participants evaluated general wellbeing, both at the beginning and at the end of the course. Picture 3 shows us the results from eleven participants out of the fourteen. Three of the participants did not take part in this test for some reason or other. The results show us that only one out of the eleven believed that his/her general well-being had changed for the worse. Ten people believed that it had changed for the better.



Picture 4. Level of activity at home

Participants were asked to evaluate their level of activity at home, both at the start as well at the end of the program on the scale of 0 to 10. Zero being no activity and ten being highly active. The results can be seen in picture 4. Three participants did not take part in the evaluation. Only two of the eleven participants believed that their level of activity had become less. The nine remaining believed that they were more active at home at the end of the time period.



Final status:

Four people started working and one was searching for a job. Seven enrolled in school, either high school or college. Two of the young people will continue with their work rehabilitation.

One of the participants failed his drug sobriety during the last week of the program.

Conclusion:

19 people were originally registered in the program but a few only lasted the first few days and dropped out. After stood the core of 15 individuals. We found that the most difficult thing was to get people to attend each day.

Every participant but one found that they were in a better place in life after completing the course. The participants noted that they started to value their free time more than before and that they valued that their day had a beginning and an ending. They became more active in their daily life and would exercise more often (note: that was a requirement within the course). Every participant except 2 attended an internship and they noted that that made them feel more self-confident. Participants found that self-image grew and anxiety decreased. More resilience was prominent. The majority of the participant went to work or attended educational programs.

Short, straightforward courses like this seem to suit young people to acquire the physical, mental and social skills required to enter the labor market, or to attend school. Therefore we conclude that this is one way to assist young people to become active and engaged citizens.