



GOALS:

SomeBody was a project managed by Satakunta University of Applied Sciences (SAMK) Pori and financed by the Ministry of Social Affairs and Health's grant for the promotion of health. Its goals in 2015-2017 were to:

- develop, model and assess the SomeBody-method as a tool used in the operating environments with children and the young
- develop evaluation practices to assess the effects of the method
- implant and spread the SomeBody method to different operating environments

WHAT WAS DONE:

- During the project SomeBody method was piloted in several operating environments with children, teens and young adults: early childhood education, primary and upper comprehensive schools, vocational schools and upper secondary schools, universities and one children's home.
- Piloting and developing SomeBody method required the professionals in the operating environments to be trained in the SomeBody method. These included public health nurses, school curators, teachers, special education teachers, instructors, and students of various social, health care & rehabilitation professions.
- During the trainings these professionals working in pairs under the guidance of the SomeBody project employees, planned, executed and assessed SomeBody group implementations with 6-10 group meetings for children, teens or young adults in their own operating environments.
- The experiences from the first pilot were evaluated and used as a basis for developing and modeling the more individualized SomeBody group implementations for each operating environment.
- The experiences from the implementations are used to develop both the contents and the systematic evaluation of the SomeBody method.

RESULTS:

- Children, teens and their parents have felt that SomeBody method is beneficial: "I've used the exercises for managing anxiety during classes", "I'm better at identifying emotions", "It's easier to relax", "During the group discussions, I've understood that I'm not alone with my feelings", "SomeBody has made me feel good", "My child started to discuss his emotions after the group started"
- Professionals and their supervisors have felt they now have a tool that not only benefits the children and teens but also supports their own coping at work: "Instructing a SomeBody group is well-suited for comprehensive school because we see the kids often and know them in their everyday life. We feel that the exercises have helped the kids relax, and the shy students have been able to better identify and show their emotions", "A lot of independence, courage and strength is expected of teens, but until this method they weren't supported to do so", "Clearly the results were relaxation, aha moments about themselves and their strengths, and learning to appreciate themselves", "The method is versatile, sometimes therapeutic, suitable as a basic tool for creating group togetherness, and supporting one's own work wellbeing".
- SomeBody group activity has become established as a working method in the pilot environments. It has also spread elsewhere.
- SomeBody method and its working process is available as a printed manual (in Finnish)
- SomeBody method is taught as continuing education (in Finnish, Open Studies, SAMK)
- The evaluation methods used in the project were incorporated into SomeBody method



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SOMEBODY FACTS

SomeBody trainings: 4 times with 41 participants (teacher, special education teachers, guidance counselors, school curators, public health nurses, nurses, social workers, physiotherapists, psychologists, kindergarten personnel, diaconal workers, SAMK project personnel and students of physiotherapy, health care, social care, psychology and rehabilitation counselling)

Co-operation partners: schools of Friitala (in Ulvila) and Kuninkaanhaka (in Pori), school curators in the second degree WinNova school in Pori, Sataedu (vocational education institution), Diaconia University of Applied Sciences and child care unit Eemeli. New partners in 2016: Ulvila municipal educational administration, Pori municipal educational administration (pilots expanded to comprehensive schools, A special education school and upper secondary schools)

SomeBody implementations by co-op partners: 33 (formats: small groups / classes / individual)

Ulvila: From pre-schoolers to 6th graders, 7 groups: 41 students; 2 implementations with the whole grade: 2nd graders 28 students and spec ed school 4students

Pori: Primary schools 2 implementations with the whole class (5th ja 6th grade) and a small group with 3 students, upper comprehensive school: 4 groups: 16 students, upper secondary vocational schools: 3 groups: 18 students + one SomeBody hour for practical nursing students.
Upper secondary schools: implementation in progress

Sataedu: 2 groups: 11 students (Walma group 4, practical nursing students 7)

DIAK: 1 group: 4 students. Also co-operation with Sataedu: 6 students

SAMK: 7 groups: 26 students (5 groups in Pori, 1 in Rauma, 1 in Kankaanpää, 1 group for international students)

Child care unit Eemeli: 1 group: 4 teens; method has also been used with individual clients

Groups have also been implemented in associations, organizations and in the health sector. The target client groups have included female immigrants, chronic pain patients, mental health patients and close relatives to addicts.

SomeBody groups had in total 209 children, teens and young adults

Evaluation methods in the groups and in the project: SomeBody Meter, the Vibe Line, body image observation, video, SomeBody Meter for teachers and instructors, group interviews for SomeBody professionals and supervisors, group interview for the project personnel.

Upcoming: SomeBody project final report 2017, co-operation with the Kehuva project 2017-2019.

Future goals: Different themes under the SomeBody umbrella: FamilySomeBody, SomeBody Pain, SomeBody Nutrition, SomeBody Exercise

More information: somebody.samk.fi, @SomeBodySAMK, SomeBody Manual 2017

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