

## Centre of Educational Care HELP ME

- **The only non-profit and non-government educational centre in the Czech Republic,**
- **Specific educational institution,**
- **Help and support for disadvantaged youth (specific learning difficulty, behaviour problems, experiments with drug abuse, bullying, first conflicts with law),**
- **2 sections:**
  - A) section for out-clients,**
  - B) section for temporally residential clients.**

### **Shortly from the history of CEC:**

- CEC was established by civil society HELP ME in 1995
- 1996 the civil society HELP ME was given a building by Brno municipality

11/1995 Recontruction beginning

**16.9.1997 Official Opening**

## **Present times**

***CEC has 2 section:***

### **1. SECTION FOR OUT-CLIENTS**

Provides:

- Psychological and special pedagogical counselling
- Diagnostic
- Family and individual psychotherapy
- Critical intervention
- Career guidance

### **2. SECTION FOR TEMPORALLY RESIDENTIAL CLIENTS (2-3 MONTHS)**

Provides:

- Education

- Group and individual psychotherapy
- Training of the basic social skills and knowledge
- Addiction prevention
- Artetherapy
- Ergotherapy
- Training of purposeful spending of leisure time

**The contact and stay in CEC HEPL ME is voluntary.**

Clients and their parents can have recommendation from schools, social workers or social curators for youth.

CEC always needs client`s agreement to cooperation.

*CEC provides:*

**1. EDUCATION**

**Within the frame of the residential stay our clients participate in education.**

**Education takes place every day from 8:00 a.m. – 1:30 p.m.**

**The educational work combines lectures („chalk talks“) and individual works.**

**Clients are taught according to their individual plans.**

**3. SPECIAL ACTIVITIES**

**A. PSYCHOTHERAPY - individual**

**- group**

**- family**

**Goals:**

- **Exploring and attaining the goals relevant for clients**
- **Exploring and cultivating client`s spontaneous proficiencies**
- **Establishing new pattern of interactions with adults and peers**
- **Rise up healthily based self-confidence**
- **Find social accepted values**

- **Diagnoses: behaviour disorders, specific learning difficulties, ADHD, disharmonic development of personality,**
- **Age (4-20), different social status of the family and ethnic background, up to 10% ethnic minority**
- **Therapeutic contract (individual educational plan):**  
**client – family – relevant institutions,**
- **Problem oriented: specific problems in the interactions among client, family, school and peers,**
- **Motivation resources:**  
**willingness to cooperate, external press, exploring and attaining the goals relevant for client**

#### **B. SOCIAL LEARNING**

**Goal:**

**Improvement of communication skills**

#### **C. ADDICTION PREVENTION**

**Goal:**

**To create objective look in the drug problematics and drug after-effects**

#### **D. SUMMER CAMPS**

**one week every summer**