

PART 1: BASIC DATA

Title of the experience: Youth + Big: psychosocial risk management and community-based rehabilitation for citizen safety		
Name of the city/region: Manizales, Caldas		
Country: Colombia		
Institution presenting the candidacy: Alcaldía de Manizales (City Council of Manizales)		
Start date of the experience: January 2014		
End date of the experience: Ongoing		
Type of candidacy	Innovation on an existing experience	X
Type of experience	Workshop/meeting for diagnosis, monitoring, etc.	X
	Other (specify): Community-based rehabilitation and inclusion	X
Objective of the experience	To achieve higher levels of equality in terms of participation and to incorporate diversity as a criterion for inclusion	X
	Community empowerment	X
Territorial area	District	X
Thematic area	Security	X
	Job creation	X
	Local development	X
	Training/learning	X
	Social inclusion	X

PART 2: DESCRIPTION OF THE EXPERIENCE

Objectives

<p>Main objective of the innovative experience:</p> <p>To build scenarios of peace and citizen participation with young people, their families, the community and the territories where the combos are present through reflective processes and social transformation, in order to influence significant changes that enhance the social environment of the city.</p>
<p>How have you achieved this objective?</p> <p>The process includes from the identification and characterization of actors, to the formulation, implementation and evaluation of multi-sectoral formulation, implementation and evaluation of multisectoral Community Based Rehabilitation Plans. A high impact process is proposed community care with services close to the home, interventions based on psychosocial risks and based on the psychosocial risks of each individual and his or her</p>

family, coordinated services among coordinated services among professionals. In this sense, it is proposed to involve not only mental health mental health professionals, social entities and units of technology and entrepreneurship, which carry out and entrepreneurship units that carry out specific actions with the support and acceptance of the community. acceptance of the community. In this order of ideas, it should be considered that these actions of community community wellness actions start from the active and detailed exploration of social needs, followed by the social needs, followed by responses to those needs. This is called participatory diagnostic action that allows to act rationally, providing transparency to the programs involved and building bridges between other sectors that favor the improvement of living conditions in the communities.

To what extent has this objective been achieved?

The Pégate al Parche program, attached to the Secretary of Government of the Mayor's Office of Manizales, is an initiative that reflects the interest of a Municipal Administration to build concrete scenarios that generate a balanced and relevant development for adolescents and young people in the city, Therefore, it is aimed at improving coexistence in those neighborhoods where there are combos, patches or gangs, and it is also aimed at reducing the homicide rate through the realization of citizen pacts, where invisible borders of almost 15 years of history were broken in some neighborhoods of the city and an improvement in the perception of security. The program targets "combos parches and/or gangs" in the different neighborhoods of the city, which are basically characterized by structural problems related to poverty, violence in its different manifestations and other deep-rooted social problems. In Manizales, 32 combos or patches have been identified, distributed in the 11 communes and with an impact on the daily dynamics in approximately 30 neighborhoods of the city, with which mutual aid groups have been initiated, difficulties in health and education have been managed and work has been done in the construction of youth participation strategies for social inclusion and unemployment reduction, forming a youth platform that involves their families and their community in general.

Dimensions of the experience

Which is the most innovative aspect of the experience?

In addition to being the first time that community-based rehabilitation work has been carried out in the region with young people at psychosocial risk, the implementation of a strategy that generates or protects capacities and also seeks to convert them into functions that contribute to the development of a region is considered innovative. For this purpose, a group for caregivers of children and adolescents and another group for young people with psychosocial problems have been considered. This space aims to promote a place for integration, training and social entrepreneurship. Contact is made with cultural and educational institutions, with SENA, as well as with business sectors. In this sense, the most innovative element of the strategy is the creation of a youth and care platform, which serves as a scaffolding for the development of the aspirations of young people and their families, and also accompanies them in their development.

To what extent is the procedure transferable?

Since it is based on the needs of mental health and citizen coexistence, a process of adaptation to local conditions was carried out. Said process can also be applied to other contexts, since, from the diagnostic instruments to the intervention tools are based on national policies on mental health, psychoactive substance use and citizen coexistence (Resolution 4886 of 2018 and resolution 089 of 2019), which in turn are based on international documents such as The Health Priorities of the Inter-American Development Bank (2019) and The Lancet Commission on Mental Health and Sustainable Development (2018).

Why do you consider that the experience is feasible?

A cross-sectional descriptive quantitative methodology is used. Thirty-two combos or patches of the Municipality of Manizales are evaluated in order to characterize the population to determine the particular conditions that distinguish it in terms of social, political and economic structure. It is pertinent to specify that the characterization is not limited to the collection of statistical data; it also aims at elaborating a diagnosis of the social reality of the population, taking into account not only its current organization, but also the study of its transformations, that is, the way it has changed or mutated over time. The methodology used in social mapping is based on 4 fundamental axes:

- Research: In this axis the community has an active participation in the research. They are the ones who provide data and a clear perspective of the reality to be studied.
- Action: It will be action that will add value to this methodology; it is the key to transform the reality of those who are being investigated.
- Participation: each person, according to his or her own interest and capacity, must assume responsibility.

How has the experience been coordinated with other actors and processes?

The first axis is the promotion of mental health. Here we have a program with boys and girls from soccer and cheerleading schools where five communities with psychosocial risk are being addressed, with a total of approximately 120 boys and girls linked to the sports schools; simultaneously, work is being carried out with their caregivers on parenting guidelines and emotional regulation strategies. Likewise, the Secretariat of Government, in alliance with the green seals strategy, seeks to beautify these environments. In the second axis, consisting of early detection of behavioral alterations and PAS consumption, we carry out an active search in urban and rural areas for problematic consumption of psychoactive substances in parks and other psychosocial risk areas, with an average of 25 to 40 young people intervened weekly. During these sessions, we also detect difficulties at the academic, labor, health and cultural levels. In this articulation, we seek to carry out the third axis of integral treatment for mental and substance use problems and disorders, through an articulation with the health sector, consisting in the referral of cases to the Health Secretariat.

The fourth axis seeks to promote community-based rehabilitation and social inclusion, where the program has two strategies. The first is related to the creation of a caregivers' platform, or mutual help group where some women are learning to make clothes and are strengthening a meeting place, in a social innovation strategy; the second is related to the active search for

opportunities in companies and university institutions to support the recovery and social inclusion of young people. Scholarships are provided by the Universidad de Manizales and the Universidad Autónoma de Manizales.

The last axis is intersectoriality, which we carry out with the communication of needs to other sectors, with agreements with SENA for the training of young people, with productive projects in which, for example, the Women's Secretariat has provided a training and meeting space for our caregivers' platform.

What has been the level of co-responsibility?

Universidad de Manizales: has awarded three 100% free scholarships for young people in the process of social inclusion.

Universidad Autónoma de Manizales: has granted three 100% free scholarships for young people in the process of social inclusion.

Ministry of Health: receives cases with mental problems or disorders for comprehensive treatment.

Ministry of Education: advances procedures to complete high school for young people and their caregivers.

National Apprenticeship Service: offers technical training courses for young people.

Private companies: have offered jobs for some young people.

Women's Secretariat: provides sewing machines and raw materials for the care and youth platform. Accompanies entrepreneurship processes.

Which evaluation and accountability mechanisms were used?

CARLOS (MINORS): the CRAFT/CARLOS, validated for Colombia and recommended by the Ministry of Health for the detection of psychoactive substance use problems.

SRQ: (Self-Reporting Questionnaire of Psychiatric Symptoms SRQ - Self Reporting Questionnaire).

Reporting Questionnaire).

ZARIT TEST: The Zarit test is a tool that will allow to quickly evaluate and know the caregiver's overload. Family interventions for family characterization by family development.

RQC: It is an instrument consisting of three parts: an initial one with identification data on the child, his parents and the adult providing the information.

Similarly, scales of participation in Hartt children and youth will be measured, in addition to analysis of narratives before and after the interventions.

Summary of the experience

In order to describe the actions that are being carried out in the peace-building programme “Pégate al parche más grande” (Stick to the biggest patch), it is important to understand the phenomena of interpersonal violence, behaviours contrary to coexistence in young people, and the consumption of psychoactive substances.

Underlying these three superficial phenomena, to which can be added suicidal behaviour, are behavioural problems and alterations in some biological systems, which we must intervene hand in hand with the health sector; however, beneath the biological factors there are complex social systems, and even below these social systems, there are living conditions, which make the problem much more serious. The programme has tried to have an impact on the root of these phenomena, on living conditions. It is for this reason that the programme has a number of strategies to be implemented in the programme, which are mentioned below:

1. Deployment, training and supervision of a multidisciplinary mobile team of psychosocial assistance.
2. Establishment of temporary psychosocial support centres in camps and host communities;
3. Organisation of cultural and socio-relational activities, creative and art-based activities, rituals and celebrations, sports and games, non-formal education and informal learning activities;
4. Counselling and support groups and training in counselling methods; 5;
5. Referral mechanisms for people with severe mental disorders; interpretation; cultural mediation; and strengthening national mental health systems.
- 6 Integration of a mental health perspective into the protection framework for vulnerable people affected by conflict.