



SOTSIAALKINDLUSTUSAMET

Report on conceptual and IT requirements for the therapy platform tool

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Necessity of a web-platform of evidence based therapies used in the rehabilitation process of sexually abused children

Several factors hamper the successful implementation of the Children's House model in Estonia, Latvia and Poland, from which one of the most important is the insufficient availability of various high-quality intervention and counselling tools and methods used in the Children's Houses.

BADEV project's goal is to improve knowledge of evidence-based practices when working with children previously experienced sexual abuse. All interventions should be analysed and evaluated before trying methods on traumatized children.

To get a clear overview of country's situation of implementing different evidence-based methods, a web-platform is the most innovative solution and simple to handle for both specialists and parents/caregivers. As an addition of information sharing it will also become a tool for collecting data on state level about the extent of evidence-based practices used around country to help children thereof training more specialists in certain areas lacking expertise. It also positively affects children moving abroad to continue a similar form of therapy later on through effective cooperation between psychotherapists in Children's Houses using the same platform.

Web-platform tool will also become a sufficient working-method for all Children's Houses across Europe and wider and will not need additional expenses of launch in other countries except translation if necessary.

Children's House team in Estonian Social Insurance Board has found suitable high-level experts as developers for a web-based platform of evidence-based therapies, methods, evaluation instruments and materials, which will be used in the rehabilitation process of sexually abused children.

Description of a developmental process

Developer's task is to collect and describe therapies, methods, evaluation instruments and materials, which is used to help sexually abused children. Data will be analysed holistically and keeping child's best interests in main focus. Data is collected concerning two aspects: therapies, methods, evaluation instruments and materials used in Estonia (Latvia, Poland) and therapies, methods, evaluation instruments and materials in other countries in Europe, which have shown progress. Therapies and counselling methods used in Estonia (Latvia, Poland) are also marked with contacts (telephone, e-mail address, location) of service providers. Evidence based therapies used in Europe possibilities of adapting them to Estonia's (Latvia's, Polish) national context will be analysed, including preconditions of adaptation process. Independent expert creates a guidance how to use data received from a web-platform. Firstly the data is shared in Estonian and English but there is a technical possibility of adding several other languages to the platform which will be tested by Latvia and Poland during the project.

Data and platform is meant mainly for the usage of Children's House teams and specialists working with children but also parents and other caregivers. All information will become available on Estonian Children's House webpage www.lastemaja.ee which is already hosted by Social Insurance Board.

During BADEV project process partners from Latvia and Poland share their expertise of therapies, methods, evaluation instruments and materials from their countries/districts. Data from two countries is collected by local teams but entered to platform by Estonian team. During 2019. platform usage is made more simple with a guidance material so Latvian and Polish teams can refresh and access the Children's House web-platform themselves without Estonia's technical expert guidance.

Tasks for expert no 1 – technical analyst and data collector of evidence-based methods in traumatherapy.

Expert was found by a public staff selection process in June 2018. Social Insurance Board human resources department seek for a highly qualified expert on both theory and practise of evidence-based methods and working with traumatized children.

Ms Kaia Kastepõld-Tõrs is a well-known Estonian clinical psychologist and therapist working in University of Tartu and in her private practice meeting (underage) clients daily. Expert is hired with an employment contract throughout analysing and data collecting process.

There are 6 steps of collecting data for a therapy platform:

1. Sharing a vision on paper with previous knowledge of a work alike from experts both evidence based methods of traumatherapy and creating a web-platform – 25.07.2018
2. Collecting data – 01.10.2018
3. Evaluation of data collected by Children´s House teams, suggestions to expert – 01.12.2018
4. Entering data to the platform in Estonian and English – 01.02.2019
5. Test-phase of the platform, suggestions to developer with partners – 01.04.2019- 01.09.2019
6. Final evaluation of a manual, cross-border co-work with partners – 01.10.2019

Tasks for expert no 2 – expert(s) on webdevelopment

Together with the expert evidence based methods of traumatherapy a web-platform developer was seek by a public staff selection process in June-July 2018. Only people with previous alike work-experience and positive recommendations were interviewed. Two web-development experts combining a team, Ms. Helene Vetik and Mr Karl Saluveer start working with a web-platform from September 2018 with a sub-contract for Social Insurance Board.

Service of Children's House receives a web-platform hosted on web-page www.lastemaja.ee where all the previously assessed therapies are collected. Webpage is in Estonian and English and solution of platform will also be available for partners in Latvian and Polish for them to launch it locally on their webpages. Information about therapies is the same in all languages. Data differs by service providers of 3 countries. In the end of BADEV project every country has an web administrator of Children's House responsible of changing information online if necessary.

Creating the therapy platform has 4 phases:

1. Needs for a platform are assessed by Children's House team and reported to web-development experts – 01.07.2018
2. Technical works of creating platform with necessary data (co-work with traumatherapy expert) – 01.02.2019
3. Development, testing, fixing the platform together with cross-border partners 01.03.2019-01.09.2019
4. Therapy web-platform ready to use in 3 countries with guidance material and administrative rights for local Children's House teams - 01.10.2019.

Key principles of data protection and technical performance of a web platform during therapy platform development

Key principles of a platform is following UN Children's Rights convention, especially Article 2 (Non-discrimination): The Convention applies to all children, whatever their race, religion or abilities; whatever they think or say, whatever type of family they come from. **It doesn't matter where children live, what language they speak, what their parents do, whether they are boys or girls, what their culture is, whether they have a disability** or whether they are rich or poor. No child should be treated unfairly on any basis.(and) Article 17 (Access to information; mass media): **Children have the right to get information that is important to their health and well-being.** Additionally to Estonian language, all parts sharing information with children (f.e. details of treatment they'll receive) are in Russian also, as it is a second widely spoken language in Estonia. All texts concerning children are written in a child-friendly style of language. Children with special needs have additional technical solutions of improving the usage of a platform.

The process of collecting data for the platform is carefully analysed with the co-work of Estonian Data Protection Inspectorate. The Data Protection Inspectorate makes sure that people's private information (personal data) is sufficiently protected. The Inspectorate also ensures that information on the activity of institutions (public information) is sufficiently available. The right to the protection of personal data and the right to public information are constitutional rights. The constitution also grants everybody the right to inquire about the data collected about their person.

Hereby the developers are concerned for both specialists working with children and parents/caregivers seeking for help. No personal data for victims or their family members will be collected during the process. All information concerning child's and family's records about therapies assessed and received are marked for organisational use only and shared using national and international data protection protocols only, not listed as a part of web platform design. Numerous information of help seek in different areas of Estonia, Latvia and Poland are marked for use of Children's Houses only.

Web platform is being met using Web Content Accessibility Guidelines (WCAG) 2 requirements¹

Also the website will be constructed and compiled to comply with WCAG 2.0 AA accessibility guidelines. This means that certain technical tools and content compilation principles will be used that help users with visual or hearing disabilities to consume the content of the website.

¹ Web Content Accessibility Guidelines (WCAG) 2 requirements
<https://www.w3.org/WAI/WCAG21/quickref/?versions=2.0>