



# EUROPE DIRECT

## Área Metropolitana do Porto

*Somos a Europa na sua região! Junte-se a nós.*



Cofinanciado





# Social Project

## “PRIPAR – Arrisca-te ao Sucesso”



## → Contextualization of project

### Activities

- Psychosocial Support;
- Home visits;
- Educational-Cultural/Recreational-pedagogical activities;
- Personal development programs;
- Pre-professional activities,
- Emprego Appis.



This is an **APPIS** – (Associação Paredes Pela Inclusão Social) social project;



Project under supervision of **SICAD** – Serviço de Intervenção de Comportamentos Aditivos e Dependências “Intervention in Addictive Behaviors and Addictions”;



PRIPAR **mission** is to be an important **instrument for the reintegration** of persons with **Addictive Behaviors and Addictions** into society, family and professionally.



The project **responds to the needs found in the Municipality of Paredes, since 2014**, intended for:

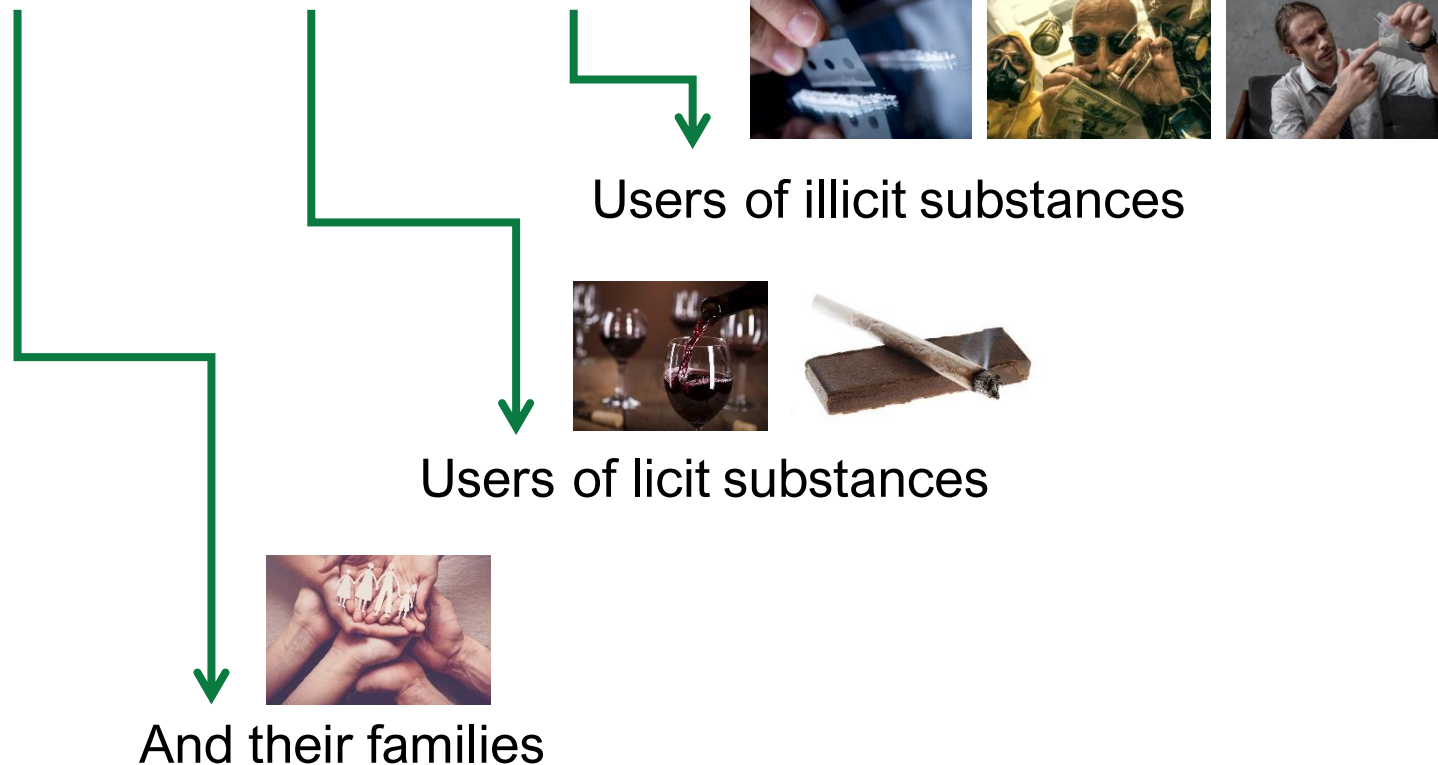
## → Contextualization of project

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- Psychosocial Support;
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The project is intended for:





Work team composed for five professionals from Sociology, Social Work, Psychology and Education.



The project is monitored for CRI Porto Oriental.



“PRIPAR – Arrisca-te ao Sucesso” is the oldest project of APPIS and a successful one.

## → Contextualization of project

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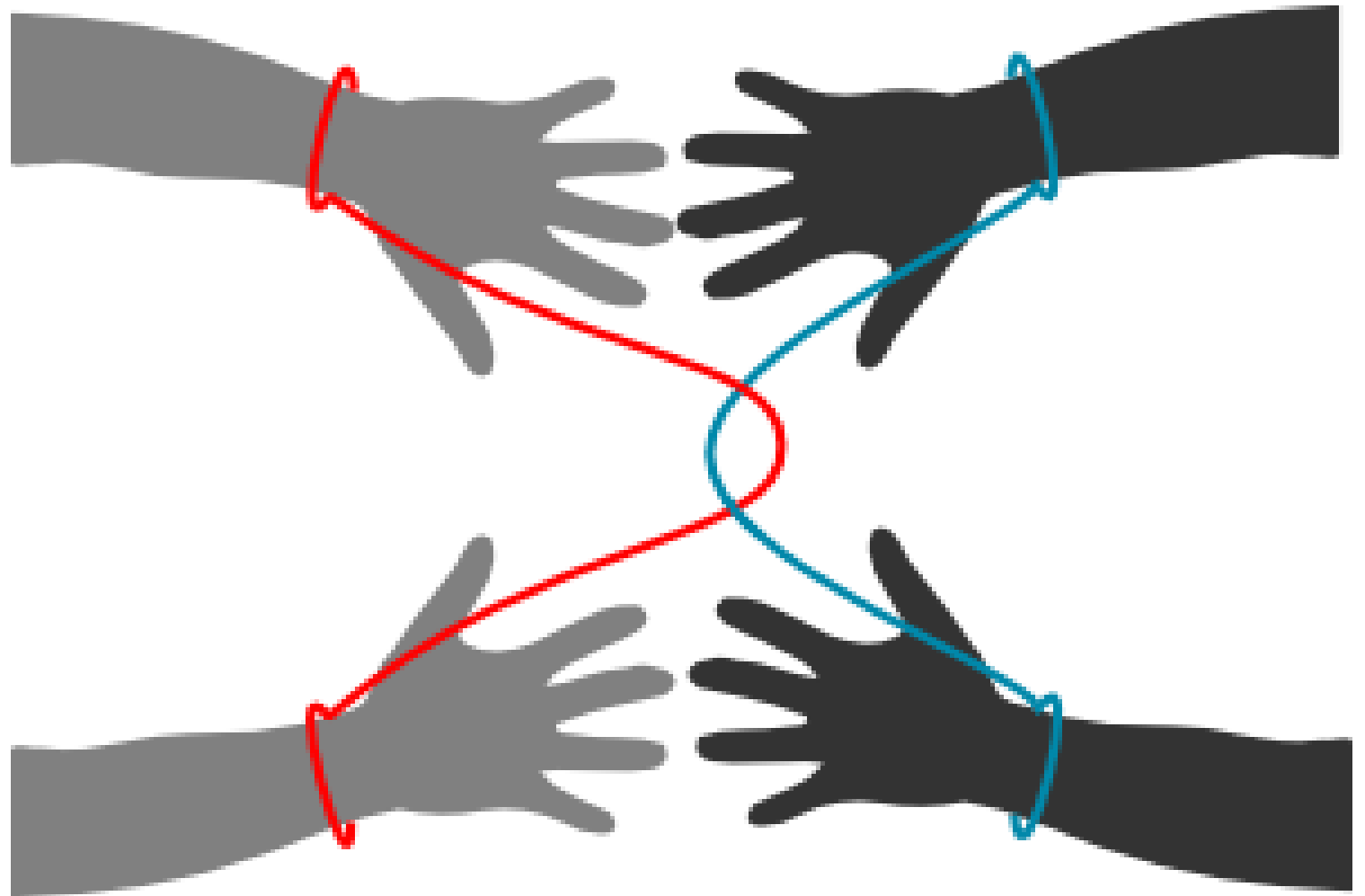


## → Contextualization of project

### Activities

- Psychosocial Support;
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- Personal development programs;
- Pre-professional activities;
- Emprego Appis.

## Game of the strings





The project develops several activities.

## Contextualization of project

### → Activities

- Psychosocial Support;
- Home visits;
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- Personal development programs;
- Pre-professional activities;
- Emprego Appis.

Psychosocial support

Home visits

Educational-Cultural / Recreational-Pedagogical  
Activities

Personal development programs

Pre-professional activities

Emprego APPIS



## Contextualization of project

### → Activities

- Psychosocial Support;
- Home visits;
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Cultural/Recreational-  
pedagogical activities;
- Personal development programs;
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- Emprego Appis.

# Psychosocial support









## Contextualization of project

### Activities

- Psychosocial Support;
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- Pre-professional activities;
- Emprego Appis.

## Psychosocial Support Office

It's an office / a place:

-  Where interactions occur between project technicians and the user/ project technicians, the user and their families;
-  Where users adherence to treatment structures is motivated and promoted;
-  Where the needs are assessed and referrals are made to different activities that promote healthy lifestyles;
-  Where healthy sexual practices and family planning are discussed and raised awareness;



## Contextualization of project

### Activities

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Cultural/Recreational-  
pedagogical activities;
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- Emprego Appis.

## Psychosocial Support Office

It's an office / a place:



Where an individual assessment is carried out that aims at a complete knowledge of their health, housing, income, family and professional conditions in order to develop an intervention plan



Where the development of skills in terms of employability and training is promoted



## Contextualization of project

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## Psychosocial Support Office

It's an office / a place:



Where, during meetings with users, we seek to promote their self-knowledge and, knowing what are their skills, we can define goals and what types of jobs suit each one



Where we teach how to do the:

- Registration on Emprego APPIS
- Registration on the Employment Institute and Social - Insertion Offices
- Make their Curriculum Vitae
- Responses to job advertisements
- Preparing for job interviews



## Contextualization of project

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- Psychosocial Support;
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- Emprego Appis.

## Home visits



## Contextualization of project

### Activities

- Psychosocial Support;
- • Home visits;
- Educational-  
Cultural/Recreational-  
pedagogical activities;
- Personal development programs;
- Pre-professional activities;
- Emprego Appis.

## Home visits

Aims to be able to:



Understand in a deeper way the quality of the conditions of the house, the surroundings, the hierarchy and family dynamics of the users.



Knowing the users' homes, we were able to formulate a work plan for their problem resolution or minimization of damage.



## Contextualization of project

### → Activities

- Psychosocial Support;
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- Pre-professional activities;
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Educational-Cultural / Recreational-  
Pedagogical Activities

RE – EXERCITA-TE



# Educational-Cultural/Recreational-Pedagogical Activities “Re-Exercita-te”

Through sports, skills are promoted for the emotional and affective balance.

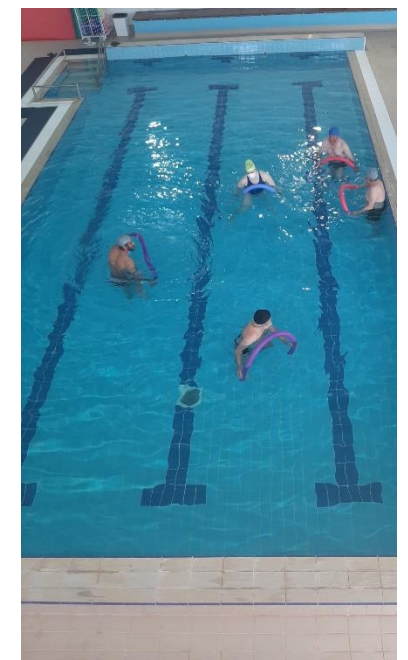


The activities promoted are golf and water aerobics.

## Contextualization of project

### Activities

- Psychosocial Support;
- Home visits;
- • Educational-Cultural/Recreational-pedagogical activities;
- Personal development programs;
- Pre-professional activities;
- Emprego Appis.





## Contextualization of project

### Activities

- Psychosocial Support;
- Home visits;
- • Educational-Cultural/Recreational-pedagogical activities;
- Personal development programs;
- Pre-professional activities;
- Emprego Appis.

## Educational-Cultural/Recreational-Pedagogical activities “Re-Exercita-te”

Through sports, skills are promoted for the emotional and affective balance.

Other competences trained:



- Interaction with a new persons is stimulated;
- Social reinsertion;
- Interaction into the nature;
- Fulfillment with schedules;
- Sense of belonging;
- Routines and habits creation that can stimulate self-esteem and self concept;
- Occupation of free time.



RE-EXERCITA-TE - GOLF



## RE-EXERCITA-TE – WATER AEROBICS





## Contextualization of project

### → Activities

- Psychosocial Support;
- Home visits;
- Educational-  
Cultural/Recreational-  
pedagogical activities;
- Personal development programs;
- Pre-professional activities;
- Emprego Appis.

Personal development  
programs



## Contextualization of project

### Activities

- Psychosocial Support;
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- • Personal development programs;
- Pre-professional activities;
- Emprego Appis.

# Personal Development Programs

We propose 3 different programs with different objectives

## 1. PARENTALIDADES

Skills training program for users and family members, where information is shared, acquired and training on educational strategies that promote ideas, attitudes and skills that enhance the development and academic success of their children.





# Personal Development Programs

## 1. PARENTALIDADES

### Contextualization of project

#### Activities

- Psychosocial Support;
- Home visits;
- Educational-Cultural/Recreational-pedagogical activities;
- ➔ • Personal development programs;
- Pre-professional activities;
- Emprego Appis.





## Contextualization of project

### Activities

- Psychosocial Support;
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- ➔ • Personal development programs;
- Pre-professional activities;
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# Personal Development Programs

## 1. PARENTALIDADES

The program is composed for five training sessions, where we talk about:



Communication with children and adolescents;  
Peer group;  
Conflict and discipline;  
Children and adolescents behaviour's monitorization  
Comunnication with school;

The aim of the program is to promote school success



## Contextualization of project

### Activities

- Psychosocial Support;
- Home visits;
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pedagogical activities;
- ➔ • Personal development programs;
- Pre-professional activities;
- Emprego Appis.

# Personal Development Programs

## 2. PROMOVE-TE

It aims to promote personal and social skills through 4 components

Informational

Decision making and problem solving

Emotional regulation

Communication skills





## Contextualization of project

### Activities

- Psychosocial Support;
- Home visits;
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Cultural/Recreational-  
pedagogical activities;
- ➔ • Personal development programs;
- Pre-professional activities;
- Emprego Appis.

## Personal Development Programs

### 3. GESTITUDE – “HOME MANAGEMENT”

Training program where concepts related to planning and domestic management are worked on and tested







## Contextualization of project

### Activities

- Psychosocial Support;
- Home visits;
- Educational-  
Cultural/Recreational-  
pedagogical activities;
- ➔ • Personal development programs;
- Pre-professional activities;
- Emprego Appis.

# Personal Development Programs

## 3. GESTITUDE – “HOME MANAGEMENT”

The program is composed for five training sessions, where we talk about:



Differences between sources of income and expense ;  
How to run a monthly and annual budget;  
What are the benefits of saving and when to use them;  
Division of tasks and teamwork;  
Improvement of family relationships through sharing and unity.





## Contextualization of project

### → Activities

- Psychosocial Support;
- Home visits;
- Educational-Cultural/Recreational-pedagogical activities;
- Personal development programs;
- Pre-professional activities;
- Emprego Appis.

# Pre-professional activities

Pre-professional skills development programs that increase skills and probabilities of professional reintegration



Horta à porta



Renovação / Restauro



Jardinagem



Cuidador de animais



## Contextualization of project

### Activities

- Psychosocial Support;
- Home visits;
- Educational-  
Cultural/Recreational-  
pedagogical activities;
- Personal development programs;
- ➔ • Pre-professional activities;
- Emprego Appis.

## Pre-professional activities

Pre-professional skills development programs that increase skills and probabilities of professional reintegration



Horta à Porta – “Individual Vegetable Garden”



The aim of the program is to acquire some work competences to work at home or in a new work;

Homemade food production;

Free time occupation.



## Contextualization of project

### Activities

- Psychosocial Support;
- Home visits;
- Educational-Cultural/Recreational-pedagogical activities;
- Personal development programs;
- ➔ • Pre-professional activities;
- Emprego Appis.

## Pre-professional activities

Pre-professional skills development programs that increase skills and probabilities of professional reintegration



Horta à Porta – “Individual Vegetable Garden”





## Contextualization of project

### Activities

- Psychosocial Support;
- Home visits;
- Educational-Cultural/Recreational-pedagogical activities;
- Personal development programs;
- ➔ • Pre-professional activities;
- Emprego Appis.

## Pre-professional activities

Pre-professional skills development programs that increase skills and probabilities of professional reintegration



Horta à Porta – “Individual Vegetable Garden”





## Contextualization of project

### Activities

- Psychosocial Support;
- Home visits;
- Educational-Cultural/Recreational-pedagogical activities;
- Personal development programs;
- ➔ • Pre-professional activities;
- Emprego Appis.

## Pre-professional activities

Pre-professional skills development programs that increase skills and probabilities of professional reintegration



Horta à Porta – “Individual Vegetable Garden”





## Contextualization of project

### Activities

- Psychosocial Suport;
- Home visits;
- Educational-  
Cultural/Recreational-  
pedagogical activities;
- Personal development programs;
- ➔ • Pre-professional activities;
- Emprego Appis.

## Pre-professional activities

Pre-professional skills development programs that increase skills and probabilities of professional reintegration



Horta à Porta – “Individual Vegetable Garden”





## Contextualization of project

### Activities

- Psychosocial Support;
- Home visits;
- Educational-  
Cultural/Recreational-  
pedagogical activities;
- Personal development programs;
- • Pre-professional activities;
- Emprego Appis.

## Pre-professional activities

Pre-professional skills development programs that increase skills and probabilities of professional reintegration



Renovação/ Restauro – “Renovation/ Restoration”

The objectives of the program are

- Acquire some work competences to work at home or in a new work;
- Furniture recovery and reuse;
- Furniture restoration as a professional activity;
- Knowledge acquisition to perform new tasks
- Free time occupation.





## Contextualization of project

### Activities

- Psychosocial Support;
- Home visits;
- Educational-Cultural/Recreational-pedagogical activities;
- Personal development programs;
- • Pre-professional activities;
- Emprego Appis.

## Pre-professional activities

Pre-professional skills development programs that increase skills and probabilities of professional reintegration



Renovação/ Restauro – “Renovation/ Restoration”





## Contextualization of project

### Activities

- Psychosocial Support;
- Home visits;
- Educational-Cultural/Recreational-pedagogical activities;
- Personal development programs;
- • Pre-professional activities;
- Emprego Appis.

## Pre-professional activities

Pre-professional skills development programs that increase skills and probabilities of professional reintegration



Renovação/ Restauro – “Renovation/ Restoration”





## Contextualization of project

### Activities

- Psychosocial Support;
- Home visits;
- Educational-  
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pedagogical activities;
- Personal development programs;
- • Pre-professional activities;
- Emprego Appis.

## Pre-professional activities

Pre-professional skills development programs that increase skills and probabilities of professional reintegration



Renovação/ Restauro – “Renovation/ Restoration”





## Contextualization of project

### Activities

- Psychosocial Support;
- Home visits;
- Educational-  
Cultural/Recreational-  
pedagogical activities;
- Personal development programs;
- ➔ • Pre-professional activities;
- Emprego Appis.

## Pre-professional activities

Pre-professional skills development programs that increase skills and probabilities of professional reintegration



### Jardinagem – “Gardening”

The objectives of the program are

- Acquire some work competences to work at home or in a new work;
- Gardening at home;
- Knowledge acquisition to perform new tasks
- Free time occupation.



## Pre-professional activities

Pre-professional skills development programs that increase skills and probabilities of professional reintegration

### Contextualization of project

#### Activities

- Psychosocial Support;
- Home visits;
- Educational-Cultural/Recreational-pedagogical activities;
- Personal development programs;
- ➔ • Pre-professional activities;
- Emprego Appis.



Jardinagem – “Gardening”





## Pre-professional activities

Pre-professional skills development programs that increase skills and probabilities of professional reintegration

### Contextualization of project

#### Activities

- Psychosocial Suport;
- Home visits;
- Educational-Cultural/Recreational-pedagogical activities;
- Personal development programs;
- ➔ • Pre-professional activities;
- Emprego Appis.



### Jardinagem – “Gardening”





## Contextualization of project

### Activities

- Psychosocial Suport;
- Home visits;
- Educational-  
Cultural/Recreational-  
pedagogical activities;
- Personal development programs;
- ➔ • Pre-professional activities;
- Emprego Appis.

## Pre-professional activities

Pre-professional skills development programs that increase skills and probabilities of professional reintegration



### Cuidadores de animais – “Pet sitting”

- Acquire some work competences to work at home or in a new work;
- Knowledge of animal needs;
- Knowledge acquisition to perform new tasks
- Free time occupation.





## Pre-professional activities

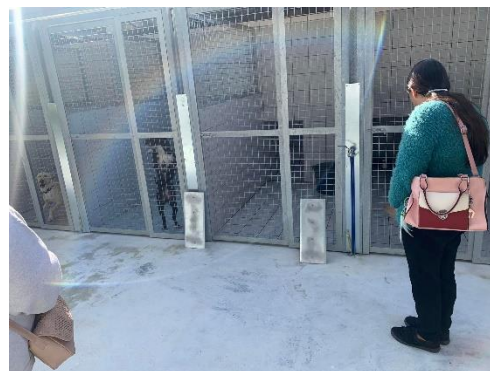
Pre-professional skills development programs that increase skills and probabilities of professional reintegration

### Contextualization of project

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- Psychosocial Support;
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#### Cuidadores de animais – “Pet sitting”







## Contextualization of project

### → Activities

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Cultural/Recreational-  
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# Emprego APPIS



# EMPREGO APPIS

Facebook page where we, everyday, post employ and formation offers of the municipality and the surrounding municipalities

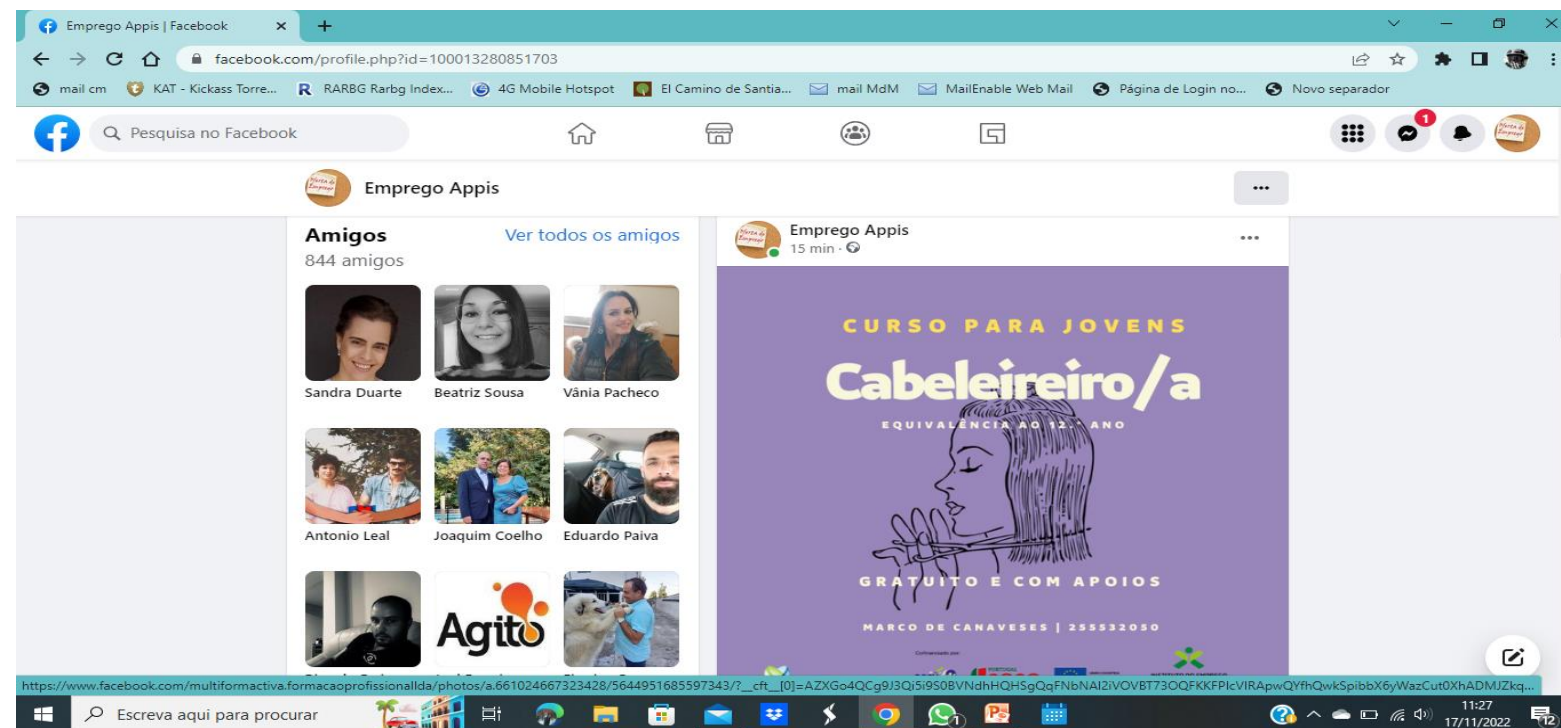
Covers 844 users and family members

Provide users with a page where there are jobs and reliable training for their needs

## Contextualization of project

### Activities

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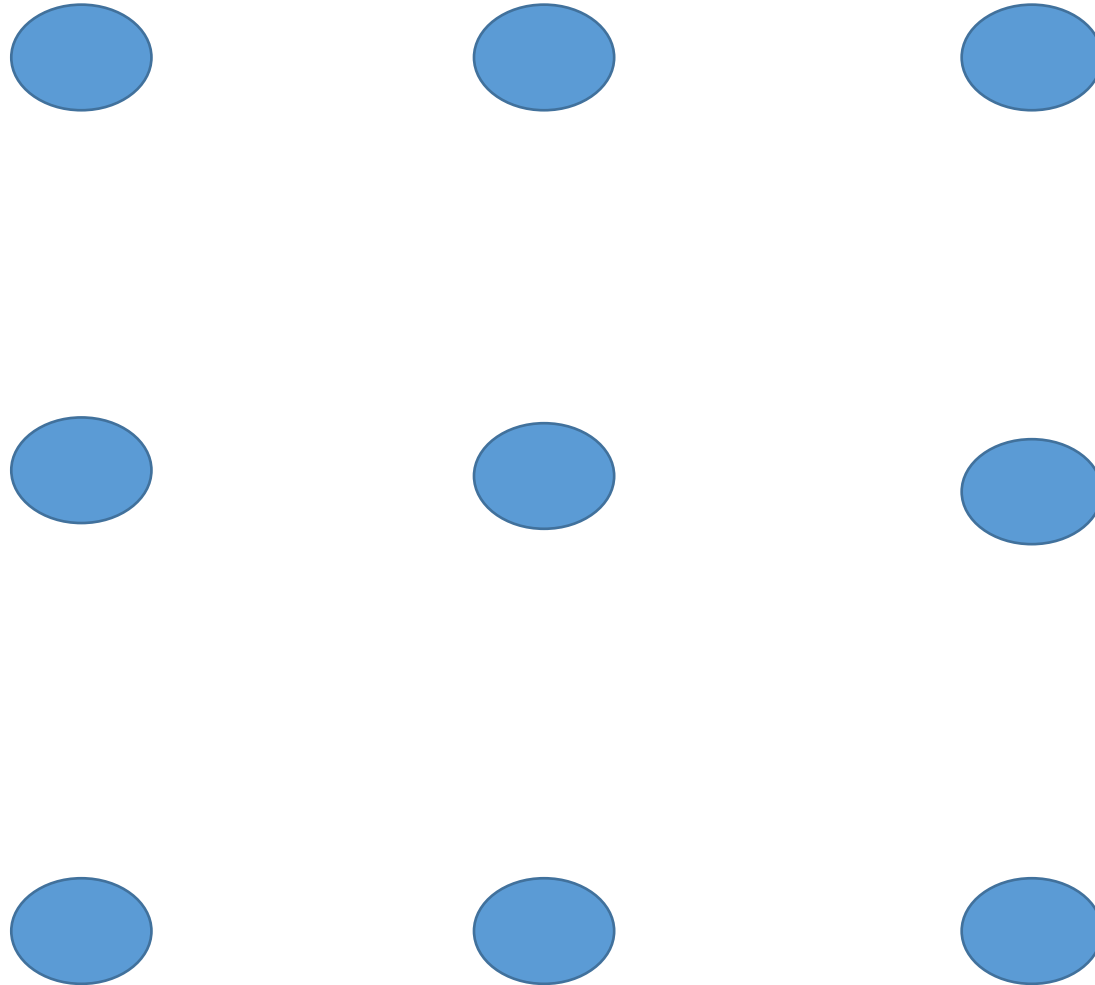


## Contextualization of project

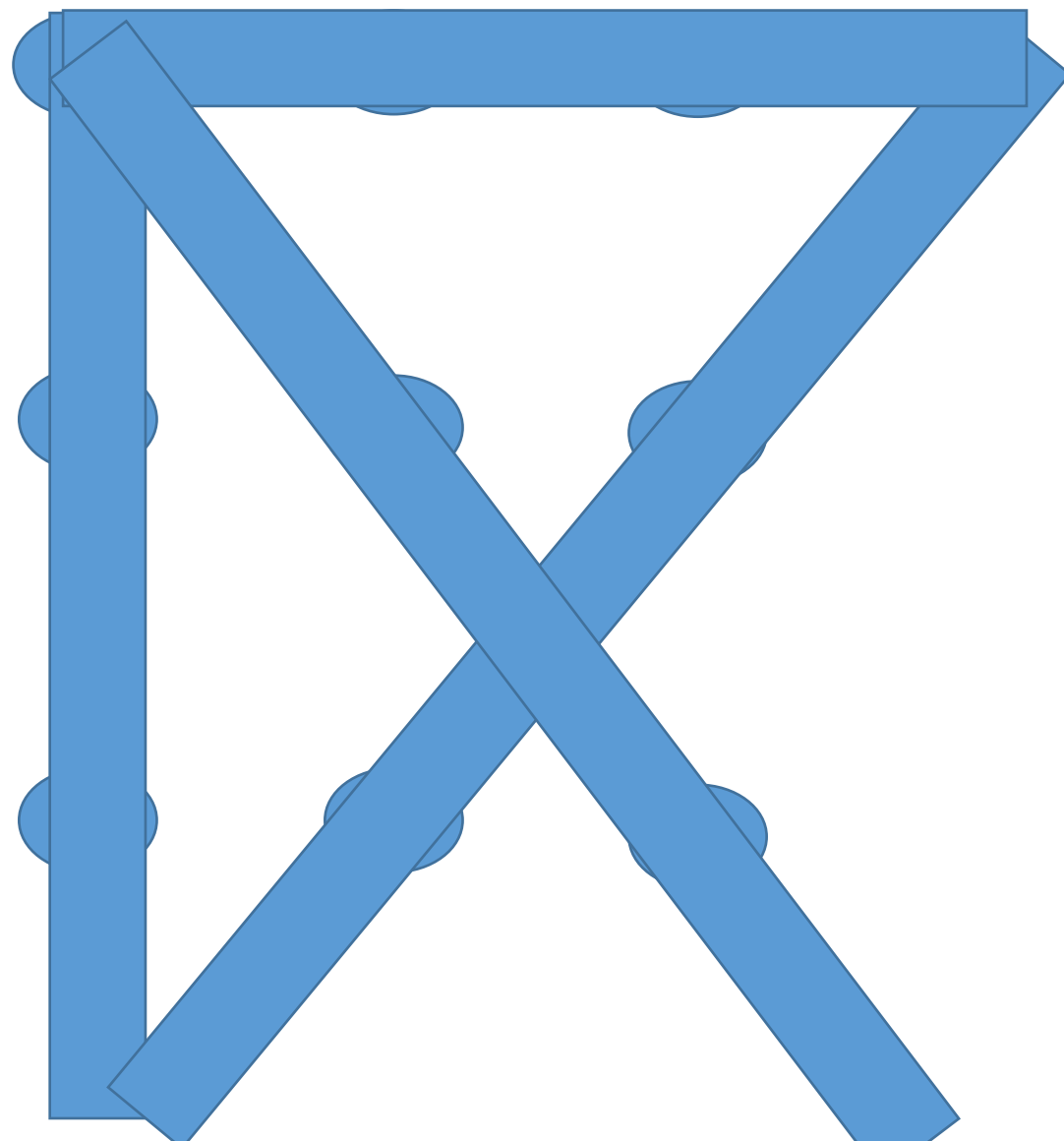
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Draw 9 points in a paper



Use 4 line segments to join all the points.





Thank you