

Experience using the empowerment method

Sosped
Finland

Introducing the organization Sosped

- Sosped Foundation (Sosped) is a non-governmental welfare organization operating in the social and health sector. The framework of all our activities stems from social pedagogy and the holistic and relationship-centered approach to support, care and wellbeing.
- Our mission is to support and enhance wellbeing and recovery through social interactions, peer support and peer-to-peer action.

GAMBLING ADDICTION

PELIRAJATON PROGRAM



Information and support for people affected by gambling related problems.

DIGITAL ADDICTIONS

DIGI PROGRAM



Information and support for young adults affected by excessive gaming or compulsive use of social media.

MENTAL HEALTH

CULTURE HOUSES



7 Culture Houses around Finland offer peer-led group activities for young adults with mental health problems.

SOCIAL INCLUSION

EPIC LIGHT PROGRAM



Media opportunities for young adults with challenging life situations.

ONLINE SCAMS

LOVE SCAM SUPPORT PROJECT



Information and support for victims and perpetrators of online romance scams.

SOSPED

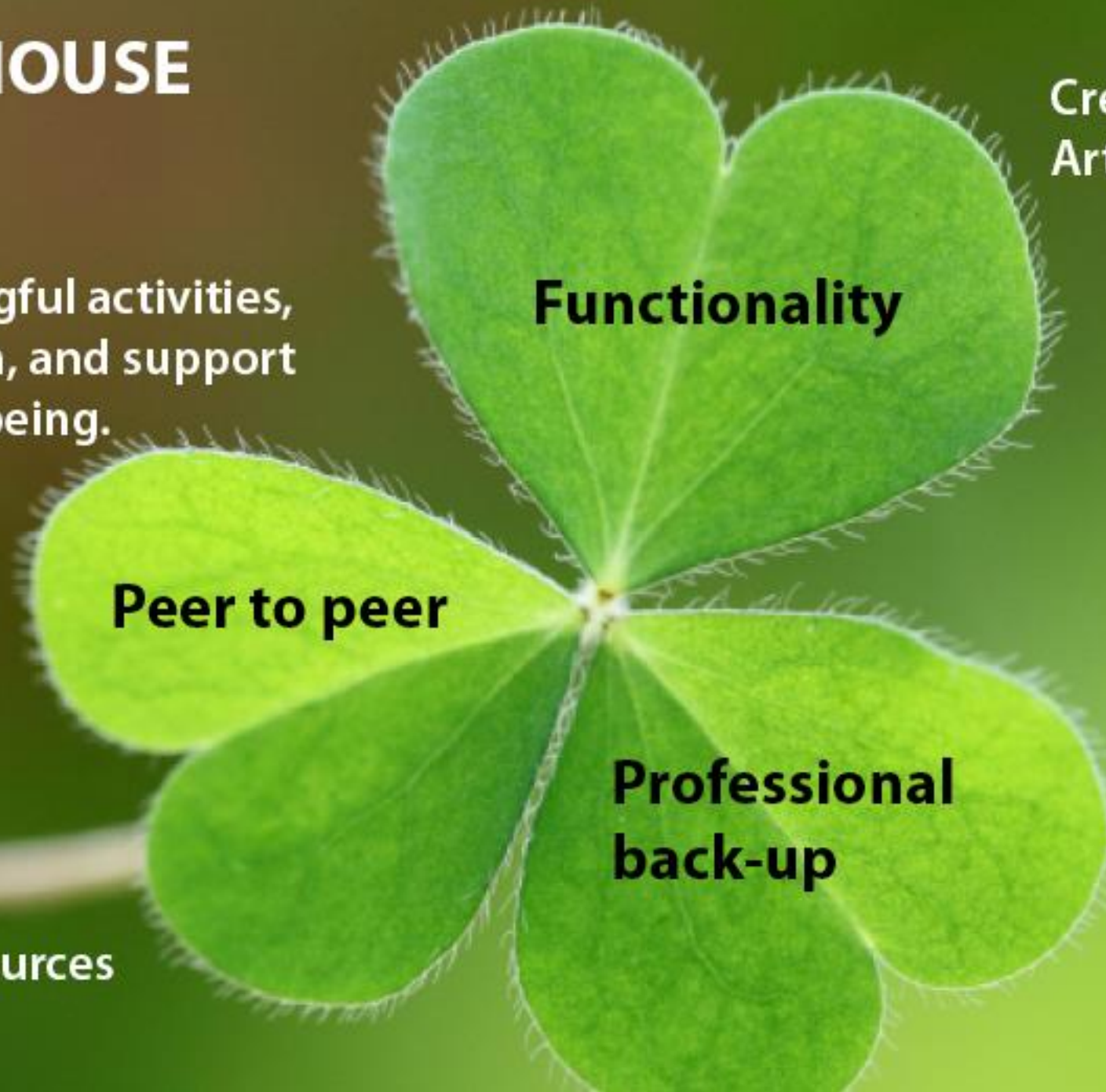
Using the empowerment method in practice

Culture House Concept

CULTURE HOUSE CONCEPT

Offering meaningful activities,
social interaction, and support
for mental well-being.

Focusing on resources
and strengths.



Functionality

Peer to peer

**Professional
back-up**

Creative and
Arts-based methods

Sustaining a
positive and
encouraging
atmosphere.

Life Situation Upon Entering Culture House Virta (2023)

- On sick leave 34%
- Rehabilitation allowance 24%
- Student 17%
- Unemployed job seekers 14%
- Part-time work 7%
- Disability pension 1.5%
- Social assistance 1.5%
- Maternity leave 1%





IMPACT ON WELL-BEING:

- 82%** Improved mental health
- 82%** Increased confidence
- 86%** Enhanced resilience
- 76%** Improved motivation
- 76%** Enhanced social skills
- 72%** Improved daily rhythm
- 31%** Enhanced physical fitness
- 75%** Experiences a reduction in loneliness
- 62%** Developed study or job search plans

Annual participant survey 2023

VOLUNTEERISM

On one's own terms, by one's own will.
The individual's freedom to be oneself.





PEER SUPPORT

The definition of peer support is also strength-based, sharing common interests, similar experiences, genuine encounters, walking alongside, and understanding.



INCLUSION AND PARTICIPATION

Belongingness, being an actor,
everyone has the opportunity to
influence.



STRENGTHS-BASED APPROACH

Recognizing one's own strengths, utilizing knowledge and skills, reinforcing the positive.

HOPE

In tomorrow lies the promise of a better future for all.
It's about realizing one's own dreams, ensuring a secure life.
Dreams come true through action.



PEER SUPPORT



FUNCTIONALITY



FUNCTIONALITY



FUNCTIONALITY



FUNCTIONALITY

FUNCTIONALITY



Example of good practice - case study

- Time before coming to the organization
- The situation now
- On the importance of the Community