

DOC 3.4: Introduction to the Good Practice Study

A good practice (GP) can be a lot of things, from an overall attitude to a single case management practice, and from a juridical disposition to a type of group meeting.

In short, it is a practice you observe when you visit an institution which seems of peculiar interest to you. It is not necessarily directly related to your learning objectives, but it appeals to your professional experience and you'd like to deepen your understanding of it.

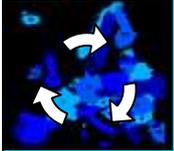
Good practices is about analyzing and explaining why something works, why something is a success. Questions like “what are we good at?” and “Why does it work so well?”, are central elements in the analysis.

Typically, your study goes in three phases:

1. choose a good practice

While visiting your host institution, **choose a good practice**, state its general objective, explain why you chose it, and select the eventual TC standards it is related to...

Name of the Good Practice (GP):	Pedagogical activities outside the community
Name of the Host Institution:	Monar Gaudinki
Dates of the traineeship:	28-31.01. 08
General objective of the GP:	To motivate the residents, to teach them how to make social contacts and amuse themselves without drugs, to awake residents to the meaning of life
Topic to which the GP is related:	TC
Reason for choosing the GP:	Lack of similar activities in Bulgaria
TC standards* related to the GP (Physical Environment):	
TC standards related to the GP (staff):	
TC standards related to the GP (Joining and Leaving):	
TC standards related to the GP (Therapeutic Environment):	
TC standards related to the GP	

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		Trainee	Host	Helpdesk
	Name of person			
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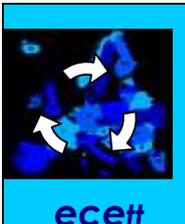
(Treatment Programme):	
TC standards related to the GP (External Relations):	

* the *Service Standards for Addiction Therapeutic Communities* (Communities of Communities, 2006) are widely recognised standards for good practices in TC. You can download them in this GP module. Have a look at them and select those related to your GP.

2. describe your good practice

Then, *describe the good practice* you observed. Try to do this in cooperation with your host coordinator.

Description of the GP (+/- 500 words):	<p>Together with the daily pedagogical activities in Gaudinki there is an organization of pedagogical, sport or cultural events outside the community which are connected in relationship with other therapeutic communities. These activities can be summer camps, sport competitions and activities, festivals, visits of foreign communities. I can give for example the close relationships with a community in Germany. In the summer one part of the residents of Gaudinki go over there working and with the money they earn they do a trip to different European cities.</p> <p>Another example: in June Gaudinki organize the festival of therapeutic communities. Many foreign organizations participate in this festival. During the festival the residents organize the different competitions, group games, they go hiking and the sense of these activities is to do something different of their life. In their life as addicted individuals the residents didn't have the relationships based on the universal human values.</p>
Type of target group:	Residents of TC
Description of target group:	Men and women, part of the Gaudinki's programme
Means:	Rucksack, tent, training kit, planning of the activity

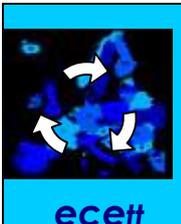
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Skills involved for the staff:	Pedagogical skills and good knowledge of the therapeutic programme
Resources (Human, tools, financial...):	Part of the team of the programme, a rucksack, a tent, sometimes an airplane tickets
Notes:	The staff members of Gaudinki supervise the organisation of all activities. Residents receive clearly responsibilities and tasks and the interactions between residents are part of the work to do in the therapy groups.
Hypothesis/risks:	Should require special financing
Comparison with own practice (+/- 200 words):	There is no practice in Bulgaria to hold meetings or competitions between the residents/clients of different programmes. The way to motivate the clients for their socialization is through going out of the center once a month. The clients themselves organize the event, but only they and the staff participate.

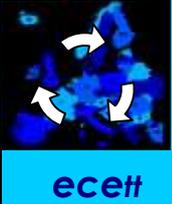
3. Critical analysis of the good practice

And finally, still together with your host coordinator, **make a critical analysis** of the good practice, considering the following:

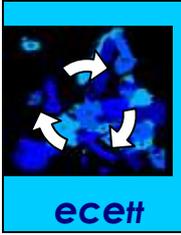
Why is this a Good Practice? (+/- 200 words):	Such events are part of the pedagogical project of the Gaudinki's programme. This is another way of training residents in social skills and way of live, of communication, of being tolerant, of feeling up the lack of their own culture and education.
Is the GP achievable?:	Yes, there are enough programmes in Bulgaria already and that means we could make a connection between them. Second, the ECEtt project makes the exchange between different organizations accessible on an European level. Gaudinki is a good example of this.
Is it realistic?:	Yes, it is realistic first to make contacts between programmes in Bulgaria and then to

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	organize meetings. The next stage could be to think about meetings of residents from European therapeutic communities.
Is it critical to the quality of the TC?:	Yes, the GP is linked with the basic principles of TC
What are the benefits?:	Motivation and socialization of residents
Is there 1 path or more paths?:	There are different events, linked with this good practice
Is it understandable?:	I think yes because the pedagogical work is part of the therapeutic community model. In Gaudinki the staff has found the way to “teach” the values and good communication via the activities outside the normal community life.
Is it measurable?:	Yes, the effect of the events could be measured through interviews with residents or through changes of their motivation or behaviour in the programme.
Is it adaptable to a range of settings?:	Yes, even though adaptation is unlikely since the practice is easy to implement. In Bulgaria we can try to start with the organization of sport events between different therapeutic centers and further on we can do more complicated activities for the residents like going on trip or other mobility projects.
Would the implementation of this GP in your institution be desirable and why?	I think yes, because it could be a motivation practice also for the staff.
Could you suggest a link about the GP?:	non
Do you have a picture describing the GP?:	yes
Do you have another picture describing the GP?:	yes

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At last, you will have produced one complete good practice study. To be recognized as an ECETT good practice it will have to be assessed by a Jury of ECETT Tutors (May 2008).

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