

Vamos Youth Services – support and activities to youngsters

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Deaconess
Foundation

A young woman with vibrant blue hair and a nose ring is smiling and hugging a person from behind. The person being hugged is wearing a red hoodie. The background is a blurred outdoor setting with a body of water and trees.

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Vamos Supports Youth to education and employment

- In Finland, there are over 60 000 young persons outside education or employment
- Vamos aims to decrease social exclusion of 16-29 year-olds and supports them towards education, employment and other goals
- The Vamos services is based on intensive group and individual coaching and youth-centered service integration
- A personal coach guides and supports the young persons onwards and recognizes their individual needs holistically
- Vamos has so far helped over 12 000 youngsters
- Vamos was founded in 2008 and currently has over 80 employees covering 13 cities in Finland



VAMOS: RESULTS 2019

2004

87 %

56 %

NPS 76

Young person got intensive coaching in Vamos

Felt their life had changed to a better direction during the service

Of young persons got to education or work during and after Vamos coaching

Youngster recommend Vamos to others



Well-being increased especially on mental health, trust and hope and education and work sectors.

Economical impacts to the society are significant. Services provide profit to input multiple times.

Measured with Outcomes Star method

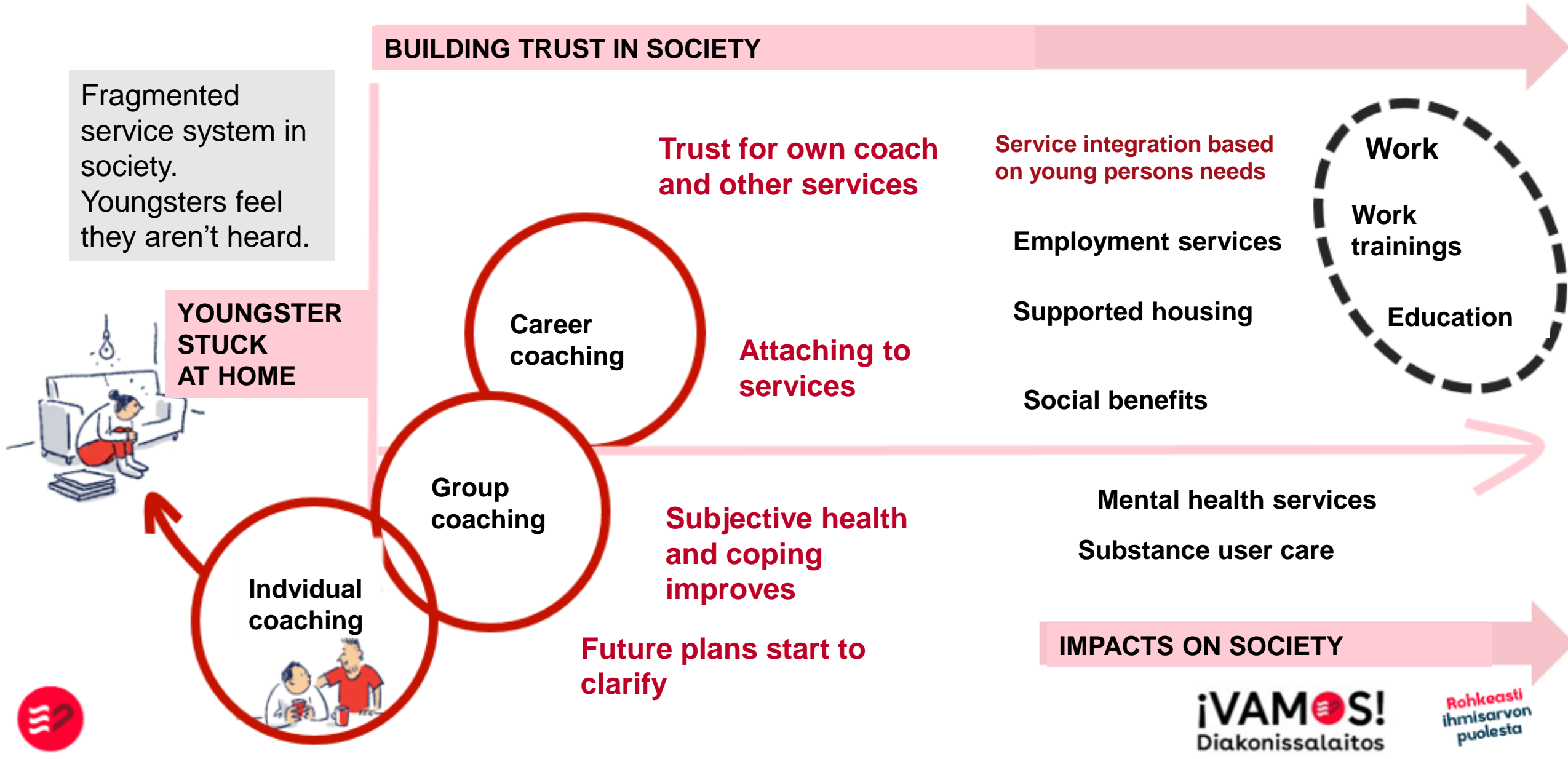
Full impact to the public economy 37,7 M€

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iVAMOS!
Diakonissalaitos

Intensive coaching



Nuova-project

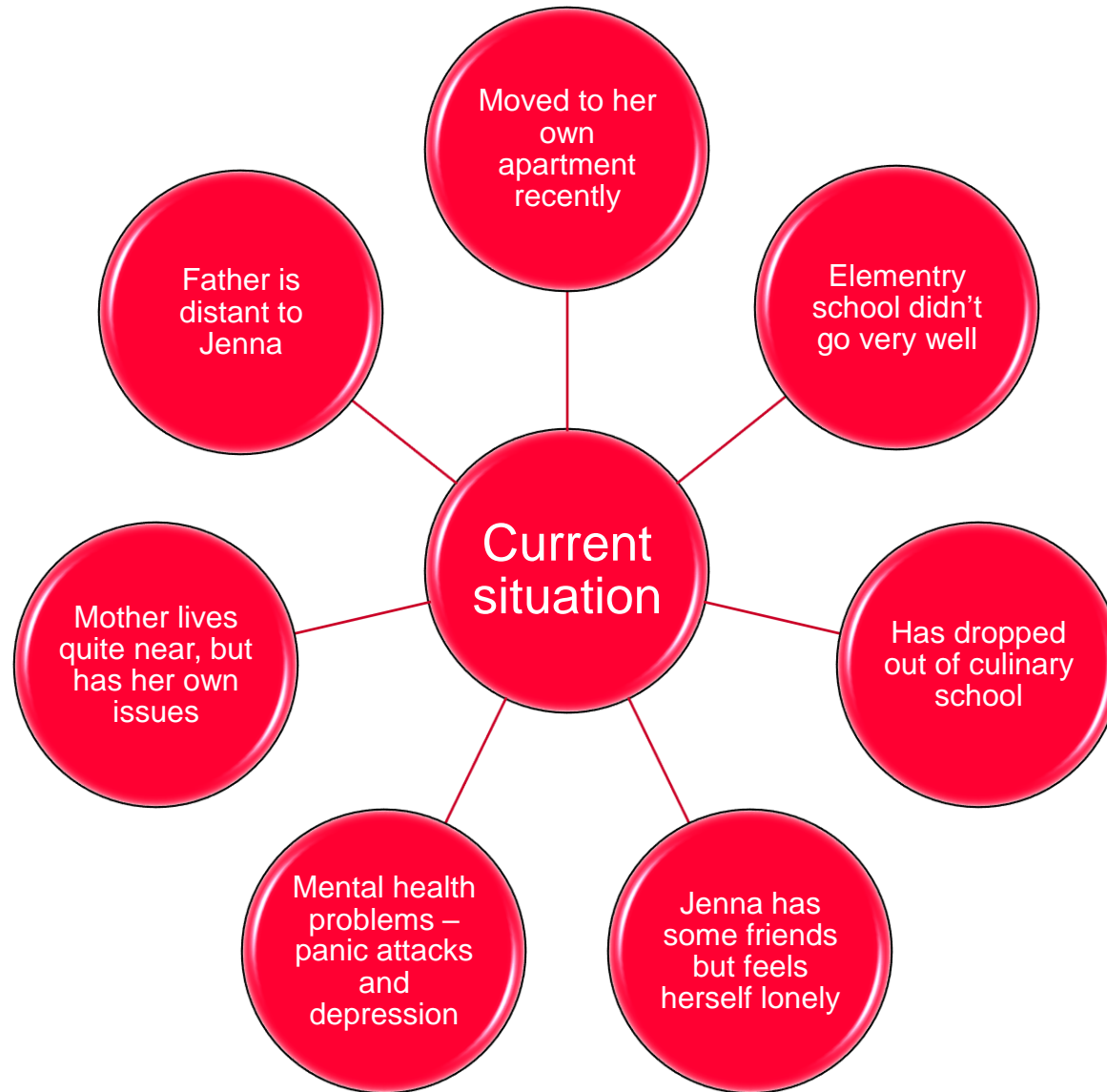
- **Started 1.12.2020**
- **Youth work to vocational education and basic education**
- **Co-operative team from 3 different organizations: City of Turku (coordinator), Deaconess Institute's Vamos Youth Services and Valo-Valmennusyhdistys**
- **One year project focused on consequences of Covid-19 to students**
- **Outreach work and group activities taken also outside school**



Case Jenna

18 years





School curator guided Jenna to Vamos



Jenna, first steps in Vamos

We make an effort to make meeting as comfortable as possible. Our office is like a big home full of comfy furniture and smell of coffee. We want Jenna to feel herself welcome and waited.

We take cups of coffee, then we sit and talk about things Jenna wants to tell us, for example:

- Situation
- Challenges
- Dreams for the future
- Need of support
- Current contacts with other actors
- Possibilities
- Plan for coaching



Individual coaching

- Meetings every week
- Empowering Jenna – what are her dreams, strengths, subjects of interest and possibilities
- She is not sure what are her professional goals
- She needs to patch up lacks from elementary school and needs to raise her grades
- At the moment it is difficult to be with other people, she is feeling depressed and gets a lot of panic attacks – especially in new situations and in groups. Going back to school is a frightening idea.
- After few weeks Jenna starts to think she wants to start in Vamos Mindset daytime group coaching – aim is to practise being in a group without getting panic attacks. She is promised to have a lot of support on this.



A group of five young people are sitting on a grassy lawn under large trees, engaged in a group coaching session. The scene is outdoors, with sunlight filtering through the leaves, creating a warm and natural atmosphere. The group is positioned in the lower left of the frame, facing each other in a circle. The trees are lush and green, with some autumnal tints visible. The sky is clear and blue.

Group coaching

Daytime group Mindset

- 2 days a week á 3 hours
- 3 modules á 6 weeks/module:
 - Mental well-being
 - Self-knowledge
 - Functional everyday life
- Max 8 young persons in a group
- Always at least two professionals present

Next steps

- Jenna's situation starts to improve, and returning to school starts to be realistic
- Coach is in contact with councillor of preparatory education for vocational training (VALMA) and arranges an interview for Jenna
- Coach arranges a meeting with organization that coordinates voluntary support persons to youngsters in their independence processes



Need of support decreases

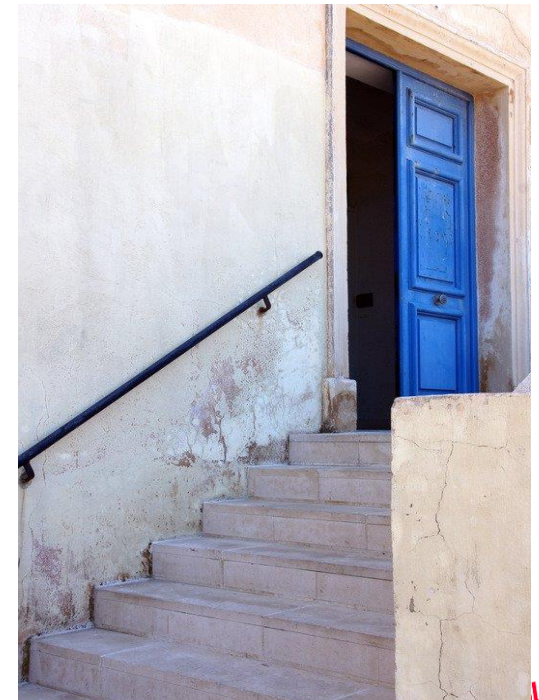
Jenna

- Is in school
- Has a plan for the future (path)
- Has a voluntary support person (support for living, leisure time)
- Has met peers in group coaching (social relationships and social skills)
- Empowerment in realizing her abilities, strengths, social skills, independent life

Need of
support
decreases

Jenna sees
her coach
more seldom

End of
coaching



Vamos makes a difference



Corner stones:

- Time, attitude, mutual trust and respect are
- Recognizing the individual needs
- Support, motivate and supervise
- One-stop-service center

Work methods

- Holistic approach
- Professionals
- Aim is to empower youngsters
- Outreach work
- Building trust
- Cross-sectoral work
- Possibilities to change work depending on situations in the society (for example COVID-19 pandemic, economical depressions, migration)

Teams and Coaches

- Multi-professional team
- Different working and educational backgrounds and styles to work
- Non-governmental work – no power relations to the youngsters
- Professionalism – power
- Professional guidance and structures in work are concrete





We are not doing this alone - service integration

We work along with

- **municipalities (social work, education, employment and immigrant services)**
- **other NGO's**
- **health care and rehabilitation services**

Funding

- **Municipality of Turku**
- **Service provider for** social insurance institution of Finland (KELA) / Nuotti-coaching
- Escner foundation



C. G. Eschner

Projects / ESF:

- **Skills together 8/19-6/21, learning basic skills**
- **VamosSampo 2/20-1/23, support to youngsters who are outside of the society**



Leverage from
the EU
2014–2020



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Thank You

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