A modular groupwork intervention for children aged 8 – 12 years

Presenter: Tanja Schmitz-Remberg MSW, Adult educator M.A.; Trampoline™ Team Cologne/ Germany /co. Prof. Dr. Klein; RARHA, 21.11.16
Background:

The negative impact of parental substance abuse on children has been well researched and documented by a multitude of studies and reviews, especially for children of alcoholics. It includes physical, psychological and cognitive consequences for children’s development. Children of addicts are a high risk group according to develop substance abuse or other mental diseases.

Social Work has to target this „forgotten children“ to treat and heal but also to prevent the increasing numbers of addicts.
The Trampoline™ Project:

Trampoline™ is a well researched innovative group program, which is grounded in theory and practise. Its development and evaluation was funded by the German Ministry of Health and was conducted in cooperation between the German Center for Addiction Research of Childhood and Adolescence (University Center Hamburg-Eppendorf) and the Institute for Addiction and Prevention Research located at the Catholic University of Applied Sciences Nordrhein-Westfalen/ Cologne.
In a nutshell:

Trampoline™ is a manualized, modular intervention informed by theoretical models, empirical research approach and practical expertise.

The effectiveness of Trampoline™ was tested among N=218 children in a multicenter randomised controlled trial with a 6 months follow-up. Currently the Institutes are testing a 5 years follow-up.
Research:

The program was compared to a similar intervention that was not addiction-specific. 27 agencies all over Germany delivered the intervention to common 218 children. Participants showed improvements in the area of addiction-related knowledge, psychological strain, coping strategies.

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Program:

Trampoline™ is modulated in 9 group sessions for 6-8 children aged 8 - 12 years.

Each modul is conducted for 90 minutes.

Final goal is that the children increase their knowledge and understanding of parental substance abuse and its efforts. The program emphasizes on psycho-educational contents and considers group development stages.
1. Develop a good and caring atmosphere in group

2. Increase self-esteem

3. Talk about addiction in family

4. Increase the specific knowledge about substances and addiction

5. Cope and deal with challenging emotions

6. Develop problem solving strategies

7. Learn strategies for specific challenges in substance abusing families

8. Ask for support and help

9. Say goodbye, feel strengthened and do the next steps

10. Parents´ modul, Part 2

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1. Welcome ritual with „Weather cards“
2. Announcement of the „motto of the day“
3. Talking about the home-task and experiences
4. Working at the substantial topics by role-plays, games, interactive methods, stories and childrenbooks, creative learning
5. Relaxing by Autogenic Training, „Käptn Nemo´ stories“
6. Task for the upcoming week
7. Goodbye ritual with the „Stone of happyness“

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Sustainable implementation - a challenge

• Trampoline™ is standardized by the Federal Central Certificate Authority „Zentrale Prüfstelle Prävention“ as an evidence-based selected prevention program.
• Trampoline™ training programs are provided.
• The Trampoline™ team attempts to develop strategic partnerships to universities, further education institutes and other providers, because there is currently no further public funds to bring Trampoline™ into the addiction area.
• After almost 3 years experience in attempts of implementation, the team is considering to bring Trampoline™ also to the youth welfare sector.
Trampoline™ is published since 2013. All theory, which led to this program, can be found, also the detailed schedule of the program.

If there are any questions, don’t hesitate to contact us:

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Thanks for your attention.