



FROM THE STORY OF PROBLEM TO THE WORLD OF TALENT AND COMPETENCIES

IPčko.sk

IPčko non-governmental organization was founded in 2012. We wanted to create a safe place for young, where they could identify their competencies to better manage their life. IPčko.sk is a psychological internet consulting for young people. Youth can use internet consulting with our consultants daily from 7:00 AM to 00:00 through online chat, and in the time from midnight to morning they can communicate by email. When young man clicks on our website www.ipcko.sk, he can see, which consultants are online. Each of the consultant has a photo of himself and people have the chance to read a few information about him in his profile, he can choose the consultant, which is likeable enough, to tell him the important part of his life story. Whole conversation is led with the atmosphere of trust and acceptance.

The client comes to our website with their difficult life situation, or with the feeling, that his life does not go in the way he wants to. Client tells his story, which is often full of problems or dissatisfactions, from which he is not able to go out of. In our work, we use the principles of systemic therapy. The person, we are talking to, is for us the expert of his own life. During the life, he has managed many of hard-time situations. We believe, that we need to support his talent, and by this we can help him to take his life into their own hands.

Young man comes with the feeling, that he cannot fully live his life. Instead, he feels, that his life is not so, as he would like to. He feels lonely. He thinks, that the things of his life are meaningless. He thinks, that nothing interesting comes to his life. Our online consulting is the place where he tries to find someone, to not be alone, to talk with somebody about his life, which is not as good as he wants. They are talking about his previous satisfying life and they imagine how would the future satisfying life be like. Together, they search for the steps, which he can accomplish by the help of his own skills and talents. Nevertheless, that the one discussion does not change the whole life, for the young man, it could be the hope for a change. In the same time, it could show him, that he himself is the creator of his life, and by the help of himself, by his skills, abilities and his own nature, he can take his life to his own hands.

Consultant keeps conversation in the way to solve the problem. However, he is not giving him the guaranteed advices. Instead of it, he changes the view from concentrating on the problem, to focus on the sources and abilities to solve the situation. At the same time, he can find his own talent for living his happy life and for overcoming the obstacles, which are the common part of the life.

During our discussions with young people, we talk about many different life situations. They come with the sadness and anxiety, depression or the feeling of loneliness. And this all in spite of the fact, that they have many friends and relatives around them. The relationships with friends, partners or the family are also often themes of our discussions. Young people want to talk about difficult themes too, like a self-mutilation, or hurt by the closest people. Despite of the difficulty of the situations, we lead each of our clients to find out his sources and competencies, thanks to which, they are able to master his life.

Since the initial launch of IPčko, we helped young people almost 50 000 times in different crisis situations through our chat-contacts.

"Kamil (14): I felt terrible. I used Google. I had a feeling of swiping with all. By the chance, I run into the very weird website. I clicked on it and I was telling myself, what a shit it is. As the chat had started, I could not believe my own eyes. The chat-meeting with the consultant Veronika brought the experience, that someone cares about me. Together, we planned what to do with all my shits. IPčko is cool"

UPside

UPside club is low-threshold contact center, which takes places in the center of Bratislava, on Obchodná 33. It is the place, where young people can come and spend their free time in the friendly environment. They have a chance to talk with consultants- volunteers, to play some table game, or to read one of many interesting books. UPSide is opened 3 times a week for the young people. Obchodná street is characteristic with the weekend fun of young people. They obtain there the first sexual or drug experiences and they are in danger by the different socio-pathological events. Young people, that are spending time in UPSide are the same, as many of us are. They live their life the best, as they can. They have many talents, which can offer to their friends and people around, even though, they often do not realize it. The program of UPSide evenings is created together with clients, who suggest the activities, as well as they have chance to help with the realization of them. By all of this, they can see their value and importance of abilities and skills each one of them.

Together with young people, we prepare many attractive activities. Thanks to IMAGE activities, we could explore ourselves and develop our personalities. Our skills were trained at the guitar school, as well as by the dancing of Latino dance. To be able to communicate with as many people, as we can, we had tried to learn sign language. The power of being with dogs was felt by the evening of Canistherapy.

The place gives an opportunity for young to show their abilities regularly once a month at the "Evening of talents". On this event, they can show their talents, not just in the presentation of singing, or dancing, but also in many others, often extraordinary skills. Together, we create non-formal festival of talents, on which, they can present their live and their distinctive lifestyle.

Thanks to our meetings in the UPSide place, as well as at the common events or trips, they bring the light to their lives one another. Detection and realization of the importance of their talents helps them to live their life more fully.

"Personally, when I am at UPSIDE, the time stops for me...I feel really comfortable there, somehow better than at home. Nobody forces me, the people are pleasant, they take care of me, and I feel, that they are here for me."

Consultants – volunteers

The volunteers create an important part of our organization, whether on the chat IPčko.sk, or at UPSide club. They are young people, students or absolvents of psychology, social work or other helping professions. By the time of IPčko existence, almost 150 of them show their talent. During the work, our consultants meet with many difficult themes and tasks. Because of that, our consultants are chosen by the competency model.

We give them a space, where they can use their knowledge and skills. They can develop their talent in the direct work with clients. The work of consultants - volunteers is not just the playground of real work. Thanks to their activity, young people have an access to stable service, which helps them to develop talent and competencies among another young people.

Despite of undeniable talent of our consultants, the work at internet consulting- IPčko, as well as Upside require much effort. Because of that, IPčko has created support system. It consists of individual and group supervisions, or individual consultations for each consultant. Also, they go through adaptation process, during which they receive education. Thank to this, they enlarge not just professional skills, but they also enforce their personal characteristics. Educational meetings continue as long as they are in our organization. By this activities, we help them to resist burn out, to let them to be the help for many young people.

IPčko team of volunteers is full of unique personalities. Each one brings the specific spirit to the organization. Thanks to interesting ideas and commitments of volunteers, we can create various projects. Except of the internet counseling and low-threshold contact center, we have created discussion meetings with professionals called "GAUČ", or video discussions with professionals, who speak by the language of people about difficult themes. Thanks to that, we can help young people by various forms to live their life fully.

Thanks to IPčko, young people could not just use their talents, but also develop and, what is more important, find out the talents in many other young people.

"My working in IPčko give me a lot more. Right at the beginning, I have received useful education, which was tailored to. Thanks to this, a feel really prepared to do so responsible activity. The leadership tries for another professional and personal development through the supervisions, as well as other educational activities. But above all, I had (and I still have) the opportunity to get to know many interesting people and to establish new friendships. IPčko is simply the place, where we are friends one another, and where the support is not just for clients, but also for its members."

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