

INPRHU Institute for Human Promotion

Ocotal, Nueva Segovia Phone 27321256



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Name of Organization: INPRHU-Ocotal NS.

Project Name: Casa Entre Nosotras-INPRHU.

Contact Person: Aura Estela Mendoza, Director of INPRHU.



INTRODUCTION

Through the ICDP "I Am a Person" Methodology, we have been working with our Target Groups, which has allowed us to clearly facilitate with the tools provided by ICDP, a way of how to contribute to unlearning forms of learned behaviors and to be able to change them in a healthy way for the well-being of each family.

This methodology has significantly improved each family's ability to communicate and listen, thus recognizing that children and adolescents are also people who deserve to be considered in their initiatives, participation, and decision-making.

INPRHU has worked on the methodology in a group and individualized way, such as in psychological care, self-help groups, families, social actors, training with teachers, and also, disseminating it in radio programs, which has allowed us to reach more people and be more expanded to the general population and most importantly to see positive results in each family.

Activities developed with the ICDP "I Am a Person" Methodology.

Session with families at the Pedro Joaquín Chamorro School

Place	Families	Theme	Sex		Total
			M	F	
Pedro Joaquín Chamorro.	12	Dissemination of the "I Am a Person" methodology. (ICDP.)	1	11	12
	19	ICDP methodology (I am a person).	1	18	19
Pedro Joaquín Chamorro.	18	The key to good quality care. (Empathy).	0	18	18
Pedro Joaquín Chamorro.	17	Emotional Dialogue	0	17	17
Pedro Joaquín Chamorro.	12	A space to live with parents.	2	10	12
total	78		3	36	78

Results:

78 families were attended within the Pedro Joaquín Chamorro school in group sessions, working with the ICDP course. In most families, patterns of negative behaviors that have been learned since their childhood were evidenced and from their lived experiences they shared stories of the punishments they obtained from their parents. Sharing personal stories in warm environment allowed each participant to recognize the importance of being different with their own sons and daughters. They appreciated the importance of positive guidance that teaches children to achieve the goal of their activity step by step. The ICDP course encouraged participant families to interact positively with their children, and all expressed that they now involve their children in conversations by listening to their opinions, and making shared decisions. Participants emphasized how

they observed their children change as result of being listened to and how they are now maintaining a better family coexistence.

Participant families bonded during the course and showed initiative individually and as a group.

Participants expressed that they learned to become more tolerant, understanding and how to give better attention to their children. They said they became aware and able to create better family spaces for their children to grow up in, and they even managed to help other parents at the school to apply ICDP guidelines in their homes.

Radio Programs

The ICDP eight guidelines of positive interactions were shared, reaching more people who listen to the program, “Our Voices for Change”. The program inspires listeners to put into practice good quality interaction and thus enhance their parenting skills.

International trainer Monica Anderson, visited us on behalf of ICDP International, and she shared through the radio program her knowledge and experience of training in ICDP foster families – as part of her work in her native Sweden. Monica also shared with the coordinator of the project called “Casa Entre Nosotras” about her ICDP training process of community leaders and INPRHU staff, which she was undertaking during her visit to Nicaragua in the autumn of 2023.

Teacher Training Processes, Facilitator Level



A total of 10 teacher training meetings were facilitated, distributed in two groups of 30 participants. Each group received 5 training sessions in person over approximately three hours. It was possible to achieve the objective of training and sensitizing 52 teachers, 47 women and 5 men, in the methodology I Am a Person, developing the three dialogues such as: emotional dialogue, comprehension and regulation, allowing everyone to evidence and practice what they learned from the whole process in short video recordings using the methodology.



A plan was agreed with established timelines for using the ICDP interactive, participatory, and reflective methodology, to strengthen the teachers as people, first of all, and then to spread the program further by transferring it to the groups with which the teachers work.

This process was completed with the delivery of

certificates of participation to the teachers of six selected schools. Including Montessori, Nueva Amanecer, Pueblos Unidos, Nora Astorga, Pedro Joaquín and San Martín de la Ciudad de Ocotlán. They are now trained and qualified to replicate the ICDP program by working with their groups of students and parents. They have all received relevant ICDP material which will allow them to work with their target groups, and this was delivered to Directors of each Educational Center who participated in the training process.

Facilitator Level I phase

Training process with social actors and INPRHU staff, facilitating Casa Entre Nosotras staff, the second moment at the multiplier level developed by Mónica Anderson

Date.	Place	theme	Sex.		Total
			M	F	
23-08-23	INPRHU Offices.	Training in the " I Am a Person" methodology. (ICDP), facilitator level I phase. (Day 1)	3	18	21
30-08-23	INPRHU Offices.	Training in the methodology, "I AM A PERSON." (ICDP), facilitator level I phase. (Day 2)	3	14	17
06-11-23	INPRHU Offices.	Training in the methodology, "I AM A PERSON." (ICDP), multiplier level II phase. (Day 1)	3	15	18
07-11-23	INPRHU Offices.	Training in the methodology, "I AM A PERSON." (ICDP), multiplier level II phase. (Day 2)	3	15	18
Total.			12	62	74

Results:



Four meetings were held at different times, where the first phase as a facilitator was taught by Casa Entre Nosotras staff and the second multiplier phase was led by Mónica Anderson, training us in the methodology, "I Am a Person", thus achieving the participation of INPRHU staff and Social Actors, such as Community Referents, community preschool teachers and municipal councilors, with the aim of reaching more people with the methodology.

The training process was completed with the delivery of certificates and accrediting 18 participants as multipliers of the ICDP methodology. They had fulfilled all their self-training and other required tasks, prior certification.

Participants made a commitment to continue taking up what they have learned and continue disseminating the ICDP work within INPRHU, to empower more families and help them overcome behaviors that have been learned during their difficult childhoods.



The group work allowed us to better understand each activity proposed by the trainer, making it easier to understand and reflect on the indicated tasks.

Work was carried out on the implementation of an activity plan to apply ICDP in the different areas of work for the year 2024, and each of the participants committed to continue strengthening their skills and knowledge as professionals.

Impact of the ICDP training

It was possible to establish good coordination with the Ministry of Central Education of Mangua to work with teachers in the process of ICDP training. This was a very interesting experience since the teachers did not have these tools before and were unable to help students who experienced family disintegration - they had many children expressing negative behaviors. Through ICDP training the teachers gained new insights and skills which they found immensely useful, It was possible to guide step by step each teacher, capturing more and more their interest and achieving their commitment to continue disseminating this methodology in family environments, with students and in the local community.

We have been recognized for our good work in using the ICDP methodology with families, teachers and for the work that has been done by teachers in the schools where they had already received the ICDP training. The Ministry of Municipal Education recognized this work and they are being supportive of our efforts by providing us with good references and enabling us to reach out to more families who need to benefit from ICDP guidance.

Goals for the future

This year, in 2024, the teachers who participated in the training process are now replicating the learning they obtained during the training in 2023 by working with parent groups and in schools. They are receiving our support, as we continue to accompany them in their ICDP work - they will always have a support network from the INPRHU facilitators.

With the social actors and INPRHU Staff who are already trained as multipliers, we are committed to replicating in the different areas of work for this year 2024, this commits us to be responsible since there is a plan of activities that we must implement and work with our target groups, family, children, and the community and thus continue to strengthen our skills and knowledge as professionals.

Difficulties

Teachers have little time to replicate what they have already learned. (Time factor.)

Most families live in peripheral neighborhoods and many times we do not have transportation that can move us to these vulnerable and dangerous places, or they work all day and often only find their children with other caregivers.

ANNEX.

TRAINING OF SOCIAL ACTORS AND INPRHU STAFF.



TRAINING WITH TEACHERS.



DELIVERY OF ICDP MATERIAL.



FAMILY SESSIONS

