



**STRENGTHENING VULNERABLE POINTS
IN MONTENEGRO
BENEFICIARIES AND INSTITUTION
EMPLOYEES**

2015-2020

IAHV UK TRUSTEE, MRS. SUSAN HINDLE

MONTENEGRO – EX YUGOSLAVIAN COUNTRY

has a coast on the Adriatic Sea and is bordered by Croatia, Bosnia and Herzegovina, Serbia, Kosovo and Albania. After the breakup of Yugoslavia in the wars (1991-1999) with extreme aggression, destruction and mortality, around 4 million people became refugees; then years of moral devastation, poverty, extremely low range of human rights, which in Montenegro is all still there.



STATISTICS:

ABOUT 626 THOUSAND PEOPLE LIVE IN MONTENEGRO
ABOUT 80 THOUSAND ARE BENEFICIARIES OF SOCIAL CARE

- 42% OF WOMEN IN MONTENEGRO, OR NEARLY EVERY OTHER, HAVE BEEN EXPOSED TO SOME KIND OF VIOLENCE FROM THEIR HUSBANDS OR PARTNERS DURING THEIR LIFETIME, ACCORDING TO A UNDP STUDY (2017).
- THE MINISTRY OF HEALTH HAS ANNOUNCED (2016) THAT EVERY THIRD CHILD IS EXPOSED TO EMOTIONAL ABUSE, WHILE EVERY FOURTH CHILD IS A VICTIM OF PHYSICAL ABUSE. MANY CHILDREN, ESPECIALLY HIGH SCHOOL STUDENTS, ARE EXPOSED TO ALCOHOL, DRUGS AND VIOLENCE. ACCORDING TO THE CENTER FOR CHILDREN'S RIGHTS AND MEDIA, PEER VIOLENCE AMONG CHILDREN IS ON THE RISE.
- ACCORDING TO THE COUNCIL OF EUROPE DATA (2015), MONTENEGRO HAS THE HIGHEST NUMBER OF PRISONERS IN THE REGION, AND TWICE MORE THIEVES THAN IN THE COUNTRIES OF EUROPE. ACCORDING TO THE REPORT, THE HIGHEST NUMBER OF PRISONERS IS DUE TO DRUG-RELATED CRIMES (EVERY FOURTH), THE SEVENTH LARGEST IN EUROPE. THE NUMBER OF PRISONERS IS ON THE INCREASE, 10% COMPARED TO 2009, WHICH IS WHY CE CONCLUDE THAT THE GROWTH OF THE PRISON POPULATION IS SIGNIFICANTLY ACCELERATED. ABOUT 60% ARE RETURNEES.
- THERE IS NO REGISTER OF DRUG ADDICTS IN MONTENEGRO, BUT NGOS ESTIMATE THAT THERE ARE BETWEEN 10.000-15.000 WHICH IS MORE THAN 2% OF THE POPULATION.
- ACCORDING TO OFFICIAL STATISTICS, MORE THAN 10% OF CITIZENS ARE WITH SOME FORM OF DISABILITY, AND THEIR DISCRIMINATION (TOGETHER WITH ROMA AND LGBTI COMMUNITY) IS ACCORDING TO STATE DEPARTMENT US HUMAN RIGHTS ANALYSIS, THE THIRD AREA OF CONCERN IN MONTENEGRO.

STRENGTHENING VULNERABLE POINTS

2015-2017

12 CITIES, 50 INSTITUTIONS AND 1,300 PEOPLE

Women
empowerment

Prison Smart

Orphans

Addicts

Disabled

Roma

Schools

WOMEN EMPOWERMENT: SINGLE MOTHERS, GRAVELY ILL, UNEMPLOYED

„Beleive me, I could not funcion during a day without resting. I always need to sleet. But, for this 10 days, I did not sleep at all during a day, and I am funkcioning great.“



WOMEN EMPOWERMENT: SHELTER AND SOS

„Every women needs to pass this program. Because when I passed it, the huge sadnes, stress and torment all disappeared.“

„I was almost a dead woman. Emotions were rouling my life. I was choking and I did not except the reality. Then I started with the excercises that helped me so much!“



ORPHANS: ONLY ONE INSTITUTION IN THE COUNTRY



"This is very significant mental empowering that leads children towards healthy and reasonably life, while living in the Children's home as well as when they leave it one day. Kids were asking for more and more, they were asking when are you going to come again," director.

YOUTH IN CRIME: ONLY ONE INSTITUTION IN THE COUNTRY



„This is new experience for me and I like it a lot.“

„I forgot where am I. I felt as at home.“

„My soul is relaxed.“

„My mind found peace.“

„I got more will for life.“

„Try to help others as you helped me.“

SCHOOLS



"I realized that my breathing can affect me."

"I look at life and myself with different eyes."

"Helps communicate with other people."

"After the exercise I have more energy than at the beginning."

"I feel fantastic, I completely relaxed!"

"I've learned a lot, the most important thing is to control my feelings."

ROMA



"I'm delighted with the program, specially with breathing techniques.,,

"Very relaxing, bringing back the energy. I liked it for simplicity."

"New experience for me, which I like very much."



ADDICTS: BIGGEST INSTITUTION IN THE COUNTRY WHERE THEY SPEND 1 YEAR



"I like the feeling of freedom the most.,,
"Raising positive mood, makes me free from frustration."
"This is the top! Sudarshan Kriya is the best!"
"I mostly like my state of my mind and my calmness."

PRISON SMART




„Prison is naturally negative environment, full of negative energy. Prisoners live in that space and without basic right for freedom, so they have tremendous frustration. After the program I heard their impressions. They mark it very positively and I noticed that they responded to the program very well. I am sure it would be very good if we can continue with the program,“ Head of the Centre for Education.

DOCUMENTARY MADE AFTER THE FIRST TWO YEARS OF THE PROJECT



*****note: independent professional evaluation made after the first two years of the project is available**

Some of documents to confirm the cooperation and satisfaction by city administrations and institutions

 CRNA GORA
OPŠTINA PLJEVLJA
Sekretariat za društvene djelatnosti
Broj: 032-1223/2016-2
Pljevlja, 30.08.2016. godine

DEZENJA
DIONICE
NEZAVISNOSTI
MILADU BOGANA
DRŽAVNOSTI
2016

Da je vječna Crna Gora

PREPORUKA

Programima Art of Living organizacije u Crnoj Gori

U maju 2016. godine realizovali smo program međunarodne organizacije Art of Living –u Pljevljima, na kome su prisustvovali zaposleni iz Opštine, profesori iz Gimnazije i Srednje stručne škole, Centra za socijalni rad, zaposleni u Domu zdravlja i Dnevnom centru za djecu i omladinu sa teškoćama u razvoju “Pljevlja”, korisnice nekoliko nevladinih organizacija koje brinu o ljudima iz osjetljivih grupa. Program osnaživanja je prošao veoma dobro i svi učesnici su ga primili pozitivno i ocijenili kao vrlo korisnog.


Osam osoba je dodatno trenirano za mogućnost da samostalno dio naučenog prenose drugim ljudima u potrebi. Svih osam je dobilo Priručnik za jednostavni, besplatni AOL program “Dah, Voda, Zvuk”, koji su u nekoliko navrata nakon toga samostalno realizovali.

Osim toga je realizovana jednočasovna radionica osnaživanja za nekoliko razreda Gimnazije, koja je također veoma dobro od mladih primljena. Realizovana je i radionica u organizaciji i za članove/ice Omladinskog kluba Pljevlja.

Izrazili smo želju da se naša saradnja nastavi, jer smo zadovoljni rezultatima i reakcijama polaznika/ica, i jer vjerujemo da su ovakvi programi danas veoma potrebni.


Zato Art of Living program preporučujemo i kolegama iz drugih lokalnih samouprava, vjerujući da će i u njihovim sredinama biti od koristi.

S poštovanjem,
DOSTAVITI:
 x Naslovo
 x Sekretarijatu
 x a/a

 SEKRETAR,
Mersudin Mersudinović

Opština Pljevlja
Ulica Kralja Petra I br. 36
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 JAVNA USTANOVA ZA SMJEŠTAJ,
REHABILITACIJU I RESOCIJALIZACIJU
KORISNIKA PSIHOAKTIVNIH SUPSTANCI
PODGORICA

Crna Gora

III za smještaj, rehabilitaciju i resocijalizaciju korisnika psihoaktivnih supstanci
Broj: 02-19354
Podgorica, 26. 08. 2015. god.

Preporuka programa Umjetnost življenja Crna Gora

U Javnoj ustanovi za smještaj, rehabilitaciju i resocijalizaciju korisnika psihoaktivnih supstanci Podgorica u period od 22.juna – 29.juna 2015.godine periodično je održano nekoliko kurseva za anti-stres tehnike koje realizuje organizacija Umjetnost življenja Crne Gore.

Ovim kursovima prisustvovali su klijenti na rezidencijalnom dijelu u Javnoj ustanovi, kao i određeni dio zaposlenih. Svi prisutni pokazali su veliko interesovanje za sve tehnike, kao i pozitivne rezultate u odnosu na njih, redovno su pratili i pomagali u organizaciji prostora za vježbanje.

Nakon odrađenih kurseva, zaposleni će u svom svakodnevnom radu praktikovati sprovođenje naučenih tehnika, koje će biti dio redovnih aktivnosti.

Imajući u vidu pozitivno iskustvo i dobru saradnju sa navedenom organizacijom zainteresovani smo za dodatno usvrašavanje i učenje novih tehnika.

Takođe, u odnosu na naše pozitivno iskustvo preporučujemo ovaj program svim institucijama koje imaju srodno polje djelovanja, kao i svim ostalim institucijama koje prepoznaju potrebu za anti-stres programima.

Soc.radnica
Ivaša Vučelić

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Preporuka ZIKS Spuz, 2016.pdf



Preporuka SOS Niksic, 2015.pdf



Preporuka Centra Ljubovic, 2015.pdf



Preporuka - Ekvista, 2015.pdf

PLAN FOR THE NEXT 3 YEARS 2018 - 2020

- FINAL GOAL ARE 3 ACCREDITATIONS FROM RESPONSIBLE GOVERNMENTAL INSTITUTION FOR 3 PROGRAMS THAT ARE MEANT FOR PEOPLE IN INSTITUTIONS:
- ✓ SOCIAL PROGRAM FOR ADULTS AND SOCIAL PROGRAM FOR YOUTH/CHILDREN IN SOCIAL INSTITUTIONS TO EMPOWER AND RESOCIALIZE THEM INTO SOCIETY
- ✓ EDUCATIONAL PROGRAM FOR YOUTH/CHILDREN IN SCHOOLS AS A PART OF ADDITIONAL, INNOVATIVE PROGRAM THAT OFFERS EMPOWERMENT AS A TOOL TO SAVE THEM FROM ALL SORTS OF ADDICTIONS AND INBUILT THE INNER FEELING OF CONTRIBUTION TO SOCIETY BY POSITIVE CHOICES IN LIFE
- PROGRAM FOCUS ON FEW BIGGEST INSTITUTIONS FROM THE AREA OF ACCREDITATIONS
- SUPPORT DOCUMENTS TO OUR ACREDITATIONS FROM ALL INSTITUTIONS (ABOUT 50)
- MEETINGS OF INSTITUTION WHO IS GIVING ACCREDITATIONS AND AOL REPRESENTATIVES FROM ABROAD WHO FULLY INTEGRATED WORK IN OFFICIAL GOVERNMENTAL PROGRAMS