

**ANNUAL REPORT
FOR 2012
ON THE OPERATIONS OF
THE SOCIETY FOR ASSISTANCE TO YOUTH (TPM)**

(pursuant to the Act on Public Benefit and Volunteer Works (Ustawa o działalności pożytku publicznego i wolontariacie) as of 24 April 2003 (Journal of Laws as of 2010, no. 234, item 1536 as amended)

The hereby report includes the following information:

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Detailed programs and reports are accessible in TPM's office

I. OBJECTIVES OF THE SOCIETY FOR ASSISTANCE TO YOUTH

The aim of the activity of the Society for Assistance to Youth:

1. Provision of help, education, prophylactic and support for children, adolescents, young and adult persons and their families,
2. Provision of help for children, adolescents, young and adult persons from dysfunctional families, including families affected by alcohol-related problems, other addictions or domestic violence or disability,
3. Provision of help for children, adolescents, young and adult persons and families threatened by discrimination with regard to sex, age, social background, race, religion, material status, sexual orientation, disability,
4. Supporting the development of professional groups acting for the benefit of children, adolescents and young persons

II. REALIZED PROGRAMS

In 2012 TPM has realized its programs at ul. Nowolipki 2 in Warsaw.



WARSZAWA

“Conducting psychological and pedagogic activities as well as specialist family consultancy” (“Prowadzenie działań psychologiczno – pedagogicznych i specjalistycznego poradnictwa rodzinnego”)

The program is co-funded by the Social Policy Office of the Municipal Office of the Capital City of Warsaw (Biuro Polityki Społecznej Urzędu Miasta Stołecznego Warszawy (covering the period of 2009 - 2012), contract no. PS/B/VI/1/6/523/2009-2012, no. PS/B/VI/1/405/2012-2015. The TPM program is being realized by creating an alternative environment for families - a place to which youth and parents may go for help when suffering crises and problems, but also a place which forms new constructive attitudes and behaviors, offers new possibilities for development and supports positive activities, while promoting healthy lifestyles: without alcohol and drugs, full of constructive forms of spending leisure time, stressing the need of personal development and care for health on different levels, and focusing on preventing the use of alcohol and violence.

In scope of the program we propose an efficient and accurate model developed by our association, consisting of many different activities. The methods of helping will be adjusted to the individual situations of persons applying for it: psychological and pedagogic help, specialist family consultancy, legal consultancy and guidance, psychiatric consultations and guidance, sexological consultations and guidance, various forms of groups activities - psycho-educational workshops, support group, socio-therapeutic courses.



WARSZAWA

“Supporting programs for counteracting addictions and/or violence addressed to children and adolescents living or residing within the Śródmieście district”

- program co-financed by the Śródmieście District Office of the Capital City of Warsaw - contract no. ŚRÓ/WSZ/B/VI/1/6/271/2012/1165/756

The program is co-financed by the Śródmieście District Office of the Capital City of Warsaw.

The program is addressed to families living in the Śródmieście District.

The aim of the program is the prevention of addictions and activation of young people being educated/residing in/working in the Śródmieście District, by means of undertaking various activities aimed at preventing behaviors threatening the health of young people and promoting a healthy, active lifestyle - without stimulants. As a psychological and social model of prophylactic is treated as effective with regard to youth, our program does not only provide reliable knowledge on the mechanisms of addiction, but also stresses the need to teach the most important social and psychological skills.

Detailed aims realized by creating alternative environments for young people:

- Increase of social skills
- Activation of young people and development of their interests, in particular in scope of sports
- Acquisition of the skill to cope with stress
- Provision of knowledge on addictions
- Teaching constructive methods of spending leisure time
- Development of internal psychic skills



Therapeutic program “Help to young people with psychic health disorders” (Pomoc młodym osobom z zaburzeniami psychicznymi) for mentally handicapped people aged 18-30 threatened with social exclusion

The program is realized thanks to financial support of the National Disabled Persons Rehabilitation Fund (Państwowy Fundusz Rehabilitacji Osób Niepełnosprawnych), contract no. ZZB/000134/BF/D□□

The aim of the project is the rehabilitation of the program’s recipients leading to their self-reliance, coexistence in local social life, establishment of satisfactory relations with people, making changes in one’s own self-perception and perception of one’s abilities into categories such as “I can”, “I want” and “I am able to”.

By creating a safe and creative social environment the project aims at ensuring that its recipients will be able to learn how to leave isolation, build and maintain relations with people, find their strengths and resources and develop new skills.

Rehabilitation related activities for persons with psychic health disorders provided in the project are of a therapeutic nature. Each person participating in the project, will be able to develop his/her own Individual Action Plan with the therapist during the

consultation meetings. This plan will be accordant with the individual needs of such a person, his/her health status and the possibilities of the project.

Depending on the needs we propose to take advantage of:

- individual psychological help (intervention, consulting, therapy)
- life and social skills groups
- psychotherapy group
- social skills workshops
- psychological, psychiatric and legal consulting

Terms of use of the offer:

- possession of a certificate of mental disability in a moderate or severe degree
- qualification to the program by a psychotherapist and TPM's doctor of psychiatry
- intellectual norm



Activities for preventing and solving problems related with alcohol and co-addiction to alcohol

-- **"Love without violence" (Miłość bez przemocy)** - program grant-aided by the Mazowieckie Centre of Social Policy (Mazowieckie Centrum Polityki Społecznej), contract no. 75/147/12;

The aim of this activity is the protection of young people aged 15-25 against violence within families as well as the improvement of functioning of their families in scope of psychic health and roles fulfilled, by means of providing information on the rights such persons are entitled to, possibilities of protection against domestic violence and the existing offer of institutional help for

victims and perpetrators of domestic violence. The program also aims at supporting the development of skills related to coping with crisis situations and life and social skills.



"Road to self-reliance - social and professional stimulation of persons suffering from mental-health disorders" - contract no. UDA-POKL.07.02.01-14-008/10-00 - realized in scope of the Operational Program "Human Capital" (Program Operacyjny Kapitał Ludzki) co-financed from the resources of the



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European Social Fund on the basis of a contract concluded with the Mazowieckie Voivodship.

Within a period of 20 months, the program includes professional training activities, computer skills courses, professional and legal guidance, labor market functioning workshops, psychological care, therapeutic groups or training of life and social skills, support for guardians/parents of the participants of the program, bonding trips. **The project is provided for 40 professionally inactive persons in working age, with certificates of disability related to emotional/psychic disorders and/or long-term and/or severe psychic/emotional illness, residing in the Capital City of Warsaw.**

The aim of the project is:

- the increase of professional activity: searching for a job and starting to work
- the increase of life, psychosocial or professional skills necessary for active professional functioning
- the increase of life skills enabling self-reliant settling of various everyday matters
- the increase of life skills and competences necessary for fulfilling various social roles
- emotional stabilization
- the increase of educational and care-providing skills over the beneficiaries' surroundings

III. DESCRIPTION OF OPERATIONS

1. ISSUES

Every year more young people apply to TPM with different life problems. Often they treat this place as the last resort or the only chance to improve their life situation. Many of these people are ready to go for all the marbles, so to speak. They are decided to whatever it takes: beginning with searching for an escape from their problems in the deceptive world of alcohol and drugs, to trying to commit suicide. Often they are people who experience or have experienced physical or mental violence, who originated in families with problems related to alcohol addiction and financial and emotional difficulties. Sometimes adolescents report sexual abuse, often performed by their closest family members.

The young people applying to us often suffer from emotional and personality disorders - depressive states, anxiety or psychosomatic disorders, depression, psychotic states, anorexia and bulimia, suicidal thoughts. Some of them have already tried to commit suicide and have been hospitalized. Another category of problems are difficulties related to sexuality, e.g. lack of understanding of one's body reactions related to psycho-sexual development during the puberty period, non-acceptance of one's physical appearance, homosexual and bisexual orientation. With regard to the problems they go through, young people often experience loneliness and the feeling of alienation, rejection by their surroundings, which is very painful to them.

Many of these people do not get any help (e.g. from their tutors, friends, family) during this difficult period of puberty and some additionally experience other difficulties (e.g. parents addicted to alcohol or domestic violence). In this situation there is a high probability of these people adopting dysfunctional patterns of conduct or behavior - drinking alcohol or doing drugs, developing relations with pathological youth groups, and in case of young people with frail psyches this may lead to mental disorders, physically and psychically violent behavior towards others, self-aggression, suicidal tendencies. What is more, young people during puberty

search for their own ideas for life and its sense, they form their own system of values. This is why it is important for these people to find a place in which they will be helped, understood and supported by friendly adult persons.

For the young people looking for help, TPM has become the only place where they may talk about their problems (individual meetings, teenage help line), spend time in a safe and friendly atmosphere among their peers (socio-therapeutic club), find out that other people also have their problems and that they may be solved together (socio-therapeutic groups, workshops). The young people benefiting from our help often originate from impoverished families. They do not earn money or have difficulties finding a job with regard to their problems. This is why it is essential that the help granted by the association is free and as varied as it is possible, and hence available to as wide a range of young people as possible. The existence of places such as TPM, offering a wide and varied program, where young people with difficult situations may apply and be granted help, is very important.

TPM is also the place where the parents of adolescents, alarmed by the problems of their children, apply. They have difficulties in coping with the turbulent period of puberty and teenage angst of their children. They are concerned by their behavior, experience escalations of family conflicts and are unable to cope with them. We want to help these parents by means of educating them with regard to the specifics of the puberty period, constructive methods of communicating and solving problems arising between them and their children, mitigating tensions in relations with their offspring, showing the possibilities of coping with what is happening in their families. We offer family therapy in the TPM or other specialized institutions.

In scope of the educational activity the Society for Assistance to Youth also promotes the issues of equal treatment and preventing discrimination.

We want to ensure that because of our actions the young people applying to us keep regaining faith in life, setting themselves new and constructive goals, learning how to cope with the problems arising in their lives, discovering their rights and learning how to defend them. This creates for them a chance for a "normal", happy life and the opportunity to find their place in society.

2. DESCRIPTION OF INDIVIDUAL HELP FOR ADOLESCENTS AND THEIR GUARDIANS

Young people have applied to TPM with various problems. Depending on the type of the problem and the needs of the individual or his/her parents, they have been directed to a pedagogue or psychologist, psychiatrist, specialist for sexual education or a lawyer. Sometimes it turned out that one person was in need of help by several specialists or at least a consultation between them in a given scope.

A. PSYCHOLOGICAL AND PEDAGOGIC HELP

In scope of individual meetings lasting around 1 hour, the help was offered to young people aged 15-30, as well as their parents and guardians reporting behavior issues of their charges. Help took the following forms: consultations, guidance, support, crisis intervention, individual therapy, family therapy, education in scope of the rights of the individual, preventing addictions.

Psychological help and support is granted also to persons with mental disorders in working age in scope of the ESF (European Social Fund) program.

Young people applied most often with the following problems:

- lack of good relations at home or at school,
- feeling of lack of sense in life and loneliness,
- conflicts in the family,
- eating disorders - anorexia, bulimia, compulsive eating,
- alcohol addiction of someone close,
- use of physical and mental violence by close people or peers,
- inability to cope with stress, learning, excessive expectations of the surrounding groups,
- lack of consciousness of own needs, feelings, desires - lack of interests and aims in life,
- low self-esteem,
- emotional crisis in a relationship with a partner,
- suicidal thoughts and attempts,
- inability to find a job,
- personality and psychic disorders: anxiety, neurosis, psychosis, paranoia or depression related states, etc.
- entering into destructive or unsatisfying relations and clinging to them,
- experimenting with and using psychoactive substances - drugs, alcohol, etc.

Therapeutic or supportive activities consisting of a cycle of many meetings have been initiated with many applicants, depending on their needs and desires. They were aimed at changing some aspects of these people's lives: behavior, ways of thinking, communicating with others, non-constructive behavioral patterns, or changing the situation they have found themselves in: inspecting the situation from different perspectives, examination of the possibilities of coping with a situation, development of faith in the influence one has on various situations and one's life, etc. What is more, activities related to working on emotional and personality problems have been initiated. The essence of a problem was brought to light, which resulted in a joint arrival at various possibilities of its constructive solution. What has been taught is assertiveness in caring for oneself and one's rights. Therapeutic work was also aimed at increasing self-esteem and self-agency, coping with difficult emotions, entering into healthy relations with other people - working over barriers, fears, increasing awareness of one's strengths, motivating to continue learning by pointing at chances and arising possibilities, etc. Appropriately to the problem being raised, necessary activities were initiated and the possibilities of improvement and changing life situations were discussed together: institution of possible legal activities, pointing to possibilities of finding a school or a job.

Educational problems with which parents or guardians of adolescents have applied were related to the loss of contact and inability to communicate with children, problems at school (learning, peers), helplessness with regard to a son's or daughter's behavior - escaping from home, truancy, using violence, conflicts with the law, leaving school; unrealistic expectations and requirements with regard to children, inability to notice the changing needs of growing children, anxiety about the mental health of children, suspicions about their alcohol or drug abuse, or about their relations with inappropriate groups, or about their lack of obedience, etc. Working with

parents was generally in the form of one-time consultations and consisted on joint examination of the situation and the possibilities of changes, showing consequences of the parents' behavior and their influence on their children, etc. During the meetings the parents were also granted support, help in the form of education on the development of children, family, communication, etc. If longer activities were needed in relation to their difficulties, parents were directed to institutions offering support for adults.

What was also proposed was to help entire families in the form of support and/or family therapy. If problems of an applying person turned out to be heavily grounded in family situation and in order to solve them it was necessary to work with the entire family, a diagnostic session with all of its members was proposed. Appropriately to the individual case, further sessions were suggested. During the meetings families were able to examine their functioning, get to know (often for the first time peacefully and without disturbing) the point of view and the expectations of all family members, name the functions of symptoms, learn the basic rules of communication, determine the terms and conditions of collective functioning at home and outside home, specify rights and obligations, etc.

In some cases, especially in event of addiction to alcohol, drugs or other psychoactive substances, young people were directed to specialist centers or institutions, e.g. Counseling center at Dzielna street, Monar Centers of Addiction prevention and therapy, etc.

B. PSYCHIATRIC CONSULTATIONS

In scope of psychiatric consultations, often the doctor dedicated time to both the young person and his/her guardian - in particular in cases of minors - in order to establish cooperation and educate in scope of a child's illness. Besides diagnostics, the doctor also provided education concerning mental illnesses and disorders of patients and their families in scope of their activities, possibilities of learning, rules of conducting treatment, effects of medicines, possible incidental effects during usage of medicines. During meetings with young people and their parents the persons conducting the meetings also granted information on symptoms of addictions to psychoactive substances. What is more, depending on the need the psychiatrist participated in telephone and correspondence interventions and closely cooperated with other persons in the team, consulting their activities. She also conducted diagnostic sessions of families in scope of their participation in family therapy and participated in leading family therapy meetings.

The problems with which young people applied most often were:

- depressive disorders (episodes of moderate depression),
- anxiety disorders, psychosomatic symptoms, social phobias, phobias with panic attacks;
- eating disorders (bulimia, anorexia);
- addictions (to psychoactive substances, alcohol);
- adolescence period disorders.

Sometimes the following disorders were diagnosed:

- manic depressive disorders,
- delusional syndromes,
- borderline anxiety and psychosis states,
- personality disorders (avoidant, dependent).

A large group of patients was constituted by persons with adaptive difficulties and problems related to social contacts - in school, among peers, at home.

Young people abusing drugs (heroin, amphetamine, other psychoactive substances) were directed to institutions engaged in helping with addictions.

What is more, parents with young patients were directed to appropriate institutions in order to perform physical diagnostics and in case of diagnosing serious disorders, they were subjected to constant psychiatric care in the Regional Mental Health Outpatient Clinic as well as pharmacological treatment.

Internist consultations were also performed, which concerned the evaluation of diagnostic examinations and the health status of patients suffering from eating disorders.

Telephone consultations pertained mainly to abusing psychoactive substances - among others in relation to causing psychic disorders, their influence on the functioning of the organism and the physical and emotional state, methods of recognizing symptoms of abusing the aforementioned substances by young people, information on institutions conducting withdrawal treatment, etc. Questions pertained also to mental illnesses and disorders, conditions of conducting treatment, effects of medicines, possible incidental effects during usage of medicines. A portion of calls directed to the doctor concerned effective methods of birth control, and in particular birth control hormonal pills - effectiveness, influence on the organism, incidental effects, contraindications, etc. Another group of calls pertained to the issue of possibility of contracting different infectious diseases - the HIV virus, jaundice, venereal diseases, etc.

C. SEXOLOGY ADVICE AND CONSULTANCY

In scope of the activity of the Society for the Assistance to Youth sexological advice and consultancy has been conducted, both individually and by means of telephone. These consultations covered problems related to sexuality, characteristic for the puberty period, sexual education, HIV/AIDS prophylactic, therapeutic activities (examination and working over emotional problems concerning sexuality), increasing awareness of gender related stereotypes, therapeutic activities with victims of sexual abuse.

The problems reported most often are: problems with sexual hyperactivity disorder - the need for constant masturbation; desire to participate in therapy in relation to lack of acceptance of one's own sexual orientation - homosexual or bisexual; difficulty in making decisions related to initiating sexual intercourse before marriage or its suppression; functioning as a victim of sexual violence - also when the situation took place many years ago; inappropriate functioning in partnership relations - both homosexual and heterosexual; feeling of one's physical and sexual unattractiveness.

In order for the meeting to fulfill its role, sometimes consultations with other specialists were utilized: internist, psychiatrist, lawyer. There also were situations in which the services of other help institutions of a specialist character were utilized, e.g. in case of transsexualism, final selection of birth control means, etc.

D. LEGAL ADVICE AND CONSULTANCY

Meetings were aimed at presenting the rights and possibilities of acting on the basis of family, penal and civil law. The most often issues were: alimony obligation, right to residence and registered residence, eviction, directing to compulsory withdrawal treatment, obligation of military service, rights and obligations of minors during penal proceedings, rights with regard to addicts or mentally ill persons, issues related to penal proceedings, in cases of misdemeanor, cases against minors, use of violence by family, problems related to sexual abuse. Another issue often raised were problems related to tenant law and registered residence. There were also questions regarding labor law and the rights of students.

Advice was granted verbally, but help was also provided in relation to preparing court letters. Legal consultations were conducted in scope of individual meetings and telephone guidance.

E. HELP LINE AND INTERVENTION LINE

Telephone guidance in scope of the help line and intervention line was conducted by various specialists: psychologists, pedagogues, sexual educator, psychiatrist, lawyer.

The first type of calls are calls performed in order to arrange a meeting with one of the employees of the TPM: psychologist, psychiatrist, sexologist or lawyer. After the initial determination of the problem a person was signed up on a meeting.

The second category of calls was related to the need of sharing a problem with someone and acquiring support, searching for solutions and a way out from a difficult life situation. In some cases such calls were concluded by our suggestion to arrange a meeting. With regard to the fact that the waiting times for the meetings were significant, the conversations by phone were often very long. Sometimes the same persons called several times. A part of this group were requests for educational and upbringing advice - from parents, and related with problems at home, difficult situation at school, a traumatic event in case of young people. Sometimes persons in an emotional crisis called. They were ready to commit suicide. After hearing them out, showing understanding and the will to help, their problem was specified and possible solutions were searched for jointly, or advice was granted. In some cases such persons were contacted with specialist institutions (e.g. in case of addictions to withdrawal treatment institutions), and the persons threatened with suicide were directed to the Admission Department of the Regional Mental Hospital for immediate psychiatric help and pharmacological treatment.

The third category of calls were requests for specific information, questions about the addresses of specialized organizations, how may one resolve a specific issue, who to turn to, what does a procedure look like, e.g. admission to an institution, questions about our activity or its scopes.

The fourth type of calls was directed to the specialists on duty, most often with a request for various kinds of advice or information: legal, sexological or psychiatric and medical. In event of a more complex problem which needed a more detailed examination or discussion, specialists arranged meetings.

Employees of other organizations also called. Pedagogues or school psychologists, Social Welfare Centers employees, who directed their charges to us or were searching for specific help for them, consulted activities aimed at clients of the TPM and their institutions at the same time.

Intervention calls concerned piloting issues of persons applying to other institutions or centers: Social Welfare Centers, specialized institutions, etc. Specialists also acquired information in offices and other institutions, such as the educational inspectorate, police, Social Welfare Center, boarding-schools, direct access hostels, concerning various possibilities of helping and intervening in difficult life situations of applying young people.

F. CORRESPONDENCE AND E-MAIL SUPPORT

The majority of addressees were adolescents. The main issue raised in letters were domestic problems: psychic and physical violence, problems in relations with peers, unhappy love, parents' alcoholism, rejection, lack of parents' acceptance of the child's choices, overprotection, infringing the privacy of the child, suicidal thoughts, etc. Young people have written about problems with gaining self-reliance, lack of faith in themselves, feeling of lack of influence on their lives. Many letters and e-mails described problems related to relations with peers: loneliness, inability to solve conflicts, breaking off of friendships, break ups with girlfriends/boyfriends.

Besides the aforementioned issues, what has been raised are problems typical for the period of puberty: instable moods, pessimism, criticism, searching for an identity, feeling of helplessness, lack of love, meaning of suicide, first love.

A response to these letters was first and foremost to show understanding, acceptance, to show that the persons writing those letters are not alone with their problems, that other persons their age often have the same difficulties and questions. Depending on the needs and the problems the writers were also given advice - various possibilities of approaching the problem, explanation of the causes, course of events, stressing the subjectivity, the right to decide about oneself and one's life. If the situation of a young person was especially difficult, the necessity to acquire psychological or psychiatric help at the place of residence was stressed. The responses also presented possibilities of undertaking legal actions or inquired about more information, when the problem was unclear.

3. DESCRIPTION OF GROUP ACTIVITIES UNDERTAKEN WITH YOUNG PEOPLE

A. COURSES IN THE TPM YOUTH CLUB

The club is aimed at young people aged 15-20. The participants of the club are mainly young people originating from alcoholic families, suffering from domestic violence, neglect and of a low material status.

The main problem uniting the club adolescents are problems in establishing and maintaining relations with peers and various issues of everyday family and school life, difficulties related to the future, finding one's own place in life. Their deficits make establishing satisfactory relations with people and solving problems difficult. It is especially visible during their leisure time, when they do not have school courses. These young people do not have any ideas on what to do in their

spare time. They are helpless when organizing activities and they don't have the resources to go to the cinema or go on a trip outside Warsaw.

The activities of TPM during the school year and holidays was aimed at organizing interesting activities for young people, which would correspond to their needs and enable at least a minimal supplementation of their deficiencies in personal development in scope of psychosocial, emotional and mental issues.

The detailed goals of the activities aimed at young people are as follows:

- provision of a safe place to spend free time,
- teaching how to build relations with peers and creating advantageous situations for this,
- modeling interpersonal behavior in social situations,
- teaching how to constructively spend free time,
- developing creative tendencies, creative thinking,
- provision of support, enabling to make independent decisions, encouraging the feeling of self-agency, increasing self-esteem, etc.

In scope of the club there have also been **prophylactic, educational and socio-therapeutic courses** within the group. They were organized in the form of **group thematic courses for adolescents**. Prophylactic and personal development in the group for adolescents aiming at teaching and practicing skills necessary for proper functioning in scope of communicating and contacting with other people, constructive expressing of one's needs, feelings and beliefs, acquiring self-esteem and spontaneity, stimulating interests, creating possibilities of attractively spending free time. Meetings were conducted on the grounds of active techniques of working with the group, which initiated as many interactions and contacts between the participants as possible, which is the basis of acquiring new psychosocial skills. Thanks to this the participants could acquaint themselves with the rest of the group, share experiences, support and build relations with others, take advantage of the knowledge and experiences of others. The courses were also the basis of acquiring new psychosocial skills and correcting the previously acquired non-constructive behavioral, thinking and functioning patterns.

Prophylactic and educational group activities were an important form of working with adolescents in preventing addictions. Thanks to the systematic meetings, young people have established lasting relations with both the persons conducting the courses and with other participants. They could count on help and support in various issues concerning their everyday life, in crisis situations, decision making, etc. The group form of the courses effected in a situation where the young participants were inspired by each other and strengthened in living a sober life. Example forms: thematic courses, workshops, role-playing, working in small groups, discussions, taking the floor. Example subjects: how to cope with one's own feelings and the feelings of others (among others aggression and anger); how to set boundaries to others, i.e. how to say "no"; what influences good and bad contacts with peers; how to constructively solve conflicts; how to have fun without alcohol.

Sports and cultural activities for adolescents were also part of the club. Sports and cultural activities were a supplement to the socio-therapeutic courses and workshops and a possibility to participate in extracurricular sport activities. During the program the young people participating in group activities were also encouraged to participate in trips and cultural events, e.g. trip to a climbing wall, swimming pool, cinema or theater. These activities were an alternative and constructive form of spending free time by adolescents, also during holidays. These activities teach healthy lifestyles, how to have fun without alcohol and other stimulants. They also help to discover one's passions and interests.

Example types of activities:

- thematic courses: learning how to be assertive, how to cope with stress, how to solve conflicts, discovering creative potential
- talks and discussions concerning the issues important for young people,
- discussions with the group on the difficulties in family relations, regarding the feeling of loneliness - good experience for the participants - acquisition of the group's support and acceptance for one's actions and decisions,
- help in doing homework,
- individual talks with participants, support in making decisions, difficult situations, crisis interventions, motivation for undertaking individual therapy,
- initiating talks and discussions with adolescents on their life situations, mood, opinions, ideas for the future, desires, experiences and problems,
- creative courses (arts and crafts) e.g. creating plasticine, modeling clay, salt dough art, painting and drawing, collages, painting t-shirts, etc.
- prophylactic and educational courses, planning free time, expressing emotions in a safe way, difference between aggression and anger, expressing difficult emotions,
- discussion film club - watching cinema movies and coverages and discussions related to them
- trips to the cinema, theater, museum,
- trips to Kampinos, Powisin,
- games: word games, board games, charades,
- preparation of food, sweet snacks,
- celebrating birthdays of the club's participants, repast

Thanks to the activities in the club, young people increase their interpersonal competences, learn how to coexist with others, in particular with peers, without physical and psychic violence, learn how to talk about their needs and feelings, learn to listen to the needs and feelings of others. Collective courses in the club (including art courses, interpersonal skills workshops, relaxation classes, etc.) as well as trips to the cinema, theater or park are an occasion for discussion, sharing one's own experience and communing with other people in a wise manner. Because of this the participants have many occasions to widen the range of available interpersonal behaviors, which makes them more open, creative people which are able to find their place in the surrounding world.

The club has become a place where young people feel safe, where they eagerly spend their time and show interest in the organized courses. The young participants have taken advantage of the prepared activities, however they also could influence the selection and method of conducting classes. Owing to their commitment and the advantageous conditions created by TPM, young people gathered life experience, developed their creative potential, learned how to spend their free time in an interesting way. All this will surely influence their future decisions. During their stay at TPM the participants were constantly surrounded by their peers: they had the chance to get to know new people, establish closer relations, see how they are perceived by others and practice various social behaviors.

At the end of the year a Christmas Eve Event has been organized - a meeting to celebrate the coming Christmas for persons participating in activities of the club, during which adolescents spent the evening with their friends and persons important for them and had the opportunity to experience warm feelings and cordial words. Refreshments were provided and during singing Christmas carols Santa Claus visited and gave everyone a present. The Christmas meeting passed in a pleasant atmosphere.

B. SUMMER VACATION INITIATIVE - SPECIAL HOLIDAY PROGRAM OF THE YOUTH CLUB

Special holiday program

During the July-August period a special holiday program has been organized. It included an increased number of trips, events and outdoor courses. It was the only organized form of spending holidays for most participants. With regard to the holiday period the activities of TPM was aimed at organizing interesting activities for young people, which would correspond to their needs and enable at least a minimal supplementation of their deficiencies in personal development in scope of psychosocial, emotional and mental issues.

C. YOUTH GROUPS

In 2012 groups for young and adult people were organized in scope of a closed cycle of meetings.

Personal development groups for people aged 18-25 with difficulties in contacts with other persons and interpersonal relations in general, originating from families suffering from alcoholism and domestic violence; these problems most often stem from living in families in which children experience violence - these adolescents are characterized by lack of trust for other people, shyness, anxiety and fear with regard to contacting others, loneliness, the feeling of alienation or inadequacy, the need for control (lack of spontaneity, inability to have fun, to feel and act naturally), unrealistic expectations and requirements with regard to other persons, pessimism, intense fear of judgment and rejection, inactivity, etc. This causes numerous frustrations related to contact with other people, withdrawal from relations, aggression as well as difficulties in school, work, family, etc. It is also a risk factor in scope of addictions and may be the cause of young people abusing drugs and other stimulants. During group courses young people learned how to create satisfactory relations with other persons, what are the rules of a good cooperation, how to care for oneself and one's needs in a group, how is one perceived by others and what do they like about him/her. What is more, these activities were also an opportunity to think about what would the participants want to change in their relations with others and how to do it.

Meetings were conducted on the grounds of active group work techniques: Gestalt techniques, psychodramas, role-playing, work in small groups, discussions, public talks, etc. They were aimed at increasing the activity and commitment of the participants and working on the basis of prior knowledge and experience, which were to be developed and deepened during the courses. We also wanted to ensure that the techniques utilized initiated as many interactions and contacts between the participants as possible, which would be the basis of acquiring new psychosocial skills. Thanks to this the participants could acquaint themselves with the rest of the group, share experiences, support and build relations with others, take advantage of the knowledge and experiences of others.

Life and social skills development groups:

- group for people aged 18-30 in scope of the PFRON (National Disabled Persons Rehabilitation Fund) program

- 2 groups for people aged 18-60 with division into 2 age groups, in scope of the PFRON program

The groups were provided for persons applying with issues concerning difficulties with contacting others and problems in interpersonal relations.

The main issue reported by the participants of the group was the feeling of loneliness, inability to establish relations with people, lack of persistence in the challenges they undertook, in particular in situations where social competences were required, unrealistic expectations and requirements with regard to others, pessimism, intense fear of judgment and rejection, inactivity. This causes numerous frustrations related to contact with other people, withdrawal from relations, aggression as well as difficulties in school, work, family, etc. The cycle of meetings allowed to institute therapeutic work in a group focused on emotional problems related to contacts with other people and interpersonal difficulties of the participants; During the meetings the participants could get to know themselves better on the basis of support from their peers. They could test what facilitates and what hinders contacts with others, overcome their limitations related to contacts with their peers (among other fear of other people, lack of trust), learn to constructively express themselves - their needs, feelings and beliefs. The participants practiced specific behaviors in scope of the reported difficulties, share their problems and frustrations, plan and achieve their aims in life.

Another important subject of working in groups was to discuss situations related to illness among participants: how does it influence their lives, where can they seek help and support, can they disclose the symptoms or functioning disorders, which factors influence the effects of treatment.

The group was led by 2 persons: a psychotherapist and a psychotherapist/psychiatrist with experience and qualifications for conducting group activities. The group met in a cycle of 16 weekly meetings.

Support and therapeutic groups

A group for young adults aged 18-25 (Municipal Office of the Capital City of Warsaw)

Therapeutic group for people aged 18-30 (PFRON)

2 therapeutic groups for people aged 18-60 with division into 2 age groups in scope of the EFS program

Support and therapeutic groups for people reporting problems in their families related to their dysfunctionality and/or addiction from alcohol of a parent, personal problems, difficult life situations often causing depressive and neurotic responses and emotional disorders as well as causing issues related to interpersonal contacts and fulfillment of social roles (e.g. pupil, child, peer, partner). During the group meetings the participants had the opportunity to share their problems and frustrations on the basis of support of their peers, talk about their difficult situations - often for the first time - acquire support and understanding of the wrongs that have been done to them in the past, learn that others experience similarly difficult situations, which helps deal with the feeling of alienation, inferiority and isolation, allows to acquire knowledge on the alcohol disease and its consequences for the family and oneself, and define oneself in

relation to one's family. During the meetings a key factor was the work related to the notion of being a victim of alcohol addiction and domestic violence, education aiming at strengthening one's own constructive strategies of coping with these situations on an emotional and functional level. The meetings offered the opportunity to acquire knowledge related to the influence of alcohol on the organism and social contacts, the mechanisms of addiction and alcohol disease, specifics of functioning of a dysfunctional family and/or one suffering from alcohol addiction.

D. WORKSHOPS

In scope of the program offer of TPM, young people, adults and parent were able to participate in workshops. Workshops assumed the form of one- or two-day meetings.

1. Workshops aimed at young people were of an educational and prophylactic character and offered the opportunity to develop social skills as well as touched on the subject of preventing addictions and promoting healthy lifestyles. Example workshop subjects:

- Emotions. Their important role in life, how to control them, how to express them and use them in order to live better.
- Assertiveness: what is it? How to be assertive? How to be oneself in relations with others instead of being aggressive or submissive. Expressing one's opinions in a group, ability to say "no", etc.
- The art of conversation. Communication and conflicts. How to establish relations? How to talk and listen attentively? Verbal and non-verbal communication, conflict solving.
- Discover your creative potential. Getting to know yourself by means of creative activity.
- Preventing addictions. What is so alluring in drugs, alcohol and the Internet? Why do stimulants seem attractive? Do I know what is an addiction? Can everyone fall victim to an addiction?
- Communication and conflicts. How to establish relations? How to talk and listen attentively? Verbal and non-verbal communication, conflict solving - mediations.
- Me and my strengths: feeling of self-esteem. How to care about one's feelings and needs? Planning further cooperation with recipients of the program.
- "I want - I can - I am able - I act" workshops teaching resourcefulness and activity

What is more, workshops for parents were organized:

2. Workshops for parents were aimed at supporting them in their educational competences. Thanks to the participation of people with similar problems in the groups, parents had the opportunity to share their problems and frustrations, discover that other parents experience similarly difficult situations which helps alleviate the feeling of otherness and isolation. Parents also acquired knowledge on behaviors conducive to good communication with children, solving conflicts, supporting children in difficult moments of puberty, separating personal problems from difficulties stemming from being a parent as well as on motivation to work on oneself.

During the workshops for parents whose children were diagnosed with eating disorders, issues related to the symptoms of bulimia and anorexia were discussed. Parents were provided with reliable knowledge on the physiological, mental and emotional mechanisms characteristic for this group of disorders. They also had an opportunity to examine the influence of the family situation on the behavior of their children - how does every member of the family behave and what can one do in order to change the domestic situation so as to discontinue the symptoms.

3. Workshops and training activities which stimulate and support the return of persons in working age to the labor market (ESF) (description of the program below)

4. DESCRIPTION OF ACTIVITIES CONDUCTED IN SCOPE OF THE PROJECT

"ROAD TO SELF-RELIANCE - SOCIAL AND PROFESSIONAL STIMULATION OF PERSONS SUFFERING FROM MENTAL-HEALTH DISORDERS"

The "Road to self-reliance - social and professional stimulation of persons suffering from mental-health disorders" program is being conducted within the period from January 2012 to December 2013 in scope of the Priority VII. Promoting social integration; Activity 7.2. Counteracting exclusion and strengthening of the social economy sector; Sub-activity 7.2.1. Professional and social activation of persons threatened with social exclusion.

The program is aimed at persons with mental disorders aged 18-55, threatened with social exclusion, whose psychiatric problems hinder their ability to function in scope of:

- education, professional activity
- fulfillment of life roles
- establishment and maintaining relations
- participation in all spheres of social life

The project was taken advantage of by:

- unemployed persons or professionally inactive people residing in the capital city of Warsaw
- persons experiencing emotional or social difficulties and undergoing psychiatric treatment - certificate by a psychiatrist
- or persons possessing a certificate of disability related to mental disorders

The aim of the project is:

- the increase of professional activity: searching for a job and starting to work
- the increase of life, psychosocial or professional skills necessary for active professional functioning
- the increase of life skills enabling self-reliant settling of various everyday matters
- the increase of life skills and competences necessary for fulfilling various social roles
- emotional stabilization
- the increase of educational and care-providing skills over the beneficiaries' surroundings

The persons participating in the project take advantage of a wide and appropriately selected scope of support activities **for free**:

- **professional training activities**: acquisition, supplementation, updating of professional qualifications in accordance with the needs of the labor market - around **100 h** per beneficiary (in groups)

- **computer skills training:** MS Word, Internet, e-mail - skills allowing to write and format texts, fill out various forms - **200 h** per beneficiary (in groups)
- **professional consulting:** planning of activities aiming at finding a job in accordance with the predispositions and needs of the beneficiaries - around **6 h** per beneficiary
- **legal consulting:** verbal consultations, preparation of legal opinions, court letters, official letters, appeals from decisions, information on the rights the beneficiaries are entitled to - around **5 h** per beneficiary
- **workshops on functioning on the labor market:** basics of the labor law, application documents, job interviews, sources of job offers, methods of searching for jobs, analysis of professional careers, evaluation of abilities and directions of searching for employment, professional aims - around **80 h** per beneficiary (in groups)
- **psychological care during the entire duration of the project:** help in overcoming personality and emotional problems - **1600 h** during the project for use by beneficiaries according to their needs
- **therapeutic group:** aiming at the increase of emotional stabilization - will be conducted within a period of 10 months, 12 h per month = **120 h** per beneficiary
- **life and social skills training:** life and social skills training sessions aiming at strengthening the ability of professional and social functioning - will be conducted within a period of 10 months, 12 h per month = **120 h** per beneficiary
- **support for families of participants:** education in scope of disorders of one of the family members and indication of methods of support by the rest of the family - **40 h** of workshops for the beneficiary's family
- **family therapy:** leading to improvement and reorganization of relations between individual members of the **family** - for 10 willing beneficiary families - **30 h** per each family
- **bonding events:** trips to the cinema, theater, picnics, movie marathons and meals prepared together - **4 events** per beneficiary

Additionally beneficiaries will be provided with:

- **refund of the costs of travel** - refund of ticket costs
- **training scholarship** - a beneficiary will be provided with PLN 4 gross per each hour spent on a training, in event of professional training activities, computer skills training, professional consulting and training sessions in scope of functioning on the labor market
- **personal accident insurance** - beneficiaries are provided with personal accident insurance within the duration of the project
- **educational and supporting materials** - books on the subject, file binder, pen-drive
- **refreshments during the courses** - during group activities (coffee, tea, biscuits), during training sessions in scope of functioning on the labor market and professional training (dinner)

Courses are conducted at Nowolipki street 2 in Warsaw

Detailed information may be acquired among others at www.tpm-samodzielni.pl and biuro@tpm-samodzielni.pl

IV. DESCRIPTION OF ADVERTISING ACTIVITIES RELATED TO THE PROGRAM OFFER OF TPM

In 2012 we have promoted the activities of TPM by means of placing information on the website and by its updates, TPM's Facebook page, information board in the TPM headquarters and by means of distributing advertisement leaflets with TPM's program offer describing the activity aimed at secondary schools, counseling centers, institutions and organizations in Warsaw.

What is more, information on the activity and sources of its financing were advertised during numerous training sessions, conferences and meetings on which representatives of TPM were present, as well as in requests for donations from offices, foundations, representatives of businesses and companies and in the advertisement cabinet in TPM, etc.

We have also published new leaflets and advertisement brochures describing the activity of TPM and individual programs (ESF, PFRON). Prior marketing activities were also continued:

the TPM telephone number is being published in the "Teletext";

the TPM telephone number is being published in the "Gazeta Wyborcza" - column "Support Lines";

information is being published in Personal Telephones books;

we maintain permanent contact with psychologists and school pedagogues;

information in the INTERNET: <http://tpm.org.pl>

information on the TPM is being published in the Information Bulletin issued by the Municipal Office of the Capital City of Warsaw.

We have also conducted the initiative "**1% for TPM**" (**AKCJA 1% dla TPM**) - an informative and educational initiative related to collecting 1% of the tax to the benefit of a public benefit organization: distribution of leaflets, gadgets, sending of e-mails, leaflet and advertising gadget distribution initiative on the streets as well as in several schools and kindergartens. **We are currently preparing an advertising spot on the activity of TPM.**

V. GROUP SUPERVISION

The employees participated in supervisions of the team of employees and voluntary workers during which the activities of the team in scope of the projects were consulted, the operations of various specialists working in the TPM were coordinated and difficult issues concerning helping young people and their families were discussed.

What is more, several persons being part of the TPM team participated in individual professional training sessions and additional supervisions.

VI. COOPERATION WITH OTHER ORGANIZATIONS AND INSTITUTIONS

In 2012 the Society for Assistance to Youth has cooperated with the following institutions, organizations and centers:

financial and material donations were granted by:

the Municipal Office of the Capital City of Warsaw - Social Policy Office (Urząd m. st. Warszawy – Biuro Polityki Społecznej)

Śródmieście District Office (Urząd Dzielnicy Śródmieście)

National Disabled Persons Rehabilitation Fund (PFRON)

Mazowieckie Center for Social Policy (Mazowieckie Centrum Polityki Społecznej)

Mazowieckie Voivodship Office (Mazowiecki Urząd Wojewódzki)
Marshall's Office of the Mazowieckie Voivodship (Urząd Marszałkowski Województwa Mazowieckiego)
Operational Program "Human Capital" (Program Operacyjny Kapitał Ludzki) co-financed from the resources of the European Social Fund on the basis of a contract concluded with the Mazowieckie Voivodship

In the substantial scope cooperation depends on the type and form of activity of these organizations and most often it consists in advertising the conducted activities, exchange of program offers, piloting the clients' cases, exchange of various groups of clients depending on their problems, needs, age, etc., participation in organized meetings and conferences; in this scope we cooperate with:

Mazowieckie Education Office (Mazowieckie Kuratorium Oświaty)

KLON/JAWOR Bank of Information on Non-Government Organizations (Bank Informacji o Organizacjach Pozarządowych KŁON/JAWOR)

The Association: Biuro Obsługi Ruchu Inicjatyw Samopomocowych BORIS

Family and Minors Division of the Supreme Court (Wydział d/s Rodziny i Nieletnich Sądu Najwyższego)

District Social Welfare Centers

OD - DO Association

CEL Foundation

Child Welfare Authority (Komitet Ochrony Praw Dziecka)

OPTA

MOP and Bene Vobis Foundation

"Otwarte Drzwi" Association

"Dzieci Niczyje" Foundation

ASLAN Association

Powisłe Community Foundation (Powisłańska Fundacja Społeczna)

Lambda W-wa Association

Monar

TOP Counseling center (Poradnia TOP)

Development and Therapy Academy "Pozytywna Przestrzeń"

secondary schools, pedagogues and school psychologists

Psychological and pedagogic counseling centers

Women's Right Centre (Centrum Praw Kobiet)

Polish Federation for Women and Family Planning (Federacją na rzecz Kobiet i Planowania Rodziny)

Feminoteka

Addiction Therapy and Prevention Counseling centers

Family Counseling centers

and others.

VII. METHODS OF DOCUMENTING THE PERFORMED PROGRAMS AND OPERATIONS

The activity of the Society for Assistance to Youth is performed in accordance with the Charter of the TPM, standards of the Polish Psychological Association (Polskie Towarzystwo Psychologiczne) and the Educational Office for non-public psychological and pedagogical counseling centers. Moreover, the programs are realized in accordance with the standards and requirements specified in the donation contracts.

Documentation of the performed tasks are constituted by descriptions of each intervention conducted by the TPM maintained on an ongoing basis and provided for the internal use of TPM:

- each call is noted in the intervention card (who called, for what purpose, with what problem, what help has been granted).
- each person is assigned with a so called client intervention card, in which each consultation with a specialist, meeting with a psychologist or pedagogue is described - the course of the meeting, subject, activities undertaken, conclusions
- a report is prepared in relation to each group meeting
- each advice given by e-mail or letter is noted in the documentation
- each advice or intervention performed to the benefit of a person applying to the TPM is documented in an appropriate index card.

What is more, the summary of the activity and accounting from realized programs is discussed on meetings of the team and described in reports:

- depending on the guidelines specified in the donation contracts, periodic reports on the activity of the TPM and individual programs are prepared;
- each year a financial and substantial report on the activity of the TPM and the realization of individual programs is prepared.

VIII. VOLUNTEERS

Volunteers take part in the activity of the association. Their roles depend on their abilities and will. Substantial activities are undertaken in scope of traineeships and apprenticeships by those volunteers whose educational specialization enables such types of social activities. TPM also enables interested persons to serve student apprenticeships. What is more, many persons undertake various organizational activities: advertising TPM, organizing bonding events, small renovation and cleaning works to the benefit of the association.

Moreover, TPM enables interested students to serve student apprenticeships and acquire practical skills in their chosen profession.

IX. EVALUATION OF THE EFFICIENCY OF PROGRAMS REALIZED BY TPM

For the young people taking advantage of various activities in scope of the offer related to our programs, TPM has become the only place where they could talk about their problems (individual meetings, help line), spend time in a safe and friendly atmosphere among their peers (socio-therapeutic club), find out that other people also have their problems and that they may be solved together (socio-therapeutic groups, workshops). Because of our actions the young people applying to us keep regaining faith in life, set themselves new and constructive goals, learn how to cope with the problems arising in their lives, discover their rights and learn how to defend them. This creates for them a chance for a “normal”, happy life and the opportunity to find their place in society.

With regard to the above we evaluate the effects of the realization of the programs conducted by TPM and prophylactic and therapeutic activities in their scope as positive and satisfactory. Participants: have improved their emotional and mental state and their ability to function in society, they have resigned from using destructive methods of solving problems (e.g. alcohol, drugs, violence) in favor of other more constructive ones, they have learned how to assertively care about themselves and their rights, how to acquire new, constructive patterns of behavior and the skill to make decisions jointly, how to take advantage of the potential of a group of peers in scope of solving various life difficulties, they also improved their interpersonal skills, learned how to pleasantly and creatively spend free time without using stimulants, they have acquired knowledge about the alcohol disease and mechanisms of addiction. Direct changes are expressed among others by returning to discontinued education, improvement of relations with family and teachers, establishing lasting and satisfactory relations with peers, the desire to act, improvement of the mental and emotional state, increase of self-esteem and self-reliance. Some of these persons later decide to become volunteers in various help organizations, study social sciences, work as “helpers”.

Thanks to our activities, not only individuals are winners (participants of programs and their families and friends) but also the society as a whole, by gaining satisfied, self-aware, tolerant citizens able and willing to act to the benefit of others, able to create healthy families and raise healthy new generations. What is more, our activities lower the risk that these persons will suffer from various pathologies: alcoholism, drug addiction, chronic mental diseases, unemployment or homelessness and spread these pathologies in their future families. Thus, it is less probable that these persons will be dependent on the care of the state.

These effects were evaluated on the basis of conversations with participants and their parents, observations and work of specialists in scope of changes in persons with which they cooperated, evaluative surveys conducted after group activities and workshops, supervisions, etc.

Name of the applicant: Society for Assistance to Youth

Seat and address: Poland, 00-160 Warsaw, ul. Nowolipki 2,

Date of entry to the register, no, in the register: 11.05.2001, 0000009830

Details of the members of the authorities of the applicant:

Management Board of the Association:

1. President of the Management Board: Ewa Starzyk
2. Vice President of the Management Board: Anna Grażyna Przeradzka,
3. Member of the Management Board: Katarzyna Anna Czyżewska,
4. Member of the Management Board: Renata Małgorzata Pijarowska,
5. Member of the Management Board: Monika Szeliga

Specification of the statutory objectives with division into unpaid and paid activity:

A) unpaid public benefit activity

- educational support activities (provision of specialist guidance and consulting in scope of psychological, pedagogic, legal, psychiatric and sexological support)
- other human health activities not otherwise specified - provision of psychiatric and sexological guidance and individual, group, family and couple psychotherapy
- legal counseling
- support, education, crisis intervention, sociotherapy, prophylactic, counseling
- organization and conducting tutoring, training, groups, workshops, educational and informative meetings
- supporting professional development of adolescents and young and adult persons
- organizing lectures, conferences and science seminars, talks and symposia thematically related to the organization's objectives
- organizing training and therapeutic trips and camps for children, adolescents and parents
- organizing and conducting charity, cultural and social initiatives
- utilization of alternative forms of settling conflicts including conducting mediation proceedings
- conducting informative, publishing and distribution activity in accordance with regulations in force
- training activity in scope of psychology, pedagogy and law
- cooperation with persons, organizations and institutions with similar objectives
- promoting and organizing volunteer work
- initiating and managing organizational forms of youth social activity performed for the benefit of its participants and their peers in scope of personal development, in particular activities related to achieving full health (psyche, body and interpersonal relations)
- adults supporting adolescents in their actions
- initiating prophylactic activities as well as activities supporting the widely understood health of the young generation in youth communities
- granting professional help in solving life problems of youth

B) paid public benefit activity

- educational support activities (provision of specialist guidance and consulting in scope of psychological and pedagogic support)
- other human health activities not otherwise specified - provision of psychiatric and sexological guidance and individual, group, family and couple psychotherapy
- legal counseling
- support, education, crisis intervention, sociotherapy, prophylactic, counseling
- organization and conducting tutoring, training, groups, workshops, educational and informative meetings
- supporting professional development of adolescents and young and adult persons
- organizing lectures, conferences and science seminars, talks and symposia thematically related to the organization's objectives
- organizing training and therapeutic trips and camps for children, adolescents and parents
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- adults supporting adolescents in their actions
- initiating prophylactic activities as well as activities supporting the widely understood health of the young generation in youth communities
- granting professional help in solving life problems of youth

Information on conducting business activity: Society for Assistance to Youth does not conduct business activity.

Society for Assistance to Youth is a public benefit organization since 2011-05-20.