



The support system for children with psychical health problems in the education system of Latvia and in Riga Special Boarding School No1

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Signs of psychological impairment

- Impaired cognitive processes
- Impairment at an emotional level
- Behavioral impairment

Classification of psychological impairment

SSK – 10

- Mental and behavioral impairment due to use of psychoactive substances(drugs) F1
- Schizophrenia, schizotypal disorder F2
- Mood disorders F3
- Neurotic, stress related and somatoform disorders F4
- Behavioral syndromes, related to physiological disorders and physical factors F5
- Personality and behavioral disorders in adults F6
- Mental retardation F7
- Impairment of psychological development F8
- Behavioral and emotional disorders, which usually start to take place in childhood or teen years F9

Psychological disorders

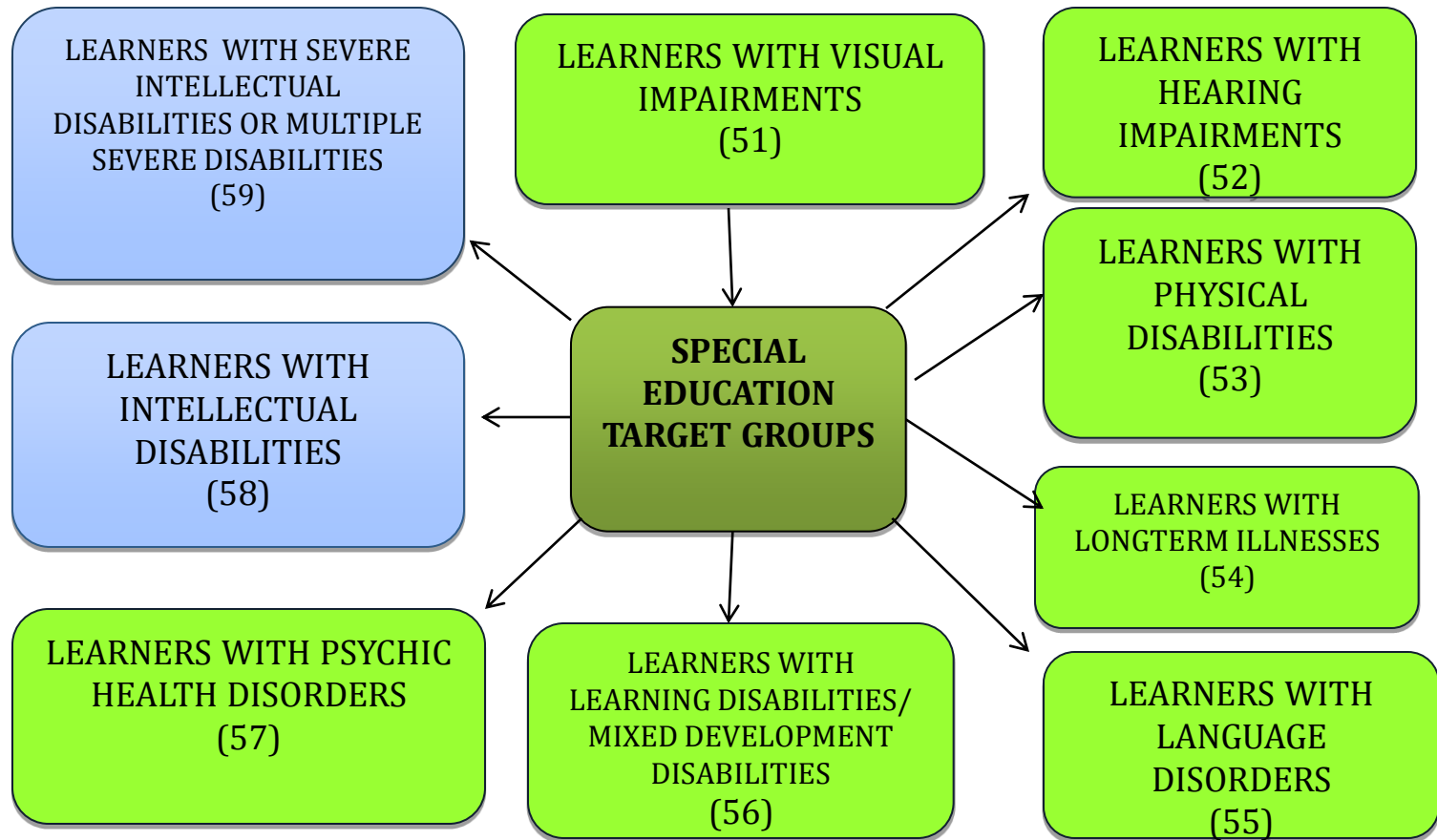
- Psychological illness affects roughly 10-20% of pre-school and school-aged kids and adolescents.
- No certain age group which would indicate a higher rate of illness than the others.
- Every age group has its most distinctive forms of psychological disorders.
- Symptoms of psychological disorders vary with age and type of disorder.

Psychological disorders

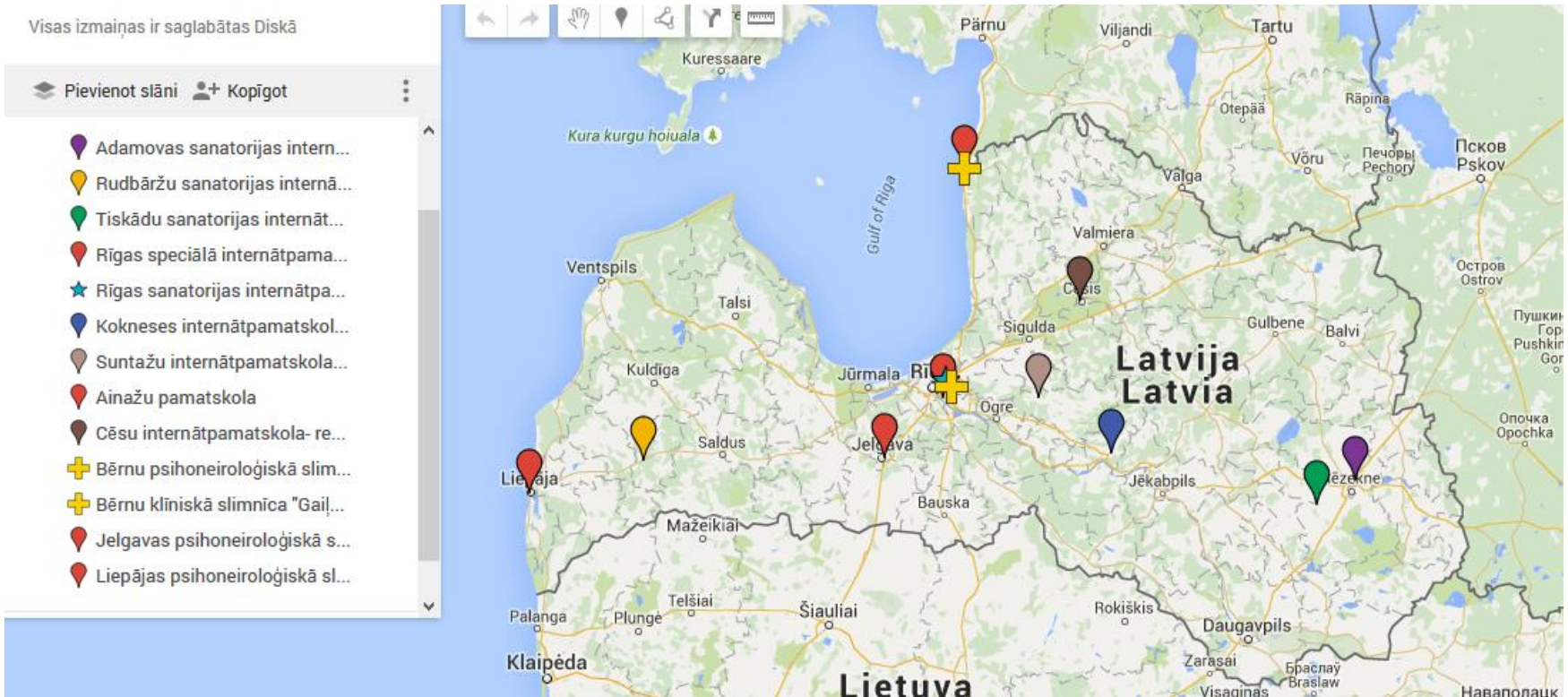
- Most frequent symptoms indicating a child or a teenager could have a psychological disorder.
- Sudden drop in grades, achievements in school, despite still studying hard and devoting time for it.
- Development is stunted in comparison to peers; limited capability to handle everyday activities; complaints about physical health problems(headache, stomach ache or any other ache without a particular reason);
- Change in eating habits; Disturbed sleeping patterns(trouble falling asleep, waking up in the middle of the night, tiredness upon waking up in the morning);
- Frequent breaking of rules(skipping school, running away from home);
- Self-destructive behavior(hurting self, use of intoxicating substances – alcohol, tobacco, drugs); aggressive behavior and bursts of anger; constantly depressed mood, depressive thoughts and thoughts about committing suicide aswell.

National or municipal pedagogic medical committees evaluate what sort of assistance is needed upon starting or continuing education. Educational programs divided according to the disorder specifics and whether schools ensure support regarding these disorders.

Special Education Target Groups



Schools with educational program for children with psychiatric illnesses and medical institutions



Number of students enrolled in classes

Programs	Number of executed programs	Total number of students
51 (sight)	5	8
52 (hearing)	5	5
53 (physical development)	13	221
54 (somatic disorders.)	5	48
55 (language)	13	30
56 (learning disorders)	312	2513
57 (psychic health dis.)	7	10
58 (mental dev. dis.)	162	566
59 (severe mental dev. dis.)	22	20

School's support personnel

- Special pedagogue(teacher)
- Psychologist
- Psychiatrist
- Nurse
- Assistants



RIGA SPECIAL PRIMARY BOARDING SCHOOL No.1





Riga Special
Primary Boarding
School No.1,
established in 1923,
caters for 200 students
with intellectual
disabilities between the
ages of 7 to 21.



The school is a part of the municipal school system of Riga and also a part of the comprehensive school system in Latvia

Pupils are referred to our school by State or municipal pedagogical medical commissions.

The school is provide education for pupils with mild, moderate and severe mental disabilities



School personal - 60 teachers
and support staff: speech therapist, social teacher, psychologist,
pediatrist, psychiatrist, nurses, social workers

SERVICES PROVIDED BY SCHOOL

A free school meal is available to all pupils

Costs of transport are covered

Swimming is provided free of charge

The use of one mini-bus

SUPPORT SERVICES

Speech therapist, physiotherapist, social teacher, psychologist, paediatrician, psychiatrist, nurse, masseur, social workers

Parents are welcome to visit school at any time

Cooperation between home and school increases the chances of success

The emphasis for students is placed on developing independence and life skills, skills that can be used in labour market

Educational opportunities

A timely issue is child and teenager depression and mental health disorders. There's different opinions on whether or not to encourage the enrollment of mentally impaired children in regular schools or to isolate them, ensuring they get education at specialized schools.

Support for students

- Adequate environment
- Qualified personnel
- Treatment
- Pedagogical techniques

Support for students with behavioral disorders

Comprehensible rules



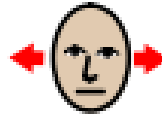




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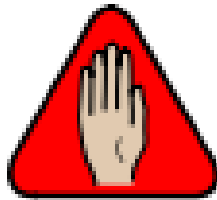
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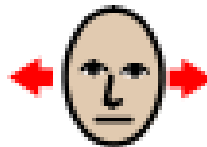
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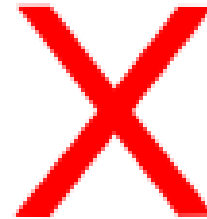
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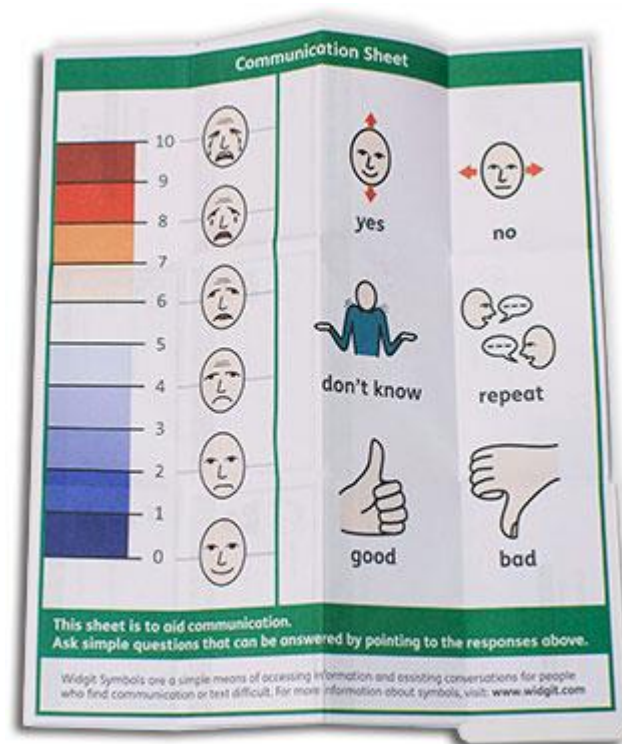
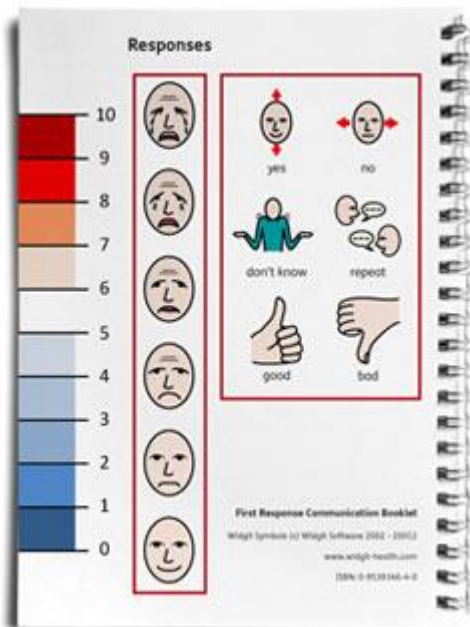
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Recognizing one's own emotions

- Point system, color, diagrams



- Stress relieving exercises with the student (breathing, movement, drawing, coloring, writing etc.)
- Day/hour planning/management
- Observations
 - To describe the child's inadequate or aggressive behavior.
 - Acknowledge and evaluate situations in which aggressive behavior emerges.
 - Acknowledge situations in which the child calms down.

How to lower inner tension and stay within the behavioral norms?

- Breathing exercises



Elevates



Decreases

- Drawing
- Forming shapes from different materials (paper, modelling clay, wooden bricks, mosaics).
- Writing
- Opportunity to stretch one's legs or to lie down
- Chanting of mantras *Dienasgrāmatas veidošana*.
- Self-evaluation and rewarding

Graduality in using the pedagogical methods

- Change of behavior (to change the behavioral model of the student – it's a gradual and time consuming process)
- Emotions (teach to overcome different emotions)
- Change in relationship (teacher's attitude towards the student)

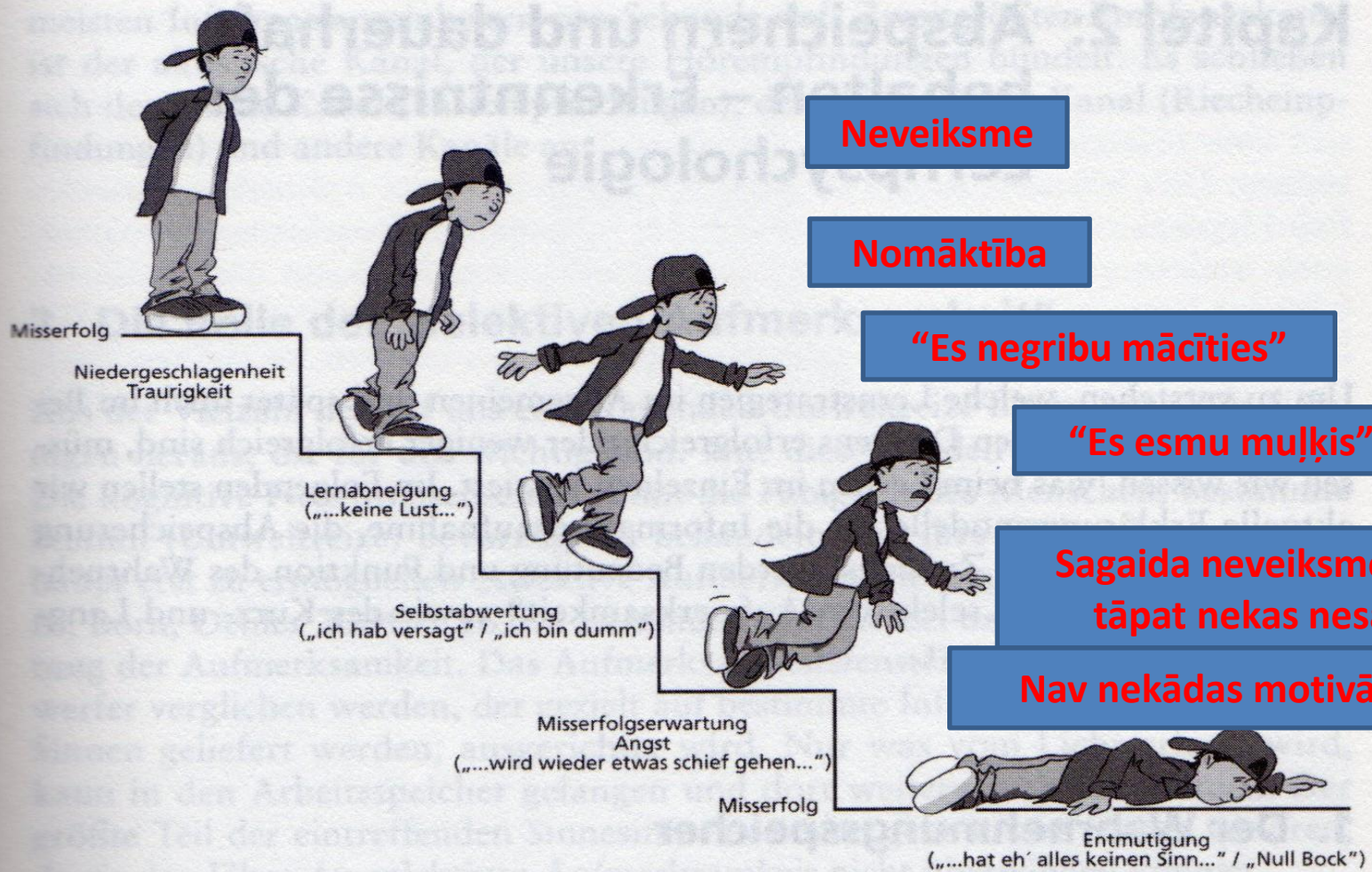
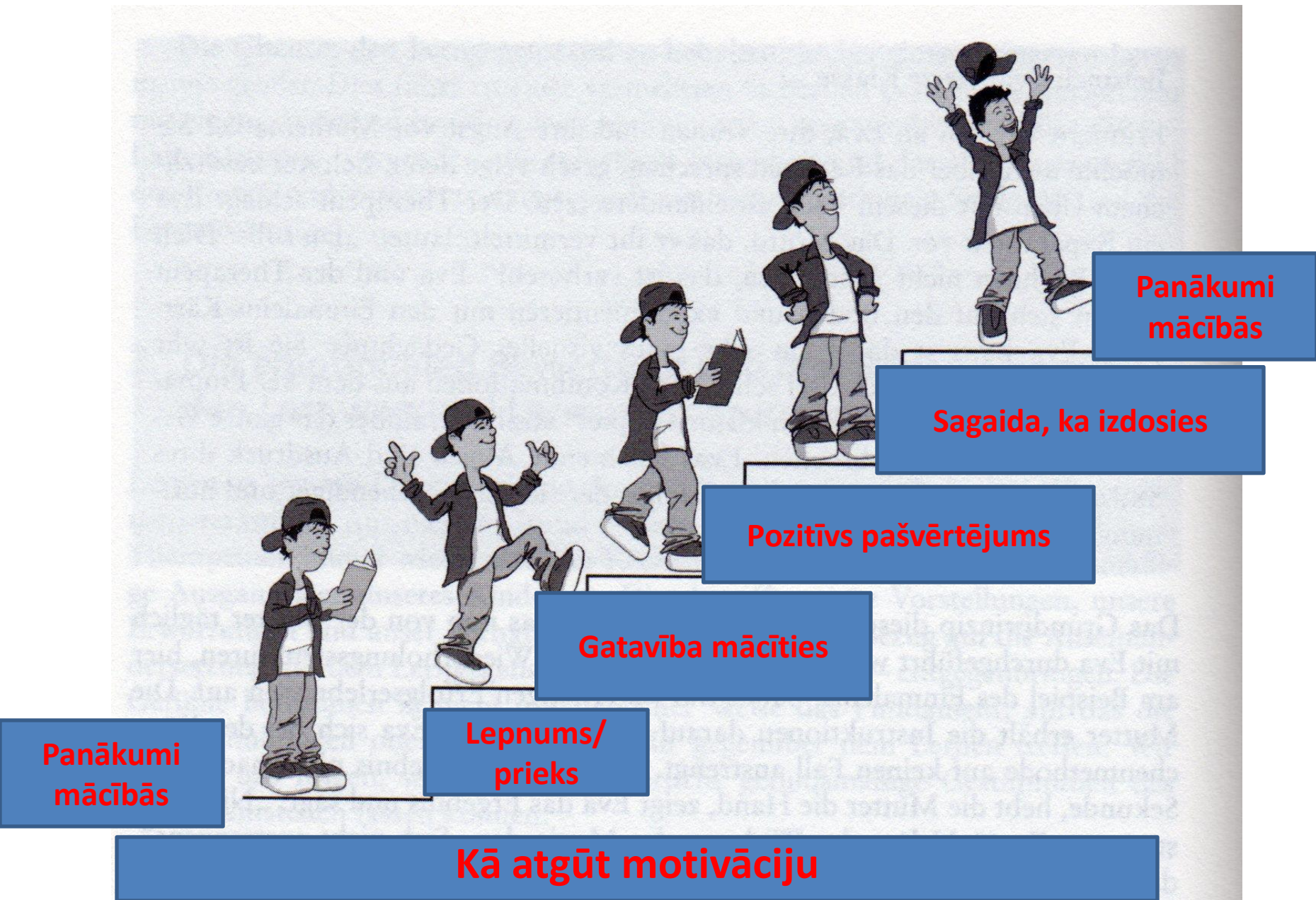


Abbildung 1.1: Die Entmutigungstreppe

Kā pazūd motivācija

Zīmējums no: Born, A., Oehler, C.(2008). Kinder mit Rechenschwache erfolgreich foerdern. - Kohlhammer



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Physical exercises



Masseur



Montessori class





Multisensory room

Excursions and field trips





Riding lessons

Our students in Special Olympics in Monaco, Netherlands, Ireland, Italy, Spain, USA...



Special Olympics





Thanks for attention !

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