

Social work and digital innovations: a self-management program for financial troubles as an example

I have created a self-management program for financial troubles (Taloudellisen ahdingon omahoito-ohjelma). The program will be published soon in Mielenterveystalo (Mental Hub) website (www.mielenterveystalo.fi / aikuiset / omahoito). Mental Hub is an online service which offers information and support about mental health. Mental Hub also offers treatment nationwide in Finland.

Self-management program for financial troubles is unique in many ways. It's the first self-management program in Mental Hub based on healthcare social work. The program combines social work and psychological knowledge about financial troubles. It also makes social work more accessible. The concept of self-management enables social work to take a stronger position in early intervention and supporting mental health.

The self-management program has three sections. The first one helps a user to understand the mechanisms that lead to financial troubles. For example difficulty to ask for help and poverty. The second one helps to solve urgent financial problems. The last section is about orienting toward a better future and taking control over one's everyday finances. In all three sections the program advises a user when and where to ask for more help.

In my presentation I speak about the self-management program and the process of creating it. I talk about how self-management and virtual services can help social workers to reach the marginalized groups and to promote participation. My aim is to encourage social workers to use and create digital services. The workshop consists of 20 min presentation and 10 to 20 min discussion.