Projects on the accessibility of vulnerable families in Switzerland

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Background
– Favorable family environment contributes significantly to the reduction of risk factors and the development of protective factors.
– Burdened families often have poorer access to care services and make less use of them¹.
– In Switzerland no overview of existing projects or their effectiveness exists.

Aim: To compile and evaluate current offers for families in vulnerable situations in terms of their effectiveness and accessibility for the target group.

Method
– Literature and project search via data banks and internet (grey literature, project websites)
Inclusion criteria: target group vulnerable families/expectant mothers, children 0-4 yrs.
– Contact with cantonal health departments requesting information on cantonal projects.
– Projects assessed based on project descriptions, evaluation reports and reported success parameters.
– Selected vulnerability factors: poverty risk, domestic violence, mental illness, addiction of parents and migration background.

Examples of projects found

<table>
<thead>
<tr>
<th>Parent education</th>
<th>Femmes-/Hommes-Tische, LUANA*, Parlare insieme di salute tra persone migranti*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early support</td>
<td>PAT mit Eltern lernen, Primano, schrittweise, Zäme uf &amp; Wäg, Zeppelin</td>
</tr>
<tr>
<td>Outreach offers</td>
<td>Migram, Miges balu, Brückenbauerinnen</td>
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<tr>
<td>Parent-child offers</td>
<td>Schenk mir eine Geschichte – Family Literacy, Mini Move, Maison Verte</td>
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<tr>
<td>Nutrition/physical activity</td>
<td>fit+ mami, Buggyfit PEBS</td>
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<tr>
<td>Mental health/godparenthood</td>
<td>Patenschaften für Kinder mit psychisch belasteten und erkrankten Eltern, Chinderliecht*, Tous concerns*</td>
</tr>
<tr>
<td>Contact points</td>
<td>Anlaufstelle für Kinder und Angehörigen psy-chisch kranker Menschen</td>
</tr>
<tr>
<td>Offers for specialists/networks</td>
<td>wikip, Familystart beider Basel, Familystart Zürich</td>
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</tbody>
</table>

Results
In total, 65 projects were included in the overview. Project evaluations all showed positive effects on children and/or parents, but varied greatly in format and content. Key success factors were: Professionalism, low thresholds access, integrated multipliers as well as key persons.

Conclusion
– Offers for vulnerable families exist in Switzerland.
– Identification of specific gaps is difficult due to large number of providers and lack of a central organization.
– Characterization of “underserved” or “unreached” vulnerable families needed.
– A comprehensive national/cantonal overview of existing offers (platform or database) is recommended to improve coordination and access to offers for vulnerable families.

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Fig. 1 Frequency of project types for vulnerable families in Switzerland.

Reference

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