



Avitus

Outcomes and impact report in work for private persons (2012-2013)

The first goal of Avitus is to improve the well-being of people with mood disorders and to reduce stress, burnout and depression in the Estonian society. Approximately 11% of the people living in Estonia have to face some form of depression¹. Around 9% have been diagnosed with stress spectrum disorders (although European studies imply that the actual percentage must be around 22%) and 1-1,5% of the people living in Estonia struggle with a bipolar disorders.³

The second goal of Avitus is to boost parental knowledge and parenting skills among parents living in Estonia in order to prevent future mental health problems among their children. A study by the Estonian Ministry of Social Affairs shows that 45% of the Estonian parents feel overwhelmed at times as parents, 64% do not know how parents should ideally behave and 56% would need parenting advice from time to time but do not know who to turn to.⁴

Avitus meets the needs mentioned above in different ways, for example through psychoeducational group work and trainings, individual counselling and internet support groups.

Activity indicators	07/2012	07/2011	Growth
Number of people helped...	- 06/2013	- 06/2012	
...dealing with mood disorders	760	213	257%
...with parent education	284	35	711%
...via internet support group	2400	1970	22%

How does Avitus create change in the Estonian society?

A big share of these services is offered with the help of project money, so that they could be available for people in need who have only very little income. However, Avitus also generates entrepreneurial income by offering these services to individuals and enterprises.

Avitus as a social enterprise

Business indicators	07/2012	07/2011	Growth
	- 06/2013	- 06/2012	
Income	42 145 €	56 669 €	-26%
Entrepreneurial income	13 211 €	8 646 €	53%
Number of full-time employees + freelancers	12	7	71%
Number of municipalities in which Avitus' service of was offered	6	2	200%

¹ Aluoja, A., Leinsalu, M., Šhlik, J., Vasar, V., & Luuk, K. (2004). [Symptoms of depression in the Estonian population: prevalence, sociodemographic correlates and social adjustment](#). Journal of Affective Disorders, 78(1), 27-35.

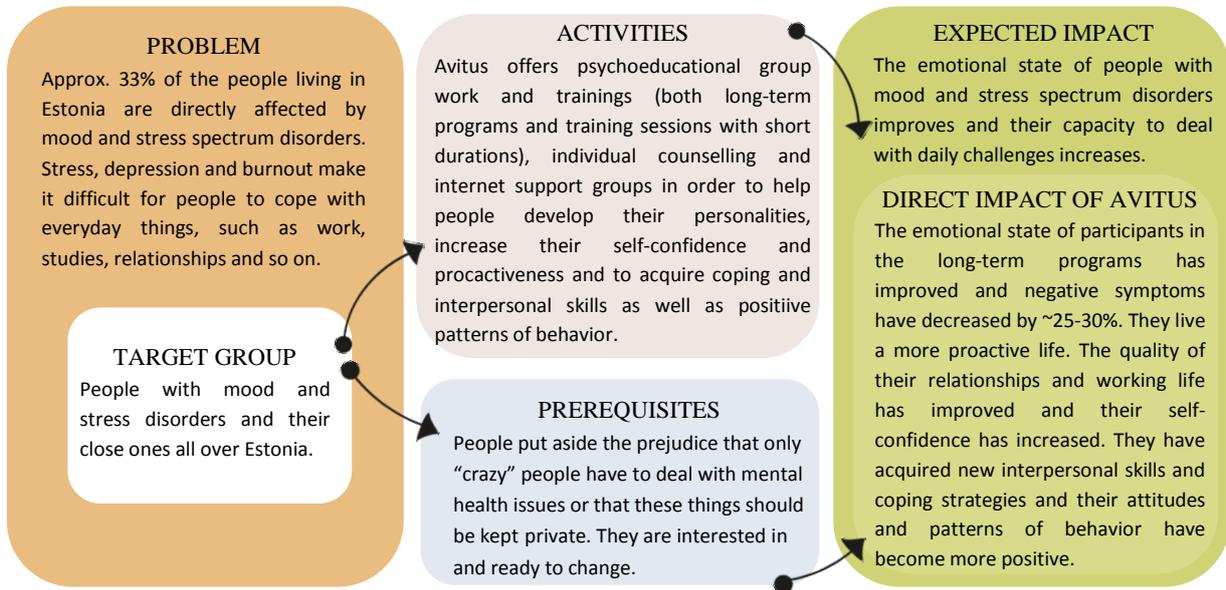
² Wittchen, H. U., Jacobi, F., Rehm, J., Gustavsson, A., Svensson, M., Jönsson, B., et al. (2011). [The size and burden of mental disorders and other disorders of the brain in Europe 2010](#). European Neuropsychopharmacology, 21(9), 655-679.

³ Aluoja, A., Leinsalu, M., Šhlik, J., Vasar, V., & Luuk, K. (2004). Bipolaarne häire epidemioloogia, neurobioloogia ja diagnostika. Neuropsychopharmacology, 21, 655-679.

⁴ As shown by a study conducted by the Estonian Ministry of Social Affairs in 2008 "[Vanemaharidus Eestis: hoiakud ja ootused](#)" as well as a study conducted by TNS Emor in 2006 "[Lapsed ja Eesti ühiskond](#)".



Desired impact: improved well-being of people living in Estonia as well as decreased levels of stress, depression and burnout



The following table gives an overview of different types of change that Avitus has initiated in the lives of its target group. The data is based on questionnaire data gathered from 2005 to 2013.⁵

Change	Statement rated/ question answered by participants	Scale of change	Sample size
INCREASED KNOWLEDGE	“I acquired new knowledge and am able to connect this knowledge to my personal situation”	an average of 4,1 on a scale from 1 to 5 ⁶	260
	“The group work helped me to better understand my problems, needs, strengths and resources”	95% agree	
CHANGED ATTITUDES	“The group work helped me see that it’s possible to live a valuable life and to be connected to other people in spite of problems”	95% agree	56
	“The group work helped me believe that I can pursue my life goals and achieve them”	89% agree	
IMPROVED SKILLS	“I acquired new practical skills and am planning on using them”	an average of 4,1 on a scale from 1 to 5	260
	Are you using these new information in your everyday life?	93% say yes	
CHANGED BEHAVIOR	“I am more capable of coping with tasks that require a lot of responsibility and might be stressful”	71% agree	56
INCREASED SELF-	“My sense of inferiority has decreased or there’s none left”	54% agree	

⁵ The data was gathered from participants in both long-term programs and short-term training sessions

⁶ 1= I don’t agree at all; 5 = I absolutely agree





CONFIDENCE			
IMPROVED RELATIONSHIPS	“My relationships with friends and family have improved, especially the degree of respect and understanding for each other and the amount of joint activities”	68% agree	56
	“I feel less isolated or not at all isolated now”	77% agree	
IMPROVED WELL-BEING	“I am calmer and more balanced, get irritated less, worry less and have fewer mood swings”	84% agree	56
	“I am more cheerful and hopeful now and less melancholic and hopeless”	88% agree	
RESTORED HEALTH	“The amount of medicine I use has decreased”	41% agree	34
RESTORED ABILITY TO WORK	“I do better in my working life – I am more capable of coping with my tasks at work and receive recognition now in the workplace”	63% agree	56
	“The number of working days lost through sickness has decreased”	59% agree	34

Inge’s story (53years old)

For over 40 years I struggled with severe and recurrent depression and anxiety disorder. It was accompanied with various physical illnesses and problems, such as continuous, unbearable pain all over my body, especially in my back. Eventually I wasn’t even able to leave the house anymore. I ended up being unemployed for 20 years and depending on state aid. Almost every year, I ended up in psychiatric hospital for different treatments. I had to take high doses of medicine, because lower doses didn’t help at all. The adverse reactions caused by those huge amounts got so serious that I felt like dying at one point. I decided to look for a place where I would get psychological help instead.

A friend invited me to Avitus’ group work for people who face depression. There my soul was finally able to rest and my hope was restored. The people in this group were a living proof that things can indeed get better. I attended the group for two years. I did my best to put into practice everything I learned there – how to change my thoughts, my life, my relationships. Slowly but surely, I decreased the amount of medicine I took. It wasn’t easy, but my group mates supported me and kept me from giving up. With new knowledge, skills, courage and self-confidence, I started the Avitus work practice for a couple of hours per week in 2009. My hands were shaking and I felt like passing out, but I stayed. The next step filling in for someone I knew in flower shop for a short while. Today, I have a full-time job in this flower shop. This has always been my dream job. I don’t need money from the government anymore, nor do I need money for big medical bills. I use my free time to do art and handicraft and to support people who have started a similar journey. Recently I thought to myself “I never would have imagined that one day in my fifties I would feel younger and healthier than I felt in my twenties.”





Avitus contributes to reducing the economic burden that mood disorders pose on society and to increasing the state's income

Mood and stress spectrum disorders cost the state and the tax payer a lot of money. Every year 0,5% of the Estonian BIP are spent on medication used to treat psychiatric disorders.⁷ The costs are even higher when taking into account the fact that these disorders reduce productivity in the workplace and at school (depression and permanent stress reduce an individual's ability to work by 30-40%⁸). The following numbers portray the economic value Avitus creates for the Estonian state and the Estonian society when helping one person out of depression, taking Inge as an example.

Costs for the state in 2005		State income in 2005	
<i>welfare benefits:</i>		pension insurance fund	0 €
disability pension	1 980 €		
rent allowance	2 220 €		
disability living allowance	199 €		
<i>medical expenses:</i>		<i>tax income:</i>	
prescription drug costs	470 €	income tax	0 €
outpatient doctor visits	384 €	social welfare tax	0 €
hospital bills	1 400 €	unemployment insurance	0 €
Total costs for the state	6 653 €	Total state income	0 €

Costs for the state and state income back in 2005 when Inge still suffered from chronic depression

Costs for the state and state income in 2013. By this time, Inge had almost completely recovered from her depression

Costs for the state in 2013		State income in 2013	
<i>welfare benefits:</i>		pension insurance fund	43 €
disability pension	0 €		
rent allowance	0 €		
disability living allowance	0 €		
<i>medical expenses:</i>		<i>tax income:</i>	
prescription drug costs	130 €	income tax	842 €
outpatient doctor visits	150 €	social welfare tax	1426 €
hospital bills	0 €	unemployment insurance	181 €
Total costs for the state	280 €	Total state income	2 492 €
		State surplus	2 212 €

Inge now earns her own income and does no longer depend on the state for support. In 2013, she had a net salary of 3315 €

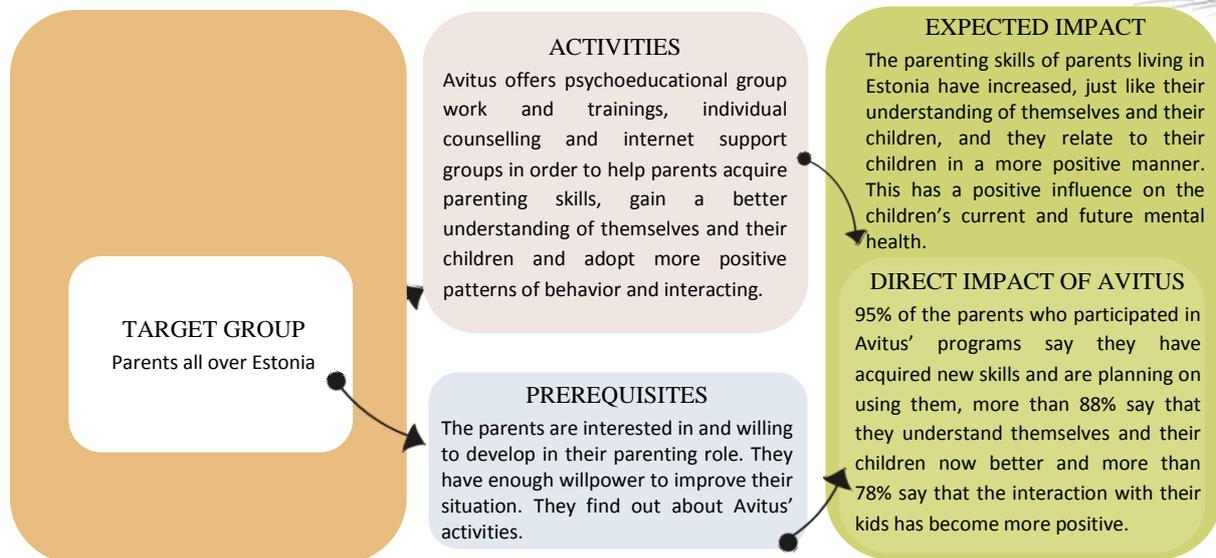
⁷ According to the study "[Tervise mõju majandusele Eestis](#)", the costs for health services in Estonia amount to 5,2% of the Estonian BIP per year. Since ~10% of the people living in Estonia have been diagnosed with depression or anxiety disorder, it can be concluded that ~0,52% of the Estonian BIP is spent on medication used to treat these disorders.

⁸ According to the study "[Vaimse tervise interventsioonide majanduslik kulutõhususe hindamine](#)" conducted in 2005 by the Estonian Ministry of Social Affairs, the World Health Organization and the Estonian NGO Tervishoiuselts.





Desired impact: a healthy family atmosphere positively influences our kids' current and future mental health



Change	Statement rated by participants	Scale of change	Sample size
INCREASED KNOWLEDGE	"I acquired new knowledge and am able to connect this knowledge to my personal situation" "I have a better understanding of myself in the parenting role better as well as of my child and his/her abilities and needs"	$\bar{X} = 4,7$ on a 1-5 scale $\bar{X} = 4,1$ on a 1-5 scale	113
IMPROVED SKILLS, CHANGED BEHAVIOR	"I acquired new practical skills and am planning on using them" „I interact in a more positive manner with my children and my spouse" "I am calmer and more confident in setting boundaries"	$\bar{X} = 4,8$ on a 1-5 scale $\bar{X} = 4,3$ on a 1-5 scale $\bar{X} = 4,3$ on a 1-5 scale	
INCREASED TRUST	"I trust myself as a parent more now" „I trust my child more now"	$\bar{X} = 4,7$ on a 1-5 scale $\bar{X} = 4,5$ on a 1-5 scale	

Karl's story

„To make a long story short: Participating in Avitus' parenting program has been one of the best decisions in my life! It helped me believe that I will be able to cope with any challenge parenting brings. I act more calmly now and with more confidence in my role as a parent. I trust myself and my child. I know what to do. You can read 10 books about raising a child, but nothing can replace excellent trainers, role models both in word and deed, and the opportunity to share real-life experiences."



Käesoleva kommunikatsiooniraporti eesmärk on kirjeldada sotsiaalse ettevõtte poolt loodavat muutust ja tõendada soovitud mõju esinemist näidete abil. Raporti koostajad kinnitavad näidete tööle vastavust (isikute nimed on koostajatele teada). Käesolev raport ei sisalda endas mõju hindamist. Esitatud arvnäitajad tuginevad organisatsiooni poolt antud informatsioonile ja neid pole auditeeritud.

Loe lisaks ja tutvu ülejäänud raportitega: www.sev.ee/mõju