

# 1. PROJEKTO APIBŪDINIMAS:

## 1.7. Project summary Guide

Many small and rural communities in the Baltic Sea region face the same social and youth-related challenges as larger cities—such as declining trust, outmigration, and risks of marginalisation—but they often lack the tools and resources to address them effectively. Evidence-based prevention frameworks like Communities That Care (CTC)—a systematic community-based approach to youth development—exist, but their complexity makes them difficult for smaller municipalities to adopt.

Our project targets local governments, community leaders, schools, and NGOs in rural areas, as well as regional and national stakeholders who want to promote prevention. Complex models, lack of resources, language barriers, and low readiness prevent them from starting structured prevention work, cooperating across borders, or demonstrating results.

The project develops a Social Development Strategy (SDS) toolkit—a practical entry point based on proven prevention principles—translated into local languages and adapted for rural contexts. At least three rural communities from different partner countries will participate in creating it. The project will also build peer networks across countries and document how communities can progress from the SDS toolkit to comprehensive frameworks like CTC.

The outcomes will support not only the target groups but also citizens, young people, and policymakers, who benefit from stronger community bonds, tested approaches, and practical entry points to prevention.

1,492 / 1,500 characters

## 1.8. Summary of the partnership Guide

The project partnership brings together organisations from Estonia, Lithuania, Sweden, and Germany, combining the strengths of countries at different stages of Communities That Care (CTC) implementation. This diversity allows the project to link the experience of long-standing experts with the needs of new adopters, with a clear focus on rural communities that often lack the resources to start structured prevention work.

Estonia, as lead partner, is responsible for coordination and management. Estonian partners represent municipalities currently piloting CTC and bring expertise in adapting prevention approaches to the local context, mobilising rural communities, and ensuring policy alignment. Lithuania contributes as an emerging partner, representing municipalities with limited prior experience. Their role is to test the Social Development Strategy (SDS) toolkit in new contexts and ensure it is user-friendly and accessible.

Swedish partners are experienced CTC trainers and mentors, with strong competences in prevention science, training, and peer learning. They will support capacity building and help transform scientific knowledge into practical methods. German partners bring more than 15 years of practice, particularly in rural and small communities. They contribute expertise in long-term implementation, working in contexts of demographic decline and outmigration, and addressing radicalisation risks. Together, Sweden and Germany act as knowledge partners who provide tested approaches, while Estonia and Lithuania ensure piloting and adaptation in practice.

The partnership covers a broad spectrum of target groups. Municipalities and local governments in Estonia and Lithuania represent rural areas that will pilot the toolkit. Prevention practitioners and trainers from Sweden and Germany will mentor and provide expertise. Community-level actors such as schools, NGOs, and coordinators are indirectly represented through municipalities and involved in piloting activities. This structure guarantees that the project operates at both strategic and community levels.

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The balance of the partnership is ensured by distributing tasks according to strengths. Estonia leads coordination and rural piloting, Lithuania represents new adopters, Sweden and Germany provide expert knowledge. The budget and responsibilities are shared in a way that creates complementarity, avoiding imbalances. Each partner has a distinct and necessary role.

Associated organisations, such as local municipalities and NGOs, provide practical support by engaging citizens and offering feedback on the toolkit. Their involvement ensures that the project outputs are firmly grounded in real community needs.

Overall, the partnership combines scientific expertise, training competence, and local access. This mix guarantees that the project develops practical and evidence-based outputs that are applicable across the Baltic Sea region and beyond.

### 2.1.1 Project Partners

No.	LP/PP	Organisation (English)	Organisation (Original)	Country	Type of partner	Legal status	Partner budget in the project	Active/inactive		Complete	
								Status	from		
1	LP	National Institute for Health Development	Tervise Arengu Instituut	EE	National public authority	a)	79,832.00 €	Active	26/03/2026		
2	PP	FINDER	FINDER	DE	NGO	b)	120,400.00 €	Active	26/03/2026		
3	PP	Swedish Institute for Applied Prevention Science	Prevention Sverige, Institutet för tillämpad preventionsvetenskap	SE	NGO	b)	0.00 €	Active	26/03/2026		
4	PP	Drug, tobacco and alcohol control department	Narkotikų, tabako ir alkoholio kontrolės departamentas	LT	National public authority	a)	62,608.00 €	Active	26/03/2026		
5	PP	Harku Municipality	Harku vallavalitsus	EE	Local public authority	a)	104,748.00 €	Active	26/03/2026		
6	PP	Klaipėda district municipality	Klaipėdos rajono savivaldybė	LT	National public authority	a)	93,912.00 €	Active	26/03/2026		

Communities in the Baltic Sea region face increasing youth challenges like substance use, delinquency, and mental health issues. Untreated youth problems cost municipalities millions in crisis interventions and legal costs—making prevention economically vital. Most municipalities already have legal mandates to promote youth well-being and prevent problem behaviours, but small and rural communities lack proven methods to fulfil these responsibilities effectively. The challenge is not defining what needs to be done, but providing practical tools for how to do it. The project addresses this gap by introducing the Social Development Strategy (SDS)—an evidence-based framework that translates prevention science into practical action. The SDS organizes protective factors that promote well-being and buffer against risk across children's key environments: family, school, community, and peers. It mobilizes adults in local organizations to strengthen these factors through coordinated actions, making shared responsibility tangible rather than abstract. The SDS serves as the practical core of Communities That Care (CTC), offering communities a manageable entry point to structured prevention work. Through SDS implementation, communities build the capacity and readiness needed to progress toward the comprehensive CTC approach. This creates a bridge in two directions: from prevention science to local practice, and from initial tools to advanced frameworks. The project develops a multilingual SDS toolkit adapted for rural contexts, with at least three communities from different partner countries co-creating practical resources. A transnational platform will enable peer learning and resource sharing across the Baltic region, supporting both communities implementing SDS and those advancing to CTC. This transforms prevention from an abstract mandate into concrete practice, giving communities the evidence-based "how" to fulfill their existing responsibilities for youth development.

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2. PROJEKTO EIGA:

Indicative timeline – Interreg BSR Small Project (Call #3)

Phase	Period	Main activities and milestones
1. Application phase	March – October 2025	Call opened: 25 March 2025
		Proposal preparation and submission via BAMOS+
		Deadline: 8 October 2025 (16:00 CEST)
2. Assessment & decision	October 2025 – March 2026	Administrative and quality assessment by JS
		Monitoring Committee decision: March 2026
		Notification of approval to lead partners
3. Contracting phase	April – June 2026	Subsidy Contract and Partnership Agreement signed
		Preparation of financial reporting systems and internal management
		Kick-off meeting (April 2026)
4. Implementation phase (24 months)	1 July 2026 – 30 June 2028	Q3 2026: Core SDS analysis and unification of materials
		Q4 2026 – Q1 2027: SDS training model and tools development. Meetup in Germany and first training
		Q2–Q3 2027: Pilot trainings in Estonia and Lithuania
		Q4 2027 – Q1 2028: Evaluation and refinement
		Q2 2028: Dissemination events and finalisation
5. Closure phase (3 months)	July – September 2028	Final reporting and audits
		Submission of final progress and financial report via BAMOS+
		Project officially closed by end of September 2028

Work plan overview

	Period: 1234				Leader
WP.1: SDS to CTC pathway					PP2
A.1.1: Social Development Strategy (SDS) Toolkit Development					
D.1.1: SDS Training Package and Quick Start Guide		D			PP2
A.1.2: Dissemination and communication strategy					
D.1.2: Dissemination and Communication Strategy (approved document and action plan)	D				PP1
A.1.3: Implementation and collaboration					
O.1.3: SDS Training and Collaboration Framework			O		PP1

Outputs and deliverables overview

Code	Title	Description	Contribution to the output
D 1.1	SDS Training Package and Quick Start Guide	The purpose of this deliverable is to provide communities with an accessible, evidence-informed training model on the Social Development Strategy (SDS). It includes a unified SDS training package based on Communities that Care (CTC) prevention system materials in English, German and Swedish, adapted to the needs of small and rural communities. The package contains training content, structure and delivery guidance, trainer and participant materials, and a multilingual Quick Start Guide available as an open educational resource in Estonian, Lithuanian, Swedish and German. By testing the training in rural communities, the deliverable ensures that the materials are relevant, user-friendly and directly applicable in practice. This deliverable contributes to the project outputs by making SDS knowledge and skills transferable beyond the project duration. It guarantees that communities will be able to use and implement the SDS approach independently, supporting sustainable prevention activities and strengthening protective factors for young people. The deliverable has clear transnational value as it combines expertise from Estonia, Lithuania, Sweden and Germany, and integrates knowledge across different languages and national contexts. The multilingual Quick Start Guide increases accessibility and facilitates the spread of effective prevention strategies throughout the Baltic Sea Region, ensuring that experiences from one country can inspire and benefit others facing similar challenges in rural and small community settings. It also serves as a solid basis for national-level scaling, supporting the wider dissemination of effective prevention at the local level and making it easy for communities to start regardless of their background conditions or prior success. SDS is suitable for communities of different sizes and contexts, which ensures broad applicability and long-term impact.	SDS Training and Collaboration Framework
D 1.2	Dissemination and Communication Strategy (approved document and action plan)	The purpose of this deliverable is to ensure that the project's knowledge, tools and experiences are effectively communicated and disseminated to different target groups, enabling early adoption and sustainable use of the Social Development Strategy (SDS). A Dissemination and Communication Strategy, including an action plan, will be developed and approved during the first months of the project. The strategy will outline objectives, key messages, audiences, channels and tools, and provide concrete steps for implementation throughout the project. It will focus on how local communities relate to the core SDS principles of youth opportunities, skills development and recognition, how these can be applied in different cultural and organizational contexts, and how communities can communicate the SDS further. The strategy will guide communication with policymakers at local and national levels, NGOs promoting youth well-being, schools, families, leisure and sports organizations, and community representatives. In addition to participating countries, audiences in neighboring countries such as Latvia will also be engaged. This deliverable contributes to project outputs by ensuring that the SDS toolbox and training are not only developed and tested but also widely shared, practical and acceptable, supporting integration into existing local infrastructures. It has clear transnational value by enabling exchange of experiences between Estonia, Lithuania, Sweden and Germany, while also reaching beyond the partnership through multilingual materials and diverse channels. The approved strategy and action plan provide a measurable and sustainable basis for capacity building, broadening awareness and fostering early uptake of SDS across the Baltic Sea Region.	SDS Training and Collaboration Framework
O 1.3	SDS Training and Collaboration Framework	The purpose of this output is to provide a complete and transferable solution for implementing the Social Development Strategy (SDS) in local communities. It addresses the challenge of how to strengthen protective factors for young people by creating meaningful opportunities, teaching essential skills, and ensuring recognition through sustainable prevention structures. The content of the output is the Social Development Strategy (SDS) Training and Collaboration Model, which consists of a train-the-trainer programme, training materials for trainers and participants, implementation guidance, and a collaboration framework that supports networking between communities and countries. The model is jointly piloted and evaluated in at least three communities in Estonia, Lithuania and Germany. Feedback from trainers and participants is used to improve the usability, practicality and impact of the training package. The format of the output is a structured and tested training package together with guidelines and collaboration mechanisms, enabling communities to implement SDS independently after the project. It is usable on its own and includes all necessary components (training structure, materials, instructions and examples of collaboration). The transnational value lies in combining expertise and experiences from different contexts – Estonia, Lithuania, Germany and Sweden – and creating a solution that is adaptable across the Baltic Sea Region. The collaboration model strengthens peer learning, knowledge exchange and knowledge translation, while enabling entry points for new countries and local governments to get involved. This tool helps to support community connectedness and improve protective factors for young people in an evidence-based way. It engages different community stakeholders, builds their capacity, and increases their sense of ownership and contribution to local development and the future of their community.	

### 3. Planuojamas biudžetas:

<b>New:</b>						
Partner	Hours	Staff	Flat rate	Total	Co-financed 80	Own 20%
National Institute for Health Development	1720	49 880 €	19 952 €	79 832 €	63 866 €	15 966 €
Harku Municipal Government	1720	49 880 €	19 952 €	69 832 €	55 866 €	13 966 €
Drug Tobacco and Alcohol Control Department	1720	44 720 €	17 888 €	62 608 €	50 086 €	12 522 €
Lithuanian Municipality X	1720	44 720 €	17 888 €	62 608 €	50 086 €	12 522 €
Finder e.V.	1720	86 000 €	34 400 €	120 400 €	96 320 €	24 080 €
Institute for Applied Prevention Sweden			0 €	0 €	0 €	0 €
<b>TOTAL</b>	<b>8600</b>	<b>275 200 €</b>	<b>110 080 €</b>	<b>395 280 €</b>	<b>316 224 €</b>	<b>79 056 €</b>