

# RAN Collection practice template

## Name of the practice

Please note that by practice we mean an activity/method/tool that has been used or is in use by professionals and/or community members.

## EXIT Social Cooperative Society (EXIT SCS)

### Description

(max. 300 words)

Short description of the aim and working method of the practice. Please note that in this description, it must be clear that there is an explicit connection to preventing and/or countering radicalisation and/or violent extremism. This means that in the aims and/or the activities/methods/tools of the practice, there is a link to preventing and countering radicalisation and/or violent extremism. Practices without this link cannot be included in the RAN Collection.

EXIT SCS is a non-governmental organisation (NGO) with expertise in facilitating exiting strategies for clients in coercive environments through a systemic-constructivist approach. Facilitators employ empowering, coping and reflecting strategies to psychologically strengthen client self-esteem and resilience.

Voluntary engagement on the side of the client is a methodological prerequisite, while motivational and conversational interviewing may be part of the lead-up towards a full exit facilitation. Practitioners will consider the engagement level of the client and determine the best activities to motivate improvement and change.

A key aspect of the work is the psychological and psychotherapeutic interaction principles of the EXIT facilitators, e.g. empathy, trust and work-relationship development. At the same time, some EXIT practitioners are former members of cultic and violent extremist groups, and as such have a shared understanding of the experience of their clients, which may render them more credible messengers.

On yet another level, EXIT's measures to enhance critical thinking are key. The critical thinking methods focus primarily on abusive group issues but may also encompass issues of prejudice, racism, xenophobia and ethnic/cultural polarisation.

	<p>At the same time, counselling and information on high-demand group issues is provided, as is legal and medical advice. Generally, EXIT avoids discussion and debate that reinforce the same opinion.</p> <p>EXIT also trains individuals who maintain close contact with violent extremists in the role of teachers, mental health professionals, educators and other professionals.</p> <p>EXIT has been involved with other educational activities for minors.</p>
<p><b>Peer reviewed</b></p>	<p>No</p>
<p><b>Key themes</b></p> <p>Please <u>choose</u> 2 key themes most corresponding with the practice.</p>	<p>Deradicalisation/disengagement</p> <p>Cults</p>
<p><b>Target audience</b></p> <p>Please <u>choose</u> a minimum of one target audience most corresponding with the practice.</p>	<p>Families</p> <p>First responders or practitioners</p> <p>Prison / Probation</p>
<p><b>Geographical scope</b></p> <p>Please indicate where the practice has been/is implemented (countries, regions, cities).</p>	<p>Based in Udine (north-east of Italy), but work is carried out across Italy.</p>
<p><b>Start of the practice</b></p> <p>Please indicate when (year) the practice was developed and implemented to indicate the maturity of the practice. In case the practice is no longer active, please indicate when it ended.</p>	<p>Starting year: 2004</p> <p>EXIT's professionals founded SOS Abusi Psicologici (charity association) in 2004, Educaforum aps (social promotion association) in 2009 and EXIT scs in 2011.</p>
<p><b>Deliverables</b></p> <p>Please indicate if the practice has led to concrete deliverables, such as</p>	<p>EXIT has produced several handbooks on work-based bullying and discrimination, psychological manipulation and other topics.</p>

<p>(links to) handbooks, training modules, videos.</p>	
<p><b>Evidence and evaluation</b></p> <p>Short description on <u>performance measures</u> of the practice, including</p> <ol style="list-style-type: none"> <li>1. <u>qualitative views and quantitative (statistical) data</u> e.g. measure of the success of your project or intervention.</li> <li>2. <u>evaluation and feedback</u>, including surveys and/or anecdotal evidence e.g. have you done either an internal or external evaluation, have you encouraged any feedback from your target group?</li> <li>3. <u>peer review</u> which feedback did the practice receive in the RAN working group and/or study visit where the practice was discussed.</li> </ol> <p>Please elaborate on the outcomes of your monitoring and evaluation efforts.</p>	<p>EXIT's activities can be considered to facilitate exiting from manipulative environments (at work, in groups, in families).</p> <p>EXIT won public tenders in Italy to run a centre for harassed workers in 2011, 2012, 2013, 2014, 2015, 2016, 2017. In 2016, EXIT was chosen to participate in the EU project 'Raising awareness and staff mobility on violent radicalisation in prison and probation services' (RASMORAD).</p>
<p><b>Sustainability and transferability</b> (maximum of 200 words)</p> <p>Short description on the sustainability and transferability of the practice, including e.g. information on the costs of the practice. <u>Please elaborate on which elements are transferrable and how.</u></p>	<p>EXIT is engaged in national and European projects. The non-governmental organisation (NGO) is quite unique in Italy, where violent radicalisation and cultic manipulation is viewed as a niche, innovative field. For this reason, EXIT's professionals have created other associations too (e.g. SOS Abusi Psicologici &amp; Educaforum aps) so as to be able to bid for more tenders and operate properly in this field.</p>
<p><b>Presented and discussed in RAN meeting</b></p> <p>Please note that to be included in the Collection, the practice is preferably nominated through one of the RAN meetings. Add name of the RAN Working Group/event, date, place and subject of meeting.</p>	<p>Name: RAN DERAD</p> <p>Date: 2012</p> <p>Place: Stockholm</p> <p>Subject: Enter subject of meeting.</p>

### Linked to other EU initiatives or EU funding

(maximum of 100 words)

Please indicate how your project was funded, if your practice is linked to other EU initiatives or projects, AND explicitly note if it is (co-) funded by the EU, and if so, by which funds?

Such as Erasmus +, Internal Security Funds (ISF), European Social Fund (ESF), Horizon 2020, etc.

EXIT has been one of the co-beneficiaries of the EU project RASMORAD, financed by Horizons 2020.

### Organisation

(enter maximum of 100 words and select organisation type)

Please briefly describe the organisation behind the practice including the legal status e.g. NGO, governmental, limited company, charity etc.

EXIT s.c.s. is a social enterprise founded in 2011 with the aim of pursuing the general interests of the community for human development, promotion and social integration, through the management of social services and activities.

In particular, the cooperative promotes and manages information, assistance, support and prevention in cases of psychological abuse, abuse and violence in the workplace, the family and the community, as well as gender-domestic and interpersonal violence.

#### Mission

The organisation's mission is to design and manage social assistance services on related issues of abuse and harassment (e.g. bullying, domestic violence) by setting up aid centres and information helpdesks, organising informational and awareness activities, and offering educational and rehabilitation services (such as self-help groups), empowerment activities, workshops, and evaluation activities for workers with stress-related concerns. The organisation also provides prevention services, assessment and diagnosis, and measurement of well-being and quality of life in various domains (work, school, family, prison, communities at risk).

Recipients of services are:

- workers who consider themselves victims of harassment at work (bullying) and their families;
- victims of domestic violence and their families;
- victims of bullying and their families;
- members and former members of cultic groups and their families;
- violent extremists and their families;

	<ul style="list-style-type: none"> <li>- detainees, families and justice practitioners;</li> <li>- first-line practitioners.</li> </ul> <p>Main activity</p> <ul style="list-style-type: none"> <li>- From 2007 to 2017, EXIT's professionals operated in two regional aid centres for harassed workers, supporting around 3 500 workers who were victims of abuse, maltreatment and bullying at work, with 1 300 cases followed up and around 6 000 professional interventions provided.</li> <li>- From 2013 to 2017, EXIT provided professional interventions on behalf of the Family Support Centre of SOS ABUSI PSICOLOGICI. This centre supports group psychological abuse victims, caring for around 200 families seeking help for a loved one in a coercive control group.</li> <li>- EXIT's practice has headed the news of local newspapers, radio and TV programmes, almost since its inception.</li> <li>- In 2017 and 2018, EXIT's professionals participated in the EU Raising Awareness and Staff MObility on violent RADicalisation in Prison and Probation Services (RASMORAD) Project (<a href="http://www.rasmorad.org/">http://www.rasmorad.org/</a>), which produced the following reports:             <ul style="list-style-type: none"> <li>• 'The collection of info on derad and exit strategies. Data, good practices and case studies' (on deradicalisation strategies implemented in prison and on probation according to current scientific literature);</li> <li>• 'Exit strategies, alternative measures for violent extremist offenders' (questionnaire distributed among partners);</li> <li>• 'Derad and exit strategies. Common methodologies' (report on the common methodology used by the different partners of the project);</li> <li>• 'National guidelines' (indications for the methodology to be used in the dissemination of information between prison operators and stakeholders).</li> </ul> </li> <li>- In 2017, 2018 and 2019, EXIT's professionals developed training activities for first-line practitioners on tackling violent radicalisation, for school directors and teachers, social workers, educators, mental health professionals and police.</li> </ul> <p>Type of Organisation: <b>Other</b></p>
<p><b>Country of origin</b></p>	<p>EU or EEA country: Italy</p> <p>or:</p>

Country in which the practice is based.	Non-EU country: Enter name if non EU country
<p><b>Contact details</b></p> <p>Please provide contact details of who can be contacted within the organisation, with name and email address.</p>	<p>Address: Dott.ssa Cristina Caparesi c/o Punto di Ascolto di Udine Italy</p> <p>Contact person: <a href="#">Click or tap here to enter text.</a></p> <p>Email: <a href="mailto:c.caparesi@gmail.it">c.caparesi@gmail.it</a>; <a href="mailto:exitscs@gmail.com">exitscs@gmail.com</a></p> <p>Telephone: +39 4321272070; +39 3384440566</p> <p>Website: <a href="http://www.exitscs.it/">http://www.exitscs.it/</a></p>
<p><b>Last update text</b> (year)</p>	2019