



TECHNICAL SPECIFICATIONS

Technical specifications (Annex 1) of the procurement **"Procurement of a training module on digital game addiction for MDFT therapists"** of the Social Insurance Board (hereinafter Training).

The procurement has been financed under the project "2021-2027 Cohesion Policy funds measure 21.4.7.9 "Services aimed at children and families are of high quality and meet the needs of families" conditions for granting support through activity 2.2 "Supporting children and families."

The Training must be based on the public notification rules for the ESF period 2021-2027 Cohesion funds in the use of funds.

1. BACKGROUND INFORMATION

1.1 MDFT is a family therapy service offered by the Social Insurance Board (hereinafter Contracting Authority) for young people with risky behavior and their families. More and more, the customers of the MDFT service are young people, one of whose main problems is excessive playing of computer games, which may have developed into an addiction. Digital game addiction is not discussed in the MDFT therapist's basic Training, which is why therapists and supervisors need additional Training in this regard.

2. TARGET GROUP, DESCRIPTION AND SCOPE OF THE SERVICE

2.1. The target group is a minimum of 8 MDFT therapists and supervisors (hereinafter participants in the Training) from different Estonian teams.

2.2 Purpose of the training and learning outcomes

2.2.1. The aim of the training program is to increase the competence of learners in the field of digital addiction knowledge and treatment methods. As a result of the Training, MDFT therapists know how to work with young people with digital addiction and their families and use effective methods to treat internet gaming disorder.

2.2.2. Learning outcomes

- Understanding the nature of digital addiction can assess the symptoms of digital game addiction and identify risks.
- Can intervene when internet game addiction appears and uses different methods for this purpose.
- They have familiarized themselves with gaming treatment methods (including influencing motivation), practiced them, and received support and feedback on their implementation.
- Notices the differences in the perception of the addiction problem by the young person and the family members and is able to direct the family into the phase of concluding agreements.
- It helps to increase the competence of the parties to understand the problem and the reasons for its persistence. Find resources and empower the youth and family

members to work with the addiction problem, taking into account the principles of the MDFT program.

- Is a professional MDFT therapist whose communication skills support their work with young people with gambling addiction and other parties.

2.3. The Training is divided into three subcategories:

2.3.1. The first module of the Training

2.3.1.1. It takes place in Estonia as contact training.

2.3.1.2. The volume of the first training module is at least 14 academic hours.

2.3.2. Virtual supervisions

2.3.2.1. After the first module of the Training, the therapists and supervisors who participated in the Training practiced the acquired knowledge for 5 months. At the same time, virtual supervision took place with each participant at the agreed times and in the agreed volume.

2.3.2.2. Virtual supervision by the trainer is guaranteed twice per participant in the Training (3 h in total), which is agreed upon in advance between the trainer and the training participants.

2.3.2.3. The trainer submits a report to the Contracting Authority about **the virtual supervision that actually took place** (Annex 5).

2.3.3. Continuing education (the second module of the Training).

2.3.3.1. After the virtual supervision and the period of practicing the knowledge acquired in the first training module, a two-day follow-up training will take place in Estonia.

2.3.3.2. The volume of continuing education is at least 14 academic hours.

2.4. The trainer presents additional proposals for conducting the Training. When conducting the Training, the Contracting Authority's recommendations and instructions are guided by the aim of ensuring high-quality and proper Training.

2.5. The first and second modules of the Training take place in Estonia, in contact learning, at the Contracting Authority's premises, where the trainer(s) are provided with the necessary technical equipment. The trainer(s) inform the Contracting Authority of their needs before conducting the Training.

2.6. The Contracting Authority informs the participants of the Training and is responsible for ensuring that, by the time the Training begins, each training participant has found a family where the adolescent has a problem with digital game addiction.

3. REQUIREMENTS FOR THE TRAINER

3.1. The first module of the Training is expected to take place between July and September 2024, and the follow-up training will be presumably five months after the start. The exact dates of the Training and the time frame of the virtual supervision are agreed upon during the negotiations between the Contracting Authority and the trainer.

3.2. The trainer has:

3.2.1. previous MDFT training experience;

3.2.2. experience with the subject of digital gaming addiction and further Training in this regard;

3.2.3. willingness to conduct Training in Estonia at agreed times;

- 3.2.4. willingness to organize virtual meetings during the practice period.
 - 3.2.5. At least one trainer must have at least a master's degree in health, medicine, or social sciences or an equivalent level of education and a document proving this.
- 3.3. When making an offer, the trainer submits the Training documents (content description, outputs, used materials, schedule, etc.).
- 3.4. Please include all costs related to conducting the Training (including training plan and materials, transport and accommodation for trainer, etc.) in the price of the tender. The said fee is final, and it is considered to be used to cover the additional costs that may arise for the mandatory in performing the tasks arising from the mandate.