

Stop it Now! Netherlands



Type of intervention



Helpline

Target group/s, level/s of prevention and sub-group/s:



Primary Prevention

Potential Offenders | Adults | Male & Female | Phone | Dutch

Secondary Prevention

Offenders | Adults | Male & Female | Phone | Dutch

Secondary Prevention

Professionals & Relatives | Adults | Phone | Dutch

Target population

Stop it Now! NL differentiates three types of people concerned about themselves:

- contact offenders
- downloaders of CSEM
- people with sexual feelings towards minors.

Delivery organisation

The Stop It Now! Netherlands helpline was launched in March 2012, sponsored by the Internet Hotline (Netherlands) and De Waag, a centre for outpatient forensic psychiatry - and with the help of Stop it Now! UK & Ireland.

Mode and context of delivery

Callers access the helpline via the number 0800 266 64 36. The helpline is anonymous and free. There is also a contact form that those seeking help can fill out on the Stop It Now! Netherlands website at stopitnow.nl.

Helpline opening hours are available on the website

Level/Nature of staff expertise required

Help line staff are counsellors with expertise in discussing sexuality. All employees are trained in telephone assistance.

Intensity/extent of engagement with target group(s)

How it works:

Counsellors first listen to callers' concerns, then give advice on what to do or who to contact. Working with the concerned individual, they then assess all the risks and the necessary steps that must be taken. Counsellors will help find appropriate assistance dependent on the situation. All decisions are made by the caller unless a minor is in immediate danger. Callers can call back if they want and can be referred to De Waag if necessary. To make it easier to start treatment they are offered a maximum of 5 anonymous calls with someone who works for De Waag.

Description of intervention

Stop it Now! NL offers anonymous help in two phases: 1) first contact with the Helpline staff members and 2) specialised forensic therapy from therapists of De Waag centre for forensic outpatient treatment. At the first stage the focus is on establishing contact with the caller, staff members listen and give advice to everyone with questions or concerns about downloading of CSEM, and sexual feelings towards minors. In the second phase, the conversations are aimed at teaching the caller to cope with their sexual feelings for children. After initial steps within the second phase of Stop it Now! NL, regular forensic therapy can be started, thus concluding the activities of Stop it Now! NL. At each stage the users - if appropriate - are encouraged to take the step to the next phase. This applies especially to (potential) abusers.

Evaluation

A study by NatCen describes the Stop It Now! Netherlands helpline as 'innovative' and concludes that it is successful in reaching its target audience of (potential) abusers. More evaluation is available here:

<https://natcen.ac.uk/media/338804/stop-it-now-nl-findings.pdf>

References

Eisenberg, M., Mulder, J., van Horn, J., Stam, J. and Waag, D., 2014. Stop it Now! Helpline Netherlands: A study of its use and effects–English summary.

Contact details

info@stopitnow.nl

T. 0800 266 64 36



RATING: PROMISING