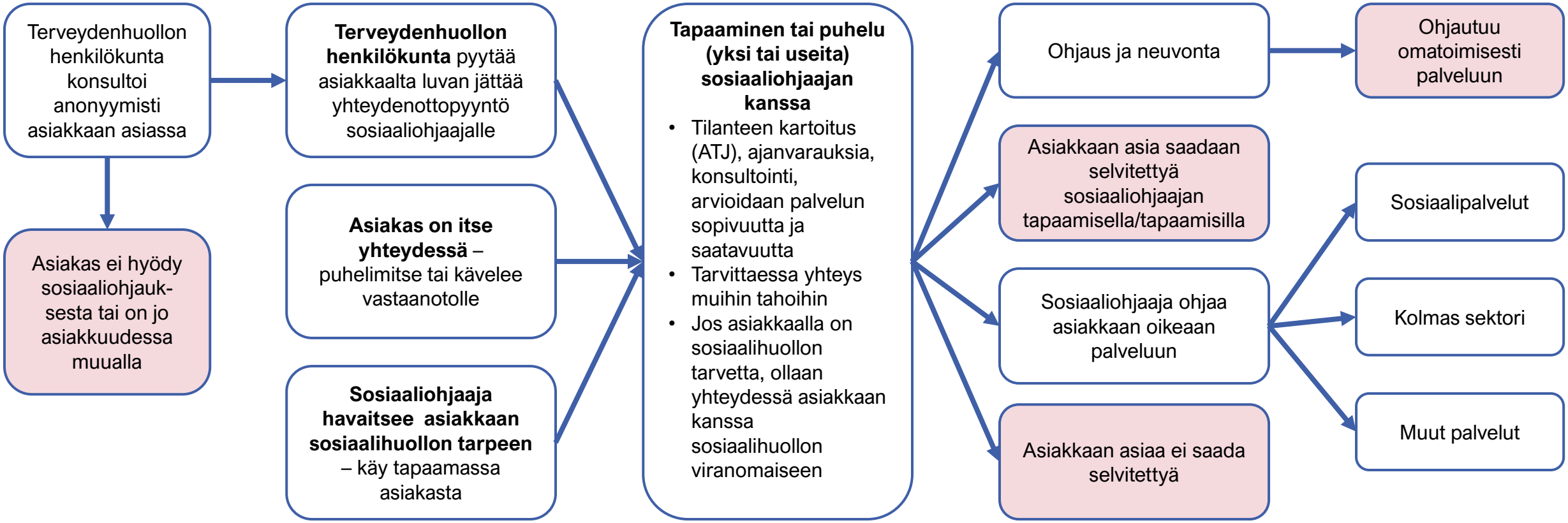Matalan kynnyksen sosiaaliohjauksen prosessi