

HELPING HAND
Providing Psychological Assistance and Humanitarian Aid to Children Traumatized by War
PROPOSAL TO HOPE WORLDWIDE CANADA



Project Title : “Helping Hand. Providing Psychological Assistance and Humanitarian Aid to Children Traumatized by War”

Project Duration : July 2015 – August 2016

Project Budget : CAD\$: 251, 310, 40 UAH: 5, 026, 208, 00

Target Beneficiaries

Humanitarian Aid : **17,500 forced migrants** from Eastern Ukraine (60% – women and children) living in five temporary camps (Korostyshiv, Kurakhove, Cherkasy, Kremenchuk, Komsomolsk)

Psychological Aid : **5,000 children**, traumatized by war in Eastern Ukraine, who will participate in intervention sessions

: **5,000 parents** of children, traumatized by war in the Eastern Ukraine, who will participate in intervention sessions

: **300 trainers** (psychologists, social workers, teachers, educators, volunteers)

Project Location : “Humanitarian Aid” strategy: Korostyshiv, Cherkasy, Kremenchuk, Kurakhove, Komsomolsk;

: “Psychological Assistance” strategy: Kyiv, Zhytomyr, Odesa, Cherkasy, Ivano-Frankivsk, Lviv, Vinnytsya, Volyn, Chernivtsi, Kirovohrad, Donetsk oblasts of Ukraine.



1. PROJECT BACKGROUND

Statistics

A military conflict and the conduct of an anti-terrorist operation (ATO) in Eastern Ukraine has forced local populations to migrate to other cities and regions of Ukraine. Most of the forced migrants temporarily live in Kharkiv, Poltava, Kyiv, Odesa, Luhansk and Donetsk oblasts (provinces/states). According to the Ministry of Social Policy of Ukraine, the Departments of Social Protection and Security of regional and Kyiv state administrations have officially registered over 1.2 million of forced migrants: “As of April 6, 2015, 1,213,011.00 or 892,161 families from the Donbas region and Crimea have been registered”¹. “Women and children constitute over 60% of the forced migrants from Donetsk and Luhansk”². Several hundred of thousand people lost their homes. Thus Neal Walker, Humanitarian Coordinator, United Nations Resident Coordinator, UNDP Resident Representative in Ukraine, stated that around 5 million people in Ukraine currently need humanitarian aid³.

Due to the political nature of the conflict, the official data about the number of the forced migrants does not depict the real situation with forced migrants from Eastern Ukraine. In order for the project to deal with objective data, we use both statistics from official sources, data from non-governmental national and international organizations, and information from the local volunteers who work on site.

Temporary Living Conditions – Need for Humanitarian Aid

The majority of the forced migrants live in places of temporary accommodation (camps) – summer camps and resort facilities, state institutions of rehabilitation and recreation. Their temporary homes are not adjusted for living during cold seasons; there are little or no sanitary conditions, particularly for the care of children and babies. The forced migrants rely on volunteers to get food, hygienic products, clothes, and medicine.

Since August 2014 the **Hope Worldwide Ukraine Charity Foundation (the “Foundation”)**, in cooperation with partner organizations, has collected and delivered over 25 tons of humanitarian aid (clothes, food, medicine) to the forced migrants who live in 5 camps (Kurakhove, Berdyansk, Korostyshiv, Kremenchuk, Komsomolsk). The Foundation has worked jointly with its partners – the Danish Charity Foundation “Help Ukrainian Children” and the International Charity Foundation “Hospital of Maidan”. The humanitarian aid strategy of the project includes collection, storing, sorting and delivering of humanitarian aid to the migrants. Simultaneously with providing humanitarian assistance, the volunteers of the Foundation work on the realization of the second strategy of the project: during each visit to the camp, the team of volunteers conducts entertainment and educational activities for children who temporarily live there.

Children Traumatized by War – Need for Psychological Assistance (Intervention Sessions)

During these difficult times, many Ukrainians suffer from the military conflict in the Eastern Ukraine. They face the loss of their close ones, loss of their own homes, forced migration, anxiety and worries. These events are especially traumatizing for children. During the war, children, as well as adults, become victims and witnesses of different traumatizing events. Children witness artillery bombing and shooting, watch the destruction of their native city or village and their own homes. Children have suffered a terrible loss of their family members and friends; they have also been wounded. Such experiences can cause different psychological traumas.

Children traumatized by war are easily scared by loud noises, some of them are afraid to go outside the house. Many of them become depressed; they often cry and become sad about little things. These children do not want to play and lose interest in everything. Some children constantly exhibit anxiety and worry. Others become nervous, inclined to sudden irritation and anger. They are anxious and cannot concentrate on studies at school, if they are able to attend. Many children face problems with sleeping: they wake up in the middle of the night crying and speak of awful nightmares. In addition, children say that the memories are so awful it seems that

¹ [official news release of the Ministry](#)

² [press-conference of Commissioner of the President for the Peaceful Settlement of the Situation in Donetsk and Luhansk Regions](#)

³ [interview for “Freedom \(Svoboda\) Radio”](#)

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they relive those events again and again. Many children are afraid that they are losing their mind and becoming crazy. Thoughts about the past cause such sadness that they try to force out those memories and avoid any reminders of the past events. The need for humanitarian aid and especially for psychological assistance (intervention sessions) for children traumatized by war, necessitated the further development of the project and the establishment of two strategies and directions for their realization: 1) providing humanitarian aid; 2) providing psychological assistance (intervention sessions) to children traumatized by war.

2. PROJECT BRIEF

The “Helping Hand” project deals with the social-emotional and psychological conditions of children traumatized by war and their families who witnessed and suffered the events in Eastern Ukraine. The “Helping Hand” project has two strategies: “Humanitarian Aid” strategy includes collecting and sorting humanitarian aid, storing food and clothes and delivering aid to the temporary camps for forced migrants from the Eastern Ukraine; and the “Psychological Assistance” strategy includes providing psychological assistance (intervention sessions) for children traumatized by war and their parents, teaching them skills of psychological self-assistance and techniques of relaxation, as well as training the trainers to use the established **“Children and War. Teaching Recovery Techniques”**, which constitutes the methodological basis of the project. The trainings will start in Kyiv, then – spread to different regions of Ukraine. The pilot stage of the project will include intervention sessions for children and their parents in the camp in Korostyshiv. The next intervention sessions will take place in five camps for forced migrants.

3. PROJECT GOAL

The Project aims at improving the socio-economic well-being of forced migrants from Eastern Ukraine who live in 5 temporary camps (Humanitarian Aid strategy) and psychological well-being of children and their families, traumatized by war in Eastern Ukraine by lessening their anxiety from the effects of war and empowering them with skills and capacities to deal with their traumatic experience (Psychological Assistance strategy).

4. PROJECT OBJECTIVES

- a. To define the need and provide psychological assistance (intervention sessions) to children traumatized by war in Eastern Ukraine;
- b. To prevent the development of PTSD (post-traumatic stress disorder) symptoms and depression so that they do not lead to serious psychological disorders;
- c. To provide psychological assistance and teach the skills of self-assistance to the parents of children traumatized by war;
- d. To train and educate trainers (psychologists/therapists, social workers, teachers, educators, volunteers) to work with “Children and War. Teaching Recovery Techniques” manual;
- e. To foster spreading information about “Children and War. Teaching Recovery Techniques” manual and its successful practical implementation among other volunteer non-governmental organizations that provide psychological and humanitarian aid for the forced migrants from the Eastern Ukraine;
- f. To establish sustainable partnerships with state social services, volunteer organizations, educational institutions in order to foster further socialization and social adaptation of children traumatized by war;
- g. To provide logistics for providing humanitarian aid for the forced migrants from the Eastern Ukraine.

5. PROJECT STRATEGIES

Project Strategies

The “Helping Hand” project has two strategies and directions for its realization:

- 1) *“Humanitarian Aid”*: providing material humanitarian aid to the forced migrants from the Eastern Ukraine

The strategy targets the families (mostly women and children) who live in difficult conditions due to the military conflict in the Eastern Ukraine. This strategy covers over 17,500 migrants, 60% of which constitute women and children, in five places of temporary accommodation (camps) for forced migrants: Korostyshiv (300), Kurakhove (1,500), Cherkasy (12,000), Kremenchuk (2,500), and Komsomolsk (1,200).

The strategy includes:

- Collection and sorting of humanitarian aid from partnering organizations and individuals (conducted by the volunteers of “Hope Worldwide Ukraine”);
- Storing food, medicine, clothes (renting storage rooms);
- Delivering aid to the places of temporary accommodation (transport expenses).

- 2) *“Psychological Assistance”*: providing psychological assistance (intervention sessions) to children traumatized by war.

The strategy covers several regions of Ukraine (Kyiv, Zhytomyr, Odesa, Cherkasy, Ivano-Frankivsk, Lviv, Vinnytsya, Volyn, Chernivtsi, Kirovohrad, Donetsk oblasts). The first group of trainers will receive training in Kyiv. The pilot stage of the project will include six intervention sessions for children and their parents in the camp in Korostyshiv. The next trainings for trainers will take place in different regions of Ukraine. Experienced supervisors will consult and mentor the trainers. Trainers-volunteers, who will receive training in Kyiv, will conduct intervention sessions in Kyiv and Kyiv oblast. Intervention sessions will be conducted in places of temporary accommodation, schools, and centers of social services for family, children and youth in above-mentioned regions of Ukraine.

The strategy includes:

- Providing psychological assistance (intervention sessions) to children and their parents, teaching them skills of psychological self-assistance and techniques of relaxation (volunteer work of trainers);
- Providing toys, art materials to create “children’s space for play” in the camps, so that children can have a safe place where they could play, talk to each other, draw etc. (responsibility of project staff);
- Providing every child with a “psychological kit”, which includes a pencil, crayons, sketch pad, clay etc., that can easily be carried and used whenever they want (responsibility of project staff);
- Training the trainers (therapists/psychologists, social workers, teachers, educators, volunteers) to work with “Children and War. Teaching Recovery Techniques” manual (work of supervisors);
- Training project staff, trainers, volunteers in the proper handling of cases of violence and sexual exploitation that can happen due to traumatic displacement (experts; responsibility of project staff);
- Establishing tight relations of trainers with state social services in order to ensure immediate attention from professionals to cases of mild and severe mental problems as well as constant aftercare and social support for children after they undergo therapeutic intervention sessions within the Project (responsibility of trainers).

6. PROJECT ACTIVITIES AND EXPECTED RESULTS

Project activities

Two experts, experienced psychotherapists with scientific and practical expertise in using the “Children and War. Teaching Recovery Techniques” manual, who will work as supervisors in the further realization of the project,

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will conduct the first training for 10 trainers in Kyiv. Trainers will be educated by learning new material (theory) and practical exercises (intervention sessions). Each of them will have a chance to conduct a session while others will act as children or parents. Each training session lasts 5 days.

A team of 12 people (2 supervisors and 10 trainers) will implement a pilot stage of the project, which includes six intervention sessions for children and their parents in the camp in Korostyshiv. Further, these trainers will be hired for the Project to conduct trainings for the new trainers. When the need for supervision grows, some trainers will also work as supervisors of the new trainers. The hiring process will be coordinated and supervised by Iryna Sukhona, practicing psychologist and employee of “HOPE Worldwide Ukraine” Charity Foundation, and Lyubov Loriashvili, leading specialist at Kyiv City Center of Social Services for Family, Children and Youth and professional trainer. It is the responsibility of the coordinators to conduct proper oversight and make sure the trainers are of high integrity and have the requisite experience to connect with the patients and have an understanding of the culture. Within the Project, HOPE Worldwide Philippines will send an expert(s) to conduct training for Project staff and trainers on disaster response, child protection, treatment and recovery, case management, and administration.

Thus, after the second training session, the project training team will consist of two supervisors, 10 experienced trainers (three of which will also supervise, consult and mentor the new trainers) and 20 new trainers. The Trainers’ Team will conduct the follow-up trainings for trainers and intervention sessions for children and parents in the places of temporary accommodation for forced migrants. Trainings for social workers, teachers, and psychologists will be conducted in the regions where they come from and where they will further work with children and parents. Teams of four trainers will go to different regions to conduct trainings. Thus, the multiplying effect of knowledge-transfer will be maximized and travel expenses will be lowered. Local physicians, therapists, social workers who will take part in the trainings will be able to use it locally, in their work with children.

About camps for forced migrants, particularly Korostyshiv, where the pilot stage of the project is to be conducted

Forced migrants from the Eastern Ukraine where the war conflict takes place live in the places of temporary accommodation (camps) with 30 to 600 inhabitants, in dorms and hostels, houses and apartments provided by the state and volunteers. The number of big and small camps differs in different regions. For the “Helping Hand” project, the camps, as well as schools provide a good opportunity to work with groups of children traumatized by war.

The pilot stage of the “Helping Hand” psychological assistance strategy will take place in Korostyshiv city. Due to its distant location from bigger cities (100 km away from Kyiv, 30 km away from Zhytomyr), this camp does not enjoy attention from other volunteer groups. Children and parents do not receive psychological assistance. Over 8 months ago, our Foundation together with the International Charity Foundation “Hospital of Maidan” started to provide forced migrants in Korostyshiv with humanitarian aid – clothes, food, hygienic products, toys, medicine. The Foundation volunteers also conduct various activities with children – games outside, art lessons, educational activities. The camp in Korostyshiv is a temporary home to 300 people, mainly women and children. There are over 170 children in the camp, 70 of them of school age (our primary target audience)

It is important to note that the number of people in the camp constantly changes (some go back home, others arrive, depending on the situation in Eastern Ukraine). Migrants live in the buildings of a summer recreational facility; there is a large common dining room and kitchen where people cook together. They also clean up the buildings and the territory, and conduct small repairs. Most adults do not have jobs, due to the high unemployment level in the city, psychological traumas after the loss of their homes and stress during military actions. School-age children fortunately attend school. Younger children stay with their mothers. Other places of temporary accommodation are similar to this one. Psychological assistance to children and parents is not available or unsystematic.

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Project Methodology. “Children and War. Teaching Recovery Techniques” Manual

“Children and War. Teaching Recovery Techniques” manual constitutes the methodological basis of the project. It has been developed in frames of cooperation between the Center for Crisis Psychology (Bergen, Norway) and the Institute of Psychiatry (London, Great Britain). The manual is developed based on effective-evidence-based methods of treating children’s post-traumatic stress disorder. It has been used in many countries, including Greece, Turkey, China, Sri Lanka, and Iran following natural disasters and during warfare. It proved to be beneficial for those who attended the sessions, thus the manual is considered to serve as a tool for positive mental health intervention. The manual is designed to be used by people, who are not necessarily very experienced in child mental health issues. Primarily, it is used by teachers, social workers, psychologists after short preliminary training. It is important for the implementation of the “Helping Hand” project as it allows, in a short period of teaching, trainers in Ukraine to use the manual in their work with children of war.

Many of the children who are affected by war develop traumatic symptoms and post-traumatic stress disorders after experiencing life-threatening situations. Displacement from homes, separation from families and disruption to schooling all affect children’s mental health. Given the increasing numbers of children in Ukraine who are traumatized, it is important to give them better coping strategies so that they would feel sufficiently more in control of their reactions and so to be able to benefit from the support of their families and the opportunities available in schools. The manual has been developed to reach a large numbers of children in a short space of time.

Within the program (intervention sessions), based on the usage of “Children and War. Teaching Recovery Techniques” manual, children will learn certain skills and techniques of self-assistance, which they will be able to use in future, especially in stressful situations. Learning sessions are conducted in groups of 10-15 children aged 8-18 years (divided in age groups). The program for children and parents consists of 6 sessions (each 2 hours long), once per week. Four trainers work with a group of children (2 trainers) and a group of parents (2 trainers). A supervisor consults and mentors the trainers over phone or Skype (attending the session is also possible). An essential element of the course is the meetings for parents to explain the intervention and give suggestions on how to help their children in the aftermath of a traumatic incident.

Lessons

1-2 sessions: trainers help children to deal with intrusive thoughts and feelings (bad memories, nightmares and flashbacks). Children learn how to identify their reactions and are taught how to relax at will. They are introduced to distraction techniques, so-called dual attention techniques and how to manage frightening, repetitive dreams. They are encouraged to make use of their own techniques to induce relaxation and where possible bolster these by breathing exercises and muscle relaxation.

3-4 session: trainers help children to deal with heightened anxious arousal, and their difficulties in relaxing, concentrating, and sleeping. They are helped to schedule their activities and to look at better sleep patterns.

5-6 sessions: trainers deal with phenomenon of avoidance, children’s fears, and difficulties in facing up to reminders of the disaster. They are taught to conquer their fear and shown how they can approach and control painful reminders and situations they fear. The children are also encouraged to draw, write and talk about the incidents and above all to look to the future rather than the past (avoidance).

Children practice various imagery and game techniques to demonstrate that they can gain some control over the intrusive images that may have troubled them. During the intervention sessions, children learn the techniques of self-assistance, which they can use in future. **Children who have learned and practiced the techniques will be less likely to need specialist treatment services in the future.**

This psycho-social-educational manual is a result of the combined years of direct experience of working with child survivors of war and disaster. For more information, please, check www.childrenandwar.org. The manual has been translated and adapted by the experts from Ukrainian Institute of Cognitive Behavioral Therapy (Lviv,

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Ukraine). It is available free of charge. The Institute of Mental Health of the Ukrainian Catholic University jointly with the Ukrainian Institute of Cognitive Behavioral Therapy and under support of Dr. Denys Ugryn from King's College London have invited co-authors of the manual, Prof. William Yule and Dr. Elin Hordvik who conducted a training for Ukrainian psychologists in Lviv. Two participants of that training will be involved in the implementation of the "Helping Hand" project as trainers and supervisors.

Expected results and indicators of effectiveness of the project

Quantitative indicators of the effectiveness of the project

- Over 10,000 people, children and their parents, will receive psychological assistance;
- 300 trainers (state social workers, psychologists, teachers, educators, volunteers) will take part in the trainings and learn to work with "Children and War. Teaching Recovery Techniques" manual;
- Over 50,000 people, children and their parents, will learn recovery techniques, since 300 trainers who will learn the methodic and get practical experience under supervision, will be able to use it in their daily work and help traumatized children (we estimate that every trained specialist will work with 150-170 children and parents throughout the first year and after completion of the project).

Qualitative indicators of the effectiveness of the project

- *Rehabilitation effect:* children who have learned and practiced the techniques will be less likely to need specialist treatment services in the future;
- *Self-assistance effect:* children will acquire skills of psychological self-assistance that will help them to cope with psychological problems that arise due to war and violence, cope with stressful situations and complicated life circumstances in future;
- *Inner resources mobilization effect:* the project will positively influence the level of optimism among parents, will help them activate and mobilize their own inner resources, will foster better social adaptation of the families;
- *Knowledge sharing effect:* trainers can train the new trainers in their own regions;
- *Partnership effect:* the trainers who take part in the trainings work in different areas – education (teachers, educators), psychology (therapists), social workers, and volunteers from non-governmental organizations.



7. PROJECT BUDGET DETAILS

Line Item	1 year		Ratio to total
	Total amount UAH	Total amount CAD \$1 (20)	
A. Salaries and Wages	1,336,000.00	66,800.00	27%
B. Fringe Benefits	797,800.00	39,890.00	16%
C. Transportation and Travel	408,480.00	20,424.00	8%
D. Equipment and Supplies	85,000.00	4,250.00	2%
E. Program Activities	922,000.00	46,100.00	18%
F. Other Direct Costs	276,000.00	13,800.00	5%
G. Admin Cost	732,000.00	36,600.00	15%
H. Contingency (10%)	456,928.00	22,846.40	9%
GRAND TOTAL	5,026,208.00	251,310.40	100%

** Please see excel attachment for detailed budget explanation*

8. CONTACT PERSON

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