Breaking the Cycle of Trauma: Rehabilitation and Psychosocial Support as Prerequisites for Integration, Education and a Secure Future

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Trauma

- Uncontrollable
- Overwhelming
- Damage to physiological and psychological integrity
- Threat to survival
- Disruption to the regular flow of life
- Inability to cope with unexpected and deeply disturbing experience(s)
- Causes fear, mistrust and hopelessness
trauma is an emotionally overwhelming experience where one’s ability to cope is stretched beyond its limits. Individual or collective helplessness in face of such event and hopelessness for the future, damage the roots of the survivors’ trust to the world and in time may cost them their humanity.
Effects of Trauma

COGNITIVE:
- Disregulated
- Guilt
- Alone
- Unfocused
- Nightmares
- Hyperactivity
- Accusation

EMOTIONAL:
- Freezing
- Numb
- Labeled
- Blunted
- Aggression
- Self-harm
- Memory
- Impulsiveness
- Anxiety

SOCIAL:
- Attachment
- Memory
- Forgetfulness
- Stomachache
- Headaches
- Self-blame

BEHAVIORAL:
- Defiled
- Confusion
- Different
- Untrusting
- Anxiety

MAYAVAKFI
Childhood & Trauma

Childhood is a sensitive time for brain development for:

- Bonding
- Learning
- Socialising

Childhood trauma can lead to ‘a disorganized and structurally underdeveloped brain’
Brain

- Integrated and interconnected by neuropathways.
- Use dependant.
- Reactive brain stuck in survival mode reinforces:
  - constant state of fear
  - aggression
  - vulnerability
“The research evidence available considers the links between being a childhood trauma victim and going on to experience violence in later life, either as a victim or a perpetrator of collective, self-directed or interpersonal violence…The presence of risk factors perpetuates cycles of violence; and their absence, together with protective factors such as security and support, help break these cycles.”

Violence and Injury Prevention Programme, WHO Regional Office for Europe
Syrian Refugee Population Snapshot

Number of Syrian children: **1.3 Million**
Number of school-aged Syrian children: **870,000**

Number of Syrian children enrolled in temporary education centres: **325,000**
Number of Unicef-Supported temporary education centres: more than **400** in 21 provinces

Source: UNHCR, 3RP, Ministry Of Interior Directorate General Of Migration Management Sultanbeyli Municipality
<table>
<thead>
<tr>
<th>Factor</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resources</td>
<td>inconsistent, irregular, scarce or random distribution of relief items and services</td>
</tr>
<tr>
<td>Distances</td>
<td></td>
</tr>
<tr>
<td>Safety</td>
<td>settling in unsafe outskirts or inner ghettos</td>
</tr>
<tr>
<td>Danger</td>
<td></td>
</tr>
<tr>
<td>Host Tolerance</td>
<td>public misinformation and misconceptions about refugees</td>
</tr>
<tr>
<td>Discrimination</td>
<td></td>
</tr>
<tr>
<td>Rate of Education</td>
<td>lack of educational opportunities and services for refugee children, exploitation</td>
</tr>
<tr>
<td>Crime Rate</td>
<td></td>
</tr>
<tr>
<td>Community Support</td>
<td>lack of leadership, trust, community</td>
</tr>
<tr>
<td>Rate of Isolation</td>
<td></td>
</tr>
<tr>
<td>Health</td>
<td>difficult to obtain and inadequate health services &amp; psychosocial support</td>
</tr>
<tr>
<td>Physical &amp; Mental Illnesses</td>
<td></td>
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</tbody>
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Issues Syrian Refugee Children Face in Istanbul

- Child labor
- Insufficient school capacity
- Language barriers
- Adaptation problems
- Discrimination
- Poverty
- Child marriages
- Mistreatment
- Scarce mental health and psychosocial support
In order to provide them a secure future

- fulfil basic survival needs
- ensure psychological wellbeing
- provide formal education
- facilitate integration
Children’s Nature...
To play video visit https://youtu.be/o3ectENkWMk
Project Lift: Mental Health Psychosocial Services
Road to Resiliency

Trauma Rehabilitation for Syrian Children:

- visual art, music and dance movement therapy activities
- Skills for Psychological Recovery Model
- Working with families
- Initiating youth awareness & involvement
It works…

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Decrease post intervention</th>
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<tbody>
<tr>
<td>hperactivity</td>
<td>%18 - %30</td>
</tr>
<tr>
<td>aggressive behavior</td>
<td>%8 - %16</td>
</tr>
<tr>
<td>difficulty in staying still</td>
<td>%18 - %24</td>
</tr>
<tr>
<td>avoidance to go out</td>
<td>%5 - %28</td>
</tr>
<tr>
<td>difficulty in making &amp; maintaining friendship</td>
<td>%5 - %15</td>
</tr>
<tr>
<td>repetitive games</td>
<td>%13 - %15</td>
</tr>
<tr>
<td>bed wetting</td>
<td>%12 - %21</td>
</tr>
<tr>
<td>crying</td>
<td>%13 - %24</td>
</tr>
<tr>
<td>feeling sad</td>
<td>%5 - %24</td>
</tr>
<tr>
<td>afraid of staying alone</td>
<td>%5 - %50</td>
</tr>
<tr>
<td>over attachment toward mother</td>
<td>%10 - %27</td>
</tr>
</tbody>
</table>
Trauma Informed School Program

In partnership with Istanbul Department of National Education

• residency building creative arts therapy program for students

• trainings, supervision and support for teachers

• orientation for school management and personnel

• parent trainings and counselling
Trauma Informed School Pilot Project

Began implementation in Fatih district of Istanbul in December 2016.

Total of 535 students and 70 teachers were assessed in 3 Temporary Education Centres.

1 school is receiving the full program
(234 students and 28 teachers)

1 school is receiving only the teacher and school personnel trainings
(21 teachers are being supported, student intervention will begin on academic year 2017-2018)

1 school is kept as control group
(only needs analysis data collection, intervention will begin on academic year 2017-2018)
Inspirational photo taken from the Nursery Fields Forever Project site to provide a visual representation to the center we aspire to build.

HOLISTIC TRAUMA THERAPY CENTER & REHABILITATIVE COMMUNITY GARDENS
Purpose

a safe and accessible community space

rehabilitation for displaced, disadvantaged and/or traumatized children, youth and women.

build and maintain a restorative and healing community center & garden accessible for all community members

collaborate and coordinate services with local partners

To promote women empowerment and enable community
Services

- MHPSS Services
- Non-Formal Education Services
- Livelihood Services
- Community Health and Hygiene Services
- Capacity Building Services
- Training Services
- Volunteer Services
Spending time, engaging and working in and with the elements of nature can be transformative, restorative and healing. Provide a safe exploration opportunity.

- for children to get in touch with nature,
- for refugee and host community members to grow their own traditional and cultural plants side by side
- for mothers and children to share a day together
- for women and youth to get vocational trainings for future job opportunities
- and for the whole community to come together to enjoy the peaceful surroundings
Rehabilitative Beekeeping

A practical approach to foster livelihood skill building, provide non-formal education opportunities for children and youth, cultivate relationship to self and the environment

- positive impact of the increased pollination on the community garden and the whole environmental ecosystem
- improved health, happier family relations and greater community support and collaboration
- Bees can also set an example for humans with their hardworking, productive, and intersocial characteristics
Thank you