

Psychosocial interventions from Syria to Sweden/ lessons learned



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What is psychosocial support?



Terms and Definitions

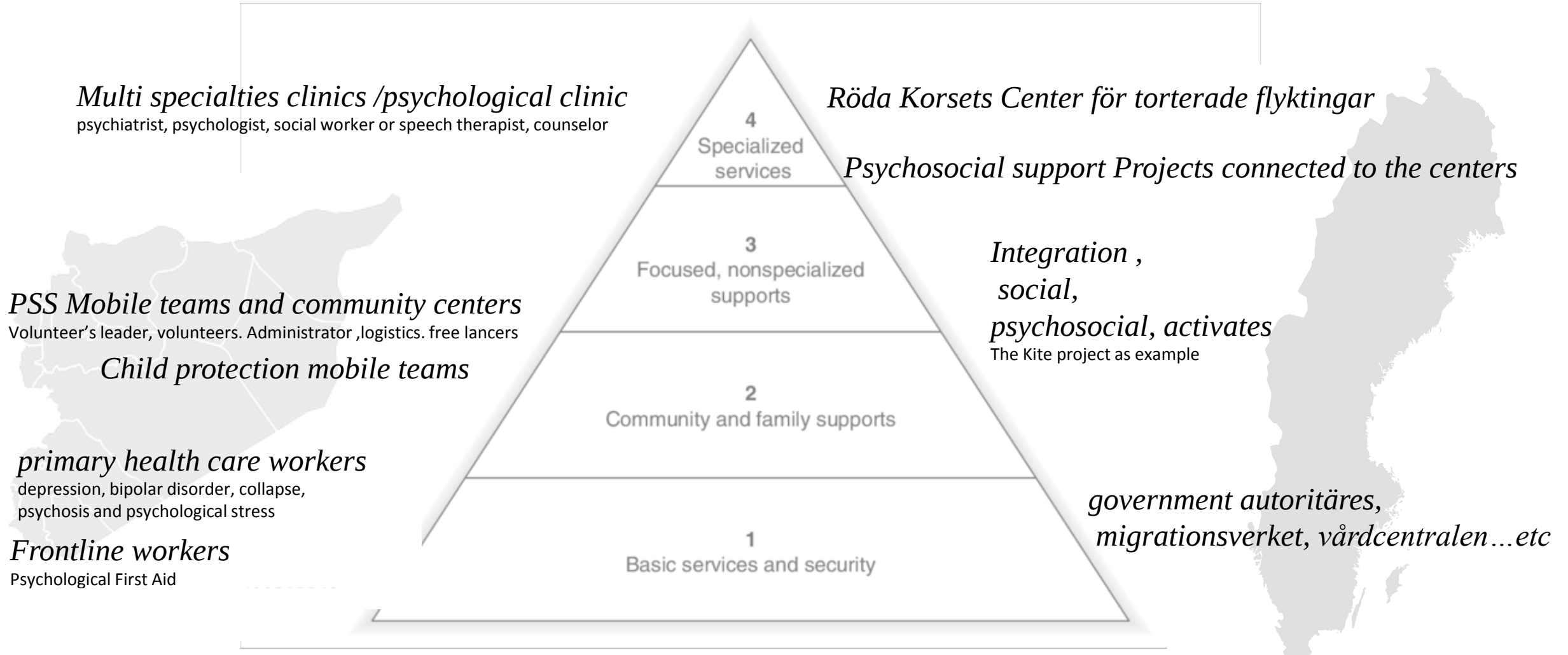
What is Mental Health?

Positive mental health and well-being enable people to realize their potential, cope with normal stresses of life, work productively, and contribute to their communities” (WHO, Mental Health Action Plan, 2013)

What is Mental Health and Psychosocial Support (MHPSS)?

“Any type of local or outside support that aims to protect or promote psychosocial well-being and/or prevent or treat mental disorder” (IASC, MHPSS Guidelines, 2007)

Multi Layered supports





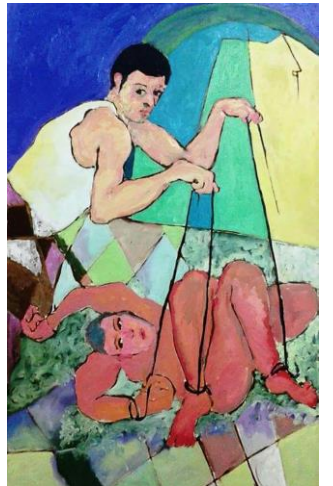
More examples

Executive Professional Master's Programme on Psychosocial Support and Dialogue

Psychosocial Support and Dialogue in the Syrian Arab Republic and Lebanon (art-based interventions)

The course was organized in three pedagogical pillars:

- (a) Concepts and practices of psychosocial support in conflict situations;*
- (b) Historical roots of the Syrian conflict, principles and practices of conflict mediation, transformation and dialogue;*
- (c) Use of culture and cultural activities in both psychosocial and conflict mediation processes.*





More examples

- Psychosocial Support in Emergencies: Lessons Learned from the Syrian Refugee Response

Participants

- *Volunteers/staff from Swedish Red Cross, Danish Red Cross, Hellenic Red Cross, Italian Red Cross, Lebanese Red Cross, Syrian Arab Red Crescent and Jordan Red Crescent, Asylum seekers initiatives.*

Objectives

- *Identifying common technical areas of interest for all partners and questions to be addressed in the future.*
- *To follow up on the challenges and opportunities identified during the first exchange visit with a particular focus on social cohesion and peer support.*
- *To exchange experiences related to responding to the Syrian refugee crisis in the different countries*
- *To share PSS best practices, tools and methodologies*

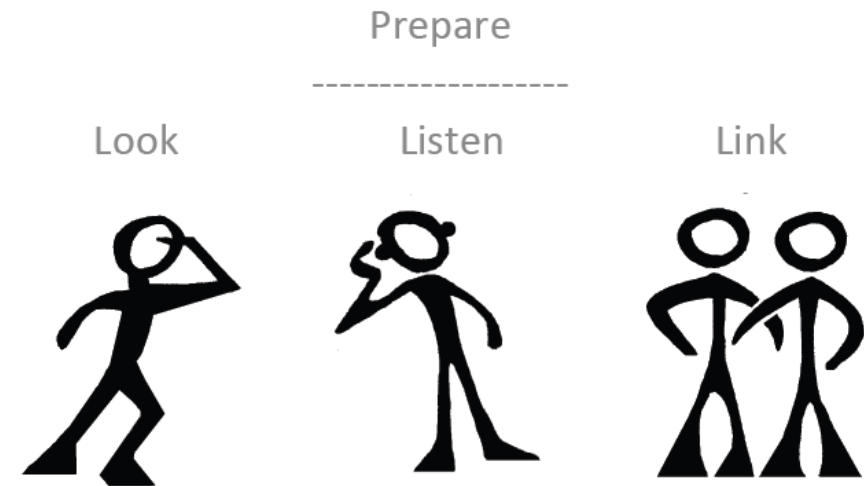


Psychological First Aid

(WHO 2011)



The Sphere project
WHO field operation guide (2011)



Five empirically-supported early intervention Principles (Hobfoll et al 2007)



Good results

”Finns inga dåliga väder, bara dåliga kläder”

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Published by Luai Khartabil [?] · March 1 · 🌐

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Example

Så klär du ditt barn på bästa sätt

https://www.youtube.com/watch?v=FKIL_Td-nQk&feature=youtu.be&fbclid=IwAR3g0dj5fSJjVxbEbxOOtmcC7Jr0Yj8XwjGLY2qjKRWBhKRYGh9UgdJVboQ



What's next?



”Refugees didn’t just escape a place. They had to escape a thousand memories until they’d put enough time and distance between them and their misery to wake to a better day.”

Nadia Hashimi



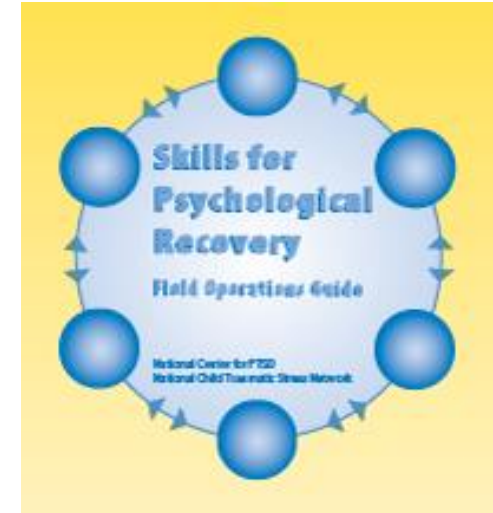
Snapshots:



- *"Have you been hurt in the war?"*
- *"If the war is over, do you think about returning to your country?"*
- *Racism and discrimination*
- *Language*
- *Cultural difference*
- *Knowledge and understanding of different systems (educational, professional, social codes....etc)*
- *Individual differences/ Comparison and social pressure*
- *Success stories are an inspiration*
- *Job opportunities and taxes*
- *Election/future*

What's next?

Skills for Psychological Recovery



- *SPR) is an evidence-informed modular approach to help children, adolescents, adults, and families in the weeks and months following disaster and trauma, after the period where Psychological First Aid (PFA) has been utilized or when more intensive intervention than PFA is needed*
- *SPR is designed to help survivors gain skills to reduce ongoing distress and effectively cope with post-disaster stresses and adversities.*
- *SPR is based on an understanding that disaster survivors will experience a broad range of reactions (physical, psychological, behavioral, spiritual) over differing periods of time. While many survivors will recover on their own, some will experience distressing reactions that interfere with adaptive coping. Compassionate, caring, and informed providers may help these survivors recover by introducing them to the applicable SPR skills.*

What Are the Basic Goals and skills of SPR?

- 1. Protect the mental health of disaster survivors*
- 2. Enhance survivors' abilities to address their needs and concerns*
- 3. Teach skills to promote the recovery of children, adolescents, adults, and families*
- 4. Prevent maladaptive behaviors while identifying and supporting adaptive behaviors*

SPR's core skills:

Building Problem-Solving Skills

Promoting Positive Activities

Managing Reactions

Promoting Helpful Thinking

Rebuilding Healthy Social Connections

PSS interventions/ Lessons learned

- *The target group participation and engagement.*

(They are the beginning and the end of the intervention and all between)

<https://www.youtube.com/watch?v=86IU7sELXN8>

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*"It's not the strongest or most intelligent creature that survives
- it's the one that's most adaptable" Charles Darwin*

Good practice

Alkompis är största mediahuset på arabiska



Alkompis är Nordens största mediehus på arabiska, Persiska, Somali, tigreanska

Alkompis är etniskt, religiöst och politiskt obundet och grundades i Stockholm år 2012

Innehållet består av nyhetsrapportering och samhällsinformation, skrivet av erfarna journalister. De olika kanalerna består av webbsida, sociala medier, papperstidning, radio och webb-TV. Under 2018 har det på prov sänts en egen tv-kanal.

Månadstidningen kommer ut i 20 000 exemplar.

Månadsläsningar i Elektronisk Magazine är 4 896.

Alkompis har 1,7 miljoner följare på Facebook (400 000 följare i Sverige).



PSS interventions/ Lessons learned

- *Provide Pss tools to facilitate/structure the activates.*
- *Ensuring sestanibilty*



VARFÖR? Röda Korsets event-kit kan användas för att skapa större sociala aktiviteter tillsammans med människor på flykt och andra som ni möter i er verksamhet. Träffas och ha roligt tillsammans och fira nya och gamla högtider. Att känna att man har ett socialt stöd skapar trygghet.

PSS interventions/ Lessons learned

Good example



PYSSELBOKEN FLYKTFÅGLAR

att barn arbetar med boken i en trygg och lugn miljö stärker de inte bara tilliten till sig själva utan också till samhället

de lever i. Barn ges även möjlighet att uttrycka sig på ett tryggt och barnvänligt sätt, med stöd ifrån sin omgivning.

Vi hoppas att pysselboken kommer vara ett uppskattat verktyg att använda tillsammans med barn som ni möter.

SUPPORT Kit



Vad och varför?

Ett stöd-kit innehåller produkter som på olika sätt ska få familjer att känna hopp och skapa en så normal vardag som möjligt i en onormal situation. De olika sakerna bidrar till fysisk aktivitet (frisbee, utomhuslek och aktiviteter), socialt stöd (spel som involverar hela familjen), kognitivt stöd (anteckningsbok och målarfärger) och emotionellt stöd (gosedjur, fingerdockor). Ett stöd-kit kommer i en Röda Korset-ryggsäck och innehåller:

PSS interventions/ Lessons learned

