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“CHILDREN AND WAR” TRAININGS HELD IN ODESA AND MYKOLAYIV WITHIN PHASE IV OF THE “HELPING HAND FOR UKRAINE” PROJECT

Kyiv, November 08, 2016 – The team of trainers-psychologists of “HOPE worldwide Ukraine” charity foundation held **“Children and War. Teaching Recovery Techniques” trainings in Odesa and Mykolayiv** for local psychologists and social workers. The trainings are part of educational and therapeutic activities planned within Phase IV of the “Helping Hand for Ukraine” Project, implemented by “HOPE worldwide Ukraine” charity foundation with financial support of “HOPE worldwide” (USA) and “HOPE worldwide Canada” charitable organisations during September-December 2016.

The training in Odesa took place on October 17-19, 2016. 22 psychologists, psychotherapists, psychology students from Odesa National Mechnykov University, educators and volunteers participated in the training. Organisational support was provided by local partner organization – NGO “Assembly of Peace and Creativity”. Currently, children and parents groups are formed to participate in “Children and War. Teaching Recovery Techniques” therapy sessions. The sessions will be held by training participants. In addition, “Children and War” programme will be used as part of curriculum of the “School of Kindness” launched by local partner organisations.

The training in Mykolayiv took place on October 21-23, 2016. 18 child psychologists, practicing psychologists and volunteers participated in the training. The training was held in Mykolayiv Regional Centre for Tourism with support from City Education and Science Department and local partner – “Blaha Diya” (Good Deed) Charity Foundation. Training participants have already planned “Children and War” therapy courses for internally displaced children and parents (IDPs) in schools where they work.

The next training events within Phase IV of the project are to take place in November – in Dnipro, Izmail, Ivano-Frankivsk and Drohobych.

Serhiy Ivanov, student at Odesa National Mechnykov University, training participant: *“The issue of mental health is very urgent for our society. Internally displaced persons, ATO soldiers who came back home after difficult challenges, children who saw war... Their psychological traumas can be very dangerous for all society. Therefore they need specialized assistance to be able to cope with destructive emotional stances, to live in harmony in new communities in peace and calmness. “Children and War. Teaching Recovery Techniques” training prepares experts to give such urgent assistance to people who need it. It provides us with real tools for assistance – techniques to work with trauma. The training structure was very clear and fostered high quality of training for participants. We already formed a team and plan to hold “Children and War” therapy sessions for children and parents IDPs in our city”.*

Maryna Ivanenko, psychologist, training participant: *“Thanks to the training I was able to refresh my knowledge and practices and receive useful theoretic and practical experience, new techniques of coping with fears. Nowadays this is very important due to war in our country. During the training I discovered my own fear which I was not aware of. Thanks to practical exercises the participants could learn how these techniques worked. These practical tools are very efficient: a person who knows how to use them can cope with own fears. Now I want to share this knowledge so that children and parents learn how to use these tools and techniques”.*

About the “Helping Hand for Ukraine” Project

The “Helping Hand for Ukraine” project will train over 300 psychologists, social workers, volunteers to work with traumatized children using the “Children and War. Teaching Recovery Techniques” program.

Therapy sessions will help children and parents (IDPs, families of ATO soldiers) acquire skills, techniques and ability to deal with their traumatic experience. The project will also deliver humanitarian aid to internally displaced from Eastern Ukraine and Crimea.

The “Children and War. Teaching Recovery Techniques” program was developed by the Centre for Crisis Psychology (Bergen, Norway) and the Institute of Psychiatry (London, Great Britain). In Ukraine, the manual was translated and adapted by the experts from the Ukrainian Institute of Cognitive Behavioural Therapy (Lviv, Ukraine).

Phase I of the project included training the Recovery Team in Kyiv and a therapy course for children and parents at the IDP camp in Korostyshiv in May-June 2015. Phase II lasted from September 2015 till March 2016 and included 2 “Children and War. Teaching Recovery Techniques” trainings in Cherkasy and Ivano-Frankivsk, and also 2 therapy courses for children and parents in Kyiv and Irpin. Phase III of the project implemented in March-June 2016 and consisted of 2 trainings in Odesa and 4 therapy courses in Odesa and Odesa region (Kuyalnyk and Chornomorsk) and Mykolayiv.

Project Achievements in 2015-2016

Over **20 tons of humanitarian aid** has been delivered to over **7,000 IDPs** in different regions of Ukraine in cooperation with partner-organisations.

Over **900 volunteers** are engaged in project activities.

140 practicing psychologists, social workers, emergency service employees, volunteers went through a 3-day “Children and War” training in Kyiv, Cherkasy, Ivano-Frankivsk, Odesa, Mykolayiv, Vinnytsia.

Over **190 children** and over **50 parents** went through 7 sessions of the “Children and War” rehabilitation therapy course in Kyiv region, Zhytomyr region and Odesa region.

The donors and partners of the project are: “HOPE *worldwide* of Canada”, HOPE *worldwide*, Kyiv Church of Christ, and Ukrainian Credit Union Limited (UCU). Methodological support has been provided by Ukrainian Institute of Cognitive Behavioural Therapy (Lviv, Ukraine).

Canadian donors can donate for the project on Tilt – <http://tilt.tc/xqWa>

“HOPE *worldwide* Ukraine” (<http://hopeww.org.ua/en>)

“HOPE *worldwide* Ukraine” is a non-governmental charitable organization, performing its activities in Ukraine since 1998, which aims to improve the quality of life for children and adults who live in difficult socio-economic conditions. The main activities of the Foundation include providing humanitarian aid to the IDPs and psychological assistance to children traumatized by war in the Eastern Ukraine; fostering social adaptation of orphans with disabilities who live in orphanages and boarding schools in the city of Kyiv and within the Kyiv oblast; assisting state elderly care institutions in sustaining physical and emotional needs of the elderly; promoting healthy lifestyles among adolescents and youth; and promoting voluntary blood donation and recruiting blood donors.

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HOPE *worldwide*, Ltd (<http://hopeww.org>), “HOPE *worldwide* Canada” (<http://hopewwc.org>)

HOPE *worldwide*, Ltd is a registered non-profit 501 (3) c) charity, headquartered in Philadelphia (USA). HOPE *worldwide* Canada is a registered charity, headquartered in Toronto, Ontario (Canada). The mission of both organizations is as simple as its name: “to bring hope to a hurting world”. HOPE *worldwide* was founded in 1991 with three programs of humanitarian service. Now it serves the poor in 75 nations on all six inhabited continents. With over 100,000 committed volunteers, HOPE *worldwide* annually serves more than 2 million needy people worldwide. HOPE *worldwide* is a recognized NGO with special consultative status with the Economic and Social Council of the United Nations. HOPE *worldwide* Canada has been recognized by municipal, provincial and federal governments for its programs and committed volunteer base.

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