

**FOR IMMEDIATE RELEASE**

## **PHASE IV OF THE “HELPING HAND FOR UKRAINE” PROJECT LAUNCHED**

**Kyiv, October 12, 2016** – The team of trainers-psychologists of “HOPE worldwide Ukraine” charity foundation held **“Children and War. Teaching Recovery Techniques” training in Vinnytsya** for local psychologists and social workers. Organisational support was granted by NGO “Free Informational Space”, local partner of the foundation in Vinnytsia. The event took place **on October 05-07, 2016** and welcomed psychologists, volunteers, professors and students of Donetsk National University, social workers from Vinnytsia region.

During three days of training 20 participants learned to use “Children and War. Teaching Recovery Techniques” program in work with traumatized children. After the training they will conduct therapy sessions with IDPs children and parents (internally displaced persons) in their home cities and regions.

The training in Vinnytsya is first among 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.

Phase IV will include trainings and therapy sessions in Vinnytsya, Odesa, Mykolayiv, Dnipropetrovsk, and Ivano-Frankivsk regions. Next trainings will take place in Odesa and Mykolayiv, as well as Dnipro, Ivano-Frankivsk and Drohobych – in October and November 2016 respectively.

**Ira Sukhova, chief psychologist and project manager of the “Helping Hand for Ukraine” project:** *“Our project represents the reaction of the “HOPE worldwide Ukraine” charity foundation to war event in Ukraine, increasing number of IDPs, lack of information, experience and experts who know how to work with trauma. “Children and War. Teaching Recovery Techniques” psychological assistance program we work with has been developed by British psychologists and successfully used in many countries facing war or natural disasters. Our team includes trainers-psychologists who took certified trainings and educational courses held by program authors. Already now, after having implemented 3 stages of the Project during 2015-2016, we see its effectiveness and results in improvement of psycho-emotional condition of children and parents, lowering of tension and anxiety level, absence of re-traumatization among those who underwent therapy course. Phase IV is strategically important – we plan to train 120 psychologists and social workers in several regions of Ukraine who will professionally work with war trauma in their home cities and regions”.*



**Alyona Kardash, psychologist-volunteer, Vinnytsya:** *“I want to acknowledge a very high level of trainers’ professionalism, simple and efficient training techniques and materials. I must admit that the training exceeded my highest expectations. We had a chance to practice what we learned and see for ourselves how “Children and War. Teaching Recovery Techniques” program works and what positive therapeutic effect it has. Undoubtedly, we will be able to reach significant improvement and stabilization of psychological conditions of IDP children”.*

## 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 Center 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 3 therapy course in Odesa and Odesa region (Kuyalnyk and Chornomorsk).

### 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.

**102 practicing psychologists**, social workers, emergency service employees, volunteers went through a 3-day “Children and War” training in Kyiv, Cherkasy, Ivano-Frankivsk, Odesa, 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 Behavioral Therapy (Lviv, Ukraine).

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

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### “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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