



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



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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.



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**

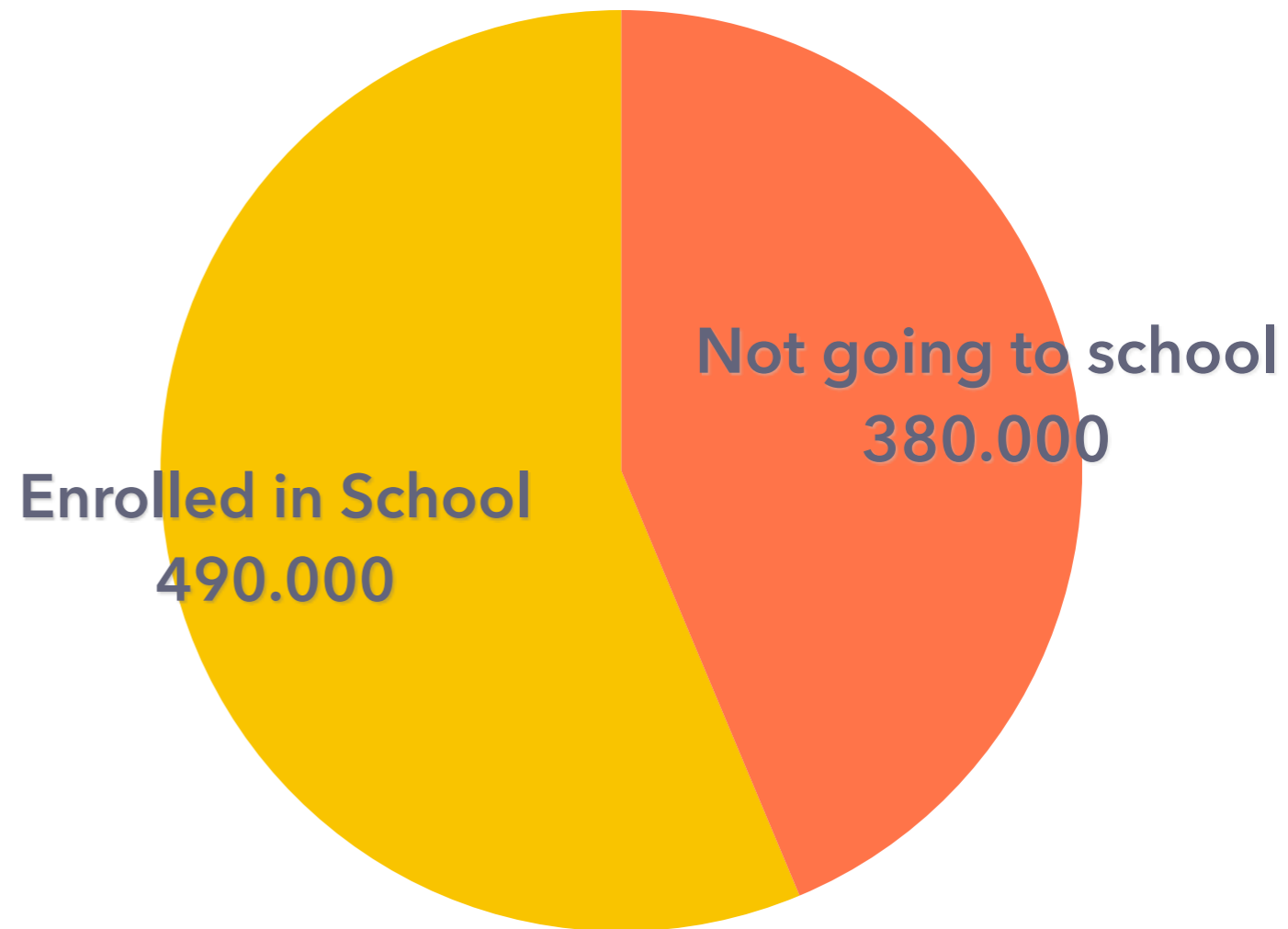
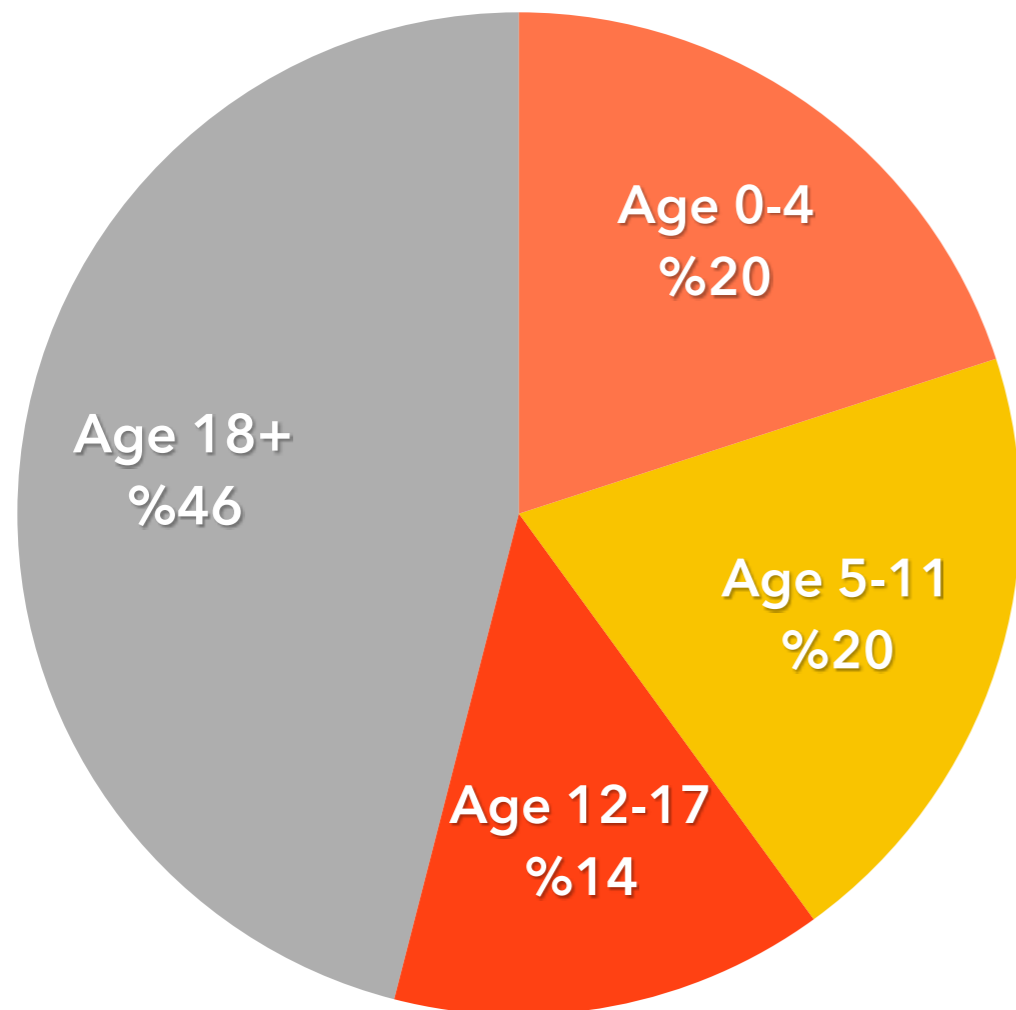


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Syrian Refugee Population Snapshot

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

Istanbul City Challenges for Refugee Populations

↓ RESOURCES ↑ DISTANCES

inconsistent, irregular, scarce or random distribution of relief items and services

↓ RATE OF EDUCATION ↑ CRIME RATE

lack of educational opportunities and services for refugee children, exploitation

↓ SAFETY ↑ DANGER

settling in unsafe outskirts or inner ghettos

↓ COMMUNITY SUPPORT ↑ RATE OF ISOLATION

lack of leadership, trust, community

↓ HOST TOLERANCE ↑ DISCRIMINATION

public misinformation and misconceptions about refugees

↓ HEALTH ↑ PHYSICAL & MENTAL ILLNESSES

difficult to obtain and inadequate health services & psychosocial support



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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



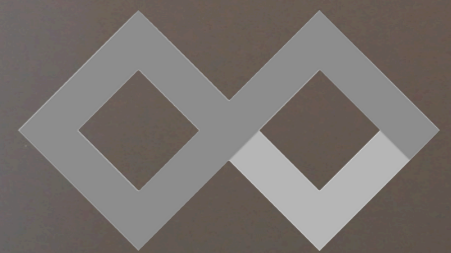
In order to provide them a secure future

- fulfil basic survival needs
- ensure psychological wellbeing
- provide formal education
- facilitate integration





Children's Nature...



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To play video
visit

<https://youtu.be/o3ectENkWMk>



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Project Lift: Mental Health Psychosocial Services



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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



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It works...

Symptoms	Decrease post intervention
hpyeractivity	%18 - %30
aggressive behavior	%8 - %16
difficulty in staying still	%18 - %24
avoidance to go out	%5 - %28
difficulty in making & maintaining friendship	%5 - %15
repetitive games	%13 - %15
bed wetting	%12 - %21
crying	%13 - %24
feeling sad	%5 - %24
afraid of staying alone	%5 - %50
over attachment toward mother	%10 - % 27



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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



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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)



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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.

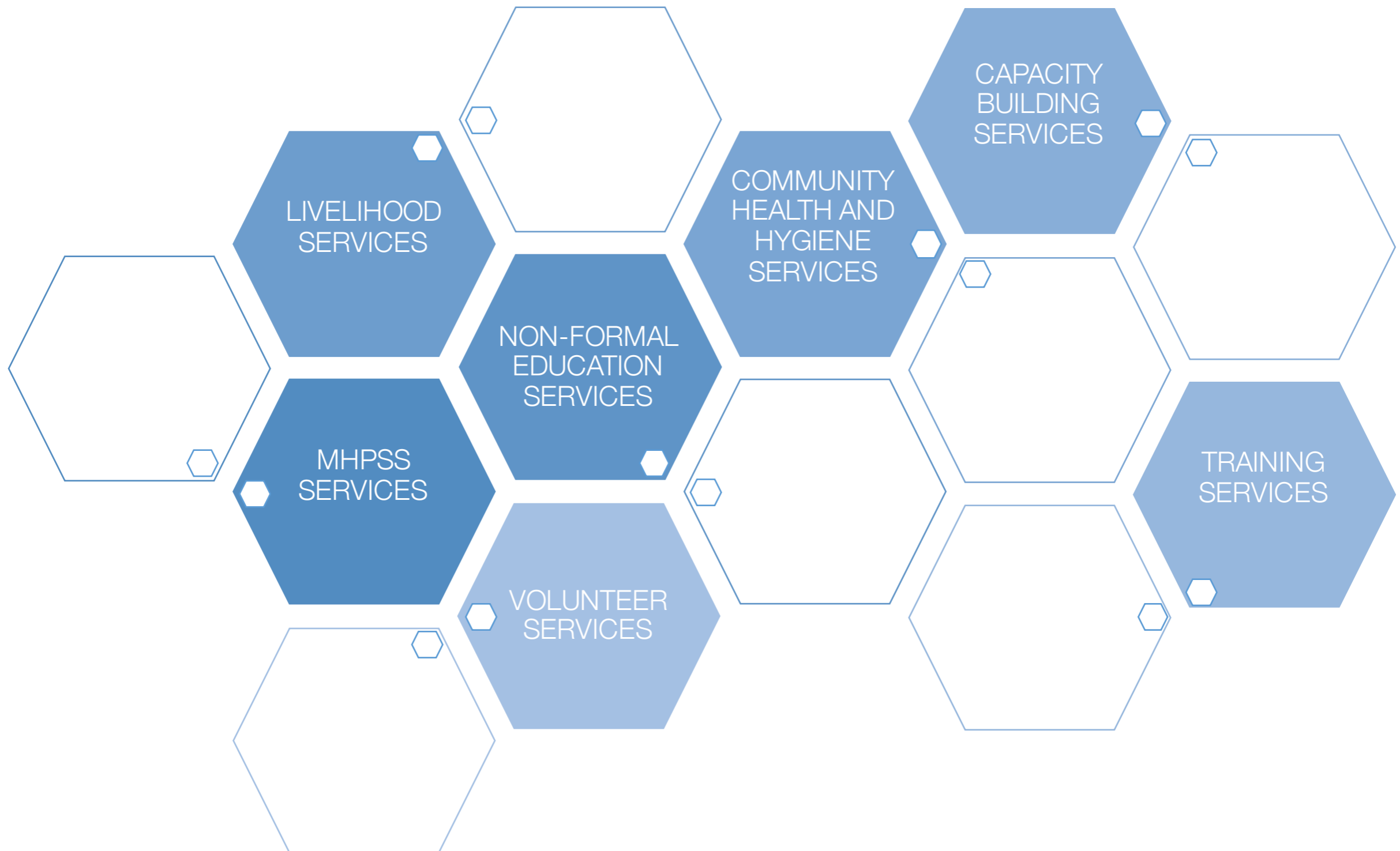
build and maintain a restorative and healing community center & garden accessible for all community members

collaborate and coordinate services with local partners

To promote women empowerment and enable community



Services





Healing Gardens

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



