



**HOPE** UKRAINE  
**WORLDWIDE**  
CHARITY FOUNDATION

**Phase III – Report**  
December 2015 – July 2016  
Kyiv, Ukraine

# “Helping Hand for Ukraine” International Relief Project

*Psycho-Social Assistance Initiative*



# Bringing hope



HOPE  
WORLDWIDE  
UKRAINE  
CHARITY FOUNDATION

HOPE  
worldwide  
CANADA



ucu ykc



# Changing lives



# War in Eastern Ukraine and Occupation of Crimea

- over 1.7 million of officially registered IDPs;
- 60% of IDPs – women and children.



**WAR ----- traumatizing effects ----- children become victims**

**Post-Traumatic Stress Disorders (PTSD)**

# “Helping Hand for Ukraine” International Relief Project

- delivers **humanitarian aid** – affects lives of IDPs from Eastern Ukraine and Crimea
- provides **psychological assistance** – improves socio-emotional well-being of children and parents traumatized by war in Eastern Ukraine and occupation of Crimea
- **empowers** trainers – trains psychologists, social workers and teachers to work with traumatized children using “Children and War. Teaching Recovery Techniques”

## We aim to:

- prevent PTSD depression in children of war
- prevent the need for specialized treatment
- help kids learn how cope with stress
- foster better social adaptation of IDPs



**HOPE**  
UKRAINE  
**WORLDWIDE**  
CHARITY FOUNDATION

# “Helping Hand for Ukraine” International Relief Project

## Goal:

- Improvement of socio-emotional and psychological conditions of children traumatized by war and their families (IDPs) who witnessed and suffered the war in Eastern Ukraine and the occupation of Crimea, and now live in Odesa and Odesa region; prevention of PTSD and further mental and psychological complications in children in the future.

## Objectives:

- To equip 20 social workers, psychologists, psychotherapists and volunteers who work with IDPs in Odesa and Odesa region with skills of dealing with war trauma through innovative recovery techniques.
- To empower over 50 internally displaced children and parents from Eastern Ukraine with skills and capacities to deal with their traumatic experience using the techniques of psychological self-assistance, relaxation and recovery techniques.
- Provide 50 internally displaced children with “art-kits” (crayons, sketch pads, clay etc.) to ensure possibility for creative relaxation, psychological stress relief through art.



**HOPE** UKRAINE  
**WORLDWIDE**  
CHARITY FOUNDATION

# “Children and War. Teaching Recovery Techniques” About Program

INNOVATIVE

## “Children and War. Teaching Recovery Techniques” program

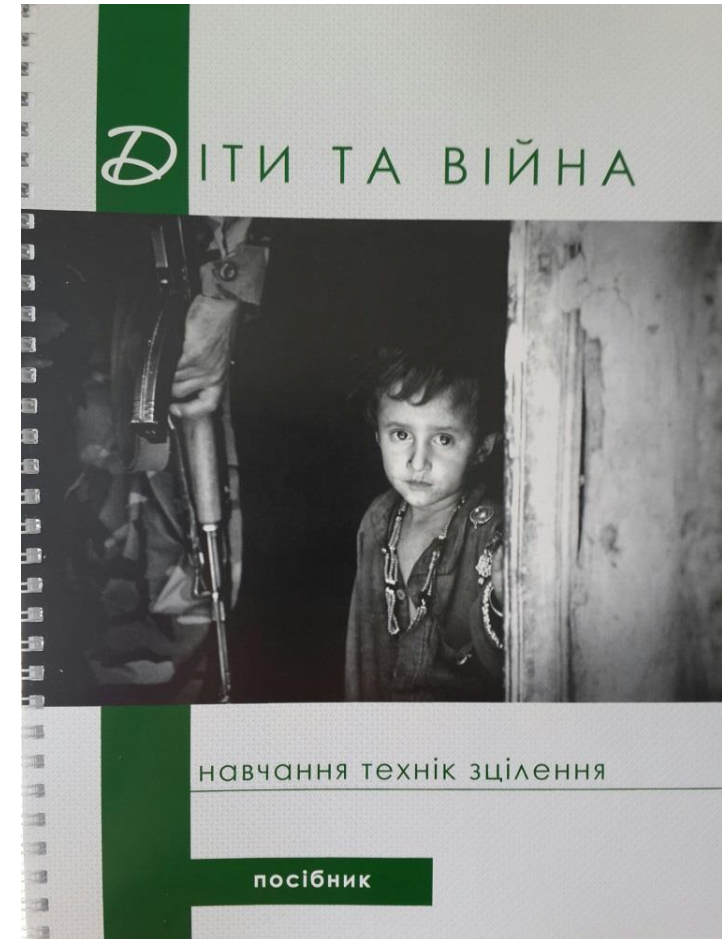
developed by the Center for Crisis Psychology (Bergen, Norway) and the Institute of Psychiatry (London, Great Britain).

In Ukraine, the manual was translated and adapted by the experts from the Ukrainian Institute of Cognitive Behavioral Therapy (Lviv, Ukraine).

Funding for the translation and methodological adaptation was provided by the Canada-Ukraine Foundation.



HOPE  
UKRAINE  
WORLDWIDE  
CHARITY FOUNDATION



# “Helping Hand for Ukraine”

## PHASE III – December 2015 – July 2016

### TRAININGS

1<sup>st</sup> Children and War. Teaching Recovery Techniques” training in Odesa (**14 participants**)

2<sup>nd</sup> “Children and War. Teaching Recovery Techniques” training in Odesa (**20 participants**)



**HOPE**  
UKRAINE  
**WORLDWIDE**  
CHARITY FOUNDATION

### THERAPY COURSES

2 “Children and War. Teaching Recovery Techniques” therapy courses in Odesa (**37 participants**)

1 “Children and War. Teaching Recovery Techniques” therapy course in Chornomorsk (**6 participants**)

1 “Children and War. Teaching Recovery Techniques” therapy course in Mykolayiv (**20 participants**)

# PHASE III – Odesa

## March 04-06, 2016

### Training

“Children and War. Teaching Recovery Techniques” training for 14 volunteers from Volunteer Psychological Service at Saint Paul’s Rehabilitation Centre in Odesa and other non-governmental and charity organisations, practicing and medical psychologists and psychotherapists, social workers, and school psychologists.



**Iryna Sukhova**, practicing psychologist, volunteer at HOPE worldwide Ukraine, **PROJECT PSYCHOLOGIST-COORDINATOR**



**HOPE** UKRAINE  
**WORLDWIDE**  
CHARITY FOUNDATION



# PHASE III – Odesa

## March 04-06, 2016

### Training

**Vladyslava Ortynska, psychologist, volunteer at Volunteer Psychological Service, training participant:**  
*“The training is very dynamic; the material is presented in a simple and easy way for different experience and professional background. We received a well-structured coherent system of work with internally displaced children. I am happy about program universality, its validity and effectiveness. I plan to use it in my volunteer work at Kuyalnyk (sanatorium in Odesa, temporary IDPs camp), both in groups and during individual sessions. I will pay special attention on working with parents of IDP children”.*



**HOPE**  
UKRAINE  
**WORLDWIDE**  
CHARITY FOUNDATION



# PHASE III – Odesa

## March 04-06, 2016

### Training

**Alina Pryshchepa, psychologist, volunteer at Volunteer Psychological Service, training participant:** *“New techniques and skills will assist in structuring therapy sessions, working with feelings, emotions and fears. It is very important that the program gives an opportunity to teach children and adults how to cope with problems and stress on their own, how to live them through and gain new resources”.*



**HOPE** UKRAINE  
**WORLDWIDE**  
CHARITY FOUNDATION

# PHASE III – Odesa

## April 08-10, 2016

### Training

“Children and War. Teaching Recovery Techniques” training for 20 volunteers from local non-governmental and charity organisations, practicing psychologists and psychotherapists, social workers.



**HOPE** UKRAINE  
**WORLDWIDE**  
CHARITY FOUNDATION

**Nataliya Podolyak**, practicing child psychologist and family psychotherapist at “Dobrobut” Medical Network, volunteer at HOPE worldwide Ukraine, **TRAINER**

**Olena Bozhor**, art-therapist, volunteer at HOPE worldwide Ukraine, **TRAINER**

# PHASE III – Odesa

## April 08-10, 2016

### Training

Anzhelika Zhukova, representative of NGO “Assembly”, coordinator at IDPs Assistance Centre of NGO “Commonwealth”: *“There are near 4000 IDPs in our IDPs Assistance Headquarters and 2000 children among them. The training turned out to be the missing puzzle to start our planned activities and receive positive results providing assistance to children and their parents. Our plans for nearest future include establishment of Kindness School where all techniques and tools will be implemented”.*



HOPE  
WORLDWIDE  
CHARITY FOUNDATION

UKRAINE

# PHASE III – Odesa

## April 08-10, 2016

### Training

**Nadiya Hurman, expert at Illichivsk City Centre for Social Services for Family, Children and Youth, volunteer at Odesa Volunteer Psychological Service:**  
*“The “Children and War” training brought positive results and emotions. All offered techniques and tools are incredibly powerful. We plan to train people in Illichivsk who work with children traumatized by war. We also discuss a possibility of holding a therapy course for soldiers who came back from ATO zone”.*



**HOPE**  
UKRAINE  
**WORLDWIDE**  
CHARITY FOUNDATION



# PHASE III – Odesa

## May 07, 2016 – June 04, 2016

### THE THERAPY COURSES

“Children and War” therapy sessions for 11 children and 8 parents IDPs (internally displaced persons) who survived war in Eastern Ukraine and currently live in Odesa. The course consisted of 7 sessions held at the premises of local partners – “Way Home” Charity Foundation and Odesa regional NGO “Association of Intellectuals “Assembly”.

At the 4<sup>th</sup> therapy session all children received therapy “art-kits” – bags with crayons, sketch pad, clay and pencils.



**HOPE** UKRAINE  
**WORLDWIDE**  
CHARITY FOUNDATION

# PHASE III – Odesa (Kuyalnyk)

## April 24, 2016 – June 05, 2016

### THERAPY COURSES

“Children and War. Teaching Recovery techniques” therapy course for 9 children and 9 parents IDPs (internally displaced persons) living in Odesa region. The course was held in “Kuyalnyk” sanatorium in Odesa.

At the 5<sup>th</sup> therapy session all children received therapy “art-kits” – bags with crayons, sketch pad, clay and pencils.



**HOPE** UKRAINE  
**WORLDWIDE**  
CHARITY FOUNDATION



# PHASE III – Odesa (Kuyalnyk)

April 24, 2016 – June 05, 2016

THE THERAPY COURSES



HOPE  
WORLDWIDE  
CHARITY FOUNDATION

UKRAINE



# PHASE III – Chornomorsk

## May 25, 2016 – July 17, 2016

### THERAPY COURSES

“Children and War. Teaching Recovery techniques” therapy course for 6 internally displaced children (aged 9-10 years old) currently living in Chornomorsk (Odesa region). Among psychologists-volunteers were experts from the city Centre for Social Services for Children, Family and Youth.



**HOPE** UKRAINE  
**WORLDWIDE**  
CHARITY FOUNDATION

# PHASE III – Mykolayiv

## July 10-17, 2016

### THERAPY COURSES

“Children and War. Teaching Recovery techniques” therapy course for 20 children IDPs (internally displaced persons) from Luhansk region currently living in Mykolayiv. Therapy sessions were conducted for two age groups, 9-12 and 14-16 years. In total 20 children participated in therapy sessions.



**HOPE** UKRAINE  
**WORLDWIDE**  
CHARITY FOUNDATION

# “Helping Hand for Ukraine”

## Therapy Effectiveness

- **0% re-traumatization** during therapy sessions;
- **90% participants note improvement** of psycho-emotional condition and ability to cope with post-traumatic stress;
- **100% participants start feeling safe** and relaxed within the group;
- **Rehabilitation and self-empowerment;**
- **Relaxation , finding inner peace and support.**



**HOPE**  
UKRAINE  
**WORLDWIDE**  
CHARITY FOUNDATION

# Project Partners and Donors

- Ukrainian Credit Union (Canada)
- Ukrainian Institute of Cognitive-Behavioral Therapy (Ukraine)
- HOPE *worldwide* Canada



УКРАЇНСЬКИЙ ІНСТИТУТ  
КОГНІТИВНО-ПОВЕДІНКОВОЇ  
ТЕРАПІЇ

HOPE  
*worldwide*  
CANADA



HOPE  
WORLDWIDE  
CHARITY FOUNDATION



УСУУКС



**THANK YOU !  
for helping children  
with war trauma**

**Bringing hope,  
Changing lives**



**HOPE** UKRAINE  
**WORLDWIDE**  
CHARITY FOUNDATION

Office 130, pr. Heroiv Stalinhradu, 2G, building 2,  
Kyiv, Ukraine

E-mail: [info@hopeww.org.ua](mailto:info@hopeww.org.ua), Fax: +38 044 278 68 98  
<http://hopeww.org.ua/en>