

Association Najdeh

Psychosocial Support

Activities Report January – December 2007

Introduction

In May 2007 armed clashes erupted in Nahr El Bared camp between the Lebanese Army and a terrorist group leading to displacement of its Palestinian refugees and some Lebanese families. With most of the displaced Palestinian refugees staying at Baddawi camp the psychosocial support program focused its activities at them in addition to Najdeh's relief and emergency work. As for the other displaced refugees who went to the other camps, the program's staff integrated them with the beneficiaries groups there providing them with all relating services.

Planned & Actual Activities

In late 2006 Najdeh launched Psychosocial Support activities as a permanent program with an action plan that would reach Lebanese from the south in addition to the Palestinians from the 7 camps. The plan was to work with 1500 children aged between 6 to 16 year old, of those 900 are Palestinians and 600 are Lebanese. In addition to that the program targets also the benefited children's mothers by awareness raising workshops focusing at mental health, besides, the program aims at forming support groups to assist the children and the mothers who need psychiatrists intervention.

The implementation of the program's activities in 2007 was affected by the north clashes and the related armed incidents that took place at the same time in Ein El Helweh camp. The program that started its activities in December 2006 in the south (Tyre & Sidon) started functioning in the north in February 2007 while in Beirut it started in March 2007 at Borj El Brajneh camp & in May 2007 at Shatila camp.

As for the Lebanese villages, several visits were carried out to introduce the program aims and activities to the community key leaders e.g. schools principles, Myers and Municipality presidents. Volunteers from the villages of Sreefa, Qlaileh, Majdel Zewen and the town of Borj El Shemali were chosen and underwent training at our center in Buss camp.

The work in the town of Borj El Shemali and the village of Qlaileh started in June 2007 as for Sreefa, the work didn't start yet as efforts are still carried out to secure a place that is suitable for the activities there. As for Majdel Zewen no volunteers were available from it and the Myer suggested to involve the village school team in the program.

Working with Children

The number of children who have attended the program's activities reached 1413 children (planned number was 1500) aged between 6 to 16 years old. Of those, 1104 are children from the Palestinian camps (planned number was 900) and 309 are Lebanese children from the south (planned number was 600).

Table 1: Psychosocial support: Benefited children by age and place Jan – Dec 2007

No. = 1413

Region: Camp & Village		No. Children	Age 6 - 8		Age 9 -11		Age 12 - 16		Total	
			F	M	F	M	F	M	F	M
Beirut	Shatila camp	55	18	12	0	0	12	13	30	25
	Borj El Brajneh camp	252	47	44	39	26	49	47	167	140
Sidon	Ein El Helweh camp	113	25	5	32	20	20	11	77	36
Tyre	Buss camp	125	25	10	27	15	33	15	85	40
	Borj El Shemali camp	170	31	24	43	22	28	22	102	68
	Rashidieh camp	88	12	9	14	13	22	18	48	40
Tripoli	Baddawi & NB camps	301	60	55	39	26	68	59	167	140
Total		1104	192	130	219	148	225	190	636	468
Tyre	Borj El Shemali town	176	11	44	33	31	25	32	69	107
	Qlaileh village	133	24	17	19	29	23	21	66	67
Total		309	39	27	65	51	54	65	158	143
General Total		1413	192	130	219	148	225	190	636	468

The staff identified several problems while working with the children such as: aggressiveness, hyperactivity, temperamental, violence, trauma, sensitivity, cursing, fear, timidity, depression, lack of concentration, weak understanding, weak self expression, involuntary bed-wetting and retirement from collective work. The program team carried out several activities aiming at enabling the children to overcome their problems providing them with safe places beside mental and physical protection. In March indoor celebrations were conducted for 386 children in the occasion of Mother and Child Day. The 386 children received gifts and groups of them performed sketches and folkdance. Parents and siblings of the children attended some of these celebrations.

Those activities included: mental games, physical games, handicrafts, theatre, communication games, rules games, roles games, story telling and writing, individual and collective drawing, singing, dancing, trips, sketches performance, dialogue sessions, movie screening followed by related debates, clown show, integration activities with children with extra needs, awareness raising activities on health, environment and other topics. Besides, the program team organized several events for the children with their families that included trips and food festivals.

Coordination was carried out with other NGOs and resulted in several joint activities and exchange of visits between the benefited children as well as referring of children from and to those NGOs and Najdeh. For example in Rashidieh the children participated at the Lebanese national campaign of reserving the Mediterranean thus they joint other children and adults cleaning the beach in Tyre. The children of Rashidieh also participated at entertainment activities with children from NBC. In Borj El Brajneh, the children attended several plays at the Lebanese national child theatre week.

Impact of Working with Children

The activities that the program team designed and conducted left a great impact on the children as follows:

- Increased interaction among the children themselves and between them and the animators.
- Improvement on concepts and behaviors such as self-confidence, responsibility, non-violence actions, discipline, dialogue, self-expression, communication, trust, etc.

- Development of children's social, physical, mental, linguistic, artistic and conceptual skills and performance.
- Gaining new knowledge on child's rights and protection.
- Decrease of behavior disorders such as aggressiveness, violence, hyperactivity, temperamental, timidity, etc.

Working with Mothers

Following the plan, workshops were conducted for the benefited children's mothers on several topics starting with introductory meetings to introduce the program, its aims and activities. The workshops in general aimed at assisting the mothers by providing them with needed information and basic tools that would enable them of overcoming their psychological trauma and difficulties and at the same time understanding their children's situation and background of any behavior disorder and how to deal with them.

Table 2: Psychosocial Support: Workshops with mothers by Region & Topic Jan-Dec 2007 No. = 276

Region	No. Workshops	Topics	No. Mothers
Beirut	5	Adolescence, Violence against children, child abuse, sexual harassment, Domestic Violence: its reasons, types, impact, Child protection, Women's rights, Child's rights	68
Sidon	3	Child addictive behaviors, Child behavior disorder	46
Tyre	8	Child addictive behaviors, Adolescence, Respiratory system: diseases & protection, Trauma impact & recovery, Violence against women, Reproductive health, HIV & STDs, Balanced & nutritious food, Women's rights, Child's rights, behavior disorders, child abuse & sexual harassment	113
Tripoli	5	Child hyper activism, Child addictive behaviors, Sexual harassment, landmines	49
Total	21		276

The mothers also participated in the annual evaluation meetings to discuss the planned activities and its impact and to give their suggestions and feedback. They also in addition to the fathers and other members of the family participated in several entertainment events, trips and celebrations in the occasions of Mother's Day, Child's Day and the International Day for Prevention from Child Abuse (19 November) as follows:

Table 3: Psychosocial Support: Mothers attended activities Jan-Dec 2007 No. = 938

Region	No. Activities	No. Mothers	No. Fathers	No. Family Members	Total Mothers
Beirut	5	150	2	0	150
Sidon	4	64	0	0	64
Tyre	36	675	9	38	675
Tripoli	5	49	0	0	49
Total	50	938	11	38	938

Working with NGOs & Schools

The program's staff carried out extensive efforts to introduce the program's aim and activities to the other NGOs as well as to UNRWA schools aiming at including teachers and children at the program's activities in order to extend the benefit enabling the teachers of gaining new

skills and thus experience in dealing with traumatized and troubled children, reducing violence at schools and at the same time providing suitable and non-violent environment for the children to enhance efforts carried out to support them and their families especially at the psychosocial level.

These efforts resulted in the participation of 2123 children enrolled at 42 NGOs (Table 3) and 490 children enrolled at UNRWA schools beside 18 teachers (Table 4) in all regions as follows:

Table 4: Psychosocial Support: Working with Children from other NGOs Jan-Dec 2007 No.= 2123

Region	No. NGOs	Activities	No. Children
Beirut	22	Playing Hour (Daily), Art Exhibition, Campaign against Child Abuse, Rally Day, Health Carnival, Clown show, Workshop on children's problems & how to deal with them, Play writing & performance	683
Tyre	19	Video Screening followed by debates, Play writing & performance on child abuse, kite day, meeting on integration of children with extra needs, Rally Day, Trips, Campaign to clean the beach, Reading Day, Awareness raising workshop on landmines and cluster bombs, Workshop on child's rights	1416
Tripoli	1	One week activities on Designing & making of toys, writing & performing sketches, and outdoor & indoor non-competitive games	24
Total	42		2123

Table 5: Psychosocial Support: Working with UNRWA schools Jan-Dec 2007 No. = 490

Region	No. Schools	Activities	No. Children	No. Teachers
Beirut	6	Teachers: workshops on conflict management, and reducing child-to-child violence Children: workshops on Puppet making techniques, Puppet theatre Participation at the Campaign against Child Abuse, Rally Day, Health Carnival, Clown show and Play writing & performance	244	16
Tyre	5	Teachers: meeting on the program's aim and activities, follow-up meetings Children: Workshops on Child Abuse, violence against children, active play, and handicrafts	246	12
Total	11		490	28

Home-visits

During the reporting period 1001 home visits were carried out. Of those, 596 were to introduce the program and its aim and activities to the families encouraging them to enroll their children at it, 193 were for social purposes while 202 were to follow-up 324 children who needed additional care and/or psychological intervention with the parents.

Table 6: Psychosocial Support: Home-visits Jan-Dec 2007 No. = 1001

	Region	Beirut	Tyre	Sidon	Tripoli	Total
No. Visits		106	488	68	339	1001
Type of Visits	Regular	64	277	40	215	596

	Social	18	53	12	110	193
	Follow-up	14	158	16	14	202
Total no. Children		86	210	112	186	594
No. Children followed-up	Girls	25	149	6	8	188
	Boys	15	107	2	22	136
No. Children		40	256	8	30	334

It is important to note that in Tripoli: out of 30 followed up children 8 girls and 10 boys were referred to 2 psychiatrists while 12 children were dealt with through support groups.

Capacity Building

Number of workshops were conducted to introduce the program's aims and to identify the priority of each region/centre regarding capacity building training and children's problems that need to be tackled. The action plan was also discussed during these workshops. Besides, the staff training was carried out in parallel with the activities.

Table 7: Psychosocial Support: Staff & Volunteers Capacity Building

Jan-Dec 2007

Region	No. Workshops	Topics	No. Staff
Beirut	14	Psychosocial support. Preparation for summer activities. Najdeh's Code of Conduct & Job Description. Domestic Violence. Reproductive Health. Active Learning. Drama Therapy. Social Work. Conflict Management. Leadership. Psychological Intervention. Family Planning.	10
Sidon	20	Psychosocial support. Family Guidance. Adolescence. Addictive behaviors. Mental health. Enhancing children's participatory behavior. Najdeh's Code of Conduct & Job Description. Conflict Management. Leadership. Psychological Intervention.	8
Tyre	29	Psychosocial support. Family Guidance. Adolescence. Addictive behaviors. Mental health. Encouraging children to participatory behavior. Child disorders. Preparation for summer activities. Child Rights. Violence against children. Planning, implementation & evaluation. Najdeh's Code of Conduct & Job Description. Conflict Management. Leadership. Psychological Intervention.	20
Tripoli	20	Group dynamics. Communication skills. Planning for activities. Toys making. Integrating music. Child's needs. Post war trauma. Sexual harassment. Hyperactive child. Najdeh's Code of Conduct & job description. RH. Counseling techniques. Psychosocial Support. Conflict Management. Leadership. Psychological Intervention. Psychodrama.	21
Total	83		59