

# PSS in Maldives after Tsunami







# Overview of Psychosocial Response

- Immediate Post Tsunami (Jan – Apr 05)
- Transition period (May – Dec 05)
- Recovery Programs (Jan 06 – Jun 08)

# Immediate Post Tsunami (Jan – Apr 05)

- Agencies collaborating:
  - American Red Cross - IFRC,
  - UNICEF,
  - UNFPA,
  - NDMC (SSCS Unit)
  - Local NGOs (SHE, Care Society, Fashan)
- Activities:
  - Capacity building at National level for PSP program implementation (trainings and deployment in field)
  - In the affected areas:
    - Identification of community volunteers
    - Briefing on PFA
    - Formation of Emotional Support Teams
  - Direct psychological support by deployed teams
  - Indirect psychological support (helpline services)
  - Training of teachers in schools
  - Provision of tool kit/materials

# Transition period (May – Dec 05)

- Agencies operating
  - UNFPA
  - UN OCHA
  - NDMC (Management of IDP Unit)
  - WHO
  - Care Society (funded by Action Aid)
  - SHE
- Activities
  - Training in IDP camps by UN OCHA
  - Deployment of Psychosocial Support workers by UNFPA
  - Training of Health personnel by WHO on MH
  - Needs assessment survey by UNPFA
  - Livelihood, preschool infra-structure and psychosocial support by Care Society

# Recovery Programs (Jan 06 – Jun 08)

- Agencies

- American Red Cross
- French Red Cross
- NDMC (Management of IDP Unit)
- WHO
- Ministries of Gender & Family, Education and Health
- Care Society (funded by Action Aid)
- UNFPA
- UNICEF

# Recovery Programs (Jan 06 – Jun 08)

- Activities

- Capacity building at national level for PSP programs and referral services (AmCross & MoE, MoGF and MoH, Police)
- Training of community volunteers, PFA delivery, information dissemination and resilience building activities (AmCross & MoGF)
- Training of School teachers, PFA delivery in schools, information dissemination and resilience building activities (AmCross & MoE)
- Social Intergration between IDP and host communities (AmCross, FRC-in Laamu)
- Advocacy and policy development (AmCross, WHO, MoE & MoH)
- National Disaster Response Framework (NDMC with others)
- Life Skills training for IDPs (MoE & UNFPA)

# Program Reach

- All 76 islands of 7 atolls:
  - Gaafu Alifu, Gaafu Dhaalu, Laamu, Thaa, Meemu, Dhaalu, Raa
- Two main components of the program:
  - Community Project
  - School Project

**PSP TARGET SCHOOL:  
Helping distressed Children**

**School Facilitator**  
Trained by AmCross  
**PHASE I**



**PHASE III**

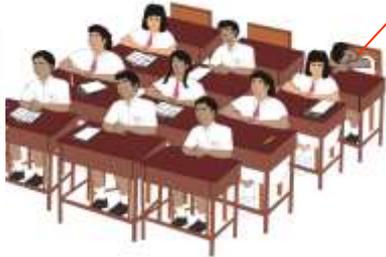
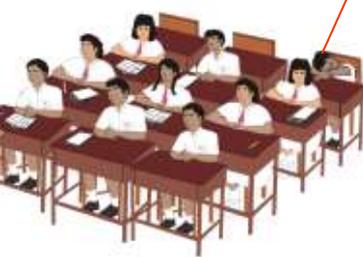


**“Identification of distress in children”  
workshop for fellow teachers**  
Conducted by SF supported by AmCross  
**PHASE II**



Distressed child provided  
Psychological First Aid by trained SF  
**PHASE III**

**Teachers identify children having stress from individual classrooms:**  
By observation of behavior and creative expressive activities during routine classroom schedule  
**PHASE III (Resources: School chests & Activity sheets)**



**PSP TARGET SCHOOL:  
Building Resilience**

**School Facilitator**  
Trained by AmCross  
**PHASE I**



SF facilitates Crisis Response Planning  
**PHASE III (Resources: Technical)**



SF does promotion of PSP  
**PHASE III (Resources: Technical)**



Cultural/recreational activities  
**PHASE III (Resources: Guidelines)**



“Activities in the classroom”  
workshop for fellow teachers  
Conducted by SF supported by AmCross  
**PHASE II**



Teachers conduct resilience building activities in the classroom  
**PHASE III (Resources: School Chests & Activity Sheets)**



**PSP TARGET COMMUNITY:  
Helping distressed Individuals**

**Community Facilitator**  
Trained by AmCross  
**PHASE I**



CF facilitates referral  
as and when required  
**PHASE III**



More CFs identified and trained to  
form a team for the community  
Trained by AmCross  
**PHASE II**



Distressed individual provided  
Psychological First Aid by trained CF  
**PHASE III**

CFs identify individuals having stress from allocated households:  
By observation of behavior and talking to the individuals  
**PHASE III (Resources: Non verbal tool)**



ان Red Crescent



# PSP TARGET COMMUNITY: Building Community Resilience

**Community Facilitator**

Trained by AmCross

**PHASE I**



CFs facilitate Crisis Response Planning  
**PHASE III (Resources: Technical)**



**Resilience projects for the community**



**Other activities for the community**



CFs conduct resilience building activities in the community

**PHASE III (Resources: Community Resilience Building Activities Guidelines)**

**Social & cultural activities**



**Sharing/self care & recreational activities**



**Promotion of Psychosocial support**



- **National Capacity:**
  - **164 personnel from various ministries and government agencies working in emergencies trained in ‘Psychological First Aid’.**
  - **33 personnel trained as Crisis Intervention Technician.**
  - **65 personnel trained as Crisis Intervention Specialist.**
- **School Program:**
  - **All 114 target schools participating.**
  - **178 teachers trained as School PS Facilitators in 7 atolls.**
  - **Fellow teachers oriented in identifying distress in children in all 7 target atolls.**
  - **215 activities conducted in schools in 7 atolls.**
  - **80 schools have been involved in 2 or more activities.**

- Community Program:

- 76 communities participating.
- 739 community volunteers trained as Community PS Facilitators.
- 578 community resilience activities conducted in communities in 7 atolls.
- 55 communities have done 4 or more activities
- 2 community resilience projects done.

***Overall program reach: 63,537 (97.5% of target population)***

# Lessons Learnt

## Best Practices

1. Establishment of a Psychosocial Support Unit in the Disaster Management Center immediately after the disaster
2. Capacity building in country (UNFPA, Care Society, Amcross, UNICEF, WHO)
3. Using volunteers from the communities for giving PFA, and conducting activities will contribute to sustainability
4. Adapting the program according to the cultural context and the changing needs of the communities
5. Coordination and collaboration between agencies- reduced duplication and the waste of resources. Sharing of resources between agencies

# Lessons Learnt

## Challenges:

1. Development of program design, implementation process and materials. (Excess workload on program personnel, shortening the time frame, underestimating the staffing needs. Succeeded due to extra efforts and dedication)
2. Reviving volunteerism in the Maldives.(Motivation and practical demonstration of effects at community level to encourage communities for volunteerism)
3. Logistical challenges. (Partially overcome by various innovative travel and procurement arrangements)
4. Lack of awareness and capacity in psychosocial support.

# Recommendations

For improving psychosocial responses in our own country

- Establishing a Psychosocial unit as a co-ordinating and supporting body: dedicated staff and sufficient resources
- Adapt the existing program to be continued by a party within the country (eg of specific roles: keeping the existing volunteers motivated, supporting and monitoring)
  - Possible parties: MRC, Government: MoE, MoH, NDMC
- Expand the program to include all the communities in the country
- Capacity building: set-up a training pool that will focus on developing resources and training of volunteers and staff on PSS
- Advocacy and Information dissemination on PS across the country
- Advocacy on PSS related policies to be finalized
- Develop practical mechanisms to implement the newly developing policies and to build capacity to ensure successful implementation
- Documenting best practices and lessons learnt and communicating/ sharing with relevant stakeholders

# Recommendations

## *For improving psychosocial responses to emergency settings internationally*

- Pool of experienced program designers to assist in setting up programs. Phased program designs are needed.
- Efforts should be made to start implementation immediately after the disaster. Emphasis on Coordination between agencies
- Pool of IEC materials, monitoring tools should be available for adaptation.
- Strengthening of monitoring and evaluation of programs including built in mechanisms such as participatory methods.
- Efforts to build national capacity/regional capacity for PSP programming

# After the close of PSP in June 2008

- No existing NS to take up program
- Maldivian Red Crescent was formed on 16 August 2009
  - 4 strategic areas:
    - Disaster Management
    - Health and Social Care
    - Youth Development
    - Organization Development
- PSS was not a key program area

# PSS related activities in MRC

- Initially PFA component in ERT training
- CBDRR – conducts Resilience building activities in Communities
- Regional Master Level Training on Psychosocial Support
  - 22-29 Nov 2010, Sri Lanka
  - 2 staff of MRC and 1 volunteer took part

# Drowning incident at Hiriya School



- 9 September 2011
- 9<sup>th</sup> grade students went on a Fisheries Science Field Trip to an island
- 4 children and principal drowned



# Hulhumale' fire



- 27 December 2013
- Fire started in one unit and spread to 7 units
- 13 families, 91 individuals effected
- Temporary shelter was provided

# PSS ToT from 16 – 20 March 2014



# Challenges

- No PSS focal person
- High staff turn-over
- Current strategic branches are not the same as the target atolls – volunteer retention / motivation
- Lack of funding
- Providing hands-on opportunity for trained volunteers

# The need for PSS has been realized

- PSP ToT conducted
- Action plan was developed
- PSS will incorporate the module of PFA in to ERT training when the DM bill is passed
- Tap into the resources of existing PSS trained people