IFRC
Psychosocial Centre

Case study, Kenya

You have been deployed by your national society to Nairobi as a psychosocial delegate to support Kenya Red Cross Society.

For over a decade Kenya has been responding to a series of emergencies resulting from both natural and manmade disasters, including seasonal outbreaks of disease (particularly cholera, malaria and polio), famine, floods, the El Niño phenomenon, refugee influxes, internal population movements, terrorist attacks and massive fires.

Approximately 4 million people live in Nairobi and 75 percent of the population lives in informal settlements without adequate access to clean water, sanitation and other basic services. Persons living in the informal settlements of Nairobi are prone to a wide range of disaster events and circumstances. Yet, for most people living in Nairobi, reports show that the 'everyday risks' can be far more stressful – for example, the risk of not getting enough to eat, not being able to pay to go to the doctor, sewage flowing in the street or an uncontrolled fire ripping through the slums. Poverty and high rates of unemployment, ill health, and risk of disaster are all stressors simultaneously impacting on people's livelihoods and resilience in the slum, and often amount to feelings of frustration and desperation, which in return has affected the high rates of alcoholism, drug abuse and domestic and public acts of violence in Nairobi. Exploitation and abuse of children is also a common and known occurrence in an informal settlement.

Additionally, there are rumours that Al-Shabaab is recruiting young Muslim men from the settlements who are attracted to the high salary they offer new recruits. Nairobi Branch are also experiencing reports of domestic and gender-based violence, as to high rates of exploitation and abuse of children in the settlements.

You are being deployed to support design and development of a programme that can support some of the above described needs with special focus on the psychosocial needs.