World Awareness for Children in Trauma (WACIT)

Panos Vostanis — Professor of Child Psychiatry

Partners

Anna Freud Centre
Caring for young minds

Evidence Based Practice Unit (EPU)

Invest in Children Africa

RC Psych
Royal College of Psychiatrists

The Theraplay Institute
Building Better Relationships

WPA CAP
Contents
3 Why this Project is Timely and Important for Children Worldwide
4 Our Track Record and Expertise in International Collaborations to Help Children who Suffered Trauma
6 Plan for collaborating countries, NGOs and other Centres
7 2016 World Awareness for Children in Trauma (WACIT)
8 Previous and Ongoing International Programmes
11 Relevant Bibliography
Why this Project is Timely and Important for Children Worldwide

- In any society, about one in ten children and young people up to the age of 18 years suffer from mental health problems.
- These rates can rise up to 40%, or higher, in the presence of trauma, for example among children raised in care or living in the streets. These children are also more likely to have different types of disability.
- There is still substantial fear and stigma of mental ill health, as well as discrimination.
- On a promising note, there are increasing public and media attention, legislation and child-centred approaches adapted to different sociocultural needs.
- There is an increasing choice of types of help to build child resilience, thus prevent future mental health problems for those children most at risk.

Why a Global Approach is Needed

- Because no single country can provide all answers and services required, even if their health and welfare systems are relatively well resourced.
- Instead, sharing knowledge, lessons learned and solutions can have a dramatic and large-scale impact on children, particularly those living in deprived communities, high risk environments and low income countries.
Our Track Record and Expertise in International Collaborations to Help Children who Suffered Trauma

- Contributions for the last 20 years, with a high international profile.
- Expertise in training, research, service and policy consultancy.
- Established networks with charities (NGOs), services, academic centres and professional bodies all over the world.
- Consequently, unique access to practitioners and volunteers in direct contact with children in poor communities, care homes, living in the streets or in refugee camps.
- Well developed and tested training programmes, using technologies such as social media, distance and interactive learning, and e-mental health support.

Why now?

- Because, as our case studies demonstrate, we have consolidated in our partnerships and have achieved sufficient outputs to enable us to make direct impact on vulnerable groups, in diverse populations, and living in very unfortunate situations.
- During 2015, the International Child Mental Health Trail Blazer was a great success in establishing communities’ views on how children can be best helped, and in setting up child trauma centres with limited resources.
- The lessons of the International Child Mental Health Trail Blazer can be applied to generate wider awareness and sustainable support in other countries, and for even more remote and marginalized child populations.

2015 International Child Mental Health Trail Blazer

- Building on our previous work with different countries, we followed a trail on how to best support children living in the most adverse circumstances in different parts of the world.
- Visits were jointly organised with academic centres, clinical services and NGOs. Key objectives were to establish sustainable networks and service models employing different approaches to suit specific circumstances.
- This is what happened and what we learned from these visits that largely involved training, service and research consultancy, and participatory events with key stakeholders.

Follow the ICMH Trail on Twitter: @pv11Panos
Blog: www.panosvostanis.wordpress.com

Child Trauma Training in Mumbai, India - January 2015

Building on collaboration from previous visits and training supported by the British Council, we ran training workshops on child trauma with Dr Bina Sawant, Clinical Psychologist; met with NGO and spiritual leaders; visited urban and rural community centres for children living in the slum areas and deprived villages, as well as street and orphan children; and planned future training.
Child Mental Health Service and Research Consultancy, Doha, Qatar - February 2015

The trail followed the future expansion of child mental health services, to a visit and a child trauma workshop to staff at Dhreima of the Qatar Orphan Children Foundation, with plans for future training and collaboration.

Child Trauma Training, SOS Children’s Villages Greece – June and September 2015

We collaborated in the ongoing training for carers at the largest NGO for children without parents, and those living in poverty accentuated by the current socioeconomic circumstances.

Visit to Hayat Foundation, Istanbul, Turkey - March 2015

The trail started from a training programme, with particular focus on child trauma. This led to a visit and plans for training in October 2015 at the Hayat Foundation for disadvantaged children; and other centres in Turkey, including for Syrian refugees.
Collaboration on Violence Prevention and Promotion of Child Mental Health

Tehran, Iran – May 2015

Building on the theme of an international congress, collaboration was established on training, interventions and service development with the Iranian Academy of Child and Adolescent Psychiatry.

With Dr Katayoon Razjooyan, Executive Secretary of IACAP

Plan for collaborating countries, NGOs and other Centres

Provisional list

- **Greece, Athens**: SOS Children’s Villages for orphan children and multi-need families (contact person Mr Panagiotis Sofios)
- **Turkey, Istanbul**: Hayat Foundation for disadvantaged and refugee children (contact person Ms Hatice Sen)
- **India, Mumbai**: Possibly Make a Difference that offers education to underprivileged children (contact person Mr Daniyal Khan)
- **Indonesia, Jakarta**: Social Trust Fund UIN for victims of poverty and social conflict (contact person Dr Mohamad Avicenna)
- **Australia, Sydney**: To identify centre for indigenous children (contact person Dr Andrew Parkin)
- **Brazil, Sao Paulo**: TETO for reconstruction in the favela areas (Contact persons Ms Nina Scheliga and Ms Susan Waisbich)
- **USA, Chicago**: Road Home Programme for homeless youth (contact person Professor Niranjan Karnik)
- **Kenya, Nakuru**: Friendly Action Network Organization (FANET) for victims of ethnic conflict and other disadvantaged children (contact person Mr Charles Getanda)

Child Trauma Training and Collaborative Launch of NGO for Internally Displaced and other Disadvantaged Children

Nakuru, Kenya – April 2015

Following the planning of a trauma-focused intervention, a trauma training workshop for community workers and leads was combined with the launch of the NGO Friendly Action Network Organization (FANET). The first objective is to establish a training centre in a shanty rural area. Collaboration was established with Engerton University to recruit student volunteers.

With internally displaced children and their grandmothers, who bring them up, as most do not have parents; and training workshop and FANET NGO launch
2016 World Awareness for Children in Trauma (WACIT)

Vision
- To raise awareness on child mental health worldwide, and to establish a model of helping children who suffered trauma and live in the most adverse life circumstances.

Objectives
- Highlight the needs of children who suffer trauma
- Positive long-term effects and outcomes for children, communities and economies
- Reduction of financial costs of services involved across the health, education, judicial and social care sectors
- Communicate lessons learnt and promote models that can be adopted worldwide
- Develop transferable technologies

Anticipated Benefits
- Raise the sponsor’s Social Responsibility profile
- Create future opportunities for both the Sponsor and the Charity to the children’s benefit
- Raise individual donations for the selected charities through a parallel Just Giving fundraising process and/or the donation of Sports Equipment or Educational Material, as both Sports and Education promote children’s resilience

What each Visit will involve
- During October and November 2016, Professor Panos Vostanis will consecutively visit eight countries and their selected NGOs/centres in six continents.
- Panos will deliver a child mental health awareness and trauma-focused seminar in each country/centre, following the success of the 2015 Trail Blazer. This will include contributions from key stakeholders.
- Panos will visit the Charity/NGO of choice in each country to meet children, young people, parents and staff, thus capture their views, experiences and wishes.
- Panos will participate in a sports, music or arts event with the children.

Satellite Awareness Events and Fundraising for Participating NGOs
- Exeter and Woodnewton Learning Community Schools Fundraising Events.
Previous and Ongoing International Programmes

Child Mental Health Training in India


This three-year educational programme was funded by the British Council, and involved hundreds of clinicians in different cities (Varanasi, Delhi and Mumbai). The training enhanced knowledge and skills, and raised further sponsorship, public and media awareness.

International Child Mental Health (ICMH) Study-Group

Dejan Stevanovic, Serbia; Olayinka Atiola, Nigeria; Yatan Pal Singh Balhara, India; Mohamad Avicenna, Indonesia; Hasan Kandemir, Turkey; Knez Rajna and Franic Toslav, Croatia; Petrov Petar, Bulgaria; Panos Vostanis (2011-2017)

This group of researchers from low income countries completed, without any resources, an international school child mental health survey that has provided evidence to respective governments to plan services. A current project is looking at the impact of traumatic events on child mental health. The ICMHG co-ordinates a Network, and provides free advice and support to young clinicians and researchers from low income countries.


Evaluation of National Family Safety Training Programme in Saudi Arabia

Ejalal Jalal and Panos Vostanis (2012-2016)

The objective of the training programme is to provide participants with basic skills in the identification and management of child abuse and neglect. Our study evaluates the impact of training, to inform the expansion of child protection policy and services.
Psychosocial Intervention for Children Exposed to Ethnic Conflict in Kenya

This study is establishing the mental health needs of children exposed to ethnic conflict, to lead to the development and evaluation of a school-based intervention. The findings will provide a model of helping children in traumatized communities in similar situations.

Parenting, Teacher and Youth Training with Husseini Foundation in Pakistan
Sajida Hassan and Panos Vostanis (ongoing since 2010)

Training courses are being delivered to parents, teachers, youth and volunteers to provide them with skills to recognize and help children with mental health problems. During 2014, 560 teachers, 225 parents and 212 youth attended the programme. These have been found to improve knowledge and awareness.
The Impact of War Trauma on Child Mental Health – The Gaza Studies
Abdel Aziz Thabet and Panos Vostanis (1998-to date)
This series of research has been running throughout the conflict in the region, and has been instrumental in understanding how children are affected, and what supports can build their resilience.

The Impact of Natural Disasters on Child Mental Health – the Bam Earthquake in Iran:
Mehrdad Kalantari and Panos Vostanis (2007-2010)
This study identified how children had been affected both directly by a natural disaster, but also through the impact on their family and community, with implications for intervening in similar humanitarian situations.
Relevant Bibliography

Panos Vostanis (2014) Helping Children and Young People who Experience Trauma: Children of Despair, Children of Hope. An invaluable tool for practitioners of child mental health and social care background, policy makers, students and researchers. It provides guidance on evidence-based therapeutic interventions and services for vulnerable children and young people who experienced abuse, domestic violence and other traumas; and who are in care, homeless, adopted, refugees, or perpetrators.

London: Radcliffe Publishers


Our 2014/15 International Report
Contact Details

Professor Panos Vostanis
Professor of Child Psychiatry
University of Leicester
School of Psychology
Greenwood Institute of Child Health
Westcotes House
Westcotes Drive
Leicester LE3 0QU
United Kingdom

t: +44 (0)116 225 2885
e: pv11@le.ac.uk
w: panosvostanis.wordpress.com