

# ENPS FORUM 2010



«The challenges of living today. How  
can we increase our resilience?»

EUROPEAN NETWORK FOR PSYCHOSOCIAL SUPPORT



RESEAU EUROPEEN DE SOUTIEN PSYCHOSOCIAL

# A little bit of History



☞ 10 years ENPS

☞ Network founded in 2000 in Lyon

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## The European Network for Psychological Support (ENPS)



In 2000 in Lyons, France, after several European meetings, the European Network of Psychological Support (ENPS), was created and a Charter drawn up.

The first steering committee was made up of the Belgian (fr), French, Hungarian, Netherlands and Swiss Red Cross Societies

The first head of the SG was Maureen Mooney from the French RC

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## Importance of the European network



Psychosocial support has become an integral part of RC/RC activities all over Europe: First Aid, social programs, disaster preparedness,...

PS range from simple to complex interventions acknowledging cultural diversity (on a continuum from practical to emotional support).

Growing Importance of networking within Europe: Sharing knowledge, exchanges, contacts, resources,...

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## EU Commission 2010



### ☞ Point out:

- ☞ in recent years, international bodies and initiatives (WHO, IASC, NATO, Sphere Project and the EU-TENTS project) have addressed risk and disaster prevention.
- ☞ Encourage and recommend application of measures **to develop personal and social resilience in the face of threats and disasters**



## Resilience



- ☞ Resilience being understood as the capacity of the individual and of society to prepare for and to react adequately to adverse situations and to come back to normality
- ☞ Examples?



## Resilience promoting factors



- ☞ Being able to make connections
- ☞ Sense of control
- ☞ Realistic plans and goals
- ☞ Positive view
- ☞ Projection into future
- ☞ Taking care of self and community
- ☞ Communication skills
- ☞ Problem solving skills



## Why provide support?



- Overwhelming evidence from 30 years of research – social support is a major protective factor following life events/trauma
- Types of social support – information, practical, and emotional.
- Type of social support required – function of context and individual needs – vary over time; importance of matching support provision to needs.



## With what aim? Key objectives of PSP



- ☞ Security
- ☞ Empowerment
- ☞ Connectedness
- ☞ Stress reduction
- ☞ Positive future orientation



## How to do it?



- Information and communication (needs and concerns)
- Help people to maintain contact with friends and families
- Provision of safety and comfort
- Space for playing and recreational activities and everyday routines
- Helping people to use their community, faith and cultural rituals
- Practical assistance (practical support)
- Psychoeducation: Information on coping and whatever is needed (informational support)
- Signpost and link to organisations for health and social care and other ways of support
- .....



## The challenges of living today



- ☞ More and longer lasting emergencies and crisis situations that we are facing also in Europe
- ☞ Resilience building as a key factor in prevention as well as intervention
- ☞ People today much more realize that crisis support is more than just acute intervention but mid and longterm support gets more into our view



## Poster work



- ☞ At the last forum we prepared posters on Psychosocial support and on staff and volunteer support
- ☞ You gave your input and we made new drafts that you will see on the last day of this forum at the poster presentation





- ☞ ENPS is one of the most active networks in the area of psychosocial support within the RC/RC societies

- ☞ We can be very proud of our network
- ☞ We are very happy to have you here again and wish you all a good forum



## Organisational Issues



- ☞ This evening we have dinner together in this building beginning at 7pm
- ☞ Tomorrow we will go for a tour through Vienna with the tram and then to dinner at a Heurigen
- ☞ Saturday entrance through the other door
- ☞ All presentations will be available online
- ☞ Workshops organized by Koen



# Overview



- ☞ Day one: Prevention and protection issues in disasters: We can enhance self-awareness and self protection
- ☞ Day two: Longterm projects, alternative approaches and lessons learned: We can maintain resilience
- ☞ Day three: Sharing experiences: Psychosocial Support Programmes in practice

