

Psychosocial Programme in the Kyrgyzstan Red Crescent



ENPS Forum, Vienna, 2010

Kyrgyzstan

- Land-locked, mountainous country in Central Asia
- Population of 5.431.747
- 65% Kyrgyz ethnicity (Russian, Uzbek, other)
- Capital: Bishkek



Civil Unrest in Kyrgyzstan

- Fierce clashes erupted in June
- Huge human casualties, property destruction and mass exodus
- Some **400,000** people directly affected and in need of humanitarian aid
- Some **100.000** people in need of PSS



Kyrgyzstan Red Crescent Response

- First to respond, with ICRC and IFRC support
- Humanitarian aid, medical care
- Focus on **PSS**: Inter-ethnic clashes, loss of life and property, displacement, physical and sexual violence, looting, threats and intimidation caused great need



Kyrgyzstan Red Crescent Response

PSS Volunteers

- **Assistance:** PFA, counselling, supportive talk, practical support, referral, shelter for victims of violence
- **Initial Complaints:** Fear, aggressive reactions, anger, hysterical reactions, depressive moods, somatic problems, nervousness, trembling, hypertension, panic, wish for revenge, insomnia
- **Stressful events:** suffering injuries, missing family members, witnessing violence towards their family members (beating, killing, shooting, even children), burning houses, looting, robbery, house detention and torture, intimidation and threats, prolonged insecurity

Post Crisis Situation

- **Main stressors:**
difference before real and official information
- Intentionality
- Constant feeling of instability, fear and insecurity
- Basic needs not fulfilled
- Antagonism supported by media



Post Crisis Response

- **PS assessment** in August:
- Significant need for PSS exist in affected communities, especially for children and women
- PSS programme designed and piloted in the Osh region, first PSS trainings of the KRCS staff and volunteers organised
- Action towards sustainable, integrated psychosocial intervention



Longer term perspective: Integration of PSS Component

- Situation of political instability, poverty and lack of opportunities: PSS increasingly important, for vulnerable people and RC staff and volunteers – towards better **resilience**
- PSS: a cross-cutting issue to be integrated
- **First Steps:** Training in PFA, psychological self-protection, response in crisis; psycho-education, peer support



Integration of PSS Component

- **Action:** Comprehensive analysis of specific needs of relevant programmes and departments for training/coaching in PSS, staff and volunteer support
- Introduce elements of PSS in regular activities such as working with specifically vulnerable groups



Integration of PSS Component

- Integration of PFA in the FA training

DM

- Integration of PSS in regular DM trainings: working in crisis situations, peer support system, self-care, prevention of professional stress



Health and Care

- Training of staff and volunteers in PSS
- PSS as additional activity: support groups, individual counselling and psycho-education, telephone help-line for vulnerable groups, brochures



Staff and Volunteer Support System

Thank You😊

