TRAINING IS PREVENTION: Psychosocial Interventions and Training in Turkey

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Psychosocial Interventions

- Bingöl Earthquake May 2003-MONE
- Iran Earthquake- Sept. 2004 (UNICEF)
- Pakistan Earthquake- November 2005 (IFRCRC)
- Zafer School Bus Accident April 2007
- Mardin Massacre May 2009
- Elazig Earthquake March 2010
- Zonguldak Mine Explosion May 2010
- Van Earthquake October 2011
- Reyhanli Bombings May 2013

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Marmara Earthquake, 1999

- 17. August 1999
  7.4 Richters scale
  17,100 killed
  44,000 injured
  20-25 million affected

- 12. November 1999
  7.2 Richthers scale
  845 killed
  4,948 injured
  600,000 homeless

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The Psychosocial School Program 1999

• MoNE/UNICEF
• National expert group
• 8 province teams
• Province counselling centers
• Schools: Psychologists, Counsellors, Teachers, Children, Parents

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Training

• International partners
  • National expert team
  • School counsellors

• National expert group
  • Training (seminars and onsite)
  • Supervision
  • Implementation
Program components

• Teacher debriefing (2 sessions)
• Classroom based intervention program (15 sessions)
• Trauma-focused group counselling (6-8 sessions)
• Psycho-educational activities
  2 sessions for teachers, 2 sessions for parents, 3 sessions for children

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The interventions

- Psychological debriefing
  - Based on a manual by Atle Dyregrov, CCP

- Classroom based interventions
  - Based on a manual by Robert Macy, Boston Trauma Center

- Group counselling
  - Based on a manual produced by Smith, Dyregrov and Yule / Children and War Foundation

- Psychoeducation
  - Based on a manual produced by Öztan, Aydin and Eroğlu
Evaluation study

- Carried out March-June 2000 by Ankara University

- Pre-post design with control groups for evaluation of efficacy of CBI and GC

- Satisfactory results on debriefing and psychoeducational programs

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Contribution of the project

• Establishment of national expert group
• Accumulation of knowledge and experience on trauma
• Improvement in the capacity of psychosocial services provided by school counselling centers and counsellors
• Significant decrease in the negative impact of the disaster on children, parents and teachers reached by the project

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School year 2000/2001

• Accelerated psychoeducation
  • Reached 110,000 children, 4000 teachers and 24,500 parents

• Continued CBI
  • Reached another 10,000 children

• Continued Group Counselling
  • Reached another 100 children

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Psychological Interventions after the Earthquake in 1999, Turkey

Psychoeducation

Classroom based intervention

Group Counselling

Referral
School year 2000/2001

• Developed peer support system

• Included one more province

• Development of national disaster preparedness plan

• Preparing plans for expansion on a national level

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RESULTS of 2000-2001

• Developed peer support system
• Included one more province 8+1
• Development of national disaster preparedness plan
• Preparing plans for expansion on a national level

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2001-2002 National Expansion

- Psychoeducation expansion
- 16 provinces
- National Expert Team trained guidance counselors
- Guidance counselors trained others
- Implemented in high risk areas
- Ongoing supervision
- Psychoeducation Handbook revised (Oztan, et all.)
- Evaluation study done by Sahin and Batıgün

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2002-2005 National Expansion and Preparedness

- 28 provinces expansion
- Psychoeducation Handbook edited by Öztan
- Continuing support and supervision
- Program used for other traumatic experiences
- School system ready to deal better with traumatic experiences

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Effects on Children

• They felt better and safer
• Their school attendance and grades were higher
• They showed less PTSD reactions
• They developed better coping skills
• Their behavioral problems decreased

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Effects on Teachers

• Their depression and helplessness decreased
• They developed new coping skills
• They were able to help children
• They felt better as a teacher and as a person
• There was increase in communication among themselves as well as with children
• Lessening of abuse and use of drugs

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Effects on Parents

• They were able to help themselves and their children
• They felt better as a person and more in control as a parent
• Developed new coping skills
• They felt stronger about the difficulties in their lives

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Effects on Professionals

- Getting to know the country and developing insights about ourselves and others
- Feeling better because of helping
- Increase in knowledge and skills in the area
- Increase in communication and coordination among professionals
- Being ready for the future traumatic events

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MONE and UNICEF assessed situation on 2nd day after earthquake
Debriefing done after 15 days
Psychoeducation Handbook revised by Öztan
40 psychologists and counselors from 4 provinces trained by Oztan
Psychoeducation for a month planned
Union of Psychosocial Services in Disasters 2006

- Turkish Psychological Association
- Turkish Red Crescent (KIZILAY)
- Psychiatric Association of Turkey
- The Association of Social Workers
- The Association of Psychological Counseling and Guidance
- Turkish Association for Child and Adolescence Psychiatry

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UPSD Goals

• Team work, cooperation
• Preparation before disasters, planning and training
• Coordination and cooperation during disasters
• Evaluation after disaster work
• Working with ethical guidelines

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Psychosocial Interventions in Disasters

Before Disasters

- Preparation
- Planning & training

After Disasters

- Needs Assessment
- Psychological First Aid
- Community Mobilization
- Psychoeducation

Staff Support

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Psychosocial Interventions

1. Assessment of needs and resources
2. Psychological first aid
3. Community mobilization
4. Referral system
5. Planning of manageable long term interventions
6. Information Center set up
7. Worker support
8. Education and training

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UPSD Interventions

• HSBC ve British Embassy Bombings
• South East Asia Tsunami & earthquakes
• Anafartalar Bombing, Bala earthquake
• Manavgat Fire
• Zafer School Bus Accident
• Mardin Massacre
• Elazığ Earthquake
• Van Earthquake
Zafer School Bus Accident
April 2007

• 33 dead, 31 injured
• KIZILAY and Ministry of Education, UPSD
• Family visits, needs assessment, individual and group activities
• Psychoeducation training and planning by Oztan
• Psychologists and guidance counselors worked with students, teachers and parents

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Mardin Massacre May 2009

• 44 people were killed from the same village during a wedding ceremony
• KIZILAY and UPSD Team was coordinated by Oztan
• 35 psychologists, psychiatrists, social workers, counselors participated
• PFA, psychoeducation, group work, community interventions, school, worker support
• Worked closely with officials and media
Elazig Earthquake April 2010

42 dead, 73 injured

- 7-8 villages were affected
- KIZILAY&UPSD team intervened
- Needs assessment, children and adult psychosocial interventions
- Psychoeducation started in schools

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Zonguldak Mine Explosion
May 2010

• 30 dead
• KIZILAY and UPSD team
• Training professionals
• Family visits, needs assessment, psychological first aid, individual sessions
• Working with the families of victims, other NGOs and unions, coordination and community mobilization

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Psychosocial Program for Syrian Camps 2011

• The first tent camp for Syrians opened in Hatay
• KIZILAY team trained psychologists and social workers
• Needs assessment, family visits, social and play activities and group work

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Van Earthquake October 2011

- Arrival on first day with KIZILAY team
- Assessment, PFA, planning and coordination
- UPSD reached 13,000 people in 4 months
- 100 psychologists, 42 counselors, 39 psychiatrists, 7 social workers, 6 KIZILAY staff
- 10-15 day shifts, in 12 tent camps
- Individual, group work, worker support, social activities

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Reyhanli Bombings May 2013

• 2 bombs, 55 dead, more than 100 injured
• 22 professionals (psychologists, social workers and psychiatrists) from university, hospital, ministries
• Needs assessment, psychoeducation, group work, individual sessions, public meetings
• Families of victims, students and teachers, health workers. COORDINATION...
Trainings Done by UPSD

Training in Psychosocial interventions

• Zonguldak  2010
• Cyprus      2010
• The Ministry of Family and Social Politics staff 245 people
• Training of trainers 2012

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Trainings Modules

• The definitions, The Union and the principals
• The assessment of needs and resources
• Traumatic experiences, symptoms, PTSD
• Psychosocial Interventions
• Working with children
• Group Interventions
• Psychological First Aid, Psychoeducation
• Community approach
• Ethical Issues
• Media
• Worker Support

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Introduction to Psychosocial Programs

- The definitions of disaster, traumatic event, crisis.
- Preparedness
- Basic principals in disaster management
- Cooperation
- The Union, the goals and the operation

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The Assessment of Needs and Resources

• The characteristics of the event and the population affected
• Mental health needs
• Cultural, political, socioeconomic situation
• The mental health resources
• Recommendations:
  - On short and long term,
  - Interventions,
  - Risk groups
  - Capacity building and definition of resources

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Trauma Symptoms and Psychiatric Intervention

- Trauma, etiology, causal factors
- Acute stress, depression
- Traumatic experiences and crises
- Grief
- Psychopharmacology
- Referral situations

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Psychosocial Interventions

• Traumatic experiences
• Individual phases in trauma reaction
• Community reaction in phases
• Basic principals in psychosocial interventions
• PFA and psychoeducation
• When to refer individuals

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Applications of Group Interventions

• Psychological Fist Aid
  Basic principals
  How to use
  Using with different populations

• Psychoeducation
  Basic principals
  How to use
  Using with different populations
Working with Children

- The factors influencing children in traumatic experiences
- The developmental stages in children and adolescence
- The trauma reactions in different stages
- The principals of helping children

What parents, teachers can do and when to refer

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Community Applications

- The definition of community
- The community evaluation
- The assessment of community needs
- The principals of working with community
- Community support

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Working with Media

• Media and disaster management
• The effects of disasters on individuals and community
• The role of media in disasters
• How to help recovery, not to worsen the trauma
• Media coordinator
Staff Support

- The signs of stress
- The risks and the sources of stress
- Burnout symptoms
- How to manage stress
- What to do (and not to do) in the field
- Posttraumatic growth

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Training is Prevention

Training helps individuals, groups and professionals

1. To understand and help themselves better
2. Help others more effectively
3. Leads to posttraumatic growth
4. Makes them ready for the next traumatic events

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Training

- It should include all individuals in community
- It should be done with all private and public institutions
- There should be an organization and planning

Thank you