



14/12/2014

ISRAAID INTEGRATED RESPONSE TO TYPHOON HAIYAN

October-December

Leyte, Philippines

Background

On November 8th 2013, the Philippines were devastated by what is being called the most powerful typhoon to have made landfall in modern times. With sustained winds of over 200 kph (peaking at 315 kph), typhoon Haiyan, locally called Yolanda, killed over 6,000 people, injuring more than 27,000 others, displacing approximately 4 million people, and affecting a grand total of 16 million people. 48 hours later, IsraAID's first emergency team left Israel.

Mental Health and Psycho-Social Services

On June 30th IsraAID started its second phase of Psycho-Social support training program in Ormoc City. The program, provides training about a different aspect related to the family each month. The month of October focused on Children and their trauma, the month of November focused on Family Dynamics in Crisis Situation and lastly the month of December focused on Gender Based Violence. The training is being conducted to four main groups, each group is been trained for two days. The program is a one year long program that will address different topics regarding family consulting each month. Each month the same participants will attend the training, who will be from four different departments:

Group 1- Department of Health Midwives and health workers (an average of 18 participants arrived to the training in this 3 months).

Group 2- Department of Education: teachers, guidance counselors, school nurses (an average of 15 participants arrived to the training in this 3 months).

Group 3 Disaster Responders: police, religious sectors, prison officers, firefighters (an average of 15 participants arrived to the training in this 3 months).

Group 4- City Social Welfare and Development: social workers (an average of 20 participants arrived to the training in this 3 months).

Children and their emotional needs was the topic of focus on the month of October. The training started on October 7, 2014 to October 14, 2014 and was led by Doron Lewenstein, a master's degree holder in Expressive Art Therapy – Psychodrama from Israel. The training focused on Post-traumatic Stress Disorder



in Children, its symptoms and how to cope with it. It also focused on emotional behaviors of children and tips how parents would be able to support children.

No. of Participants: 57	Average DOH & DepEd	Average DepEd	Average First Responders	Average CSWD
Question: 1 do not agree at all, 4 agree strongly				
1. The seminar presented ideas that are new to me.	3.44444	3.23529	3.07692	3.4000
2. The training met my expectations.	3.55556	3.41176	3.23077	3.5000
3. The activities gave me a new way of looking at the issues discussed.	3.77778	3.58824	3.30769	3.6250
4. I feel that I got to know myself better during the training.	3.77778	3.625	3.38462	3.3125
5. The practical methods we learned were relevant for me.	3.66667	3.52941	3.30769	3.5625
6. A positive atmosphere was created in the group.	3.88889	3.75	3.00000	3.8125
7. Working in small groups made me feel more comfortable as a participant.	3.88889	3.41176	3.38462	3.6875
8. I felt comfortable sharing my ideas in the whole group.	3.88889	3.625	3.53846	3.5
9. I think the facilitator's expectations are too high for me.	2.33333	1.47059	2.53846	2.125
10. I always understood what the facilitator explained.	3.33333	3.1875	3.23077	3.125
11. I have more tools to reply to a community member when he/she has to deal with the topic.	3.33333	2.64706	3.00000	3.25
12. The training was a waste of my time.	1.00000	1.00000	1.38462	1.00
13. The organization of the program was not considerate of my needs.	1.00000	1.05882	1.75	1.26667



14. I didn't feel comfortable participating in the way that was expected of me.	1.00000	1.11765	1.84615	1.2
15. The English level was too high for me; Many times I couldn't understand discussions.	1.22222	1.29412	1.92308	1.333333
16. I think I understand my community members better after this training.	3.22222	3.23529	3.30769	3.4375
For each of the training objectives below, rate : Insufficient 1 - 2 - 3 - 4 - 5 Excellent				
1. Has given me tools for meeting challenges in relation to the topic presented.	4.44444	4.58824	4.61538	4.73333
2. Has contributed to my knowledge of the topic presented.	4.55556	4.76471	4.53846	4.8
3. What is your overall assessment of the training?	4.27273	4.64706	4.84615	4.625
4. How was the facilitation of the training?	4.36364	4.70588	4.84615	4.4375
5. How confident do you feel to use what you have learned in your work?	4.45455	4.47059	4.69231	4.25
6. Please comment on the organization of the training.	4.27273	4.5625	4.72727	4.375

Since most of the participants are dealing with children be it in their families or at work, the training was very meaningful to each and every one. The participants learned a lot, they had the chance to go back to whatever age they chose and come in contact with themselves at that particular age. The participants were also able to be children again, just playing around and leaving all the worries of life behind. They had a lot of realization during the training. It made them think about the idea, that as adults they were the one making their lives miserable by being judgmental and making a lot of rules that tend to put pressure on them. Also, it made them realize how important to note that children can express more in activities, games, drawings and drama presentation than in words. It should be considered that each behavior of a child is a great manifestation of his/her emotions inside. In planning for activities for children, there should be a ceremony that would set the pace and activities should always have surprises that would keep the excitement in them in order for them to cooperate with you and do it with ease.

The following are the feedbacks given by the participants to the question, *"Do you think that this training is important after the super typhoon Yolanda?"*



"Yes because half of the society affected was children and showed signs of PTSD that needs to be addressed."

"Yes very much because many emotional needs arises from traumatized children after Yolanda and the knowledge gained from the training would help us deal with their emotions and let them talk and share their experiences in a safer way."

"Yes because it helps us understand children's behavior and a lot of children needs emotional assistance in order to recover and move on after the trauma."

"Yes because we will not only help our children but also people in the community by imparting and sharing with them how to cope with trauma and develop resiliency."

"Yes, it adds to our experience and applies in real-life situations."

"Yes, it can be applied in our future work and acquire knowledge to handle a child with trauma."

"Yes, it relieves stress especially after Yolanda and lessens our fears."



Total beneficiaries: 57

Family dynamics was the topic of focus for the month of November, the training started on November 3, 2014 to November 14, 2014. It was led by Yaalah Tabenkin, a Psychotherapist from Israel and working as a School Counselor. The training focused on the family life cycle, roles in the family, assessing family's in crisis, stages of interventions and the family system.



No. of Participants: 52	Average DOH &DepEd	Average DepEd	Average First Responders	Average CSWD
Question: 1 do not agree at all, 4 agree strongly				
1. The seminar presented ideas that are new to me.	3.21429	3.62500	3.25000	3.31250
2. The training met my expectations.	3.57143	3.75000	3.41667	3.75000
3. The activities gave me a new way of looking at the issues discussed.	3.64286	3.75000	3.58333	3.56250
4. I feel that I got to know myself better during the training.	3.42857	3.5	3.58333	3.75000
5. The practical methods we learned were relevant for me.	3.50000	3.75000	3.58333	3.75000
6. A positive atmosphere was created in the group.	3.71429	3.75	3.58333	3.87500
7. Working in small groups made me feel more comfortable as a participant.	3.78571	3.87500	3.33333	3.31250
8. I felt comfortable sharing my ideas in the whole group.	3.35714	3.750	3.66667	3.62500
9. I think the facilitator's expectations are too high for me.	2.07143	1.25000	2.75000	2.00000
10. I always understood what the facilitator explained.	3.28571	3.625	3.33333	3.06250
11. I have more tools to reply to a community member when he/she has to deal with the topic.	3.00000	3.12500	3.41667	3.31250
12. The training was a waste of my time.	1.21429	1.00000	1.33333	1.00000
13. The organization of the program was not considerate of my needs.	1.28571	1.00000	1.75	1.18750
14. I didn't feel comfortable participating in the way that was expected of me.	1.21429	1.00000	2.00000	1.12500



15. The English level was too high for me; Many times I couldn't understand discussions.	1.71429	1.00000	1.83333	1.18750
16. I think I understand my community members better after this training.	3.57143	3.37500	3.25000	3.25000
For each of the training objectives below, rate : Insufficient 1 - 2 - 3 - 4 - 5 Excellent				
1. Has given me tools for meeting challenges in relation to the topic presented.	4.07692	4.75000	4.50000	4.86667
2. Has contributed to my knowledge of the topic presented.	4.23077	4.87500	4.50000	4.86667
3. What is your overall assessment of the training?	4.21429	4.75000	4.75000	4.77778
4. How was the facilitation of the training?	4.28571	4.75000	4.75000	4.77778
5. How confident do you feel to use what you have learned in your work?	3.92857	4.25000	4.66667	4.33333
6. Please comment on the organization of the training.	4.28571	4.75	4.83333	4.72222

Most of the participants were very enthusiastic about the topic wherein they can relate much to it because part of the Filipino culture is being attached to their families. Most of the Filipinos has an extended type of family consisting of a lot of generations living together in one house. The participants learned a lot of activities that they can use in introducing themselves to the families that they are dealing with like being a tree/plant in the nursery. The ecomap is one of the best tools in assessing families and the crisis that they may be facing. The participants appreciated the process of creating metaphoric cards that they can use in any activity not only in the family but also with individuals who have difficulty of expressing themselves. The training really provided a lot of learnings in intervening with family's in crisis situations.

The following are the feedbacks given by the participants to the question, *"Do you think that this training is important after the super typhoon Yolanda?"*

"Yes, because this approach can help in imposing intervention to families in conflict."

"Yes, because it help during family crisis like Yolanda because it will make the resilience faster."

"Very much helpful because many Filipinos have difficulty in sharing their stories but with metaphoric cards, it will be easier to start a conversation/dialogue."

"Yes, because it can help the teachers to touch the life of the children in connection to their families."



"Yes, families after Yolanda are rather destroyed; boundaries neglected and it helps re-establish boundaries, understanding what causes conflicts within the family."

"Yes, because in helping the family during crisis you need to engage yourself in the family before you can intervene."

"Yes, because we can apply this to our own family."



Total beneficiaries: 52

The December training which focuses on Gender Based Violence is still ongoing, hence IsraAID Philippines cannot share its conclusion in the time of writing this report. Thought part of the training was interrupted due to Typhoon Hagupit (Locally called Ruby).

Total beneficiaries: 40

Mental Health and Psycho-Social Services

Follow up meetings with First Stage trainees –Mental Health Psycho-Social Support

IsraAID continues its monitoring on the first stage of training (Mental Health Psycho-Social Support), hence on the Month of December Dr. Tammy Bar On, the professional advisor of the Psycho-Social Support Program of IsraAID in the Philippines had conducted a follow up meeting to the participants of the first stage training.

In the meeting Dr. Bar On was able to hear feedback from the participants and to assist them with concerns regarding the implementation of the training and using the expressive arts tools. Furthermore



in the follow up meeting Dr.Bar on had also conducted a session about: Images of the future and their influence on the present. The participants appreciated the meetings and mentioned that meeting with their peers, who were trained with them, is meaningful for them.

Unfortunately, due to Typhoon Hagupit (locally called Ruby), 5 follow up meeting were cancelled, but are planned to reschedule.

Total beneficiaries: 50



One Year anniversary to Super Typhoon Yolanda

On November 8th 2014, the city of Ormoc commemorated one year anniversary to Super Typhoon Yolanda. As part of the commemoration efforts IsraAID expressive art therapist and two local trainers (that had been trained by IsraAID) had conducted one day session about coping mechanisms to two groups of women who are victims to domestic violence.



Total beneficiaries: 30



Activity for girls' camp in Baybay

On November 14th IsraAID Philippines program coordinator Ma'am Mae Aster conducts Psycho--Social support activity to girls from The Church of Jesus Christ of Latter-day Saints in Brangay Lintaon in Baybay city. The one day session had focused on the safe place techniques, metaphors and using those for self-observances and creating an image on others.



Total beneficiaries: 11

Activity in the boys holding (shelter for boys)

On October 23rd IsraAID Philippines program coordinator Ma'am Mae Aster conducts Psycho-Social support activity to the boys who are the residents of the only shelter for boys in Ormoc City. The aim of the activity was to encourage physical activity and creative imagination of the kids, since the area was not conducive for expressive art therapy. We used methods such as magic floor, music that enable them to release stress and let the kids imagine that their hands are paint brushes with fingers representing a color. At the end of the session we used the magic ball, which really made them think creatively, just like one kid who made a magic ball into a motorcycle and enjoyed riding it. This was the second time IsraAID conducted a session in the boys' shelter and it proved itself again as crucial. The boys there hardly get the opportunity to share and express themselves.

Total beneficiaries: 15





Using expressive arts with street kids in Manila

On Friday, December 5th, three of IsraAID expressive art therapist, supported an activity for 50 street kids in Manila. IsraAID staff was been requested to join the activity which was planned to focus about using art with street kids to release their stress. The center for street children in Paranaque wishes to continue using the expressive art therapy tools to address the children. IsraAID Philippines will assist the center to build their programs that will integrate the expressive arts.



Total beneficiaries: 50

Total Beneficiaries in Psycho-Social Support Projects of IsraAID: 305