



TRAUMA RELIEF

México City

As part of the 4th stage of the Trauma Relief Program, we know that capacitation is required. Building a shield that can allow people to help each other in future disasters.

If teachers, social workers, and first responders are capacitated in basic breathing techniques, we can assure that the TR program will be ready in the exact time that it is needed.



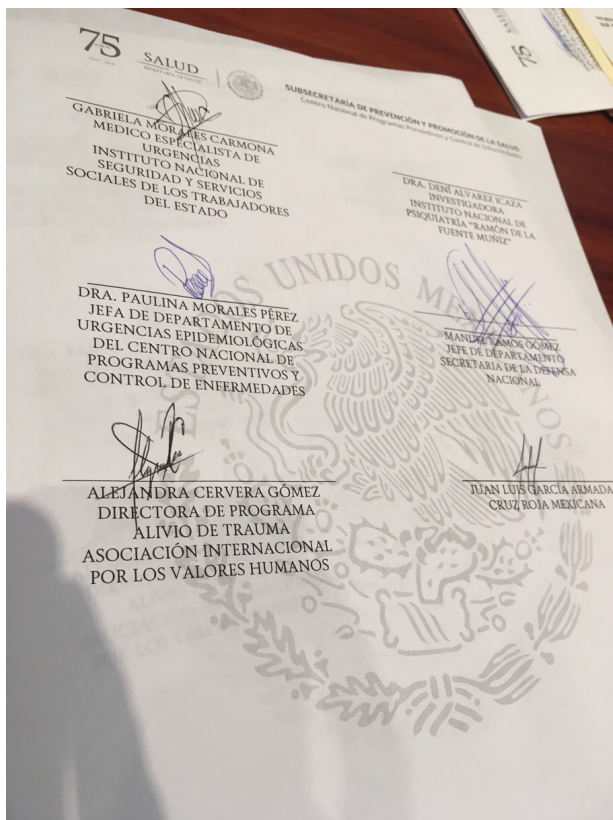
- **CECATI 128** - 30 teachers - November 30th
- **CAM no. 11** - 24 teachers - December 12th

TRAUMA RELIEF

México City

The Trauma Relief México Program is working hand to hand with UNAM and the National Institution of Psychiatry

- The 14th and 21st of November we worked with the National University UNAM supporting the capacitation of mental health professional of the 911 Mexico city phone response team.



On November 5th, we had the honor to sign the Constitutive Act of the Mexican “Attention of mental and psychosocial health committee”, The International Association for Human Values (AIVH) and the National Institute of Psychiatry "Ramón de la Fuente Muñiz", together with other government institutions and international organizations, are now part of the first National Committee for responding during disasters in the Mental and Emotional matters.

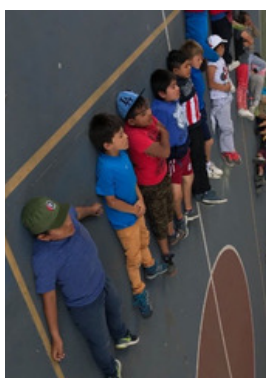


TRAUMA RELIEF

Extending the program whenever it is needed, the Trauma Relief team is available at any time in any kind of disaster.

As a part of the Trauma Relief México program, we have the responsibility of helping and supporting the rehabilitation of little communities and families that had experienced traumatic situations. This is why on November 9th we provided a Trauma Relief Workshop for the adults of Hernandez Family, and on December 4th we provided the TR workshop for Hernandez family kids in their school, who had the traumatic experience of a terrific fire.

The Hernandez Family live in the small community of Tlaminca in Texcoco, Estado de México. Grandfathers, Aunts and Uncles, Cousins, brothers and sisters live in the same land, unfortunately, one night one of their homes got on fire, and one of the little members of their large family passed away in the disaster, leaving them the scar of watching the fire destroying their home and happiness.



WHAT'S NEXT?



Fourth Stage

"The population is back to a relatively stable daily life. Now, we can begin to address some of the root causes of the significant challenges that communities face"

From 6 months to one year after a disaster, communities are back to their normal daily lives. However, the effects of the psycho-emotional impact that causes a trauma can continue to be present and even increase during this stage. This is why the effective following for the rehabilitation of the communities is vital. The TRAUMA RELIEF program provides specific training for the Community Leaders in hospitals, schools, and government institutions.

Assuring, that every affected community builds its own shield and help to rebuild the society after any future disaster, and assuming the responsibility of working with the Mental Health institutions, the TRAUMA RELIEF program can change the lives of thousands of people that are still suffering form trauma.

OUR PLAN

- Yes! for Schools.

For youngsters and teachers of Morelos and Puebla. this is the first step for preparing them to the Trauma Relief "TRTP" capacitation.

- TRAINING PROGRAM in advanced Breathing Techniques. (5-day program for Mental Health professionals, emergency first responders, School teachers and directors, youth leaders, government institutions, etc.) -

- TRAUMA RELIEF workshops performed by the new TR teachers in schools, hospitals, community centers, and shelters. (2-3 hours workshop).

Trauma Relief

PROGRAM
will train

30

COMMUNITY LEADERS
(youngsters, teachers)

Morelos, Puebla

that will reach

+ 30000

people

*per year



MORELOS

Valle de Vazquez, Tlaquitenango



Colegio de Bachilleres
del Estado de Morelos

EMSAD 01

The first step for the capacitation in Trauma Relief Program.

Yes! for schools program for 20 students from COBAEM, which was one of the most affected high schools in Morelos.



PUEBLA

Izúcar de Matamoros



**Centro Escolar Presidente
Lazaro Cardenas**

The first step for the capacitation in Trauma Relief Program.

Yes! for schools program for 30 students from CEPLC, which was one of the most affected high schools in Puebla.

TRTP

Trauma Relief Training program

30 students of Morelos and Puebla and 4 teachers will be trained in the Trauma Relief program, so they can be the followers of TR in their own communities, and also allowing them to be prepared in any future disaster situations.

"Trauma Relief" massive Workshops

Workshops performed by the new TR teachers in their own school, for the entire community

We can reach +1500 people per year

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Disaster preparedness is a big part of our program, we are aware that disasters tend to impact poverty-stricken communities the most, being in a constant state of risk is closely connected to the cycle of poverty.

The TRAUMA RELIEF program represents a relatively new paradigm in the psycho-emotional relief after critical situations and disasters.