

June 2020 Report

Generosity in times of COVID-19

By Ramón Rubio Manuel

During the month of May we have not stopped, the help and monitoring of children, adolescents, young people and families who live or work on the street, continues; we also continue to work on strengthening partnerships that allow us to solve the health and economic crisis for those who are part of ednica.

For this reason, we are grateful for the support and trust that IAPP (Institute of Attention to Priority Populations in Spanish) has given us through its FINBIS-SIBISO program, which approved our project focused on the promotion and exercise of the rights of young people and families living in public spaces.

We reiterate our gratitude to Fundación SERTULL, A.C., which will support us in the operation of a project for the promotion of healthy behaviors and nutrition, for the prevention of diseases within the framework of COVID-19.

We also thank Fundación Valle de María A.C. for its valuable support in facing the current health emergency situation caused by COVID-19, for the development of protective factors and healthy lifestyles to prevent the spread and infection of this disease.

We also thank Fundación Herdez, A.C., Cielito Querido Café and Nutrisa Gran Sur for their in-kind support. Through the CDMX Private Assistance Board, they provided food to be distributed to the families participating in our three community centers; likewise, such food was distributed at different points in the public space, which undoubtedly helped mitigate the food crisis of those who cannot stay at home and go out daily to earn an honest living.

Another important support has been the distribution of pantries that, thanks to the AGREGA collective, through Yolia Niñas de la Calle, A.C. and Corazones Unidos, benefited nearly 30 families.

Likewise, the Club Universidad Nacional, A.C., with whom we are grateful, has supported with pantries for the families that work in the streets.

It is also important to mention that during this crisis, collaborators from companies such as ETSA, S.A. de C.V. have joined us to support ednica with food and cleaning products that have been incorporated, as an extra input, to the pantries that are being given to the families.

Finally, we would like to thank the citizen's initiative Donate masks, which through the CDMX's Private Assistance Board, supported us with a donation of masks for our target population and the collaborators to strengthen the measures to prevent the spread of COVID-19 in our facilities.

Thank you for reading this note and we invite you to learn about and join our campaigns:

- Global Giving: <https://www.globalgiving.org/projects/covid-19-dont-stop-look-to-homeless/>

Your help will be invaluable and they will share the campaigns with their families, friends and acquaintances.



Emotional health in the face of health emergencies

By Ramon Diaz Salgado

Since the health emergency caused by COVID-19 and after the implementation of the measures of confinement and temporary cessation of non-essential activities dictated by the health authorities, during the months of April and May of this year, from the area of Emotional Health of ednica IAP we took on the task of generating alternatives of accompaniment and follow-up for the attention of patients who had been receiving psychological treatment in the community centers through telephone calls, which has favored a close communication with the patients in this moment of healthy distance.

The emotional support via telephone has allowed us to provide specific attention with the aim of promoting the expression of emotions around the emerging problems faced by the patients, as well as offering accompaniment in the search for solutions to these problems, in the context of health risk and confinement.

This proposal of emotional care at a distance, by telephone, is methodologically supported by the approach of brief therapy focused on solutions (TBCS) that contemplates moments, steps and resources of this approach. Some of the therapeutic resources applied are: monitoring of the person's emotional state, identification of skills and strengths, clarification of the problem, identification of exceptions to the problem, determination of probable solutions, definition of a plan of action oriented to the main goals, feedback and motivation for the implementation of the plan, as well as subsequent follow-up.

Other possibilities offered by the device of emotional care through phone call to the patients, is to provide emotional support, as well as crisis intervention, depending on the requirements of the person being served.

It should be noted that there has been a favourable response from those patients who have been able to access this alternative; however, not all have accessed it, partly because of the technical limitation of not having telephone and/or Internet service.

To conclude the note, it should be mentioned that as long as health measures of social distancing and confinement prevail, this emotional support service by means of a telephone call will remain in force as an option designed to promote the emotional health of children and adults responsible for the family who participate in ednica IAP.

A hand-drawn chart on a whiteboard with three columns. The first column lists 'Feliz' (Happy) with a drawing of a smiling person, 'Estrés' (Stress) with a person at a desk, and 'Miedo' (Fear) with a person looking worried. The second column lists 'Enojada' (Angry) with a person shouting, 'Pena' (Sadness) with two people talking, and 'Comer poco' (Eat little) with a person and a plate of food. The third column lists 'Triste y llorar' (Sad and cry) with a person crying, 'Pedincho' (Whining) with a person and a speech bubble, and a drawing of a person. The 'ednica 30 años' logo is in the bottom right.

Atención, acompañamiento y seguimiento por vía telefónica, del estado emocional de la niñez en confinamiento
Salud emocional

A hand-drawn board with two main sections. The left section is titled 'LO QUE MÁS ME GUSTA DE LA CUARENTENA' (What I like most about quarantine) and includes drawings of a person on a headset, a stick figure, and a stylized 'S' logo. The right section is titled 'LO QUE NO ME GUSTA DE LA CUARENTENA' (What I don't like about quarantine) and includes a drawing of a book titled 'Curso de Cuarentena' and a drawing of a house with people inside. The text 'APRENDE EN CASA' (Learn at home) is written next to the house. The 'ednica 30 años' logo is in the bottom right.

Retroalimentación, motivación y definición de probables soluciones con niñas, niños y adolescentes, a la distancia.
Cuidado de la salud emocional

A hand-drawn board with two main sections. The top section is titled 'LO QUE MÁS ME GUSTA DE LA CUARENTENA' (What I like most about quarantine) and includes drawings of a person at a desk, a shopping cart, a person with a broom, and a house with people. The bottom section is titled 'LO QUE NO ME GUSTA DE LA CUARENTENA' (What I don't like about quarantine) and includes drawings of a person with a plus sign, a person at a desk, a person with a game controller, and a person with a hand. The 'ednica 30 años' logo is in the top right.

Seguimiento a distancia, del estado emocional de niñas, niños y adolescentes durante el confinamiento
Salud emocional

A hand-drawn board with a drawing of a person standing in front of a house. Below the drawing is the text 'Esta bien por que: podemos estar en familia y no que podamos estar juntos' (It's good because: we can be in family and not that we can be together). Below the text are drawings of five diverse children. The 'ednica 30 años' logo is in the bottom right.

Acompañamiento telefónico, de la salud emocional de la niñez en tratamiento psicológico, durante el confinamiento

Even at a distance we are still working

By Angélica Yniesta Hernández

The health contingency caused by COVID 19 continues throughout the country; ednica maintains the recommended safety measures to prevent contagion, so we implemented a strategy to keep in touch with children, adolescents and their mothers; at the Morelos Community Center we shortened the distance, maintaining direct communication through WhatsApp.

Several groups were opened and some activities were organized for the children, for example: they made a video to recognize the work that mothers do in raising their children; when they request it, they are supported in some tasks, in the search for information or in the management of the school platform; we monitored their mood and physical health; support and support was given to whoever requested it and information about the pandemic.

An open space is maintained with the mothers to give them advice on some simple activities, such as maintaining routines with their sons and daughters, and above all, a space for listening to talk about their emotions, family situations or their economic situation.

Technology helps children and their mothers to adapt to a new way of communicating, promotes their participation, family work and maintains a dialogue with their classmates, which they did not have before outside the space of ednica.

Another action carried out at the Morelos Community Centre is that, given the circumstances of abandonment and exclusion in which the young people who live in public spaces live, the centre opens its facilities every Monday to receive them and provide them with access to personal hygiene services, laundry service, canteen service, educational activities, monitoring their state of health, and above all a space for listening where they can express their emotions and concerns regarding the health emergency, basically having the necessary information to act in the event of their own contagion or that of some of their classmates.

The health emergency continues, meanwhile, all of us must learn to adapt to the changes, to a new normality, the basic rules of hygiene changed, the ways of living together too; the important thing is that soon we will work together again, of course, taking care of health safety.



Xochimilco learning in confinement

By Norma Jael Medina Granados

Without a doubt, we are living in a very complicated time worldwide due to the appearance and propagation of COVID-19. As a consequence, our Xochimilco Community Center (CCX) has had to close its doors since March 23, 2020 as a security measure to take care of our children, adolescents and their families.

Although we thought that the health emergency would be for a few weeks, in Mexico City it was growing and this reduced the possibilities of returning to our daily activities, so we had to plan and execute a strategy to keep in touch, with the families that are part of the CCX, creating WhatsApp groups organized by age, carrying out specific activities with each one of them.

In May we had the opportunity to work on different topics through this media: we started with activities dedicated to moms; as the weeks went by we talked about the Coronavirus giving clear and precise information through infographics and videos suitable for each age.

We talked a lot about myths and false news that have emerged in social networks; those who had more information of this type were the teenagers and mothers, for that reason we gave some recommendations to identify if a news is false and we motivated to be informed in reliable media. In the case of the adolescents, they shared this information with acquaintances; finally, we constructed a video produced by the educators where our experience was shared before the COVID-19.

During the weeks of healthy distance we have learned to approach each other in a different and creative way, recognizing that this does not replace the work we do daily in the center but that it does allow us to maintain a close relationship in such complicated moments, which is essential to promote the care and protection of each of the families of Ednica Xochimilco. Therefore, **ednica** appreciates the assistance and willingness of the children, adolescents, mothers, fathers and/or guardians who are part of the institution, as well as the collaboration provided by Villagiofor International Solidarity-VIS Foundation for the informative talks and the medical consultation service, with which their physical and mental health is comprehensively improved.



We continue to work regardless of distance and with precautionary measures.

By Alfredo Navarro Colula

A few months ago, Mexico entered into a quarantine due to outbreaks of COVID-19, as was to be expected. The Ajusco Community Center (CCA) adhered to prevention measures and suspended its work with children, adolescents (NNA) and mothers; only young people linked to street life (JVC) attend once a week.

Although it is true that we do not work directly with children and mothers, confinement does not prevent us from doing so in any other way. Through the application of WhatsApp, different groups were created to have a closer communication in these moments of healthy distance and a space of dialogue to transmit peace and confidence. In these groups, messages of encouragement, advice, recommendations and instructions are sent so that the children can carry out small activities focused on the defense and promotion of their human rights.

The work with the JVCs is done once a week. It is worth mentioning that, in order for young people linked to street life to enter the CCA, it is important that they follow health measures to prevent contagion. The month of May was to strengthen and increase knowledge about responsible sexuality practices and to improve their emotional skills. In the sessions, we talked about the main sexually transmitted infections and how to prevent them; also, they were shown the proper way to use a condom. In the activities about emotions, we try to teach them to identify, name and express their basic emotions. To do this, we use the Cuidarte A.C. material.

In ednica we know that in Mexico and the world we are going through a difficult moment that with the passage of time we will overcome, we will go forward to continue with our mission.

