



## BEIRUT EXPLOSION RESPONSE

Organization Name	Alawite Islamic Charity association
Project	Kermalik ya Beirut – MHPSS Assistance
Contact person Name, email, and phone	Youssef Aouli Phone Number : 03041125      Email : Youssef.Aouli@aica-lb.org
Reporting period From – To	First of October 2020 to 31 December 2020
Submission date	15 January 2021

### Context

In Response to the Beirut Blast crisis and as an Emergency Response Action plan, AICA started implementation of a project of 39 mental health education sessions for 403 women Lebanese and Syrian over 40 years old, suffering from post-blast depression and trauma.

As the hygiene and COVID-19 safety measures were applied, while respecting social distance, a number of PSS participants (8 women) were taken into consideration according to the area, and masks were distributed to all participants. Upon entering the sessions, the temperature was checked in case anyone has a fever.

women in need of specialized treatment have also been referred to specialized centers through case management.

After the sessions were implemented, we found that there is also a need for psychological support sessions for children who urinate involuntarily as a result of trauma, and there is also a need for sessions on how to deal with adolescent youth, reproductive health and the need to implement activities for integration (Lebanese and Syrian refugee), Psychosocial support sessions for young people about bullying, peer pressure, positive communication and self-esteem.

### Activities implementation

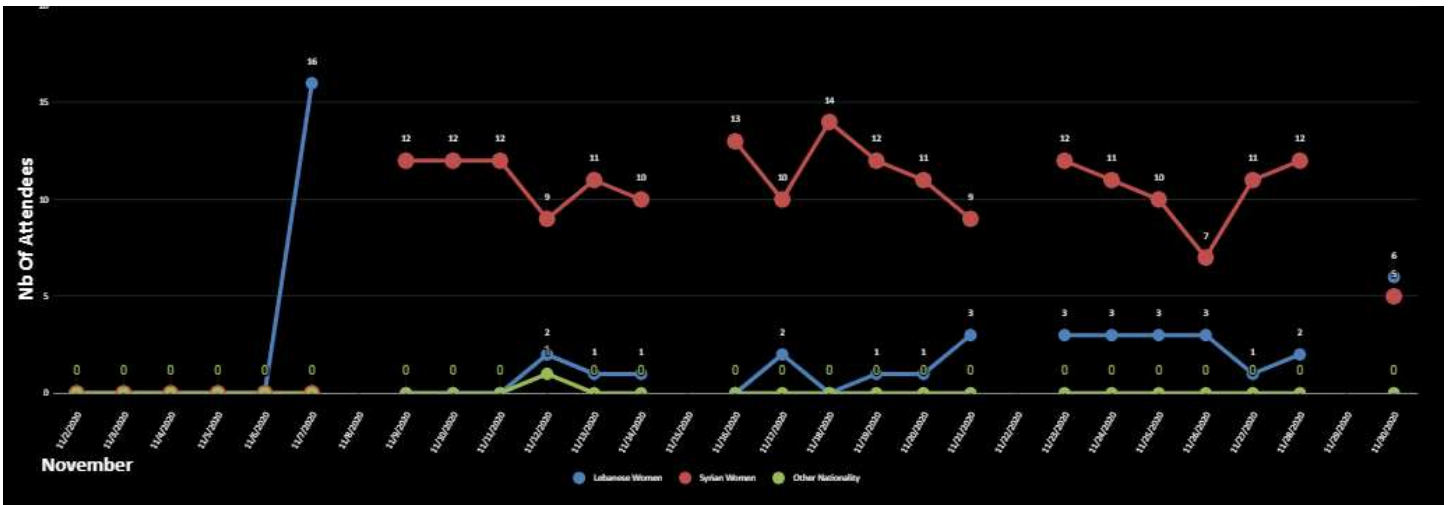
- Activity 1 : TOT Training for facilitators : **Training with the National Mental Health Program during the month of October on mental health aids.**
- Activity 2 : preparation for content session pss : Definition of mental health, types of disorders, depression symptoms, prevention, self-care and preparation pre -post test
- Activity 3 : outreach : we reached 400 women through coordination with all NGO who work in the Bourj Hammoud - Nabaa area, the municipality, the stakeholders in the region and the head of the "Al-Hayat" center, and the banners that were posted in the area, and through volunteers from Nabaa .
- Activity 4 : Carrying out 39 mental health education sessions and first aid sessions for focus groups. Each group includes 8 women ( 403 women - 76 lebanese 325 syrian refugees 2 other ) taking all covid precautions of social distancing, mask and hand gel.
- Activity 5 : referral We referred 56 women and children suffering from blast shock



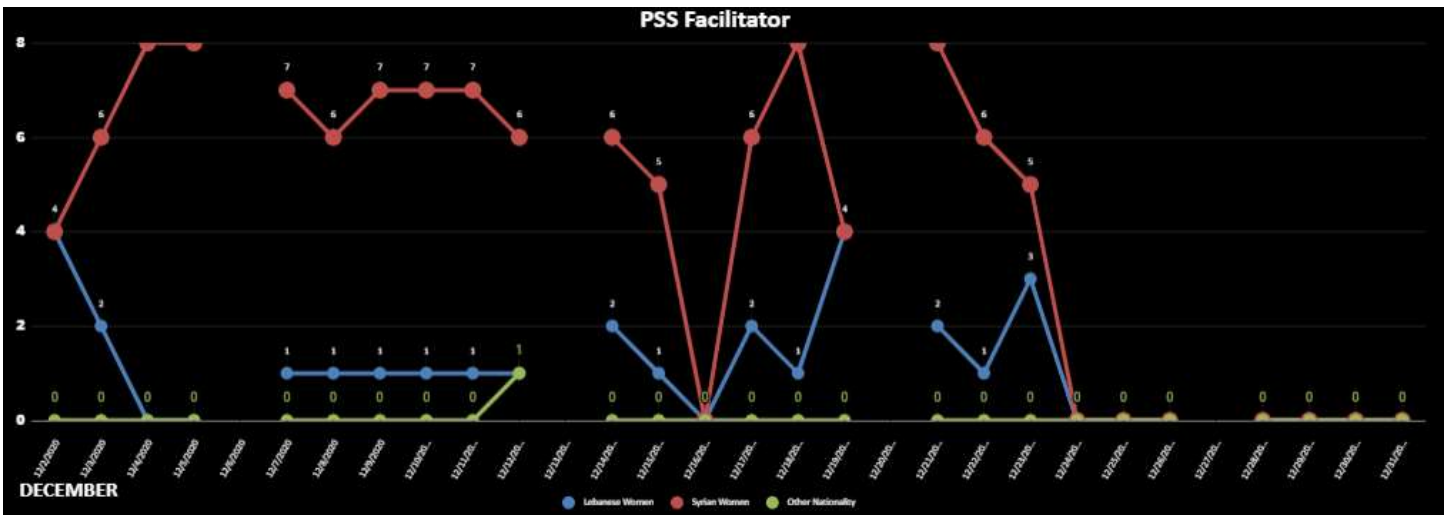
## الرابطة الخيرية الإسلامية العلوية

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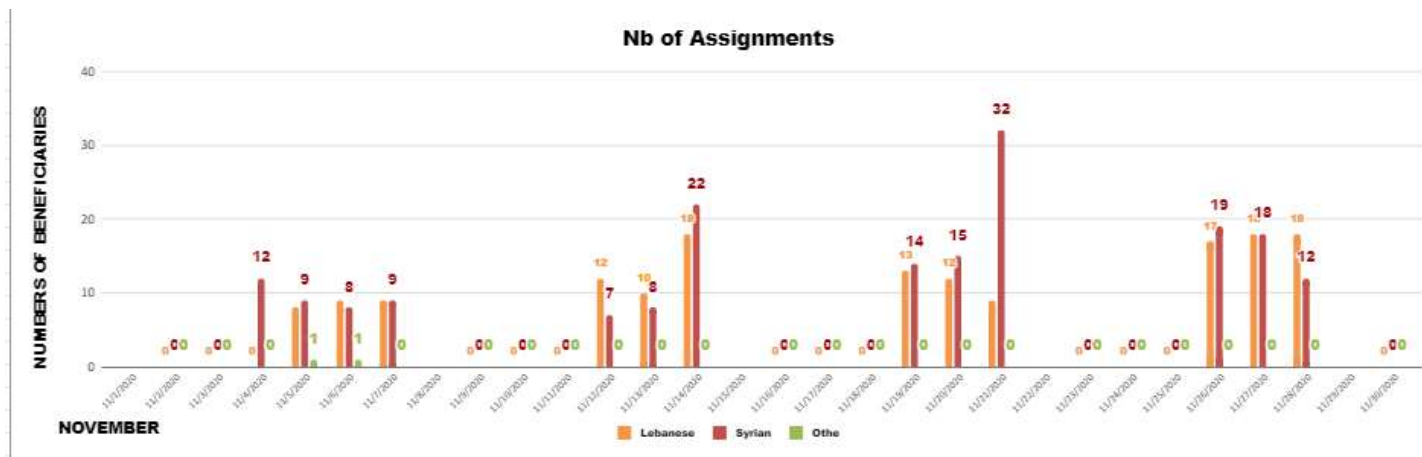
ملف وخبر رقم ١٩٥٠\٤٥٠٠



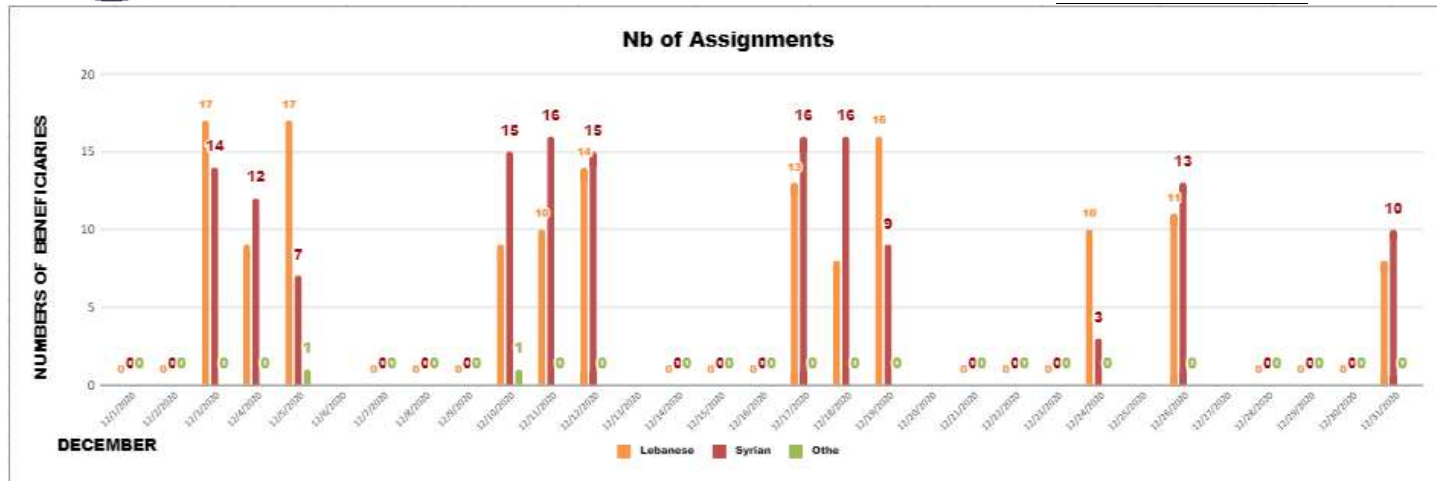
MHPSS November



MHPSS December



Assignments November



## Assignment December

### Action plan :

Activities	Description of the activity	Modality (value, frequency...)	Location of activities	Number of individuals and number of households (if HH is relevant)
Activity 1: First Aid for Mental Health session	An introductory session as a First Aid for Mental Health where facilitators will conduct a session permitting to assess those having a traumas and those living difficulties in order to follow with each accordingly;	6 Days per week	Bourj Hammoud	1 group of 12 youth and 1 group of 12 Women (COVID 19 measures)
Activity 2: Medical care and drugs PHC	Affected people by traumas to be treated by a general practitioner, assisted by a nurse, referred to Case Management and followed in coordination, upon need.	Daily from 10 AM to 3 PM	Bourj Hammoud	Estimated to be 6000 during 6 month
Activity 3: PSS group sessions	Targeting youth (aged from 15 to 25) and adults group aged above 26, PSS sessions will be 4 for each group, based on age, tackling 2 main topics Positive communication, Stress Depression	2 sessions for a youth group and 1 session for Women (each recruited and targeted group in introductory session will be finishing its PSS sessions)	Bourj Hammoud	Up to 12 youth and up to 12 adults



Activity 4: Case Management	Case manager would be assessing the family needs based on targeted individuals interview, mainly referred by PHC, with taking into consideration that several people can be related to Hotline	48 per week, based on 3 days a week performance.	Bourj Hammoud	Up to 1080 persons relevant
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## COVID-19

*A person was assigned to take the temperature at the entrance to the center and ask questions that showed whether the beneficiary had symptoms of a COVID-19 infection, the chairs were placed in a way that the distance is 2 meters and a half between chairs, a mask was given, there was a hand sanitizer that was used all the time, Room was sterilized before the start of giving the session, there were visits by the M&E officer to make sure that all the directives were implemented, In addition to the beneficiary satisfaction form, which includes evaluation questions on compliance with protection measures.*





## Challenges

Overview of any challenges encountered during the reporting period and how they were tackled

Challenge(s)	Response(s)
Space tightness	Reducing the number of participants within the session
Many women have registered to attend the sessions	Referral to other FGO and registration on the waiting list
A need for specialized mental health services	Use a map activities info.

## Monitoring

The **number achieved during the reporting period** is the sum all targeted participants that have been reached in previous reporting periods and those that were reached during this report's reporting period.

The **progress towards target** is a percentage calculated as follows = (Number achieved during the reporting period) ÷ (Overall target) × 100

Indicators	Number achieved during the reporting period	Overall target	Progress towards target
MHPSS activity 1 :  TOT for two MHPSS Female Facilitators	2 Lebanese female facilitators took training about MHPSS	2	Has been accomplished
MHPSS activity 2: Implementation of psychosocial support sessions for 400 Lebanese and Syrian women over 40 years old	403 women Lebanese and Syrian who benefited from AICA , between 40 - 60 years old.	400	Has been accomplished
MHPSS activity 3 :  Refer 1080 lebanese and Syrian female and male , children people who are in need of help	55 MHPSS referred beneficiaries " 3 males, 33 children, and 23 women	1080	Other needs appeared, and they were referred as follows: <u>638 need financial support</u> (85 males and 553 females/ 390 syrian refugees 246 lebanese, and two other ) <u>521 need a food</u> (59 male and 453 female/222 syrian refugee 3 other 296 lebanese /222 syrian refugee 3 other 228 lebanese ) <u>163 children who need milk and diapers</u> ( 14 male 149 female/ 141 syrian refugee 8 lebanese ) <u>79 who need a legal</u> ( 75 female and 4 men /54 syrian refugee 21 lebanese )



			<p><b>202 who need construction ( 30 male and 172 female / 87 syrian refugee 115 lebanese )</b></p> <p><b><u>There are frequent names who need more help</u></b></p> <p><b>Total referral : 827 / 364</b>  <b>lebanese 474 syrian refugee 7 other</b></p>
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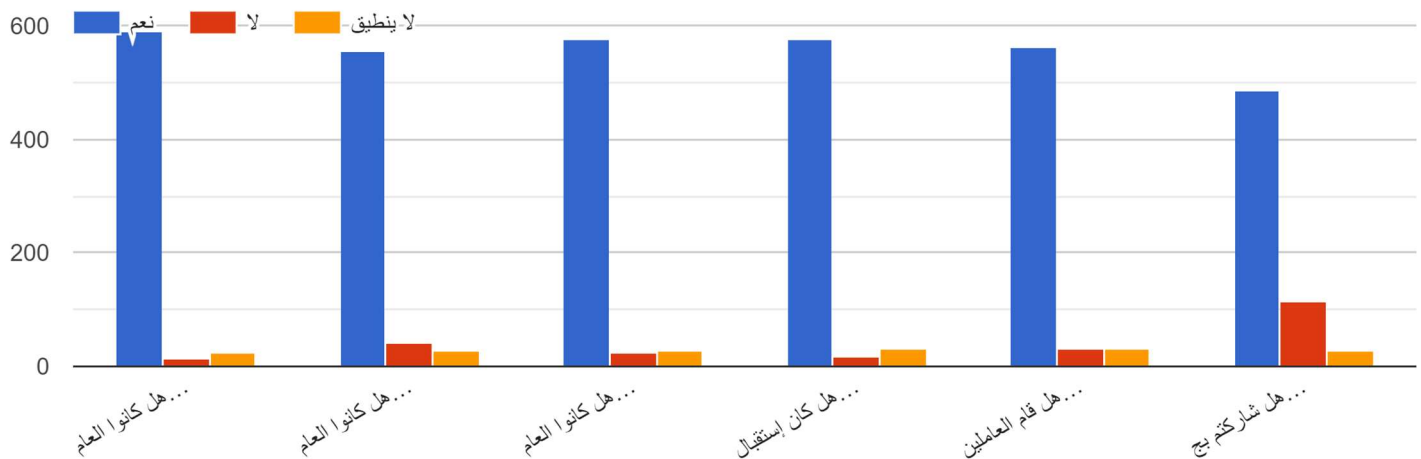
Monitoring tools used (satisfaction surveys, discussions with beneficiaries...)	Sample size	Primary findings from these tools	Actions taken/to be taken in response to these findings
Complaints Box	4	1- There was 80% satisfaction from the women. There was a proposal to increase the number of sessions and increase issues such as how to deal with teenagers, support sessions for children.	Prepare to write a project and refer people to a center located in Nabaa
Hot line	300	Very satisfied with the services. There is a demand for an increase in the number of sessions and a variety of topics	We will present through the Civil Directory on opportunities to submit a project proposal
Individual interviews.	230	There was 90% satisfied and But there are also recommendations for specialized services in the area (mental health), and they have requested food aid	We will present through the Civil Directory on opportunities to submit a project proposal
Beneficiaries Satisfactory <sup>1</sup>	627	There was 90% satisfied There was 1% complete lack of compliance with masks and gloves,	warnings were directed to employees
Pre - post test	403	Access to 75% information for women, as 5 questions were asked at the beginning of the session and at the end, as we made sure that there were illiterate women. 1. In your own sense, what do we mean by Mental Health?	

<sup>1</sup> Beneficiaries satisfactory: To be send by email



		<p>2. In your own sense, what do we mean by Physical Health?</p> <p>3. What is your information about the symptoms of depression, its causes?</p> <p>4. Is mental health relative or stable?</p> <p>5. What steps can we take to prevent depression?</p>	
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أسئلة حول أداء العاملين الاجتماعيين ؟



This is a statistic that applies to facilitators of mental health sessions and case management:

Are social workers wearing medical masks

Are social workers wearing medical gloves

Are social workers wearing association uniforms

Did the social workers receive you well

Did the social workers give you enough time to explain your ne

Have you participated in social support session



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مقرها الرئيسي في دمشق ١٩٥٠\٤٥٠٠

## Coordination and communication

Date [dd/mm/yyyy]	Response actor	Type of coordination [meeting, email, phone call] <sup>2</sup> and purpose
1-12-2020	care International	email and phone call for (Minor repairs ( zone 91-92-93) Food / baby kits milk and diapers)
1-12-2020	Hayat center	meeting and email for Food / Construction / Legal
1-12-2020	Acted	phone call and email Shelter/PSS/Case Management to elderly/ Baby kits, Dignity Kits, and Hygiene kits
1-12-2020	Emergency Room	Construction
1-12-2020	Orthodox movement	Psychiatric treatment

## Budget

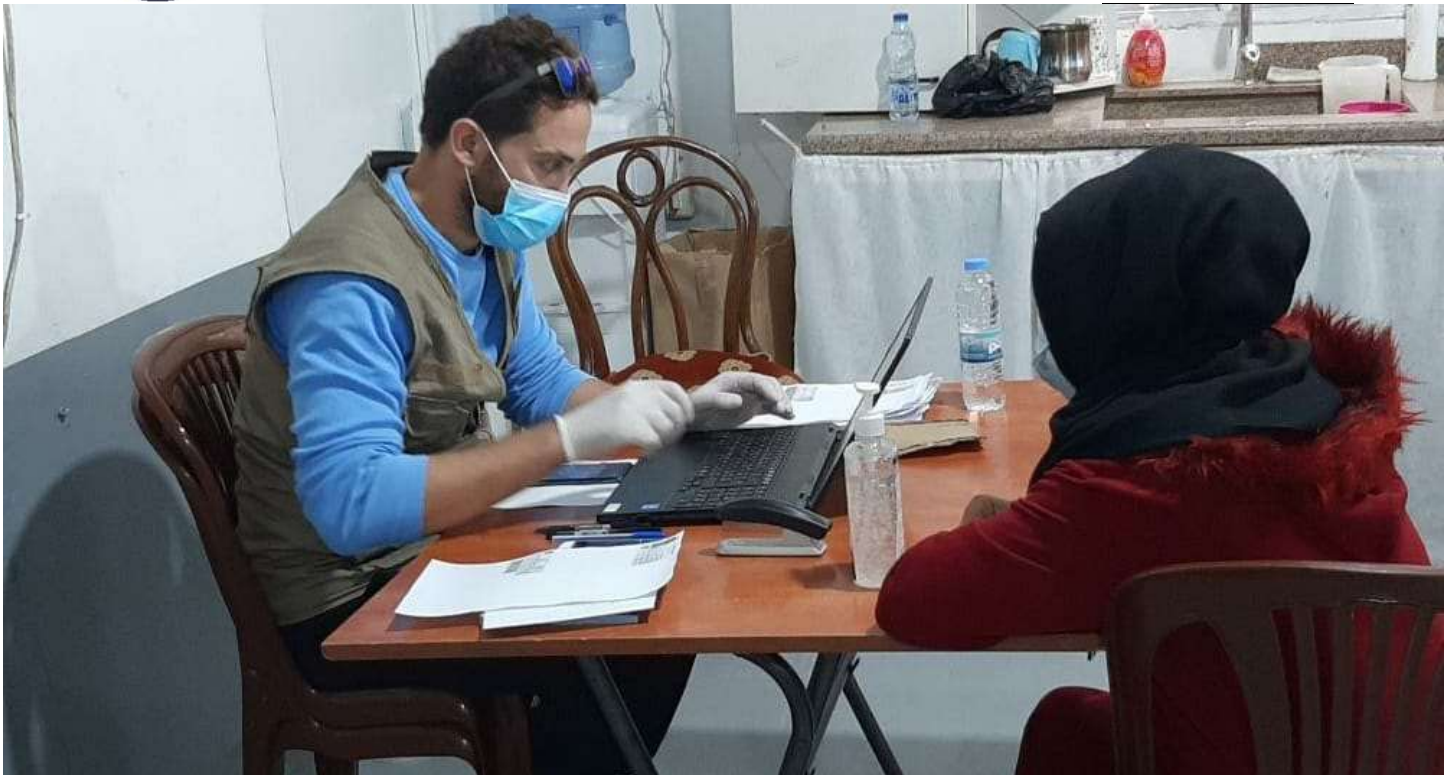
### Annexe A

### Annexes

#### Annex I: Pictures, videos

#### Season MHPS





## Annex II: Success Story

(Fatima) is a pseudonym, one of the beneficiaries of the psychosocial support sessions. A video will be recorded with her during the coming days to spread her story to be an example to other women, since Fatima was married at an early age to an old man who lives in another country whose financial condition is good, She was physically and verbally abused and beaten, and after a period of marriage at the birth of her son, the child was taken and she was divorced. She returned to her country, Lebanon, and her family disowned her under the pretext of shame because she was a "divorced" woman under drug usage. She was welcomed at our center where she took treatment to recover from her illness. She participated in all sessions of Psychosocial support and was followed up with her later. She was transferred to a psychologist who supervises her treatment. Fatima will approach women through this project to raise awareness about the importance of mental health and to present her experience and how she benefited from this project.

Some phrases used by the women:

"I am a child again. I remember my beautiful childhood, I wish I had not grown up .."

"I was affected by an explosion and I did not sleep well. There was no opportunity to speak and tell what happened to me today. I was encouraged and came when I heard the stories of women I was encouraged and talked to. Thank you for hearing and for your support today. I can sleep while I am comfortable"



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### Annex III: Other supporting documents

#### SAICA KYB

AICA launched the "Kermalik Ya Beirut" campaign when the implementation of a project began, in which 2 videos were shared to introduce the AICA and the project to public health and support sessions that will be presented sequentially.



Banners were also put up to introduce the project and attract people

#### Forcast:

This figure shows that it is used to follow up the implementation of a project and note the target group and a number where the result is shown to us .



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A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	
Date	Days	PSS Facilitator																					
		Reem AL Hassan						Christine Mohamad						Total									
		Nb Of Attendees	Lebanese Women	Lebanese Youth	Syrian Women	Syrian Youth	Other Nationality Women	Other Nationality Youth	Nb Of Attendees	Lebanese Women	Lebanese Youth	Syrian Women	Syrian Youth	Other Nationality Women	Other Nationality Youth	Nb Of Attendees	Lebanese Women	Lebanese Youth	Syrian Women	Syrian Youth	Other Nationality Women	Other Nationality Youth	
2/28/2021	Sunday																						
Total		188	40	0	146	0	2	0	215	36	0	179	0	0	0	403	76	0	325	0	2	0	
		Nb Of Attendees	% Of Attendees																				
Lebanese Women		76	19%																				
Syrian Women		325	81%																				
Other Nationality		2	0%																				
Lebanese Youth		0	0%																				
Syrian Youth		0	0%																				
Other Nationality		0	0%																				
Total		403	100%																				

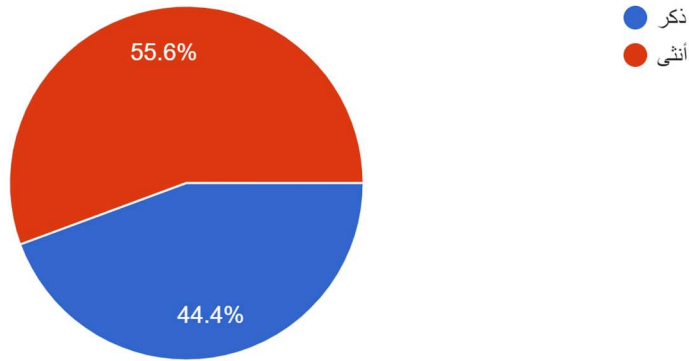
**Statistics about the people who requested the needs through the link:** 5278 He filled out the link until today

[Beneficiaries needs assessment](#)



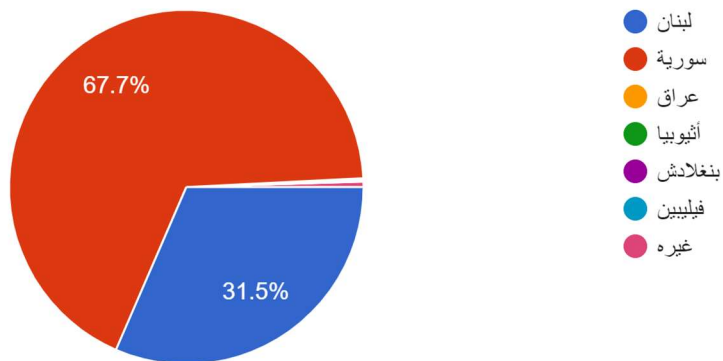
الجنس

5,277 responses

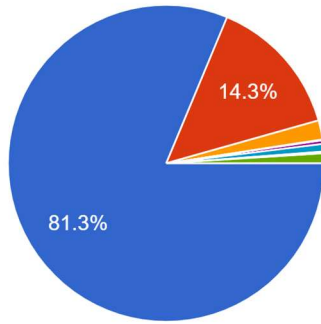


الجنسية

5,278 responses



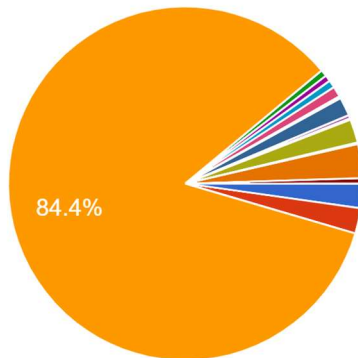
يرجى تحديد إحتياجاتكم  
5,278 responses



- مساعدات مادية
- مساعدات غذائية
- حاجيات الأطفال والرضع
- حماية
- دعم نفسي
- ترميم سكن
- مساعدة قانونية
- مساعدات طبية

### 81.3

حدد مكان سكنك ضمن المناطق المتضررة في مدينة بيروت  
5,278 responses



- الدورة
- بوشرية
- برج حمود
- ضهر الجمل
- كرم الزيتون
- الجعبتاوي
- مار مخايل
- الحكمة

1/2 ▼

A medication was used to convey information to women, and this video was shown that talks about the concept of mental health, types of disorders, depression, obstruction, and ways to treat



<https://www.youtube.com/watch?v=RdS49IxYd54>

<https://www.youtube.com/watch?v=vXnBf4YqfGw>

Targeted publications were also used:

## ٧ نصائح لتهدئة الأطفال ومساعدتهم على التعامل مع الصدمة يلي اختبارها بسبب انفجار بيروت:

١. حاولوا تكونوا رايقين قد ما فيكن بوجود الأطفال لأنن بيتعلموا ردة الفعل منكن.
٢. تجنبوا مشاهدة أو الاستماع إلى أو مناقشة الاخبار المزعجة لما يكونوا حذكن.
٣. حاولوا تتعاملوا برواق مع ولادكن إذا حسيتوا انو صاروا كثير متعلقين فيكن أو منطويين على حالن، أو عدوانيين، أو منفعلين . حاولوا تضموهن أكثر من العادة.
٤. جاوبوا بصدق إذا سألوكن شو صار وتركوهن يكرروا القصة قد ما بدن لانو هيدي يساعدن على استيعاب يلي صار.
٥. اسألوا أطفالكن شو حاسين. ساعدوهن يعبروا عن مشاعرن وفرجوهن أنكن عم بتسمعون.
٦. حاولوا حافظوا على روتين الأطفال الطبيعي قد ما فيكن لحتى يحسو بالأمان.
٧. خصصوا وقت لتعليبوا معن أو لتعملوا نشاطات جسدية فيكن تعملوهن سوا. قد ما فيكن ما تبعدوا كثير عن الأطفال إذا ما كان في شي ضروري.

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## خلال الأيام الأولى بعد وقوع حادث مادم، من الطبيعي أنو نشوف عند الأطفال الأمور التالية:

- تعلق زائد بالأهل، تملل، نوبات غضب خاصة إذا كانوا بعاد عن أهلهن
- إحساس بأوجاع بالمعدة أو الراس
- انطواء على الذات أو عدوانية أو سرعة انفعال
- خوف من أنو الأشياء السيئة ترجع تصير مرة ثانية أو القلق الزائد على تفاصيل صغيرة من الحياة اليومية
- تبول لاإرادي أو مص الإبهام
- صعوبة بالنوم بسبب الخوف من العتمة وقلة تركيز
- كوابيس، وإعادة تخطي الحادث المادم وقت اللعب أو تكرار رواية شو صار
- حساسية زائدة عال أصوات العالية

اتصلوا بالخط الوطني الساخن للوقاية من الانتحار 1564 في حال ظهرت عند ولادكن ردة فعل قوية نتيجة الضغط النفسي مثل عدم القدرة على الحركة أو الانطواء على الذات، وعدم الحكي أو الرد على الغير، والشعور بالارتباك (مثل انو واحد ما يعرف إسمو، أو من وين هو أو شو صار).

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## بعض الخطوات يلي ممكن تساعدنا نخفف شوي من وطأة الصدمة:

١. نسمح للأشخاص يلي عبالها تحكي ونحترم ارادة الاشخاص يلي ما قادرة تحكي لانه اذا جبرناهن ممكن هيدا الشي يقدي لصدمة ثانية.
٢. نسمح لحالننا ولبعضنا البعض نعبر عن مشاعرنا بالخوف، القلق، الغضب وغيرها وما نلجئ بسرعة للتطمين والتخفيف لانه هيدا الشي ممكن يحسس الشخص ان ما بحقلوا يكون حاسس بهل مشاعر.
٣. حتى لو حاسين ما لنا نفس، مهم نحافظ على اكل وشرب ونوم بشكل منتظم. هيدا الشي رح يساعدنا نحافظ على طاقتنا لتتعامل مع هل كارثة.
٤. ما نلجئ للكحول والادوية المهدئة لانه فيها تاخر قدرتنا على التعافي.
٥. اذا حاسين بضغط نفسي وباجة تحكوا مع حدن، فيكن تتصلوا بالخط الوطني الساخن للدعم النفسي ١٥٦٤ "Embrace Lifeline"

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## خلال الايام الأولى بعد وقوع حادث مادم، من الطبيعي الشعور بالأمور التالية:

- عوارض جسدية (رجفة، وجع راس، تعب، فقدان الشهية، صعوبة في النوم، أوجاع بالجسم وغيرها...)
- الشعور بالجمود والحزن، والقلق، والإرباك، والتشويش، والخوف، والغضب أو الانفعال.
- استعادة ذكريات مؤلمة عن الحادث، كوابيس أو صعوبة بالتركيز
- الاحساس بالخلل الزائدة بسبب البقاء على قيد الحياة أو الشعور بالذنب لعدم القدرة على إنقاذ الغير
- انفعال سريع وشعور بتوتر عالي

اتصل/ي بالخط الوطني الساخن للوقاية من الانتحار 1564 إذا ظهرت على حدا قريب منك عوارض زائدة نتيجة الضغط النفسي.

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