

# “Helping Hand for Ukraine” International Relief Project

*Psychological support initiative*

**ANNUAL REPORT**  
**24 Feb 2022 - 24 Feb 2023**

Prepared for Project  
partners and donors



# Humanitarian situation in Ukraine (February 2022 - February 2023)



Situation Report

23 Feb 2023

## KEY FIGURES 18 Feb 2022

Before  
24 Feb, 2022

**2.9M**

People in need

**1.8M**

People targeted

## KEY FIGURES 10 Feb 2023

One year after  
24 Feb, 2022

**17.7M**

People in need

**11.5M**

People targeted

**15.8M**

People reached as of 31  
December 2022

**5.4M**

Internally displaced people

**8M**

Refugees in European  
countries

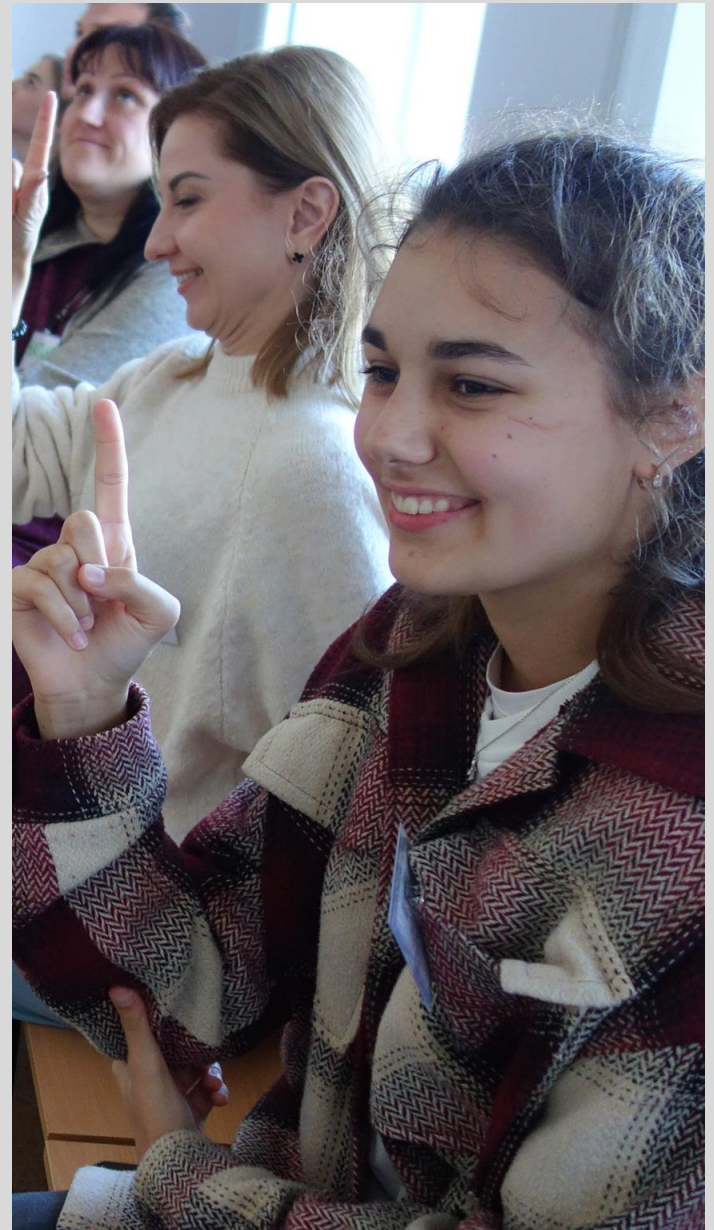
URL: <https://reports.unocha.org/en/country/ukraine>





## “Helping Hand for Ukraine” International Relief Project

- **Provides psychological assistance** – improves socio-emotional well-being of children and parents traumatized by russian aggression and war against Ukraine, who are displaced internally and outside Ukraine.
- **Empowers trainers** – trains psychologists, social workers and teachers to work with traumatized children using “Children and War. Teaching Recovery Techniques” methodology.



# “Helping Hand for Ukraine” International Relief Project

## The Project aims to:

- Improve the socio-emotional well-being and psychological state of Ukrainian children and adults with war trauma (IDPs and refugees);
- Prevent PTSD and depression in children traumatized by war;
- Prevent the need in specialized treatment in future;
- Lessen children's anxiety and empower them with the skills to cope with stress;
- Foster better social adaptation of IDPs.



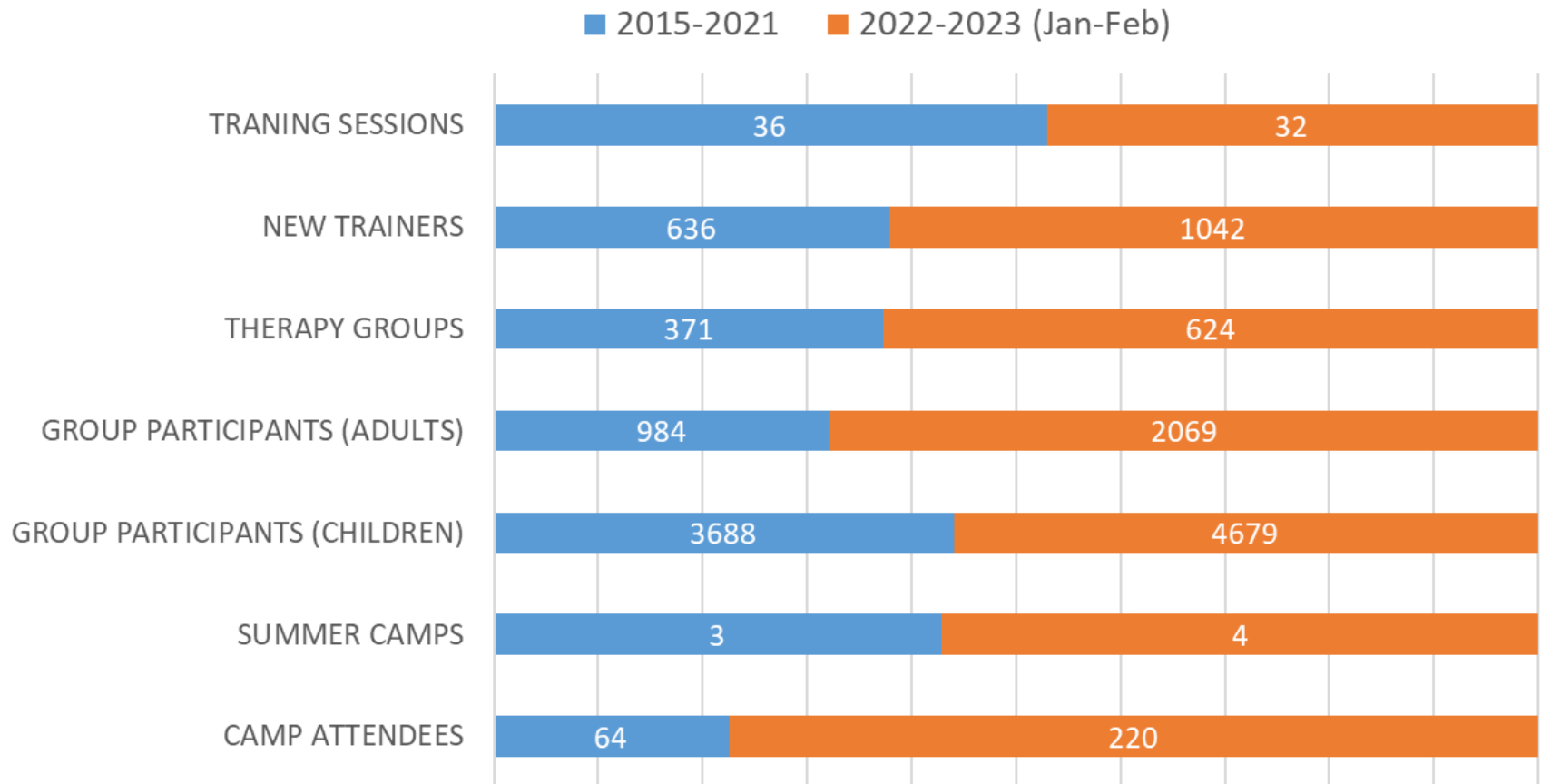
# “Children and War. Teaching Recovery Techniques” Methodology

The methodology is an effective tool of psychological self-help for people with traumatic consequences of war, natural disasters, and other cataclysms. It works well with both children and adults, and is a result of the combined years of direct experience working with survivors of war and disaster. The methodology is developed in 1998 by the Center for Crisis Psychology (Bergen, Norway) and the Institute of Psychiatry (London, Great Britain). The translation and methodological adaptation was funded by the Canada-Ukraine Foundation and conducted by professionals at Ukrainian Institute of Cognitive-Behavioural Therapy (Lviv, Ukraine).



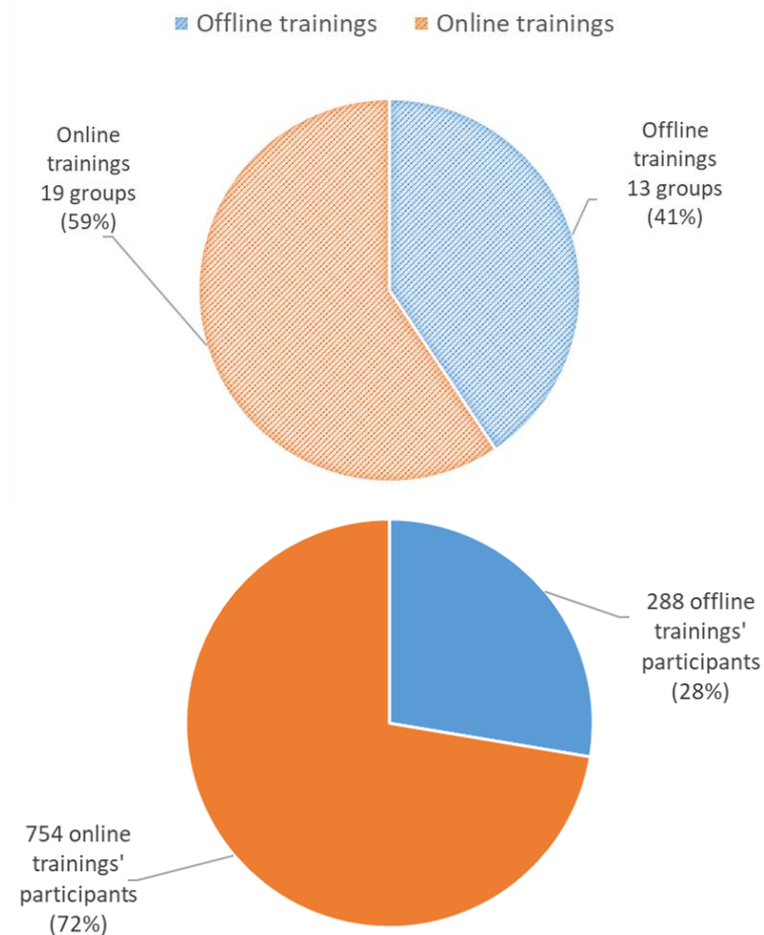


# “Helping Hand for Ukraine” International Relief Project



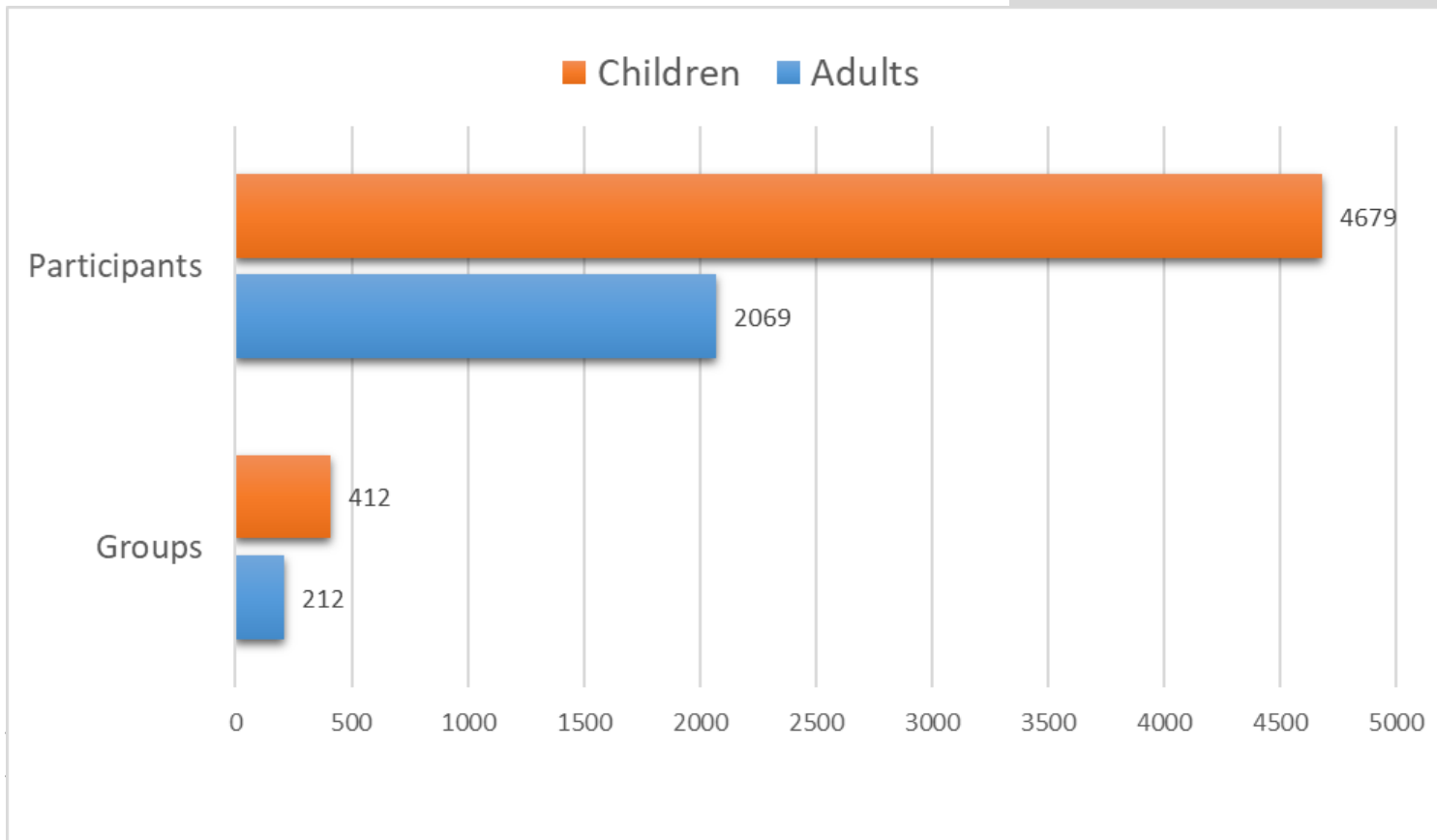
# “Children and War. TRT” Trainings

3-day (offline) and 5-day (online) trainings for new trainers



# “Children and War. Teaching Recovery Techniques” Therapy Groups/Courses

- 4 weeks
- 2 trainers
- 10 participants in a group (children and parents separately)





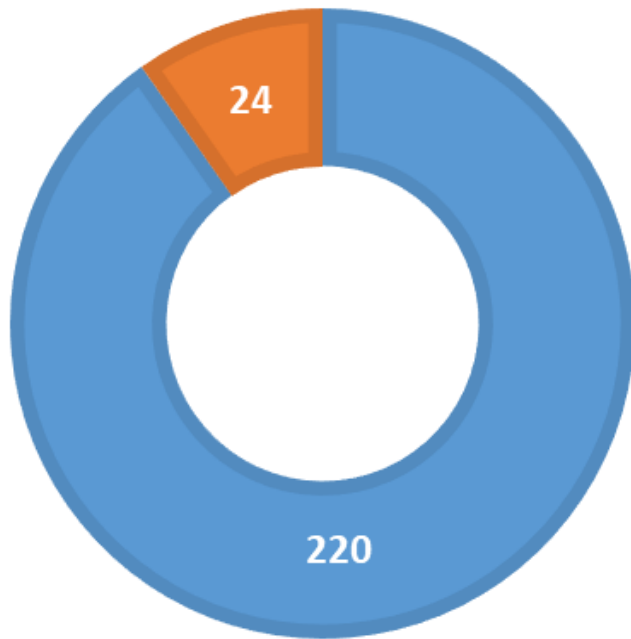
# **“Children and War. Teaching Recovery Techniques” Therapy Groups/Courses**



# Rehabilitation and Recreation: Summer Camps with “Children and War. TRT” component

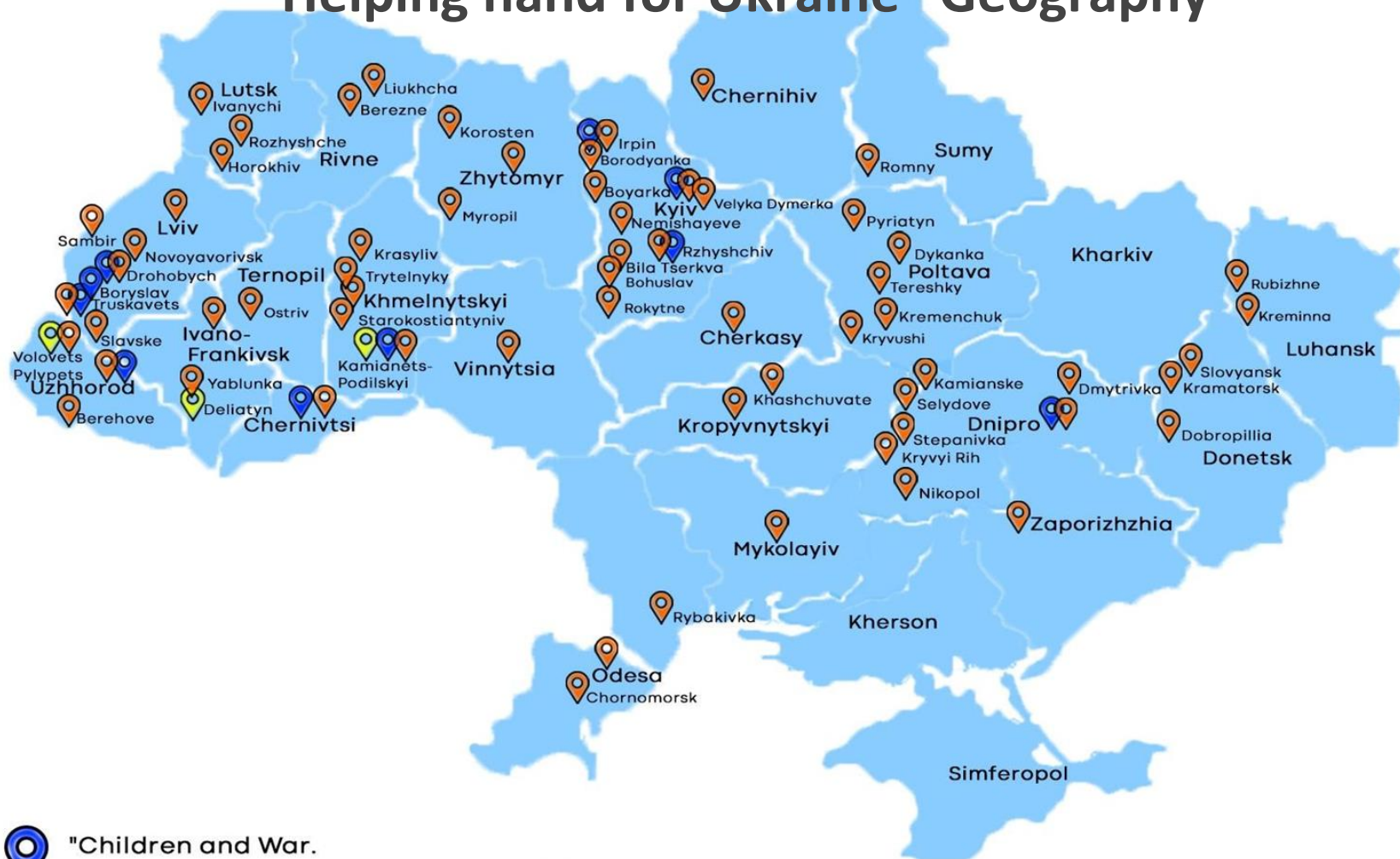
## 3 CAMPS, 4 SUMMER CAMP SEASONS

■ Children participated      ■ Children's stay in the camp covered by HHfU





# "Helping hand for Ukraine" Geography



"Children and War.

Teaching Recovery Techniques" Trainings



"Children and War. TRT"

Therapy Sessions for Children and Adults



Recreation-Rehabilitation Summer Camps with  
"Children and War. TRT" Program



# Project Participant's Story

Anya, 15 y.o.

Anya lives in Derhachi (Kharkiv region). She has been living there with her parents from her childhood and stayed there when the war started, until she came to the camp. Anya is an active and sociable girl, she likes to dance and read, and she dreams to become a journalist.

During her stay in the camp, Anya attended therapy sessions with other children. At the meetings she mostly listened and said that everything was fine with her, that her relatives were alive and healthy. At the fourth session, Anya shared her traumatic memories:

*"My friend Vadym went with his brother to pick up his girlfriend from work. When they approached the school, an explosion occurred, Vadym was injured and as a result he lost his leg. It was horror and despair, we didn't know if he would survive... I have danced with him for more than ten years in a dance school, and now he has a prosthesis and is learning to walk again..."* Anya did not dance after this incident. She could not. She felt that dancing at a time when Vadym was without a leg would be like betraying a friend.

While performing the "Screen" exercise, Anya noted that an image she sees all the time is an image of dancing with Vadym at a competition in peaceful Ukraine. Speaking in the group about Vadym, Anya expressed hope that her friend would be able to return to a normal life. Anya promised that she would help Vadim and make efforts so that he would walk again.

While drawing a "Traumatic Memory", Anya supplemented her work - she drew herself and Vadym dancing together. Anya believes that Vadym will start dancing again, and in time they will be able to train and motivate children who were injured during the war to develop.

# Project Participant's Story

Artem, 14 y.o.

Artem came to the camp from Derhachi (Kharkiv region). The teenager was active, communicative, was helping others. It would seem that the war did not affect him at all. Artem said that his family was at home, all alive.

But at one of the sessions, he also shared his traumatic memory: *"One day after strong explosions nearby, my parents decided to move to our relatives in Poltava region. Unfortunately, we could not take our dog with us, because he was quite big and lived outside, and our relatives in the apartment. We left him and asked the neighbors to feed him, as we were planning to return in a week or two. When we returned two months later, our house was destroyed, only a few walls left, and our dog died... We buried him in the garden, took some of our things and left. I often see him in my dreams, I miss him very much..."* Artem feels guilty for leaving his friend, who died waiting for his family.

During the training, the boy enjoyed breathing and listening exercises, relaxation due to stress etc. While practicing an exercise "Drawing a traumatic memory", he was able after some time to transform that negative memory: Artem finished painting the house (restored it), painted many trees and flowers around it, and next to the house he drew his dog. The boy noted that the memories of those events became less painful. He said that now his dream is to help abandoned animals, because in his city (and not only there) there are many dogs and cats whose owners left them behind. Artem wants to try his best to return them to their owners or find new families for them.

# Project Participant's Story

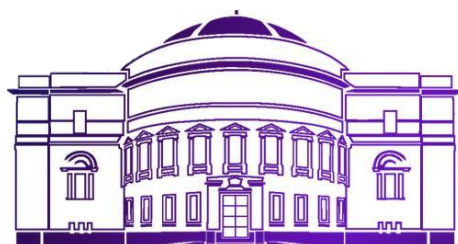
Liza, 9 y.o.

Liza is 9 years old. At first she was silent, only watching how other children communicated with each other and with the trainers. Liza did not want to talk about herself and her traumatic experience. She answered the question evasively, saying that she had neither memories nor fears. During one of the sessions, when the participants were discussing their own nightmares, Liza was particularly sad. She didn't talk to anyone, just performed the techniques in silence. When the trainers asked Liza to tell about her drawing, the girl said in a low voice: *"Explosions, an ambulance, two adults are lying nearby, blood is flowing."* Liza didn't say anything else that day.

The trainers learned from the counselors that Liza's mother died, and her father was injured. Later, Liza told the trainers about that day. The girl and her parents were supposed to go for a walk. Liza left the house, followed by her parents, but her mother forgot her phone in the room, so she returned to get it. At that moment, a rocket hit the house. Mom died immediately, dad was injured. Liza did not know how to continue living without her mother.

At the last therapy session, Liza was hiding her drawing carefully, but the trainers managed to see the girl with big tears in her eyes. Liza didn't say anything again, she took the picture with her... But then, when she received the gift, she shared her sweets with the trainers. When the trainers thanked Liza and asked her what she liked the most and if she wanted to go home, the girl answered: *"Of course"* and explained that her father was waiting for her, she was needed at home and would be able to teach him all the exercises that she now knows herself.





БО "БЛАГОДІЙНИЙ ФОНД  
"ЗА МАЙБУТНЄ УКРАЇНИ"



## PROJECT PARTNERS

- Children and War Foundation
- Ukrainian Institute of Cognitive-Behavioral Therapy
- Headquarters of SOS Civil Defense, Kamianets-Podilskyi
- Vasyl Stus Donetsk National University
- Yuriy Fedkovych Chernivtsi National University
- CF "Voices of Children" (Kyiv)
- CF "For the Future of Ukraine" (Dnipro)
- Kyiv City Teacher's House
- "SPILNO" UNICEF project



*Rokada*



УНІВЕРСИТЕТ  
ГРИГОРІЯ СКОВОРОДИ  
В ПЕРЕЯСЛАВІ

## PROJECT PARTNERS

- Hryhoriy Skovoroda University in Pereiaslav
- Red Cross in Kyiv
- CO "SOS Children's Villages"
- "Psychologists at War" project of "Ukrainian Association of Psychotherapists and Business Trainers"
- "Kozatskyi Nabat" NGO Centre of Adult Education, Nikopol
- Kamianets-Podilskyi city social services centre for family, children and youth
- "Zoranytsia", space for children's mental health recovery
- CF "Rokada"



LITHUANIAN  
DEVELOPMENT  
COOPERATION



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MINISTRY OF FOREIGN  
AFFAIRS OF THE  
REPUBLIC OF LITHUANIA

## PROJECT DONORS

- Canada-Ukraine Foundation
- HOPE *worldwide* Canada
- HOPE *worldwide* (USA)
- HOPE *worldwide* Zurich (Switzerland)
- HOPE *worldwide* Switzerland-Geneve (Switzerland)
- HOPE *worldwide* Norge (Norway)
- HOPE *worldwide* Global Disaster Response
- Development Cooperation and Democracy Promotion Program of the MFA of the Republic of Lithuania
- TELUS Friendly Future Foundation
- Canada Fund for Local Initiatives & Embassy of Canada to Ukraine



**THANK YOU for helping  
children with war trauma!**



**Bringing hope,  
Changing lives**