



Project Report  
Feb 24 – Aug 24, 2022  
6 months of the war against  
Ukraine

“Helping Hand for Ukraine”  
International Relief Project  
*Psychological Support Initiative*



# Bringing hope



# Changing lives



# “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”.

## We aim to:

- Prevent PTSD and depression in children traumatized by war
- Prevent the need in specialized treatment in future
- Help children learn how to cope with stress
- Foster better social adaptation of IDPs



# “Helping Hand for Ukraine”



**Project goal** is to improve the socio-emotional well-being and psychological state of Ukrainian children and adults with war trauma (IDPs and refugees), lessen their anxiety and empower them with skills to cope with traumatic experience and to prevent PTSD and further complications in the future.

## **Objectives:**

- To equip psychologists, educators, volunteers, social workers with innovative recovery techniques for coping with war trauma;
- To empower children and adults with skills to cope with their traumatic experience using self-help techniques, relaxation and recovery tools in conditions of intense war related stress.

# “Children and War. Teaching Recovery Techniques” Methodology

INNOVATION

## «Children and War. Teaching Recovery Techniques»

- developed by the Center for Crisis Psychology (Bergen, Norway) and the Institute of Psychiatry (London, Great Britain).

In Ukraine, the manual was translated and adapted by the experts from the Ukrainian Institute of Cognitive Behavioral Therapy (Lviv, Ukraine).

Funding for the translation and methodological adaptation was provided by the Canada-Ukraine Foundation.





# Activity Results during the 6 Months of the War against Ukraine

February 24 – August 24, 2022

**Therapeutic classes according to the methodology "Children and War. Teaching Recovery Techniques" were held throughout Ukraine, in particular, in Kyiv, Dnipro, Zhytomyr, Pereyaslav, Nemishaevo, Lviv, Drohobych, Truskavets, Novoyavorivsk, Boryslav, Skhidnytsia, Ivano-Frankivsk, Khmelnytsky, Odesa, Rivne, Kamianets-Podilsky, Pylypets, Volovets, Uzhgorod, Vinnytsia, Chernivtsi, Ternopil, Lutsk, Rybakivka, Mykolaiv, Chornomorsk, Bucha, Poltava, Nikopol, Kropyvnytsky, Cherkassy, Kharkiv, Chernihiv, Irpin.**



# Activity Results during the 6 Months of the War against Ukraine

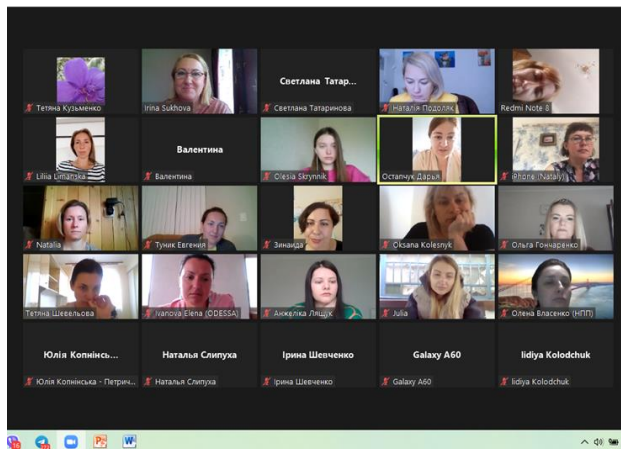
22 trainings for trainers were held





# Activity Results during the 6 Months of the War against Ukraine

722 trainers were trained





# Activity Results during the 6 Months of the War against Ukraine

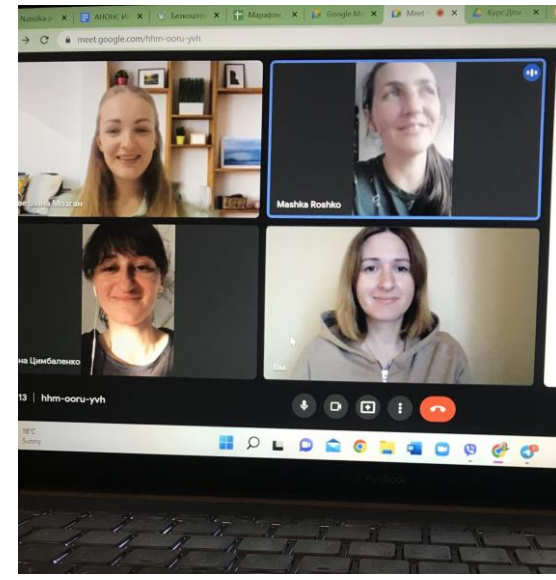
108 therapeutic groups for adults were held





# Activity Results during the 6 Months of the War against Ukraine

1037 adults with war trauma took part





# Activity Results during the 6 Months of the War against Ukraine

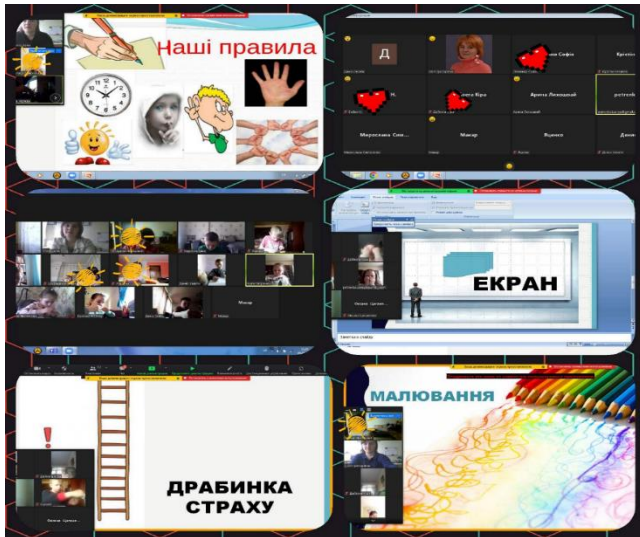
158 therapeutic groups for children were held





# Activity Results during the 6 Months of the War against Ukraine

1645 children with war trauma took part





# Activity Results during the 6 Months of the War against Ukraine

18 therapeutic groups for Ukrainian refugees were held in European countries



# Activity Results during the 6 Months of the War against Ukraine

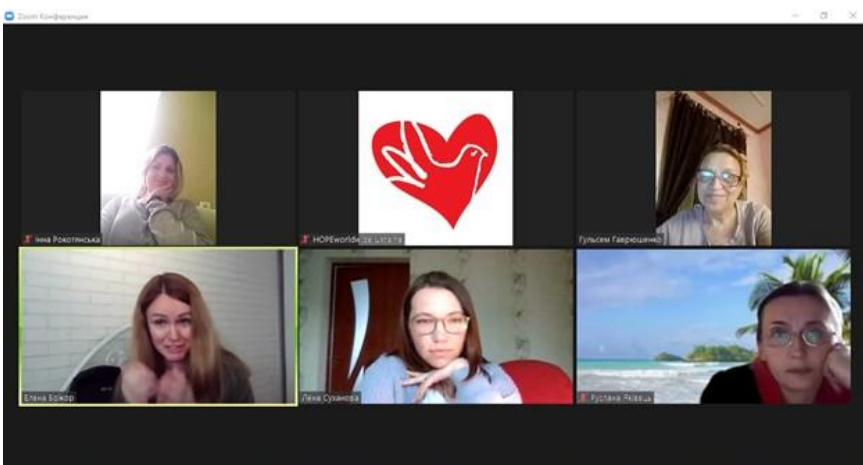
225 refugee children who left Ukraine with their mothers took part





# Activity Results during the 6 Months of the War against Ukraine

117 HOURS OF SUPERVISION



# Activity Results during the 6 Months of the War against Ukraine

4 camps for IDP's children in Zakarpattia, Prykarpattia, and Kamianets-Podilskyi were organized

220 children rested and learned recovery techniques





# Project Partners and Donors

- Ukrainian Institute of Cognitive-Behavioral Therapy (Ukraine)
- HOPE *worldwide* Canada
- HOPE *worldwide* (USA)
- Charity Foundation “HOPE *worldwide* Zurich”
- HOPE *worldwide* Norge (Norway)
- Children & War Foundation
- Canada Fund for Local Initiatives and the Embassy of Canada to Ukraine
- Development Cooperation and Democracy Promotion Programme of the Ministry of Foreign Affairs of the Republic of Lithuania



УКРАЇНСЬКИЙ ІНСТИТУТ  
 КОГНІТИВНО-ПОВЕДІНКОВОЇ  
 ТЕРАПІЇ



MINISTRY OF FOREIGN  
 AFFAIRS OF THE  
 REPUBLIC OF LITHUANIA



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Bringing hope,  
Changing lives

THANK YOU!  
for helping children with  
war trauma

