

## PROJECT 1

### PSYCHOSOCIAL SUPPORT FOR CHILDREN AND FAMILIES IN KALMUNAI



*Six weeks after the tsunami, the Rose pediatric clinic at the Kalmunai Base Hospital was still treating over 100 children per day. Most of these children were physically well, but many were displaying severe symptoms of psychological trauma*

Psychologically Traumatized child

**There was an urgent need for sustained psychological support for these children if they were going to be able to heal. The support needed to begin immediately but also needed to be continuously available for a minimum of 2-3 years for effective long term recovery**

The Rose Charities Psychosocial Program in Kalmunai was developed by Dr Yaya de Andrade. (child psychologist and expert in catastrophic events) She worked closely with Dr Koumadini, the regional head of psychiatry, the school principals, teachers and the Ministries of Health and Education. She was followed by 4 teams of Canadian psychologists, mental health nurses, child, youth and family counselors and therapists who continued to strengthen the program.

In March 2005, an initial 13 Sri Lankan Community Support Workers (CSW) were trained and they began to visit the schools, working classroom by classroom. In each class they would work with the group as a whole, then identify the children who needed more help and bring them into smaller groups or individual sessions. They would also pass on skills to the teachers: how to identify children who were in need of special help, how to help children recover the ability to concentrate and simple classroom learning strategies to rebuild trust and confidence. They provided emotional support for the teachers, many of whom were grieving for their own losses.

The program was ***designed to reach all the school aged children in Kalmunai and the surrounding villages.*** It also provided training and support to teachers, school principals and others who were interacting with children.

During 2005 over 70 local teachers and volunteers have graduated from the Community Support Worker Training Program and many more teachers have received assistance and advice in their classrooms. 18 Community Support Workers are now employed full time by Rose Charities. They have been working tirelessly in Kalmunai visiting 18 schools and many of the camps on a

weekly basis. They support over 22,000 children, their families and teachers. They were trained and supported by teams of experts from Canada.

Their constant presence in the schools and camps has been a great comfort to the community and has helped many children come to terms with their trauma and grief. They have identified many children who had dropped out of the school system and brought them back. They provide on-going support and counseling to the teenagers who have dropped out. They are known and trusted in the camps, where they are asked to mediate in many social issues. They have an intimate knowledge of the changing needs of the families and can respond quickly.



**Tsunami child drawing of wave strike**

By January 2006 most children have worked through the initial terror caused by the tsunami and are now coming to terms with their grief and the loss of their earlier lives.

**In many ways the children are more in need now than ever before. Suicide, abuse and alcoholism are on the increase. Disaffected teenagers are at risk of joining the LTTE and escalating the regional instability.**

*The Community Support Workers are playing a vital role in helping this community to move forwards. They will be needed for at least another 24 months or until the camps are dismantled. The funding for this program will end in April 2006.*

- **The Community Support Workers are volunteers who receive a US\$2.00 daily stipend to cover their travel and food costs.**
- **They work 6 days a week for 8 hours a day, visiting schools in the mornings and camps in the afternoons.**
- **They organize the counseling program in the schools, working with each class, identifying children who need more help and bringing them to group sessions.**



- **They organize cultural events at the schools and inter school competitions and events.**
- **They organized a 6month anniversary procession and a large 1 year memorial.**
- **They helped organize the education program and the basketball program and numerous other social activities.**

## BUDGET

In 2005 the program was run on a shoestring budget: \$2000- \$2500 /month plus additional costs for visiting Canadian teams (5 teams) making a total cost of approx \$45,000 This low funding, however, puts a great burden on the Community Service Workers (CSW's) who often use their personal resources for transport and activities. They work 6 days a week and have not had any time off all year. This level of commitment cannot be maintained without greater support

- We would like to double the number of CSW's and increase their funding so they can work fewer hours.
- We want to train and support a supervisor to improve program record keeping, evaluation and administration.
- The purchase of a mini bus would greatly assist the program and allow for increased activities. The CSW's waste a lot of time and energy traveling by foot or using local transport.

<b>Estimated Costs for 1 year</b>	<b>\$ Can</b>
CSW expenses	30,000
Administration/record keeping	6,000
Materials	6,000
Overseas support ( 4 trips)	12,000
Vehicle purchase & upkeep	25,000
<b>Total</b>	<b>79,000</b>

## PROJECT 2.

### EDUCATIONAL SUPPORT



*The major anxiety of high school children and their families is the disruption of their education. One of the symptoms of post traumatic stress is an inability to concentrate. The destruction of school buildings books and supplies, the loss of teachers and friends, the move to crowded tents and temporary shelters has made studying almost impossible.*

This project was begun in August 2005 to alleviate the stress and anxiety of high school students who are facing government examinations in January and April 2006. It is run with the approval of the Ministry of Education and involves 21 high schools in the Kalmunai area.

**Education is a priority for many families and poor performance in government exams is an irretrievable loss. Without such programs there is a high probability that most of these children will drop out of the school system and be vulnerable to recruitment by LTTE or other group.**

- *81 schoolteachers volunteered* to work every afternoon and tutor 850 high school students. Tuition takes place in 5 schools and the Rose community centre.
- Mock examinations were held in November. In addition, the students applying for university entrance exams are transported to special classes at NE University. There are also sessions for children who have dropped out of school, encouraging them and assisting to continue their education. These sessions are always well attended
- In January an ESL immersion program will open for 4 and 5 year olds at the Rose Temporary Community Centre. This was a request by the principles group as they are very short of English teachers in the schools and see this as a priority.

*The response to the tutoring program was overwhelming* and feed back from the first session was consistently highly positive. The school principles believe this program should be continued for at least another 2-3 years until families are moved into permanent homes. During this project the school principles have seen the advantages of working cooperatively with each other and have asked for assistance in developing a school principles association. The British Columbia





School principals Association has offered to assist them and also to assist with the creation of a school twinning program.

*The strength of the tutoring program lies in the extraordinary commitment of the volunteers. However, in order for this to be maintained, greater support is needed for the volunteer teachers. They have a very high workload in the schools and have met huge challenges this year and are donating many hours each week to this program. It is essential that their travel costs and expenses be met, to enable them to continue. We would also like to offer them a hot meal on the days they are teaching. This is a very cost effective initiative profoundly helping a generation of children.*

### BUDGET

#### Estimate for 12 months program 2006

	Per month	Item
Teacher expenses	83 teacher for 8 months/yr	13,200
Materials	200/month	2,400
Administration	100/month	1,200
		17,000

#### Capital (set-up) costs

Equipment	Roneo, overhead, copier, computer	10,000
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Estimated running costs for 2007 \$C18,000

Additional. Development of School Principals Association \$C 10,000

## PROJECT 3

### SPORTS FOR PEACE

*In the aftermath of the tsunami the needs of the traumatized and grieving children became a major concern. One year later the concern is still very real, as they struggle to adjust to life in the crowded camps. In addition, the resurfacing tension between the government and LTTE and the widening gap between religious groups adds an additional concern, particularly for disaffected adolescents who could be swept into the conflict*

Sri Lanka has a tradition of enjoying competitive sport. It provides an opportunity for youth to associate outside political and religious boundaries and helps them build trust and understanding.

**In Kalmunai most of the sports facilities were destroyed by the tsunami, and organized sport and sporting associations do not exist. Most of the playing fields now hold temporary housing and there is nowhere for children to play. The desire to re-establish these sports is strong in the community .**

- A pilot project with basketball began in December 2005. A Canadian youth specialist, Charles Belcher, spent a month in Kalmunai identifying and training coaches, holding clinics, mending the damaged courts and purchasing equipment.
- **Over 90 children arrived** at the coaching sessions, both boys and girls. Since his departure the sessions are continuing..



- The next step is to establish a local basketball association that will foster the re-emergence of the sport throughout the region. Links are being sought with a Canadian basketball club that will provide continued support in terms of equipment, volunteer coaches and advise.
- This model will be copied and adapted for other sports, including a continued focus on activities for girls. Sports that require little equipment will also be targeted. Eg soccer, cricket, skipping, badminton. A local program coordinator of sports would be essential to this program.



## BUDGET

### 1 YEAR FOR BASKETBALL AND SOCCER

Item	\$Canadian
Sports Coordinator Salary	9600
Canadian visiting volunteers	10000
Equipment	4000
Court repairs	15000
Administration costs/transport etc	6000
Establishment of Assoc and tournament	4000
Purchase of minibus	25000
Total	73,600

*NOTE: This budget relates to the whole south east region, not just the Kalmunai area.*

## PROJECT 4.

### CHILDREN'S MENTAL HEALTH SUPPORT

*The devastation of the tsunami was inflicted on a population already distressed by 20 years of civil war. The local mental health services are stretched far beyond their capacity. There are children who are not receiving the specialized mental health support that they need.*

*There is only one psychiatrist in the Kalmunai area of the Eastern Province.* Dr Koumadini heads a team of mental health workers from the Kalmunai Base Hospital. In the aftermath of the disaster they are overwhelmed with work and travel extensively around the province doing what they can with very few resources. There is a great need for specialists in children's mental health. Most of the children in Kalmunai are recovering well from the trauma of the tsunami, but there is a significant number who are not recovering and need treatment beyond the capabilities of the Community Support Workers. There are also children and adolescents with a variety of other mental illnesses and needs. These children are referred to the Kalmunai Base Hospital where Rose Charities set up a **Children's Mental Health Clinic**, now run by Dr Koumadini. She has asked Rose Charities to provide training and support for the staff at the children's clinic in pediatric mental healthcare.

Dr Koumadini has played a large role in training over 50 Community Support Workers and Mental Health Workers. The CSW's visit 18 schools and many camps around Kalmunai counseling children and families in the aftermath of the tsunami. They reach approx 22,000 people They are trained to identify those with mental health needs and to refer these people to the hospital. The Mental Health Workers work closely with Dr Koumadini, They travel with her and support the mentally ill in the community. They run the Children's Health Clinic when she is out of town. They urgently need additional training in the treatment of children.



Dr Koumadini attends a UNICEF Training meeting

During 2005 Rose Charities Canada sent 4 teams of Canadian psychologists and therapists to Kalmunai to assist in the development of a psychosocial program.

### **Traumatized child**



The teams focused on training local Sri Lankans to help large numbers of children deal with their trauma. They did not provide a service for those children who need on-going psychiatric assistance for other mental health reasons. *To meet the needs of these children it will be necessary to strengthen the mental health capacity of the Kalmunai base hospital.*

Rose Charities Canada has close connections with the Mental Health Department at the BC Children's Hospital, Vancouver where many of the staff have indicated a willingness to volunteer to go to Kalmunai. Rose Charities will identify prepare and support teams to go to Sri Lanka to work at the children's centre and train the local staff, assist Dr Koumadhini and support the mental health team at the Kalmunai Base Hospital

## **BUDGET**

It costs approximately \$10,000 to send a team of two Canadian volunteer to Sri Lanka for a month.

For effective training 3 teams would be necessary

**Total cost \$30,000**

## PROJECT 5.

### BUILDING A COMMUNITY CENTRE

*After the devastation of the tsunami, people are still struggling to return to normal life. The loss of so many homes and buildings has made it very difficult for the community to recover. There is nowhere to go after work or school except the hot, crowded camps where there are no facilities to play or study*

The schools close at midday, the temples serve their own congregations, the playing fields have become camps, the beach is still a place to be avoided. Alcoholism, child abuse, suicide are on the increase. The increased threat of war has widened the divisions between religious and cultural groups. Youth are becoming disaffected and at risk.

**There is an urgent need for community centres where people can escape for a while and begin activities that will help them rebuild their lives. They also need a place where they can meet and interact in safety outside their religious group.**

A community centre is a place for counseling, adult education, vocational training, children's sports and cultural programs. It will provide space for meetings, socializing and special events. It will be an administrative centre for out reach counseling and recreational programs in the surrounding camps and communities. It will act as a resource centre for art and provide a gallery space for exhibitions.



Rose Charities created an exhibition "**Tsunami Imprints:the children's drawings**" which was exhibited in New York and Vancouver and received a lot of publicity. It contains 100 children's drawings, a healing quilt, photographs and commentary. Rose Charities is willing to donate this exhibition to a permanent site in the community centre. This exhibition could travel to other sites in Sri Lanka.

#### **Children's Memorial Stone and Children's Memorial Garden**

When the first Rose team arrived from Canada in January 2005, Dr Mike Seear, the team leader, immediately began to build a Children's Memorial Healing Garden at the Kalmunai Base Hospital. Many people contributed plants and many children visiting the clinic played in the garden and helped water the new plants and the garden flourished. On the beach near Komari huge slabs of stone were discovered. These had been wrenched from the ocean floor and flung onto the beach by the tsunami. Many people liked to think that they were part of the legendary bridge that had once linked Sri Lanka to India. Anthony Richards thought that one of these stones would make a fitting memorial for the children who had died in the tsunami and with many volunteers a huge



stone memorial was set up. The memorial stone and garden have had to be moved to make way for hospital extensions, but the plants are safe, thriving in pots at Rose Office where the stone has also been moved. They will eventually find a new home at the community centre- a memory for the children who perished and lasting testimony to the spirit and courage of the survivors.

- **Rose Charities Sri Lanka has purchased a piece of land as a site for the proposed Children’s Community Centre.**
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- **The land is approx 5 acres and has been assessed and approved by the World Vision Engineer as a suitable site for a Community Centre.**
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- **Rose Charities Sri Lanka Board of Directors engaged an attorney to finalize the land purchase and create a trust to safeguard the ownership of the land and centre.**

In November 2005 Rose rented a building in Kalmunai to use as a temporary children’s centre and invested CD\$5000 in repairs and renovations. This building immediately became full of activities. It is used for counseling and group sessions by the mental health team. It is used by the volunteer teachers for classes and marking the examination papers. It is used as a meeting place by youth after school to play basketball and “shoot hoops”. Every week new activities and uses emerge which have confirmed our belief that community centres are a priority for this community.

### **BUDGET**

Rose Charities is seeking partners in this venture to cover the costs of various phases:

<b>Capital (start up) costs</b>	<b>\$Can</b>
Site preparation, planning and building	70,000
Furnishing and equipping	20,000
Training of administrators	10,000
<b>Total</b>	<b>100,000</b>

<b>Annual (running) costs</b>	<b>\$Can</b>
Core running costs (cleaning, services etc)	12,000
Individual programs run from the center	12,000
<b>Total</b>	<b>24,000</b>

