


Psychosocial Centre

 International Federation
of Red Cross and Red Crescent Societies



ANNUAL
REPORT

2019

“Considering the joint Red Cross and Red Crescent movement resolution and policy on MHPSS in December, 2019 may be the most important year of the Psychosocial Centre.”

Nana Wiedemann,
Director of the PS Centre

In the light of the current COVID-19 pandemic response, the challenges of 2019 can seem far away. It is easy to forget that conflict and war, climate change, extreme poverty and forced displacement persist even as the coronavirus surges.

As the epicenter of the virus outbreak moves from the United States to Latin America and new hotspots emerge in Africa, Central Asia and the Middle East, we are witnessing a historic level of conflict and war in the world, climate change affects more and more people every year and more than 70 million people have been forcibly displaced. Even without the COVID-19 pandemic, psychosocial support is more relevant than ever.

Throughout the year 2019, the PS Centre answered requests for psychosocial support. Some were requests for immediate support after single incidents had overwhelmed local capacities and external support was needed, but just as often national societies and regional offices asked for support for implementation of MHPSS in their existing programmes.

- In Libya, a country affected by many years of conflict and located on a key migratory route, the PS Centre facilitated tailor-made trainings, adapted and developed resources for the specific context and delivered remote support for the MHPSS aspects of the programme.

- In Yemen, a country with more than 24 million people in need of aid, and almost no mental health services, the Danish Red Cross with technical support from the PS Centre has developed a three-year programme called Community Services in Health and Action for Resilience C-SHARE. The programme is funded by the EU Development and Cooperation (DEVCO), and it is implemented by Yemen Red Crescent Society serving vulnerable communities and local authorities in five governorates.

INTRODUCTION

The IFRC Reference Centre for Psychosocial Support (the PS Centre) is a centre of excellence, a delegated function of the International Federation of Red Cross/Red Crescent Societies and hosted by the Danish Red Cross.

The overall purpose of the PS Centre is to assist the Red Cross and Red Crescent Movement in facilitating MHPSS, to promote psychosocial wellbeing for affected groups, staff and volunteers and to increase awareness of psychological reactions in times of crisis or social disruption.

- In Zimbabwe, after the cyclone Idai killed hundreds and made thousands homeless, the Danish Red Cross deployed a psychosocial support delegate to conduct group PFA for staff and volunteers. Psychological first aid in groups is a method developed by the PS Centre, but it was the first time it was used after a crisis like the cyclone Idai.

And the list goes on. Wherever conflict or natural disasters threaten the life and security of people, there is a need for MHPSS, and humanitarian organizations are becoming increasingly aware of this fact.

At the policy level, the 33rd International Conference of the Red Cross and Red Crescent marked an important milestone in the field of MHPSS: a joint Movement policy and a resolution on addressing mental health and psychosocial needs of people affected by armed conflicts, natural disasters and other emergencies were adopted in December 2019.

The policy text outlines the entire framework of working with MHPSS, in emergency settings as well as the ongoing daily and weekly long-term accompaniment and support work conducted by Red Cross Red Crescent volunteers.

The resolution commits the International Red Cross and Red Crescent movement to address MHPSS and develop a roadmap for implementing the commitments expressed in the resolution. And just as the PS Centre was an important actor in developing the resolution, the PS Centre will also be an important actor in implementing it. The importance of the resolution and policy cannot be underestimated.

Nana Wiedemann

Nana Wiedemann,
Director of the IFRC Reference
Centre for Psychosocial Support

2019 AT A GLANCE

THE PS CENTRE PARTICIPATED IN
30
INTERNATIONAL FORA AS HOST,
FACILITATOR OR SPEAKER



THE PS CENTRE RECEIVED
1291
REQUESTS FROM
93
COUNTRIES



510
STAFF AND VOLUNTEERS PRIMARILY
FROM THE RED CROSS RED CRESCENT
MOVEMENT WERE TRAINED BY
THE PS CENTRE



THE PS CENTRE COLLABORATED WITH
49
DIFFERENT UNIVERSITIES



TRAININGS WERE CARRIED OUT IN
15
COUNTRIES IN
3
REGIONS



THE PS CENTRE GAVE SUPPORT TO
14
EMERGENCIES



TRAININGS AND CAPACITY BUILDING FROM AFGHANISTAN TO ZIMBABWE

Trainings and capacity building are some of the core services of the PS Centre. Every year, the centre conducts trainings for National Societies and IRFC staff and volunteers and other interested parties around the world. The year 2019 was no exception.

TRAININGS AND CAPACITY BUILDING

26
TRAININGS

550
PARTICIPANTS

15
COUNTRIES

Throughout 2019, as the armed conflict in Yemen entered its fourth year, Ahlem Cheffi from the PS Centre and Zara Sejberg from Danish Red Cross were regularly training Yemen Red Crescent Society staff and community volunteers in psychosocial support. The programme called C-SHARE - Community Services in Health and Action for Resilience - is a 42 months programme funded by the European Union (DEVCO) and developed by Danish Red Cross with technical support from the PSI Centre.

The programme is implemented by Yemen Red Crescent Society and it

serves vulnerable communities and local in the Hodeidah, Ibb, Mahweet, Aden and Sana'a Amanat al Asimah governorates in Yemen.

From reluctance to singing

The training includes psychological first aid, community-based psychosocial support, self-care and peer support, minimum standards for protection, gender and inclusion, how to plan and implement awareness raising sessions, child friendly spaces and community-led social events.

Training conducted in Yemen under the C-SHARE programme. Photo: Ahlem Cheffi





Group PFA in Zimbabwe.
Photo: Zimbabwe Red Cross

“One of the most memorable moments I have from the training, was when the participants spontaneously started dancing while singing the song. Later it became a group ritual.”

Ahlem Cheffi,
Technical Advisor

The training methodology introduced for the psychosocial component was new to the YRCS. Most participants were used to training by PowerPoint and not playing a very active role as participants, and they were expecting the trainers to be more directive.

Instead, a new style of training was introduced. Participants were asked to sit in a circle without tables in front of them, and they were divided into groups with specific tasks. For example, within each group, participants had to look out for each other.

Throughout the training, the trainers tried to link psychosocial practice to theory to make it more tangible and useful in their daily lives and work.

Ahlem Cheffi: “Once, we trained a group of 16, mainly health staff and at the beginning, some participants were hesitant and sometimes a bit skeptical about our approach. The participants did not know each other very well so we had to work on building trust with the team and towards the trainers.

“There was especially one activity we were a bit hesitant to introduce, as it involved singing a children song. For

quite some time most of the participants were reluctant, but eventually they embraced the activity and sang along. One of the most memorable moments I have from the training, was when the participants spontaneously started dancing while singing the song. Later it became our group ritual.

From tears to laughter

After the cyclone Idai killed hundreds and made thousands homeless in Zimbabwe, the Danish Red Cross deployed Pernille Hansen as a psychosocial support delegate to conduct a group PFA session for staff and volunteers.

Pernille Hansen, an experienced Psychologist and MHPSS specialist and the main author of the Psychosocial First Aid training developed by the PS Centre, facilitated PFA in groups and the support meetings for the volunteers and staff responding to the cyclone.

Psychological First Aid in groups is a method for team leaders to care for and support their teams and volunteers after difficult events. It can be used when team members have been through a similar challenging experience.

As part of the sessions everyone shares their story with the group and support and complement each other on their bravery and strengths.

“Every single person in the group had been through incredibly traumatic events. Everyone had lost something - their houses, their belonging - and many had lost friends and family members. It was so hard to hear. I was struggling to hold back my own tears; every single story was devastating. Some of them suffered from hallucinations seeing people they knew were dead as they had helped carrying their dead bodies out of the destroyed buildings. But I could sense that it was a relief for them to share, and the peer support in the group was incredible.

“When we began the Group PFA, people felt very uncomfortable and many cried when they shared their

“Each session ended with them feeling lighter, stronger, proud of their work, and really motivated. I was very humbled and grateful to be part of it”

Pernille Hansen,
Psychologist and MHPSS
Specialist

stories. But by the end of the session they could laugh and give each other a hug. Each session ended with them feeling lighter, stronger, proud of their work, and really motivated. I was very humbled and grateful to be part of it.”

As the main author of the PFA training manuals, Pernille Hansen knows the method intensively, but she also emphasizes that it is a complicated tool.

“You have to be an experienced PFA trainer to conduct group PFA. There are many people, many stories and many emotions in play. But for the experienced trainer, and in the right context, the Group PFA is a powerful tool.”

From Tokyo to Kabul

Group PFA is the final module in a four-module training in PFA and just one of the many trainings offered by the PS Centre. In 2019 the Centre conducted 24 trainings on three continents. The trainings included Psychosocial Support in Emergencies, Psychological First Aid, Monitoring & Evaluation, Community-Based Psychosocial Support, Child Friendly Spaces and Caring for Volunteers.

Whether in Yemen or Zimbabwe, the trainings are unorthodox, participatory and adapted to the needs of the participants and the cultural context of the region.

“We continuously challenge our own training methodology, and we take pride in not using classic classroom teaching methods. We want our participants to leave their comfort zone and challenge themselves”, says Ea Suzanne Akasha, technical advisor at the PS Centre. Ea conducted several trainings in 2019, one was Psychosocial Support in Emergencies in Japan in 2019. “It is a different task training

a group in Japan, than it would be in Denmark or Mali. It always depends on the context. Maybe the group is very motivated but have a hard time expressing their emotions. You must account for that in your training. It is never one-size-fits-all.”

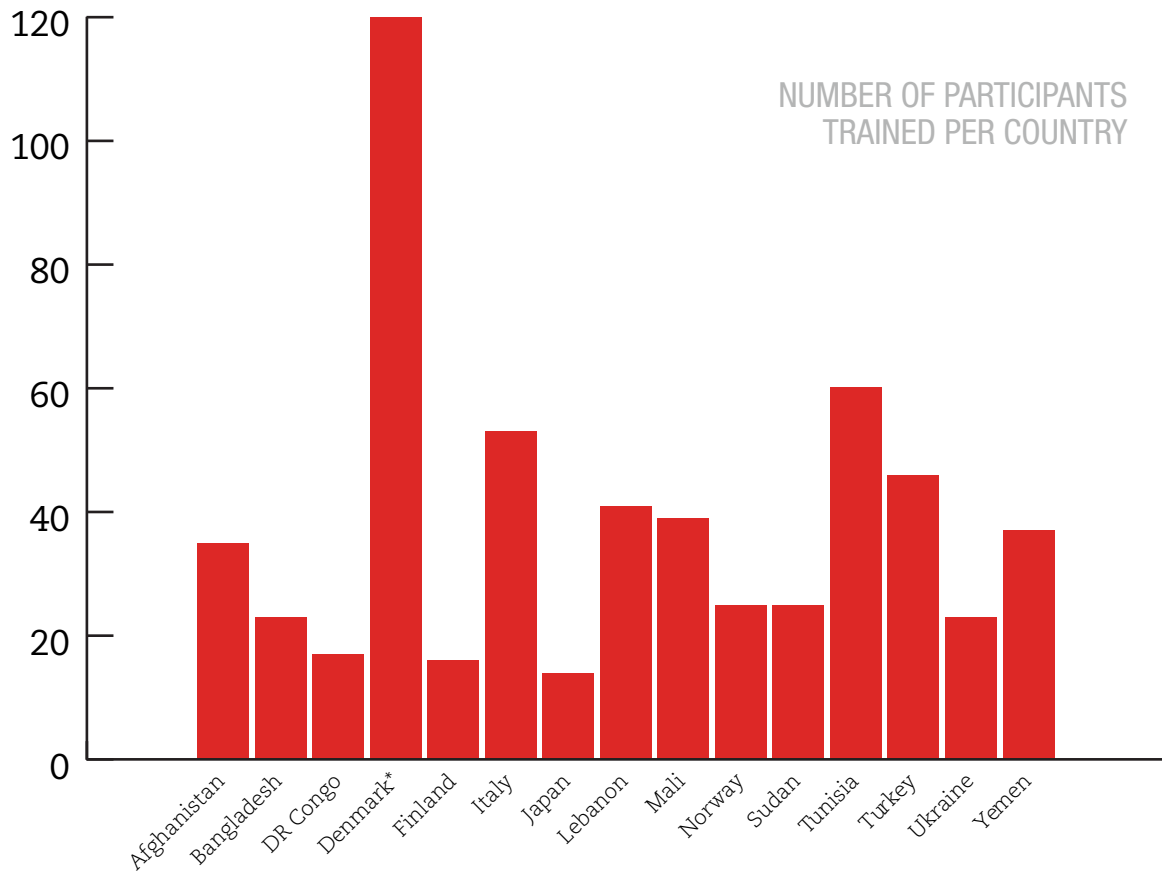
Even a technical training like Monitoring & Evaluation is taught through roleplays and experiential learning. Sarah Harrison, also a technical advisor at the PS Centre, elaborates: “We teach our participants how to create an assessment, but we also have an assessment roleplay, where they learn how to do an assessment and practice how you sensitively interview somebody and deal with, say, someone who bursts in to tears in the middle of the interview. And then they must create their own MHPSS programme or intervention based on their assessment data. And lastly, they must measure that intervention.

“So basically, they get walked through how to write a log frame. It is learning by doing, and because M&E as a topic is so dense and detail oriented, it is our experience that it is the only way to learn it.”

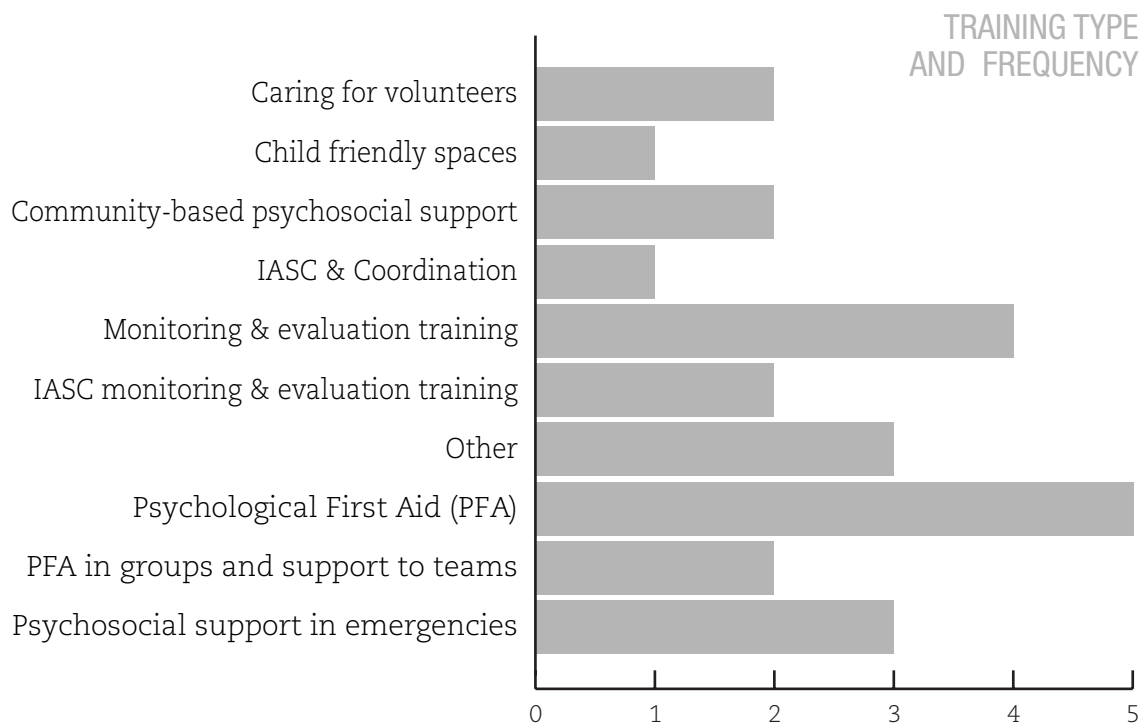
In Afghanistan in 2019, Sarah Harrison was the first trainer to conduct a Group PFA training. The training was for Afghan Red Crescent Volunteer Team Leaders from disaster management, youth and health departments in the Western region of Afghanistan (Herat, Farah, Nimroz and Bagdhis provinces) and the very same training Pernille Hansen used later in the year as an intervention in Zimbabwe. There are overlaps between training, capacity building and intervention.

Ea Suzanne Akasha: “In a way our teaching methodology has a lot in common with HEAT (Hostile Environment Assessment Training). Some things you cannot learn by reading a book, you have to experience it, and we try to provide that experience through our trainings.”

TRAININGS MADE VISUAL



*Denmark hosts international trainings with participants from around the world



DIPLOMACY, ADVOCACY, NETWORKING



Technical advisor Ahlem Cheffi from the PS Centre shares her experiences with MHPSS from the C-SHARE programme in Yemen at the European Development Days conference in Brussels. Photo: EDD Brussels

Throughout 2019, the PS Centre continuously used conferences and high-level meetings to bring MHPSS on the international agenda. The impact of this persistent effort was validated at the 33rd International Conference of Red Cross and Red Crescent.

ATTENDED INTERNATIONAL FORA

AS SPEAKER
18

AS FACILITATOR
7

AS HOST
6

AS COORDINATOR
2

AS PARTICIPANT
13

The 33rd International Conference of the Red Cross and Red Crescent, held from 9 to 12 December 2019 in Geneva, marked two important milestones in the field of mental health and psychosocial support: The adoption of a joint Movement policy and a resolution on addressing mental health and psychosocial needs of people affected by armed conflicts, natural disasters and other emergencies.

MHPSS on the agenda

“The importance of the resolution and policy on MHPSS at the 33rd international Conference of the Red Cross and Red Crescent cannot be underestimated, as it is the first time the joint IFRC and ICRC collectively define MHPSS and our strategic direction as a Movement when addressing MHPSS

moving forward”, says Sarah Harrison, technical advisor at the PS Centre.

The resolution text outlines the entire framework of working with MHPSS, not only in emergency settings, but also the ongoing daily and weekly long term accompaniment and support work conducted by Red Cross and Red Crescent volunteers.

Melanie Powell, technical advisor: “It was a watershed moment to realize how important MHPSS is to every national society in the Red Cross and Red Crescent Movement. The number of National Societies who stood up with prepared statements or had comments on the centrality of MHPSS in their work was overwhelming.”

At the Conference, the 196 member states also signed a resolution “Addressing mental health and psycho-

“The resolution and policy on MHPSS is the result of four to five years of consistent diplomatic engagement with national societies and governments, constantly working to get the traction on MHPSS.”

Nana Wiedeman,
Director of the PS Centre

social needs of people affected by armed conflicts, natural disasters and other emergencies”, which aligns the work of Red Cross and Red Crescent with the work of member States.

For the Psychosocial Centre it was both an acknowledgement of the importance of addressing mental health conditions in a humanitarian crisis and the conclusion of a year where the PS Centre continuously contributed to relevant new IFRC strategies while speaking on behalf of the IFRC in matters of psychosocial support in relevant international networks.

The ongoing effort to put MHPSS on the agenda, not only among humanitarian and research professionals, but also at an international policy level is a long-term priority for the PS Centre, and 2019 marked a year, where this continued effort culminated.

Nana Wiedemann, director of the PS Centre: “The resolution and policy on MHPSS is the result of four to five years of consistent diplomatic engagement with National Societies and governments constantly working to get traction on MHPSS.”

Mind the Mind Now

Over time, the international advocacy work has intensified, and only a couple of months before the Red Cross Red Crescent International Confer-

ence the Dutch government hosted a summit on MHPSS in crisis settings called Mind the Mind Now. The summit was chaired by the Dutch minister for Foreign Trade and Development Cooperation Sigrid Kaag.

The PS Centre had a significant role in the creation and facilitation of the event. Out of the eight working groups developed by the Dutch government, the PS Centre was leading on three. Sarah Harrison: “We started preparing the background papers for the conference eight months in advance, and it turned out to be a huge advantage later, as we could build on the momentum and the preliminary work for the Mind the Mind Now conference and make it fit the content of the resolution at the Red Cross and Red Crescent International Conference in December.”

Interagency Standing Committee (IASC)

The PS Centre has been co-chairing the IASC Reference Group on Mental Health and Psychosocial Support in Emergency Settings since November 2015, with the World Health Organization (WHO) as the other Co-Chair since July 2017. In this role, the PS Centre organized the IASC annual meeting held in Amsterdam in October 2019, just after the Mind the Mind Now conference.

Sarah Harrison: “At the meeting we were focusing on key thematic areas like the role of disaster risk reduction, the MHPSS aspect of climate change, children formerly associated with armed groups, inter-agency monitoring and evaluation framework, support to people on the move and suicide and self-harm in humanitarian settings.”

It has been a long-term goal for the IASC to have an international roster of MHPSS professionals to be deployed to emergencies to support staff and volunteers at country level in their work, and in 2019 this goal was achieved.

Sarah Harrison: “The Dutch govern-

Dutch Minister for Foreign Trade and Development Cooperation Sigrid Kaag delivers the Opening Speech at the Mind the Mind Now conference in Amsterdam, October 2019. Photo: MFA The Netherlands/Martijn Beekman



“Nobody would ever question that a broken leg needs treatment, but MHPSS is constantly under scrutiny. Does it work? How do we measure the effect? Etc. Therefore, we need that ongoing engagement in research networks and to collaborate with research institutes.”

Martha Bird,
Technical Advisor

Technical Advisor Martha Bird conducts a workshop about providing quality care for spontaneous volunteers at the I4CM event in Copenhagen, June 2019. Photo: Henry Brown, DRIVER+



ment has a surge support roster for the WASH sector, and in 2019 they agreed to add an MHPSS profile to that roster. So now we can deploy MHPSS personnel in an inter-agency capacity to various humanitarian, refugee and migration contexts.”

The IASC Co-Chairs are responsible for the recruitment of roster members, reviewing terms of reference for deployment requests and the technical supervision of deployed roster members. The roster was officially launched at the IASC annual meeting 2019 and is now operational.

At the end of 2018, the PS Centre set up the Danish Civil Society Network, a network of Danish international NGOs working with MHPSS. This donor-advocacy group interacts with the Danish Ministry of foreign affairs to give guidance on MHPSS work.

Sarah Harrison: “This connection was an advantage at Ministerial level conferences like Mind the Mind Now, as the Danish Government sent a delegation and looked to the PS Centre for advice.”

The PS Centre, as part of the IASC, has encouraged the creation similar

country Civil Societies in other donor capitals including France, UK, Sweden, Denmark and Germany.

Research networks

The advocacy efforts of the PS Centre are not limited to high-level conferences. In 2019, the PS Centre participated in more than 30 international fora as either host, facilitator or speaker and collaborated with more than 40 universities.

Nana Widermann: “In order to advocate professionally for the importance and relevance of MHPSS, our arguments must be based on research and field results. Therefore, our collaboration with universities and research institutes is a fundamental requirement for our advocacy efforts.”

Technical advisor Martha Bird: “It is important that researchers and professionals have a common platform when discussing MHPSS. Nobody would ever question that a broken leg needs treatment, but MHPSS is constantly under scrutiny. Does it work? How do we measure the effect? Etc. Therefore, we need that ongoing engagement in research networks and to collaborate with research institutes.”

Looking ahead

The focus on MHPSS and the acknowledgement of the importance of MHPSS among humanitarian organizations, governments and research institutes has never been greater than today, but unfortunately, neither has the need. Even as the 33rd International Conference of Red Cross and Red Crescent took place, the first cases of COVID-19 had been detected, and only a few months later a global pandemic was a reality. And the challenges of MHPSS came into the spotlight.

But like most of the world, the PS Centre has been quick to adapt to a new reality and will continue to use every platform to advocate for and bring attention to the importance of MHPSS.

CHILD FRIENDLY SPACES

Child friendly spaces (CFS) are interventions used by humanitarian agencies to increase children’s access to safe environments and promote their psychosocial well-being. Some CFS programmes may focus on informal education or other needs of children. However, all CFS aim to provide a safe place where children can come together to play, relax, express themselves, feel supported and learn skills to deal with the challenges they face

In 2018, the PS Centre and World Vision International published “The Activity Catalogue for Child Friendly Spaces in Humanitarian Settings”, a publication primarily for facilitators/animators responsible for implementing activities in a CFS. It features a wide range of easy-to-use resources and tools and was the first publication in a series, “The Toolkit for Child Friendly Spaces in Humanitarian Settings”.

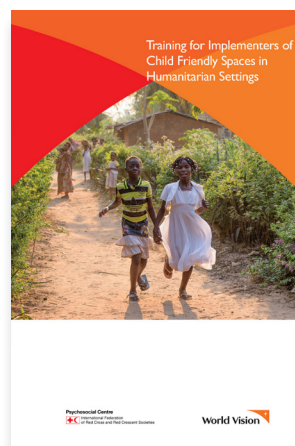
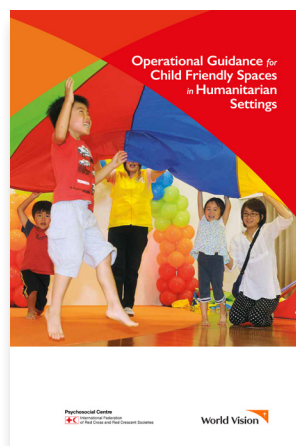
Later in 2018, the PS Centre and World Vision International released the second publication: “Operational Guidance for Child Friendly Spaces in

Humanitarian Settings”, which summarizes key approaches in the protection of children and in the promotion of their psychosocial well-being. It is directed to CFS managers and facilitators/animators.

The two publications were also comprised into a training package, “Training for Implementers of Child Friendly Spaces in Humanitarian Settings”.

And finally, in 2019, the PS Centre and World Vision International released the third publication: “Training for Facilitators of Activities for Child Friendly Spaces in Humanitarian Settings”, which concludes The Toolkit for Child Friendly Spaces in Humanitarian Settings”. It provides practical training for facilitators on the Activity Catalogue to support the effective implementation of the structured activities for children in different contexts.

The CFS publications and training material can be downloaded from the PC Centre website: www.pscentre.org



GIVING SUPPORT, REACTING TO REQUESTS

Throughout 2019, the PS Centre continually received requests for support from national societies and regional offices around the world. The requests varied from inquiries about training, resources or partnerships, to requests for emergency support.

SUPPORT AND REQUESTS

THE PS CENTRE RECEIVED
1291
REQUESTS FROM

93
COUNTRIES INCLUDING

222
REQUESTS FOR TECHNICAL SUPPORT,

189
REGARDING PARTNERSHIPS AND

106
FOR TRAININGS

THE PS CENTRE GAVE SUPPORT TO
14
EMERGENCIES IN 2019

On 21 April 2019, Easter Sunday, three churches and three luxury hotels in Colombo, the commercial capital of Sri Lanka, were targeted in a series of coordinated suicide bombings. 249 people were killed. Shortly after, the Sri Lanka Red Cross Society launched several programmes giving psychosocial support to the victims. The PS Centre provided technical support to the development and implementation of these programmes.

Later in the year, on 1 September, hurricane Dorian, a category 5 hurricane, hit the Bahamas and created the worst natural disaster in the country's history. The IFRC and the Bahama Red Cross asked the PS Centre for technical support.

These are just two concrete examples of support given upon request in

emergencies where local capacities are overwhelmed and external support is needed.

In reality, the type and variety of requests from National Societies, regional offices and organizations outside the the Red Cross and Red Crescent Movement are much more complex.

Often, the PS Centre assists National Societies in building the capacity to give psychosocial support as an integrated part of existing programmes or review those programs to assess the MHPSS element.

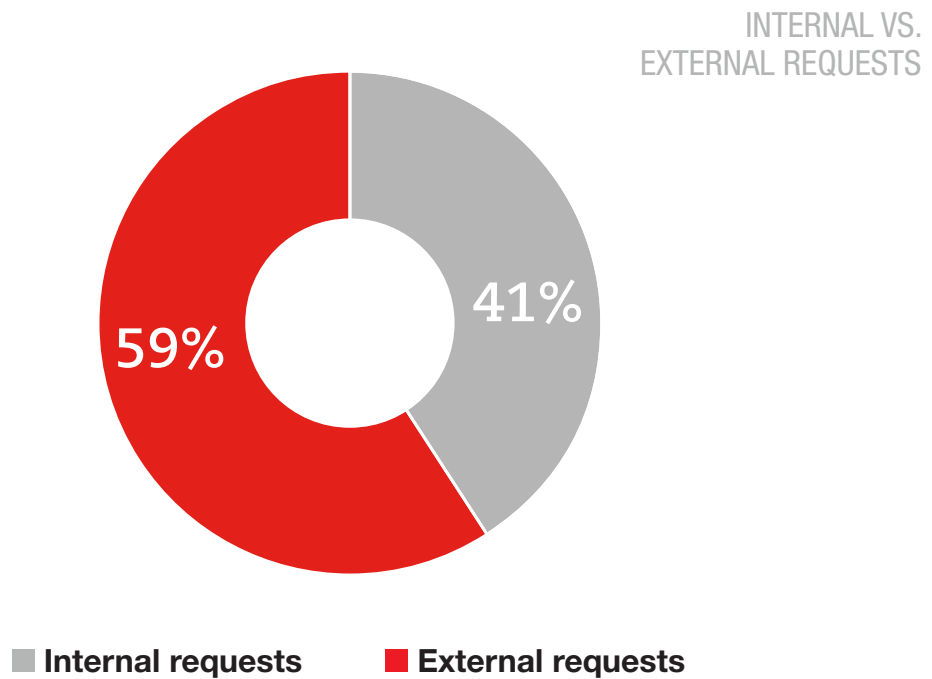
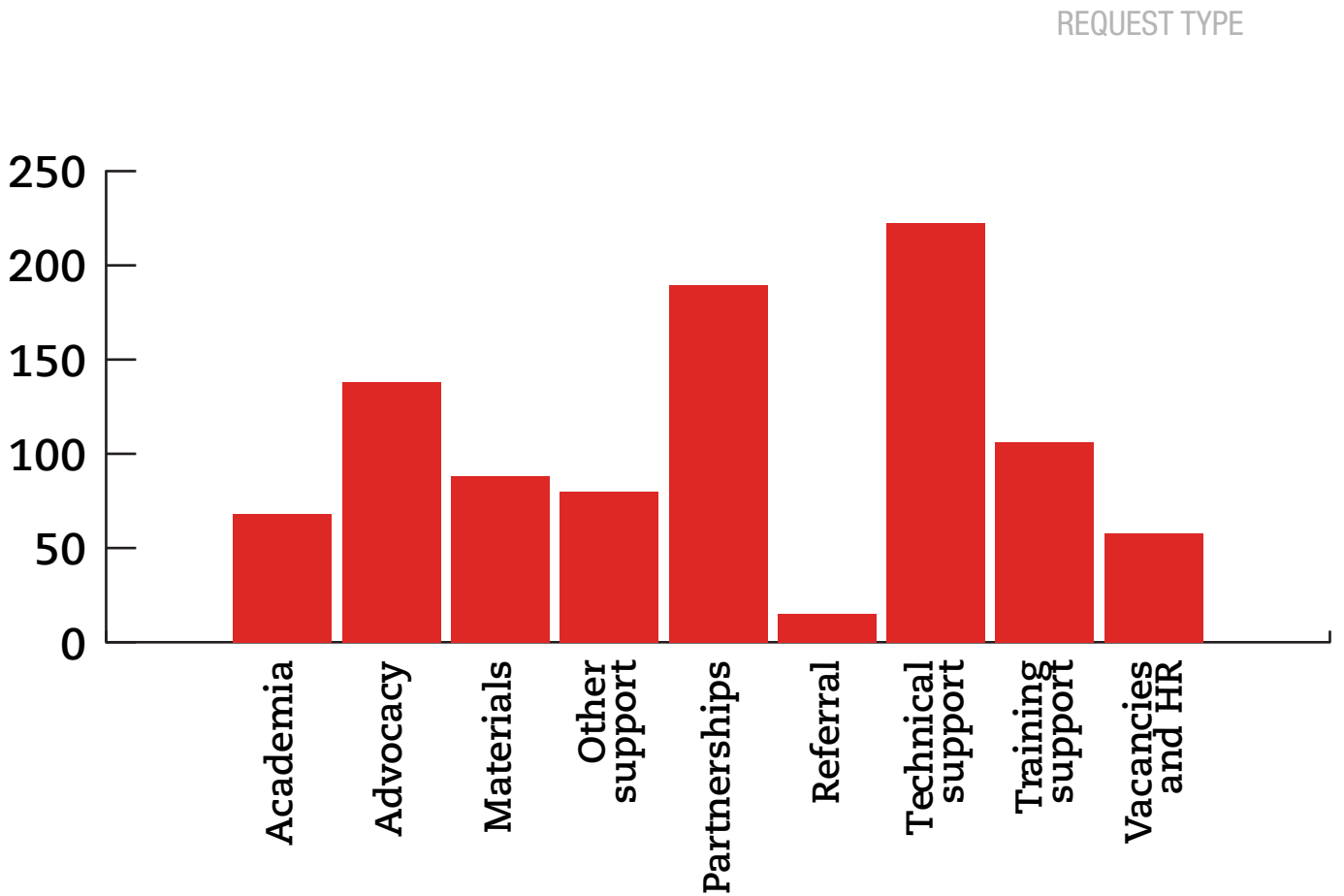
The PS Centre regularly receives requests for training materials or tools on monitoring & evaluation and inquiries about possible collaboration.

For the PS Centre, support to National Societies and regional offices is not only a core service, it is also a means for the centre to keep in close contact with the field. In exchange for technical support, the PS Centre receives valuable data, which can be used in research, advocacy work and trainings and ultimately optimize the technical support provided to the national societies.



Pernille Hansen, Psychologist and MHPSS Specialist conducts a PFA training at the I4CM event in Copenhagen, June 2019. Photo: Henry Brown, DRIVER+

REQUESTS MADE VISUAL



RESEARCH AND INNOVATION EFFORTS



In collaboration with research institutes, policy makers, the private sector and other humanitarian organisations, the PS Centre is involved in a number of research projects engaged in developing innovative solutions to humanitarian challenges.

These projects receive funding from the European Union's FP7 and Horizon 2020 Research and Innovation programmes.

BALTPREP

Description: The BALTPREP – Enhancing regional preparedness and response capacity for major accidents in the Baltic Sea Region Project improves and optimizes quality and interoperability of the Red Cross and Civil Protection Authorities regional response capacity for major accidents and severe disruptions.

BALTPREP includes a wide range of activities in the field of regional preparedness. The focus is to strengthen capacities and interoperability in Psychosocial Support (PSS) in emergencies, co-operation between civil protection and humanitarian aid actors and trans-border and regional co-operation.

The role of the PS Centre is to develop training modules on psychosocial support and build PSS capacity of regional disaster response teams in the Baltic Sea region.

Status 2019: The project began in January 2019 and run for a period of 24 months.

DRIVER+

Description: Launched in May 2014, DRIVER+ (Driving Innovation in Crisis Management for European Resilience) is a project funded under the 7th Framework Programme of the European Commission, whose main aim is to cope with current and future challenges due to increasingly

severe consequences of natural disasters and terrorist threats by the development and uptake of innovative solutions that are addressing the operational needs of practitioners dealing with Crisis Management.

Status 2019: As part of DRIVER+, the PS Centre trailed the combination of virtual reality (VR) and training of spontaneous volunteers in PFA in a real time exercise hosted by Austrian Red Cross. Integration of VR in MHPSS training promises deeper and more immersive and engaged learning. The PS centre also gained valuable methodological learning on how to evaluate innovation in crisis management.

The PS Centre leads a 12 person task group to deliver thought leadership for humanitarian and crisis management organisation on care and support for spontaneous volunteers, including a piece on digital volunteers. The group co-authored and conducted an open online consultation for the publication “New Ways of Volunteering. Care and support for unaffiliated spontaneous volunteers.” The task group included Inter-Agency Standing Committee representatives, volunteer coordinators at IFRC, a number of Red Cross and Red Crescent societies, researchers and field level NGOs.

<https://www.driver-project.eu/>

FOCUS

Description: The PS Centre leads the consortium working on the FOCUS (Forced Displacement and refugee-host community solidarity), which runs from 2019 to 2022.

The aim of FOCUS is to make an impact on both research and practice by understanding and improving the dynamics of integration with a special emphasis on how psychological and social factors influence integration.

FOCUS maps integration policies and practices and carries out major field studies at four research sites to learn more about the socio-psychological and socio-economic perceptions and realities of integration.

FOCUS identifies innovative practices for social and labour market integration and pilot tests them with civil society and governmental organisations, making sure these match the needs of practitioners to support integration;

FOCUS engages with policy makers – from local level policy to European wide policy – to provide guidance on policy development and programme design.

Status 2019: In addition to successfully opening the project, five comprehensive reviews were completed on the scientific, practice and political dimensions of integration with an emphasis on socio-economic and socio-psychological integration and findings summaries in a series

of integration briefs. Additionally, the methodology for the multi-site, multi-country research was completed.

<https://www.focus-refugees.eu/>

RE-DEFINE

Description: RE-DEFINE is a scientific research project financed by the European Commission that aims to test the effectiveness of SelfHelp+, an innovative psychological intervention for preventing the onset of mental disorders in refugees and asylum seeker with psychological distress resettled in middle-income and high-income countries.

Status 2019: The PS Centre follows the progress of the RE-DEFINE research and supports its dissemination.

<http://re-defineproject.eu/>

STRENGTHS

Description: The STRENGTHS project trains Syrian refugees to provide a mental health intervention called Problem Management+ (PM+) to fellow Syrian refugees. PM+ is developed by the World Health Organisation. It is a short programme that does not target a single disorder. Instead it targets symptoms of common mental disorders. To achieve this, STRENGTHS translates, adapts,

tests and implements the PM+ programme Individual, Group, Early Adolescent Skills for Emotions (EASE) and an internet delivered version. It is not enough to know if an intervention works. It is also necessary to understand how it can be implemented in the specific context, and whether it is cost effective or not. STRENGTHS will also attempt to answer these questions in eight different countries in Europe and the MENA region.

Together with consortium partners, The PS Centre delivered the culturally adapted version of the interventions and designed and delivered the training of trainers module. Throughout 2019, the PS Centre contributed to the communication and advocacy work related to the global uptake of interventions.

<http://strengths-project.eu>

CONTEXT

Description: The Collaborative Network for Training and EXcellence in psychoTraumatology (CONTEXT) is a three-year doctoral training programme. The goal of CONTEXT is to conduct high quality, innovative research, build capacity and expertise, and foster innovative practice in the area of global psychotraumatology.

CONTEXT is an international, interdisciplinary collaboration between nine European partner organizations spanning across academic, non-governmental, voluntary, and public sec-

tors. CONTEXT has three interconnected research programmes each concerning a priority population in Europe:

1. EU-based asylum seekers and refugees;
2. Emergency-service personnel and humanitarian first-responders; and
3. Survivors and perpetrators of childhood- and gender-based violence

Each research project has been designed to address current and emergent skills and professional deficiencies essential for curbing the adverse social consequences of trauma-related psychological distress. Fellows will graduate with an advanced knowledge of how to translate psychotraumatology research into practice thereby contributing to mitigating the impact of psychotrauma in the EU.

The PS Centre hosted two fellows, Kinan Aldammann and Camila Perera. Aldammann worked on the project “Managerial practices to ensure the wellbeing of humanitarian volunteers in post-conflict situations” and Perera worked on the project “Effectiveness of the WHO’s low-intensity psychosocial interventions for refugees”

<http://www.psychotraumanetwork.com/>

PSYCHOLOGICAL FIRST AID TRAINING

In 2018, the PS Centre published “A Guide to Psychological First Aid”, a comprehensible, yet thorough introduction to Psychological First Aid (PFA).

The same year PFA training modules 1-3 followed.

The first module, “An Introduction to PFA”, is a half-day training module targeting Red Cross and Red Crescent Movement staff and volunteers introducing participants to basic psychological first aid skills.

The second module, “Basic PFA” is a one-day training module for staff and volunteers with some prior knowledge and experience of providing psychosocial support. It introduces basic psychological first aid skills and presents a range of situations faced by adults, their reactions to crises, and how helpers may respond appropriately.

The third module, “PFA for Children” is also a one-day training, and it is aimed at staff and volunteers whose work involves interaction with chil-

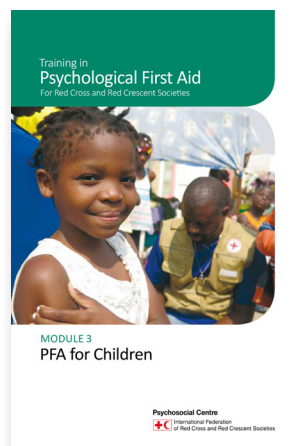
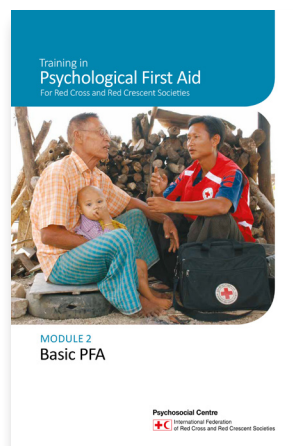
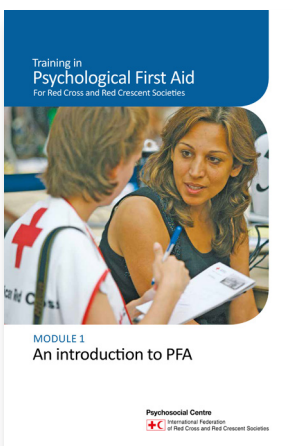
dren and their caregivers. It focuses on children’s reactions to stress, and communicating with children and their parents and caregivers.

In 2019, the PS Centre published module 4, the final PFA training module, “PFA in Groups – Support to Teams”. It is a three-day training module primarily for managers or others who provide care and support to staff and volunteers. The training is about providing psychological first aid to groups of people who have experienced a distressing event together such as teams of Red Cross and Red Crescent staff and volunteers.

Module 4 differs from the other PFA training modules, as it requires prior participation in Module 2: “Basic PFA”.

The PS Centre regularly offers trainings in PFA. Go to the PS Centre website for further information or contact the centre for inquiries.

All PFA training material can be downloaded from the PS Centre website: www.pscentre.org



FINANCIAL STATEMENT

Mental health and psychosocial support has never been higher on the agenda for the Red Cross Red and Crescent Movement and the global humanitarian community. The PS Centre, however, is experiencing a changing funding environment.

Throughout 2019, the PS Centre has maintained strong partnerships with its current partners and donors including the National Societies of Denmark, Iceland, Japan and Hong Kong. In addition, Danish Red Cross and the World Health Organization, through their back-donor funding from the Office of U.S. Foreign Disaster Assistance (OFDA) and DANIDA have contributed to the results of the PS Centre in 2019. Finally, the European Commission remains an important donor of the PS Centre's research and innovation initiatives as well as technical support to National Societies in emergency and protracted crisis situations.

Traditionally, the PS Centre has received a large part of our funding through strategic partnerships with

National Societies. In particular, unrestricted funding from National Societies has decreased over the past years and has been replaced by project-based funding. This means that there is limited flexibility to respond to urgent needs and emergencies, and limited resources to support, train and mentor our 192 National Societies, including their support to the 14 million volunteers.

This changing funding environment calls for increased advocacy and dialogue with our partners, a shift towards a sustainable business model, and time invested in diversification of funding sources to support the growing demands for mental health and psychosocial support from the National Societies and the global humanitarian community.

The total expenditure of the PS Centre for 2019 DKK 8.086.644 (1.156.568 CHF). The detailed financial report is included in the PS Centre Financial Statement, which can be requested from the PS Centre.

Psychosocial Centre



International Federation
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