



# Azerbaijan Red Crescent Society

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## MHPSS in the AzRCS

**The Book About Me program implementation**



[www.redcrescent.org.az](http://www.redcrescent.org.az)  
[www.yardim.et](http://www.yardim.et)



## MHPSS in NS

The Azerbaijan Red Crescent Society is a society that mainly provide psychosocial support activities to the communities that it serves, including **basic PSS and focused PSS**.

To improve the PSS services provided and strengthen the MHPSS capacity of the NS, **MHPSS policy** of the AzRCS was developed with the support of IFRC.





## Basic and Focused PSS in NS

Basic psychosocial support includes PFA during emergencies, home visits, group support, raising awareness about mental health, PSS integrated in FA, WEC etc.

As an example of focused psychosocial support activity the **Book About Me** program can be mentioned.





## Book About Me (BaM) program

The Book About Me toolkit is part of the Birds in Flight program, which was started in 2010 by the Swedish Red Cross to address the needs of children who have developed or are at risk of developing mental health conditions from armed conflict, torture or forced migration.

This tool has been adapted by the ICRC to align with the organization's MHPSS during and after armed conflict and other violence.





# BaM program in Azerbaijan

The manual and workbook have been translated in Azerbaijani and over the past years, the MHPSS team of the ICRC has provided a number of BaM trainings for teachers from schools located in the districts near the former line of contact. After these trainings, teachers conducted activities for schoolchildren to reduce their psychological stress caused by the armed conflict.

With the support of the ICRC, when the AzRCS MHPSS specialist built enough psychosocial skills in NS volunteers, it was decided to train the AzRC volunteers in the Book About Me toolkit to implement it in schools selected.





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# BaM program in Azerbaijan

Districts involved:

Agdam, Terter, Fuzuli, Barda, and Tovuz.

Number of trained volunteers: 26

Number of school communities covered: 14

Number of children participated in sessions: 334



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## BaM sessions

The BaM can serve as the children's workbook: every page contains an activity, and during the sessions, they fill it with their memories, feelings and dreams.

- Session 1: Who am I?
- Session 2: My Family
- Session 3: Friends
- Session 4: Self-esteem
- Session 5: Feelings
- Session 6: Memories
- Session 7: My Future

The book can also be used in part, with the facilitator choosing which activities are most relevant.



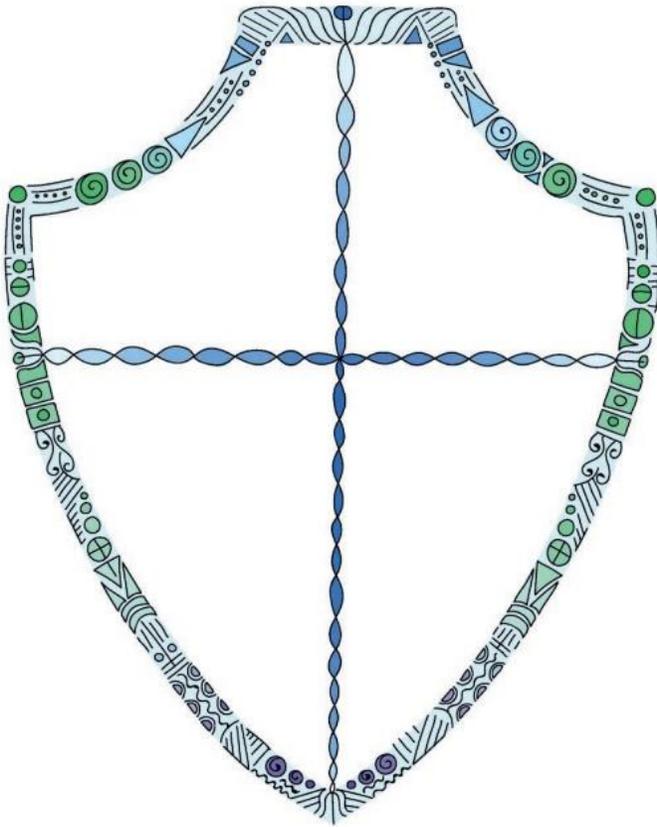


## Self-esteem shield

The purpose of the session is to work with the child on strengthening their self-esteem and self-confidence by making their resources visible.



# Self-esteem shield



The Self-Esteem Shield consists of four parts, and in each part the children should answer a question.

What do you like about yourself?

What are you good at?

What do others say you are good at?

What do you want to become better at?



## Feedback from children

Ayten Abbasova, 11:

“I opened up during these sessions. I don't know how to explain... I seem to have relieved myself! I got to know myself. I was able to share my opinion, shared what I never shared. In this Book, I wrote my intimate thoughts, things that I have never told anyone.”

Gulay Ahmadali, 9:

“We will take this Book for ourselves and when we feel bad, we will open this book and remember everything that we talked about. First time in my life I felt heard.

I liked the session about self-esteem the most. Because we talked about what we are good at and what we would like to learn.

There was nothing that I didn't like about these sessions.”

