



## Final Report - OFDA

### Church World Service Asia Tsunami Response Psychosocial Support to Children In Indonesia

<b>Program Title</b>	Psycho-social Support
<b>Country</b>	Indonesia
<b>Region</b>	Nanggroe Aceh Darussalam
<b>Month</b>	February – July 2005
<b>Headquarters Contact:</b>	<b>Field Contact:</b>

**Jane Strachan**  
Church World Service  
Emergency Response Program  
110 Maryland Ave, NE  
Washington DC 20002  
Telephone: 202-243-8387  
Fax: 202-543-0653  
Email: [jstrachan@churchworldservice.org](mailto:jstrachan@churchworldservice.org)

**Maurice Bloem**  
Director  
Church World Service Indonesia  
Jl. Kemang Selatan II/4A  
Jakarta 12730, Indonesia  
Telephone: 62-21-7197929  
Fax: 62-21-71793387  
Email: [mauricebloem@cwsindonesia.or.id](mailto:mauricebloem@cwsindonesia.or.id)

## Background

Children survivors of the tsunami experienced an emotionally painful event in which they have lost one or both parents and in some cases separated from siblings or other family members. The shock of the event, the sudden displacement from their homes and the distress of having routines disrupted, all in addition to living in overcrowded IDP camps, are taking it's toll. It is believed that the more direct the exposure to the traumatic event, the higher the risk for emotional harm.

Some observed behaviors of children in the three camps as noted by CWS Indonesia and our partner agencies are: fear of being separated from parents, whimpering, screaming, trembling, excessive clinging, sleeping problems, nightmares, irrational fears, and stomachaches without medical basis.

Previous studies by the National Institute of Mental Health in Indonesia have shown that early intervention to help children who have suffered trauma due to disaster is critical. Parents, teachers and mental health professionals can do a great deal to help these youngsters recover. Children need to feel that they are being protected from further harm and traumatic stimuli. Encouraging trauma victims to express their feelings and letting them know that it is normal to be scared and upset after an event such as this, will provide them an outlet for their feelings, allowing them to progress into a recovery phase. In addition, activities that are routine will provide some comfort during this tumultuous time.

Fun and Educational Activities in Tents (FEAT) will provide children with the consistent routine needed after the experienced chaotic events. After the children have settled into the camps and are receiving basic life-sustaining support including food and health care, children will be enrolled in FEAT. The fun activities include play and art therapy that helps them address the trauma they have experienced.

## **Objective**

To provide psycho-social health programs to 2,000 children between the ages of 6-12 years currently living in displacement camps in Nanggroe Aceh Darussalam (NAD).

## **Achievement**

Total beneficiary covered through FEAT is 1,745 children.

## **Activities**

### **1. Fun and Educative Activities (FEAT)**

Fun and Educational Activities in Tents (FEAT) has been providing children with the gradual return of routine activities needed after the critical event (tsunami) on December 26, 2004. The fun activities include play and art therapy that helps them to address the trauma they have experienced and the distress due to the recent situation in the camp. The distress of recent situation roots from their feeling of loss of the emotional relationship (due to loss of parents, relatives or friends), property, safety and control. Through the fun and educative activities, children are experiencing emotional support from adult through playing activity and food provision which prepared by the mothers in the camp areas. Through playing in the group, children will feel connected with the other children who have experienced the same critical event. They will feel secure due to the consistent and reliable social relationship encountered from the continuing activity led by the facilitator.

FEAT (Fun and Educative Activities) have been conducted in a total of 12 locations up until the end July 2005 in Aceh Besar and Banda Aceh district. Avoiding overlap was an important issue considered in determining target areas as many INGOs and local NGOs provided services for children as well. Locations such as Baet Meusogo, Lagang, and Samahani in Aceh Besar are covered by other INGOs in the respective areas. Meanwhile a community in one area in Neuhun was not willing to have the FEAT activity due to their reluctance in working with a church-based organization even after explaining our mission statement and showing that we work with and for everybody disregarding sex, religion, race. Considering the situation and referring to our objective to provide comprehensive and proper children intervention in certain areas, we focused on the 12 areas in Aceh Besar and Banda Aceh. Total numbers of children who join the FEAT activity are 1,745 children. (see table of implementation)

In several settled areas in Aceh Besar and Banda Aceh, we established children centers that can facilitate the overall children activity in the respective areas. The size of the children center varies from 7m x 7m to 8m x 10m. The children center was aimed to provide children with a safe and fun place where they can explore and let out their expression through many activities. Reading center was a facility inside this center beside toys, and other playing tools as well.

To support the FEAT program, groups of mothers are established in each implementation areas to provide food for the children. They are actively involved every FEAT activity, three times a week. Mothers were also informed of the nutrition components to prepare nutritious meal to increase children's nutritional status. CWS integrated the program with CWS nutrition program by explaining about healthy food and diet. CWS also strengthen partners by providing them with skills and materials information on health and nutrition for mothers of children in FEAT locations.

In line with the CWS Indonesia strategy of implementation and as part of our sustainability strategy of the program, we work in partnership with local NGOs in Banda Aceh and Aceh Besar.

Up to end of July 2005 CWS has had agreements with five local organizations in carrying out FEAT program.

They are:

1. SPMAA (Sumber Pengetahuan Mental Agama Allah), an Islamic Institution at Krueng Anoy village, sub district Barona jaya, Aceh Besar District.
2. LPPM (Lembaga Pembinaan dan Pengembangan Masyarakat), Youth Organization of Hidayatullah, Islamic Institution at Nusa village, Lhok Nga sub district, Aceh Besar District and Lamsujen village, Lhoong sub district, Aceh Besar District.
3. LPAB (Lembaga Pembinaan Anak Bangsa), a Community Based Organization (CBO) at Mata le Barracks, Darul Imarah sub district, Aceh Besar District and Lamtemen Barat, Jaya Baru sub district, Banda Aceh District.
4. BSPD (Bakti Sosial Pengembangan Desa), Students Association at Temporary Living Centre (TLC/*Hunian Sementara (Huntara)*) Sibreh Keumude 1, Sukamakmur sub district, Aceh Besar District.
5. FORSIKAL (Forum Studi Kependudukan dan Lingkungan Hidup Aceh), local organization at Lam Nga village, Mesjid Raya sub district, Aceh Besar District.

Table of Recent Implementation

No	Location	Type	Number of children	Mechanism of work	Partner	Status of Implementation	Detail Activities
1	Cot Gue-Darul Imarah-Aceh Besar	Temporary housings	40 children among 100 hh	Direct implementation (volunteers)	(Youth group)	On going implementation	3 times in a week (weekly) activities and supplementary feeding provision cooked by mothers running
2	Kebon Cot Gue-Darul Imarah-Aceh Besar	Barracks	90	Direct implementation (volunteers)		On going implementation	Children activity and supplementary feeding supported by community women support group
3	Mata le-Darul Imarah-Aceh Besar	(Kadin barracks) Tents	123	Partnership	<i>Lembaga Pendidikan Anak Bangsa (LPAB)- Education Organization for children</i>	On going implementation	Reading Center Children activity and supplementary feeding
4	Lamtemen Barat-Jaya Baru-Banda Aceh	Host family	203	Partnership	<i>Lembaga Pendidikan Anak Bangsa (LPAB)- Education Organization for children</i>	On going implementation	Children activity, reading center and supplementary feeding
5	Desa Nusa-Lhok Nga-Aceh Besar	Barracks and tents	150	Partnership	<i>Lembaga Pembinaan dan Pengembangan Masyarakat (LPPM), Local Islamic Organization</i>	On going implementation	Children activities and supplementary feeding provision on every Monday, Wednesday and Saturday

No	Location	Type	Number of children	Mechanism of work	Partner	Status of Implementation	Detail Activities
6	Sibreh-Sukamakmur-Aceh Besar	Barracks	110	Direct implementation (volunteers)		On going implementation	Weekly activities and food distribution are running
7	Krueng Kala-Lhoong-Aceh Besar	Temporary housings	77	Direct Implementation (volunteers)		On going implementation	Weekly activities and Food distribution are running
8	Krueng Anoi-Barona Jaya-Aceh Besar	Host families	115	Partnership	Sumber Pendidikan Mental Agama Allah (SPMAA), Islamic Organization	On going implementation	Children activities and food distribution with combination of Recital Qur'an
9	Lamsujen-Lhoong-Aceh Besar	Barracks	150	Partnership	Lembaga Pembinaan dan Pengembangan Masyarakat (LPPM), Local Islamic Organization	On going implementation	Children activities, food distribution with combination of Recital Qur'an
10	Sibreh Kemude I-Sukamakmur - Aceh Besar	Barracks	87	Partnership	Bakti Sosial Pembangunan Desa (BSPD), student organization of Syiah Kuala University	On going implementation	Weekly activities and food distribution are running
11	Lamnga-Mesjid Raya-Aceh Besar	Barracks	139	Partnership	Forum Studi Kependudukan dan Lingkungan Hidup Aceh (FORSIKAL)	On going implementation	Weekly activities and food distribution are running
12	Mata le-Darul Imarah-Aceh Besar	Walubi barracks	95	Partnership	Lembaga Pendidikan Anak Bangsa (LPAB)- Education Organization for children	On going implementation	Weekly activities and food distribution are running
		<b>TOTAL</b>	<b>1385</b>				

In the early phase of the program we implemented program in the following locations (February – April 2005)

No	Location	Type	Number of children	Mechanism of work	Partner	Status of Implementation	Detail Activities
1	Kebon Cot Gue and Cot Gue-Darul Imarah-Aceh Besar	Tents	316	Partnership	Sekolah Tinggi Ilmu Psikologi (STIP)	Completed	Child play and games
2	Mon Ikeun-Lhok Nga-Aceh Besar	Tents	50	Direct implementation	-	Out from the location because overlapped with Zoe's Ark Foundation France.	Child play and games
		<b>TOTAL</b>	<b>366</b>				

Total children who involved in FEAT program is **1,745 children**

## 2. Early Child Development (ECD)

At the moment, the ECD program is on preparation phase and the procurement of equipment or tools for the program has been completed. The equipment and tools procured are:

- Wooden toys
- Wooden blocks
- Posters
- Mystery bags
- Flannels

Target beneficiaries are children with age ranging from 3 – 5 years old.

The locations that have committed to implement the ECD activity are:

- a. Krueng Kala camp, Lhoong sub district, Aceh Besar by CWS
- b. Krueng Anoi village, Barona Jaya sub district, Aceh Besar by SPMAA
- c. Cot Kilat camp, Darul Imarah sub district Aceh Besar by CWS
- d. Mata le camp, Darul Imarah sub district, Aceh Besar by LPAB

The activity is planned to be conducted by funds received from ACT donor, as the Psychosocial Support program funded by OFDA has reached its deadline in end of July 2005.

## 3. Women and Youth Support Group

CWS has procured sport equipment and traditional music instruments such as: volley ball and its clothing apparels, football, basketball, table tennis equipment, guitar, etc.

The distribution of these items have been conducted in Sibreh Keumude Barrack I and II, Sukamakmur sub district, Aceh Besar and will be followed with distribution in other areas.

## 4. Trainings

During implementation, CWS already conducted several trainings to partners and volunteers, involving stakeholders and beneficiaries as well. The trainings were aimed to provide necessary skills before implementation of the particular issue or program. If the partners have had the skills and experiences in the past, the trainings will strengthen and prepare them more. These interactive trainings are encouraged by CWS so all parties will be able to share experiences and stories on the lesson learned of the implementation.

Some of the conducted trainings are:

**a. Volunteers Training on Psychosocial Assistance for Tsunami Affected people**

Thirty-three volunteers, including five psychologists, were recruited from local partner organizations and HIMPSI (Himpunan Psikologi Indonesia-Association of Psychologists Indonesia) to follow this training which took place in Jakarta, 22 – 26 February 2005. The Center for Trauma Psychology (CTP, Massachusetts), in coordination with the Transcultural Psychosocial Organization (TPO, Netherlands), facilitated the five-day training in Jakarta. The primary purpose of the training was to enhance the knowledge and skills of facilitators who are working for tsunami-affected people in several camps throughout Aceh.

The training consisted of two principle components: Post Traumatic Stress Management (PTSM) and Classroom/Camp Based Interventions (CBI). The PTSM module addressed enabling volunteers to have an outlet for their feelings of grief as many of the volunteers lost relatives in the tsunami. The CBI module focused on a healing methodology using play therapy approaches for children affected by natural disasters.

The majority of volunteers recruited is originally from Nanggroe Aceh Darusalam (NAD), and have been identified as the most appropriate counselors and facilitators for tsunami affected people. Their knowledge of the community's culture, norms, language, and religion assist in both building trust within and providing counseling to the tsunami-affected community.

**b. Fun and Educative Activities (FEAT) Training**

The training was conducted in Wisma TVRI, Mata le village, Darul Imarah sub District, Aceh Besar District on 11-13 May 2005 and was attended by 27 participants from partners SPMAA, LPPM, LPAB, BSPD and Sekolah Tinggi Ilmu Psikologi (STIP). The training was facilitated by CWS staff and material of the trainings covering below:

- Introduction of Psychosocial Mental Health (PMH) program
- PMH programs applied in CWS programs in some areas
- Introduction principal of FEAT program to partners
- On going program presentation and sharing from each partners to others

In the training, partners and volunteers received knowledge and skills, and each partner can share their experiences to other partners. This sharing enriched the knowledge of the method and techniques in FEAT implementation in the field. CWS did not invite FORSIKAL because at the time, CWS has not signed an agreement with FORSIKAL but CWS conducted short session on introduction FEAT to FORSIKAL at the CWS office.

**c. Early Child Development (ECD) Training**

The training was held in Wisma Daka, Banda Aceh on June 2005, attended by 49 participants, from the 5 partners (e.g. SPMAA, LPPM, BSPD, FORSIKAL, LPAB), some barracks coordinators and local volunteers who will voluntarily run ECD program in certain locations. The training was facilitated by CWS staff. ECD is the activity similar to FEAT but targeting children in the age of 3 to 5 years.

The objectives of the training are:

- To raise awareness on the importance of developing children's other potentials beside their physical potentials
- To have a holistic approach for children's development especially for disaster affected children whose social environment have totally changed and have been through extreme emotional experiences as well as limited access of education
- To facilitate a premier education for children, emphasizing on mothers' attention on their children's development.
- To encourage children take part in various activities that can enable them to use their imagination, spontaneity and social skills.

Through participation in the training, partners will be able to increase their knowledge and skills to run the ECD program in their respective location while adopting local characteristics, customs and resources.

## **5. National Children's Day 2005 Commemoration**

To commemorate The National Children's Day, 23 July 2005, CWS in collaboration with local partners and some barracks coordinator facilitated an art performance for beneficiaries of CWS Psychosocial Support programs. The event included Acehese traditional dances, songs, children games and drawing exhibition, participated by children from 12 different locations in Banda Aceh and Aceh Besar would. The event provided an opportunity for outdoor activities as well as to built a sense of togetherness that can strengthen their resiliency after such huge disasters. This event did not only involve children but also mothers and women. Women from different locations had the opportunity to participate in a cooking competition. The objectives of the event are:

- To provide children with fun and educative outdoor activity;
- To provide a media to express children's feeling and emotion through games and competition;
- To develop sense of togetherness among children, CWS staff, volunteers and partners; and
- To promote children's self esteem through performing songs and traditional dances and exhibitions.

The activity took place at Lapangan Tugu Syiah Kuala University, Darussalam, Banda Aceh on July 24, 2005 from 08.00 to 17.00 and was attended by around 1,500 children from 12 locations. Besides the participants, it was also attended by some of invited stakeholders e.g.head of local Health Ministry, head of local education ministry, head of Lhoong Subdistrict, Televisi Republik Indonesia (TVRI, a local television station), UNICEF, WHO, Mennonite Centre Community, Action by Churches Together, and Yakkum Emergency Unit (YEU). CWS installed about 12 big tents for every partner as a place to coordinate the children, women and activities and in this tent, children from each location performed and exhibited their drawings and other art works from the FEAT in each location.

## **6. Coordination**

CWS attends the coordination meeting in Health Department, provincial level regularly.. The meeting is facilitated by WHO and Health Department, provincial level. CWS often gives presentation on CWS' Psychosocial Support activities. Meetings are regularly attended by INGOs and NGOs such as: International Organization for Migration (IOM), ICMC, Mennonite Centre Community (MCC), Indonesia Relief Foundation, Psikodista Foundation, YEU, FKPI, etc.

Sometimes other NGOs do not attend the meeting regularly, which resulted in program overlapping in the same location. A case example is the overlapping of program between CWS and Zoe's Ark Foundation from France in Mon Ikeun.

## Pictures



Picture 1. Activity location in Cot Kilat barrack, Darul Imarah, Banda Aceh



Picture 2. FEAT in Nusa Village, Lhoknga



Picture 3. Building the children center in Krueng Anoi, SPMAA



Picture 4. Health education by CWS for mothers in Cot Gue



Pic 5. Activities in National Children Day 2005

## Constraints

1. Lack of coordination among NGOs (International and local) caused overlap of assistance provided at some areas. Though there are coordination meetings with the provincial Health Office, some organizations were not able to attend and some other organizations are still insisting in starting program in certain areas where other NGO/INGO have intervened. In order to organize the areas of intervention and to prevent overlap of services, the Provincial Health Office (PHO) in collaboration with WHO facilitated a Planning workshop on 10-12 May 2005 at PHO. The workshop attended by PHO, DHO (District Health Office), Puskesmas from 9 districts in NAD and NGOs. The objectives were to develop future plan for Mental Health and Psychosocial Support at Nanggroe Aceh Darussalam.
2. The mobilization of IDPs from camps to their relative's place is still high. The activities are impacted by the mobilization, as they relatively go slower due to this situation.

The number of children who attended the activity is changing each session as other activities were also running at the same time such as the mass circumcision for boys at barracks or other activity in the camp.

## **Conclusion**

During the implementation of FEAT we followed the core principles: Do no harm!, ensured the best interests of the beneficiaries, enhanced the resilience in individuals and groups, tailored our intervention to the local contexts, respected all ideas and opinions, were non-discriminatory and adhered to honesty and we are planning to follow this important principles in the future.

Overall, despite the faced constraints and the relative short duration of FEAT, it has been shown that psychological support is rightfully an accepted element in emergency response, relief, care and support. However, it differs from material support in that the recovery process is much longer and less visible. Nevertheless, we are grateful for the financial support provided by USAID OFDA and its acknowledgement for the need of such a program and the flexibility of its implementation.

Still, only a reliable and long-term commitment will ensure that the psychosocial aspects of relief work are professionally implemented and make a crucial difference to the victims and volunteers affected by the Tsunami and earthquake, therefore, CWS is committed to ensure that its FEAT activities will continue beyond the USAID OFDA funding cycle while striving towards meaningful peer attachments and social competence, trust in others, creating a sense of belonging, re-establishing self-esteem, addressing empowerment, increase the ability to access to opportunities, creating hopefulness or optimism about the future, responsibility, empathy, creativity, adaptability and a secure attachment of the children with their caregivers.