ARQ Centrum'45

Universiteit Utrecht

good parenting in difficult times

webinar VROEG

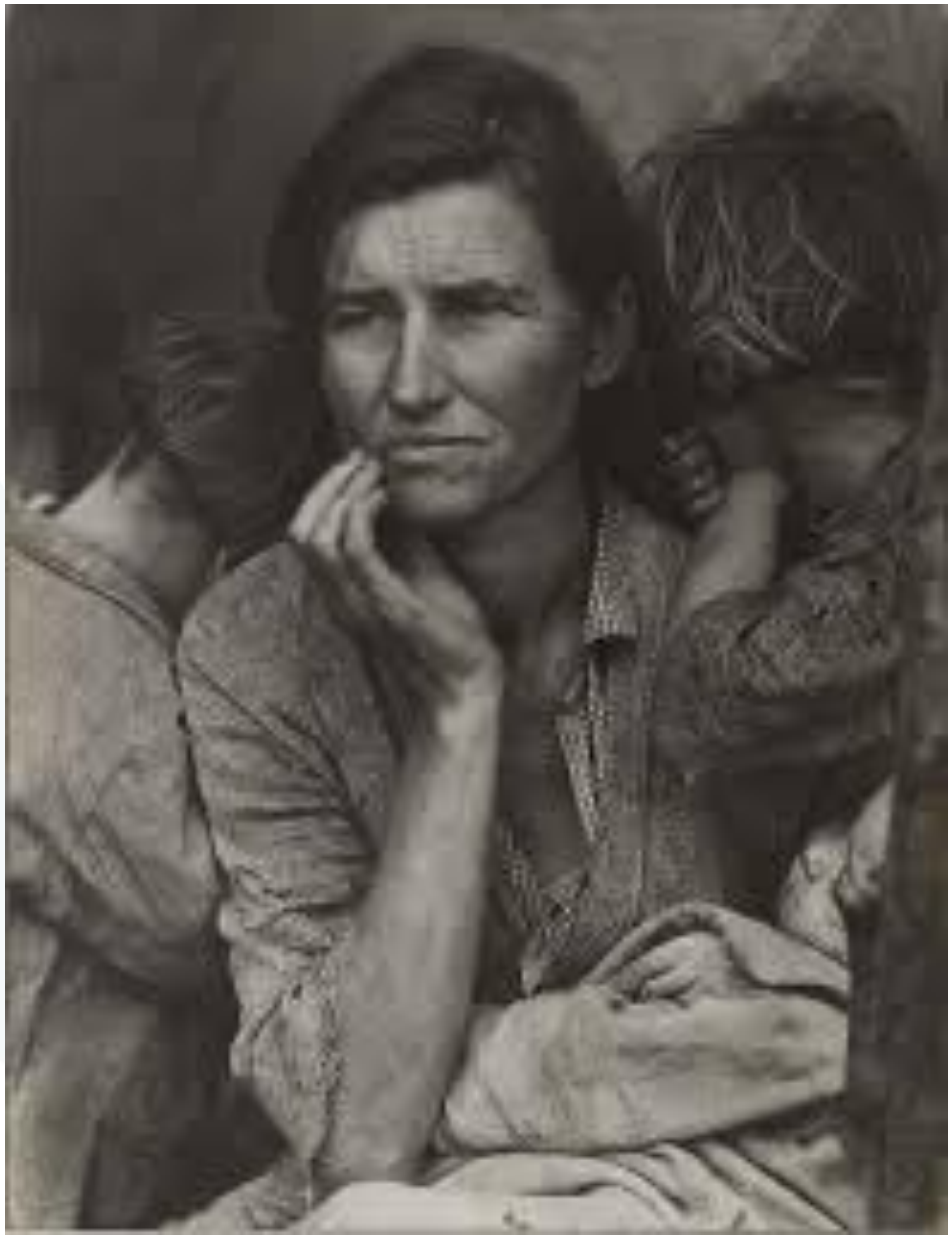
Trudy Mooren

5 April 2022

The heartbreaking impact of war on children in Ukraine | UNICEF
Delen
Every minute 90 children have fled the war in Ukraine.
unicef
Bekijken op YouTube

Contents

- Normal stress responses – to abnormal circumstances
- Influence of stressors on parent-child relationship and the other way around
- Dealing with worries
- Parting from attachment figures (and reunion)
- early detection
- Resources & tools



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1. GOODBYE

Christopher Wood
The Fisherman's Farewell (1928)
Tate

This is a portrait of a fisherman saying goodbye to his wife and child on the beach. He might be leaving for the day or going away for a long time. The stormy skies make the sea look a bit chilly!

https://www.tate.org.uk/kids/explore/top-5/top-5-family-portraits

Ilya Repin: Unexpected

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Geboren: 5 augustus 1844, Chuhuiv, Oekraïne

Overleden: 29 september 1930, Repino, Sint-Petersburg, Rusland

Risk factors in families with a refugee background

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Premigration

- War, trauma and persecution
- Loss of loved ones

While on the run

- Trauma, detention, insecurity
- Exploitation and discrimination
- Loss and separation of family members

Post-migration

- acculturation stress
- Discrimination
- Home sickness and loss

consequences from trauma and flight

adults:

PTSD 31.5%

Depression 31.5%

Fear 11%

Psychosis 1.5%

Children

PTSD 19-52.7%

Depression 10.3-32.8%

Fear 8.7-31.6%

emotional and behavioral problems 19.8-35.0%

PLOS MEDICINE

OPEN ACCESS PEER-REVIEWED

RESEARCH ARTICLE

The prevalence of mental illness in refugees and asylum seekers: A systematic review and meta-analysis

Rebecca Blackmore, Jacqueline A. Boyle, Mina Fazel, Sanjeeva Ranasinha, Kylie M. Gray, Grace Fitzgerald, Marie Misso, Melanie Gibson-Helm

Published: September 21, 2020 • https://doi.org/10.1371/journal.pmed.1003337

Review | Open Access | Published: 27 August 2018

Prevalence of mental disorders in young refugees and asylum seekers in European Countries: a systematic review

Christina Kien, Isolde Sommer, Anna Faustmann, Lacey Gibson, Martha Schneider, Eva Krczal, Robert Jank, Irma Klerings, Monika Szelag, Bernd Kerschner, Petter Brattström & Gerald Gartlehner

European Child & Adolescent Psychiatry **28**, 1295–1310 (2019) | Cite this article

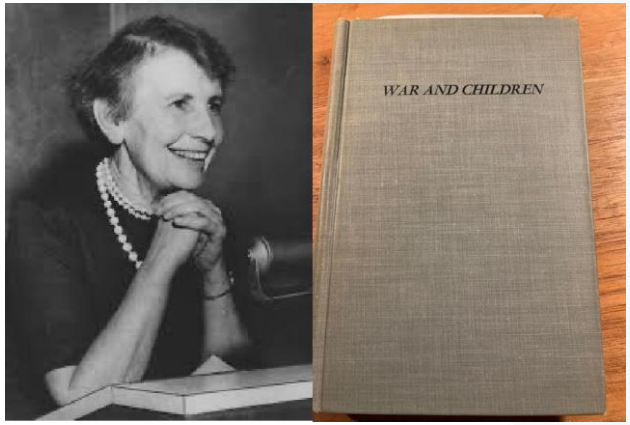
11k Accesses | **78** Citations | **19** Altmetric | Metrics

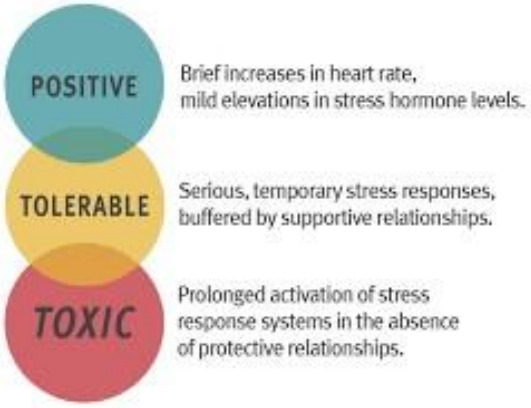
Relevance from a systemic approach

- Family is an important source of support and stress
- Main source of social support, and emotion regulation skills
- Prevention of overload of stress for family members and breaking through intergenerational effects

Stress

Attachment



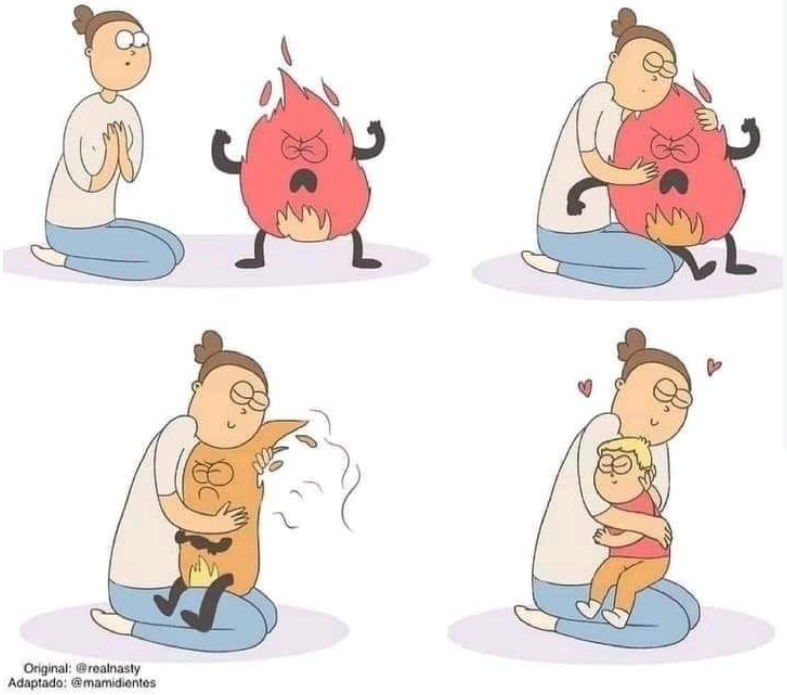


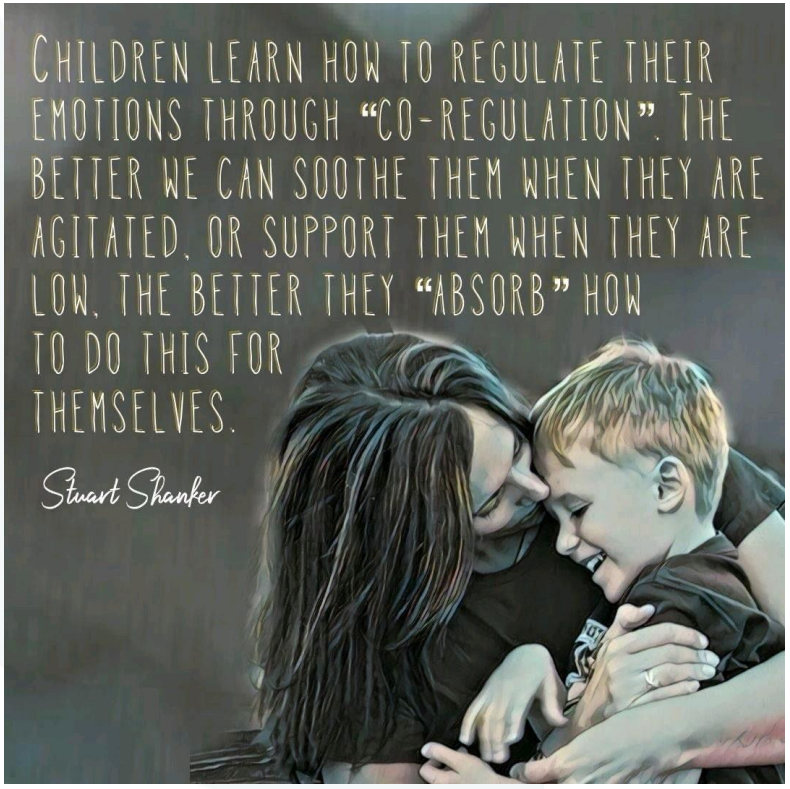
Neurobiology /stress system

https://developingchild.harvard.edu/science/key-concepts/toxic-stress/

interactive

What helps children?: co-regulation





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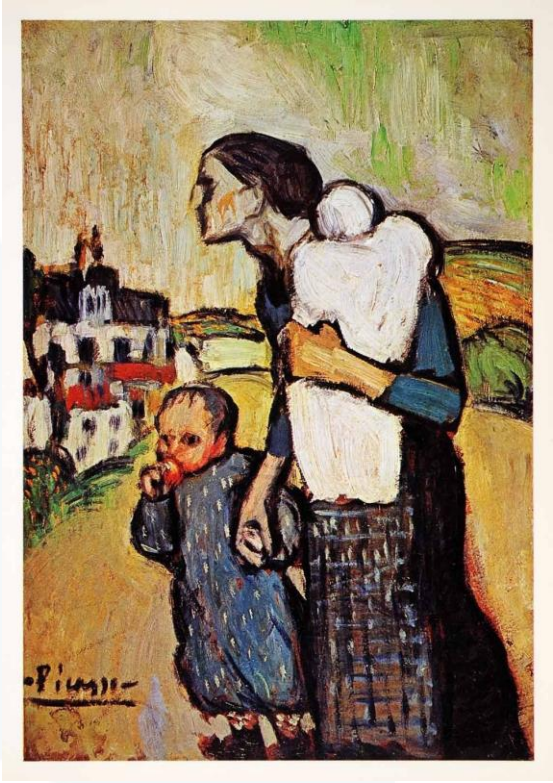
HOW TO USE OXYGEN MASK ON PLANE

What helps parents?

- Explanation, psychoeducation
- Self care
- Social support through e.g. WA groups



Resilience _

Beliefs

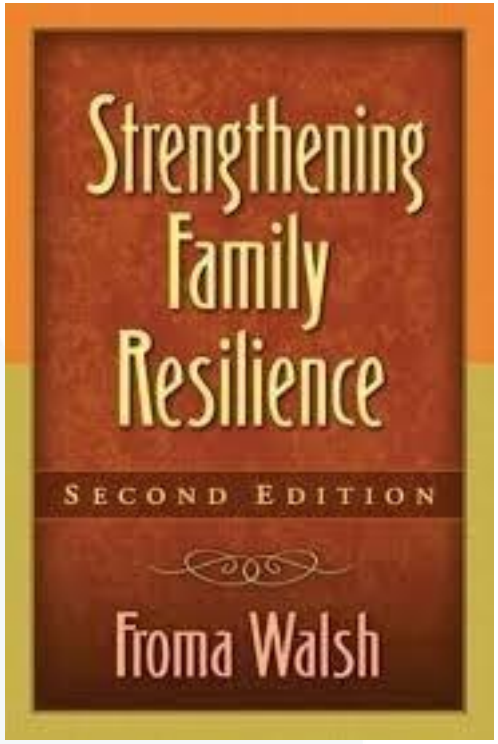
- To give from meaning
- Hope, hope for a good conclusion
- Spirituality

•Organization, division of labour

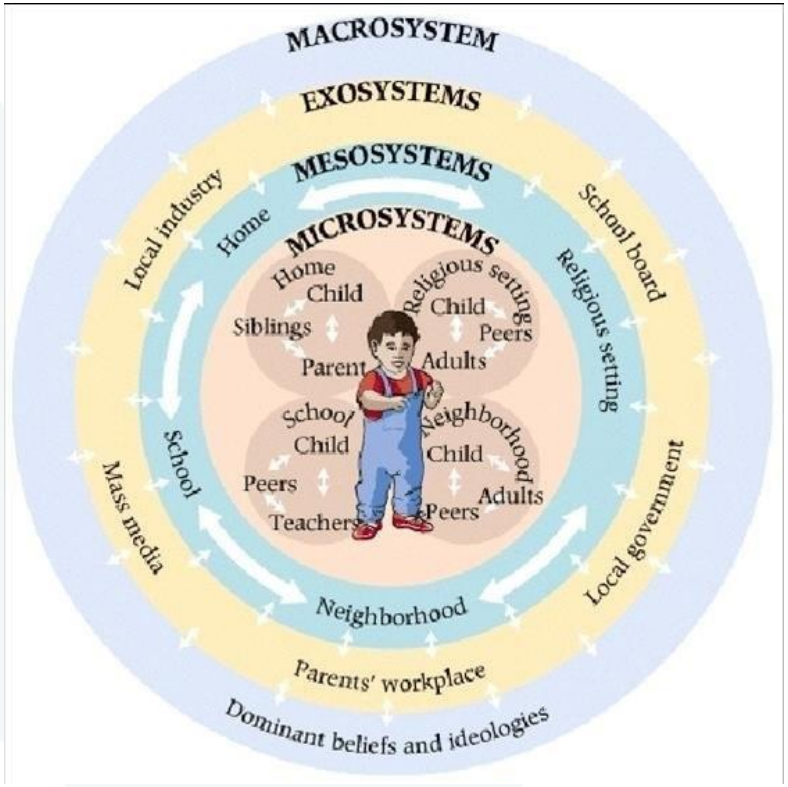
- Flexibility
- connection
- social & community resources

Communication processes

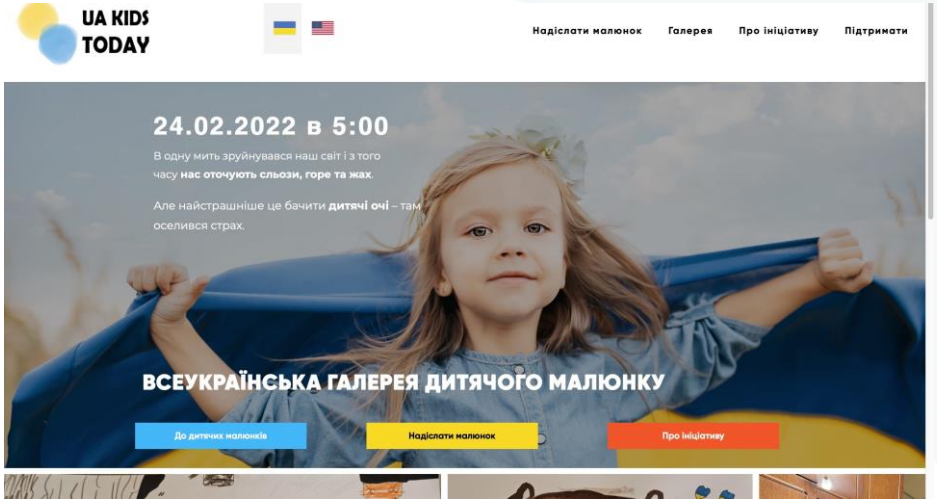
- clear information
- Sharing of emotions
- Problem solving, prevention



support, from different circles or care

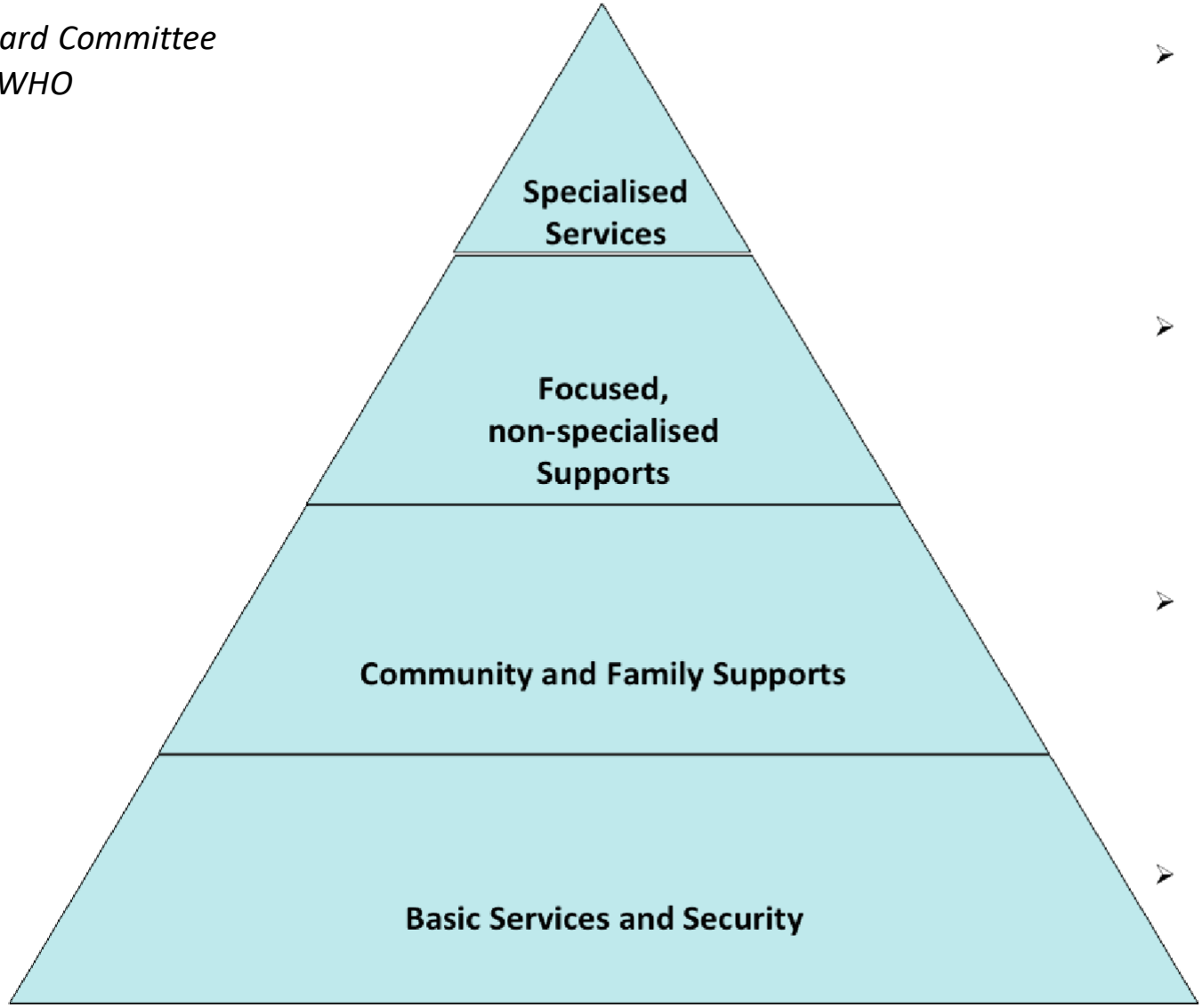


UA kids today



Welcome

Inter agency standard Committee Guidelines (IASC), WHO



- Complex psychological, psychiatric or social interventions
- Targeted programmes by trained persons for specific issues
- Resuming existing social practices or support to new ones
- Support to ensuring practical needs are addressed in ways that enhance wellbeing and not opposite

MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT HUMANITARIAN RESPONSE IN UKRAINE AND NEIGHBOURING COUNTRIES

Resources in English, Hungarian, Latvian, Lithuanian, Polish, Romanian, Russian, Slovakian, and Ukrainian Version 2.0.

KEY RESOURCES

IASC Guidelines on Mental Health and Psychosocial Support in Emergency Settings. (IASC, 2007).

E U R

IASC MHPSS RG Assessment Guide. (IASC MHPSS RG, 2012).

E U

Psychological first aid: facilitator's manual for orienting field workers. (WHO, 2013).

E U

Psychological first aid: Guide for field workers. (WHO, World Vision, War Trauma Foundation, 2011).

E U R Ro

Advocacy package. (IASC MHPSS RG, 2011).

E U

Doing What Matters in Times of Stress. (WHO, 2020).

E U R Ro

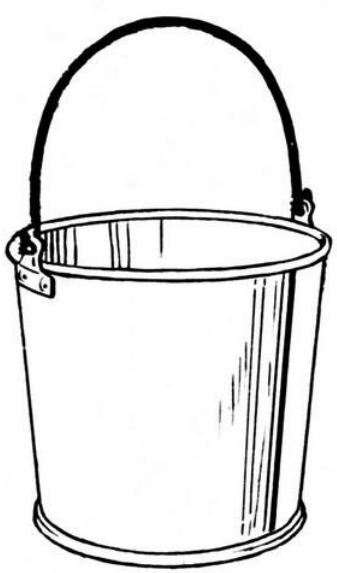
H L

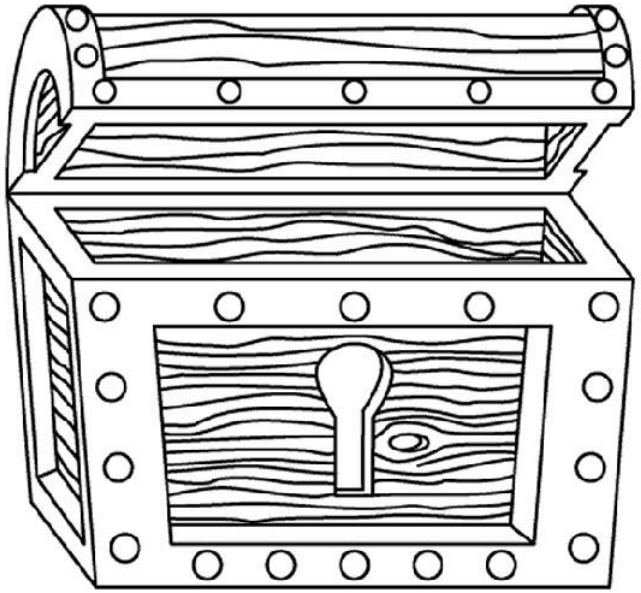
E : English U : Ukrainian R : Russian Ro : Romanian

H : Hungarian L : Lithuanian P : Polish La : Latvian S : Slovakian

IASC

stress coping paradigm





stressors (bucket) † sources (treasury)

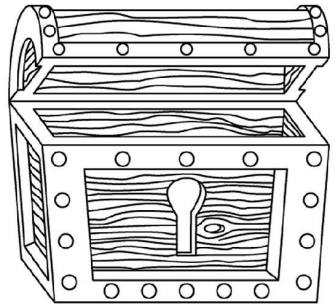
stressors

Caring about family

Limited privacy

Less budget

Insecurity



Resources

hope/optimism

Religion

social support

To walk, to move, sport

Protection of children against stress

Music, dance

Conclusion: take home

- Family is the main source for social support
- Prevent getting stuck
- Parents need support in order to support their children
- Core: emotion regulation, connection and explanation (understanding)
- Promote “Yes, I can” – interest from hope
- Make room for pleasant interactions and hope

Daily bread: El-Khanic et already.

Early intervention programs

Adults

- doing what matters
- Problem Management+ (UK)
- group Management+
- Psychological first aid
- MHPSS network (platform)

Children, parent-child Interaction

- app Dyregrov-Maundalen
- infant mental health
- EASE (for teens, brown etal., 2019)
- Team UP (War child)
- MindSpring Junior (ARQ)
- Listen First (Al-Khani et al.)

Sources

- ESTSS4UKRAINE webinar April 6 & April 11 War and its impact on children and families
- World health Organization (WHO)
- UNICEF
- Dutch Youth Institute (NJI, https://www.nji.nl/vluchtelingenkinderen)
- Knowledge center for children and youth psychiatry (KJP, https://www.knowledge center -kjp.nl/nieuws/psychische-hulp-kinderen-ukraine /)
- ESTSS: https://estss.org/helpful-resources-for-mental-help-professiona -persons-affected/
- NTSCN (network, USA)

Thanks for your attention

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