

Outreach

Activities and Accomplishments of the PAP MHPSS SIG 2014

January 2014

- Partnered with Save the Children and provided a TOT on Resilience and Recovery for teachers in Tacloban and Ormoc
- Partnered with Andre Yap of Project Embrace. Mr Yap shall be developing apps and educational videos for the PAP/MHPSS regarding PFA and modules for resilience and recovery
- Networked with Dr Rony Berger who provided talks and workshops including the following:
- Jan 15 & 16 - Enabling Resilience & Recovery Venue: Astronomy Room, Rizal Technological University Boni Avenue, Mandaluyong City Coordinator: Joy Calleja (mcalleja@ateneo.edu)
- Jan 17 & 18 - Enabling Resilience & Recovery Venue: UP Tacloban Conference Hall Coordinator: Weng Guiao (iska83@yahoo.com)
- Jan 23 & 24 - Trauma Memory Restructuring

Venue: University of Sto Tomas (UST) Coordinator: Claudette Agnes (caagnes@yahoo.com)

February 2014

- Brought together experts from different fields and different regions in the country in order to come up with modules to be used all over the country for Resilience and Recovery. A very rough draft of the first set of KATATAGAN modules was developed by the end of the 3-day workshop.
- PAP members were deployed to Leyte in order to conduct PFA and PSP to hundreds of teachers and students in the area.
- Partnered with Dr Lynn Waelde of Palo Alto University. She provided a talk on Mindfulness for the Counselor to about 70 members of the PAP.

March 2014

- The KATATAGAN module was further refined then sent out to the members of the core group for further enhancement and refinement.
- Provided information to Mr Alfred Mutiti, consultant of WHO, regarding the drafting of national guidelines for psychosocial support
- In partnership with the Information and Computer Department of Ateneo, plans regarding the development of an APP to monitor the psychosocial activities (intervention, training, therapy, psychoeducation, etc) of the PAP members were finalized.
- Provided a talk on PFA and other Psychosocial Interventions to members of the Philippine Mental Health Association

April 2014

- Met up with Becky Galvez-Tan of Health Futures Inc (HFI) in order to partner with them in their mission to provide medical and psychological support to the communities in Samar. Volunteers to the HFI were asked to conduct the modules developed by members of the MHPSS SIG. These volunteers attended a 1-day training regarding the proper conduct of the modules.

- The KATATAGAN module was further refined and then translated to the local language. Evaluation tools were likewise developed in order to measure the effectiveness of the modules in delivering its objectives.

May 2014

- In partnership with Ateneo, 2 Interns were deployed (1 in Tacloban and the other in Zamboanga) in order to conduct the pilot run of the KATATAGAN modules.
- Presented a talk on Resilience and Recovery for the members of UNESCO-APNIEVE during the Annual Conference
- Presented a talk on PFA for the members of UNESCO-APNIEVE during the Annual Conference
- Partnered with Save the Children and developed modules for parenting education sessions. Provided a TOT for facilitators of these sessions as well
- The first batch of HFI-PAP volunteers conducted the Katatagan modules in Samar.

June 2014

- The second and third batches of the HFI-PAP volunteers conducted the Katatagan modules in Samar.
- The two interns who conduct pilot runs of the KATATAGAN modules returned to Ateneo with their feedbacks and suggestions. The modules have thus far, been simplified and revised in order to accommodate the recommendations of the interns.
- The second batch of HFI-PAP volunteers conducted the Katatagan modules in Samar.

July 2014

- The 4th and 5th batches of the HFI-PAP volunteers shall be conducting the Katatagan modules in Samar.
- Final touches being done on the PAP APP: PAP SERVE
- Revisions on the KATATAGAN modules, appendices and evaluation tools
- Meeting with Mr Andre Yap of Project Embrace. Mr Yap and his team are developing videos for the PAP in order to help the org train volunteers on the proper conduct of PFA and the Katatagan modules.
- The third and fourth batches of HFI-PAP volunteers conducted the Katatagan modules in Samar.

August 2014

- Presentation of two symposia during the PAP Conference
- Enabling Resilience and Recovery
- Multiple Types of Disaster Interventions
- Launch of the PAP APP: PAP SERVE
- Launch of PROJECT EMBRACE VIDEOS
- The fifth batch of HFI-PAP volunteers conducted the Katatagan modules in Samar.

Sept 2014

- The sixth and seventh batches of HFI-PAP volunteers conducted the Katatagan modules in Samar.

Oct 2014

- The seventh batch of HFI-PAP volunteers conducted the Katatagan modules in Samar.
- Hosting of the 2-day Train-the-Trainer/Facilitator workshop on KATATAGAN at Assumption San Lorenzo. A number of attendees have likewise conducted trainings in their respective provinces/regions.
- Hosting of the 2-day workshop of Dr Michael Ungar, PhD, Scientific Director of CYCC Network and CoDirector of the Resilience Research Center, Dalhousie University, CANADA
- Ran a 2-day seminar on the KATATAGAN for 35 members of Ateneo de Naga and other schools in the area.

Nov 2014

- Presented two papers at Palo Alto University regarding the following:
 - The use of the Group Approach in conducting PFA/Cultural appropriateness of the group approach
 - Effectiveness of the Katatagan modules in enabling resiliency
- Met with the following regarding either research and publication/networking purposes:
 - Dr Lynn Waelde – regarding improvements on present papers for submission to international journals
 - Lauren Kiser – regarding multi-family groups
 - Elana Newman and Bob McMakin – regarding activities in Tacloban
 - Dr Eduardo Bunge and Dr Ricardo Munoz – regarding their website that presents the PFA in Filipino language
- The eighth batch of HFI_PAP volunteers conducted not just the KATATAGAN modules but PFA, processing and psychoeducation as well to members of the LGU in Samar.
- Presented two posters at the ISTSS conference regarding PFA and the Katatagan
- Requested for funding from Sen Panfilo Lacson and the Office of the President for our outreach programs. The office of the good senator replied but only to inform us that no funds are available.
- Networking closely with Ms Lilibeth Aristorenas who is now linking us with Dodo Dee and company, the priests of Assisi in Tacloban, and the mayor of the provincial government in order to link our efforts with theirs.

Dec 2014

- Represented the Philippines at the recently concluded Psychological Interventions after Disasters Workshop held at Miangyang, China. There were 6 Filipinos, 2 of which were members of the MHPSS-SIG.
- Met with DSWD personnel for possible coordination regarding the conduct of the Katatagan in Tacloban.

MESSAGE FROM PAP PRESIDENT

Dear All,

Last week, the PAP Board finalized its plans with regards to providing Mental Health and Psychosocial Support for Disasters (MHPSS). In this plan, we identified that PAP's role would be

to facilitate the delivery of MHPSS in the form of: public education and information related to coping, provision of training of Psychological First Aid and other specialized services both for individual and community recovery. These goals will be met by: 1) empowering local psychologists/organizations in the region so they can provide sustained MHPSS in affected areas, 2) collaborating with partners and other providers of MHPSS to ensure systematic and holistic approach to recovery, 3) building capability, using common principles, approaches, tools, and materials to ensure consistent approach and protection of human rights in delivery of psychosocial support and 4) creating a coordinating structure and database to enable synergy and synchronize efforts.

We have uploaded the PAP MHPSS plan, training materials and references on MHPSS on our website (under Activities/Outreach). We are adopting the IASC Guidelines on MHPSS in Emergency Settings that provides principles and a framework not just for emergency responses. It also emphasizes the importance of going beyond band-aid or stand alone psychosocial interventions to more integrated and long-term solutions.

We realize that many of these might be new to us so we strongly urge schools to help educate our community on MHPSS and the appropriate psychological interventions we should use. The priority for now is to train people Psychological First Aid - the approach recommended by the World Health Organization and other humanitarian agencies immediately after disasters. We ask that Critical Incident Stress Debriefing NOT be used for survivors because there is evidence that it impedes natural recovery. However, PFA is just an emergency intervention and will not be enough for some survivors so we will also be announcing other training workshops related to psychological interventions for trauma and grief both for individuals and communities.

To enable better communication and avoid duplication of areas – we are appointing regional/site coordinators: Cebu – Dr. Glenn Garino (USC), Bohol – Kit Balane (Bohol Island State University), Iloilo – Bernice Landoy (UP Visayas), Dr. Gail Ilagan (AdDU), Villamor Airbase – Dr. Pia Ramos (AdMU), Palawan – Ms. Yeng Gatchalian (thru PSU). The role of these coordinators is to facilitate synergy between the various schools/groups in the area providing psychosocial support. PAP Executive Director, Dynes Asiatico will be coordinator for requests for training, materials and resources. We are hoping to come out with a deployment website shortly that will tell us who is doing what and where. We are calling a coordination meeting on November 30, 2013 at 9 am, PSSC among all the departments, groups, centers and individuals who are currently or are interested in doing MHPSS work.

We are also happy to announce that the Philippine Psychiatric Association and PAP has joined forces and has come out with a list of centers and clinics willing to offer free counseling services for survivors. This list is available in our website.

We reiterate our reminder not to go into the areas without an assessment and local partners. We would like to thank the many members of the psychology community who have already begun to provide psychosocial support in Cebu, Bicol, Tacloban, Samar, Leyte and Villamor in partnership with government and non-government organizations. We would like to continue to support efforts to provide psychosocial support and will be launching a fundraising drive where people can purchase donation cards as alternative Christmas gifts.

We realize that many of these efforts are being done over and above our current roles/jobs. We also know that volunteering, while gratifying, can also be painful and frustrating. The conditions that we operate in are far from ideal – then again, neither are disasters. But now more than ever, our country and people really need our help and expertise.

All the devastation brought about by the siege in Zamboanga, the earthquake in Bohol and Typhoon Yolanda will require much of us. There is much we have to learn and unlearn. We need to be comfortable in working with each other and our partners. We are slowly putting in place the

systems, structures and resources we need to effectively respond in disasters. But in the end, it will still be your willingness to give your time and talent that will matter. Currently, we are already receiving so many requests for assistance and training from government agencies, non-government organizations, higher education institutions - the need for our services is so great. We ask for your continuous generosity because the road to recovery will be a long one. Individually, we might be able to help one person or family at a time. But together, there is much more that we can do. Let us work together as a community and heed this call to serve.

Sincerely Yours,

Ma. Regina M. Hechanova, PhD

President, PAP

November 21, 2013

Update on oplan salubong. Operations has been returned to Villamor under DSWD. DOH has assigned National Center for Mental Health to provide psychosocial support there. NCMH has contacted PAP but we are still awaiting clear information on protocol and schedules. In the meantime, people may still volunteer as marshalls.

November 20, 2013

The processing of Yolanda survivors will be transferred out of Villamor Airbase starting Nov. 21. Because of this, PAP is halting its deployment of counselors and team leaders for Psychological First Aid for Yolanda survivors until further notice.

We would like to extend our sincerest appreciation to all those who generously and tirelessly volunteered their time and services for our brothers and sisters affected by Yolanda. Our special thanks to team leaders, trainers, and those who served as project team - Dr Pia Ramos, Dynes Asiatico and Mandi Angeles.

We will be announcing other plans to provide psychosocial support once they have been firmed up. We are counting on your continued support for our future endeavors.

Until plans are firmed - we encourage the psychology community to continue providing psychological first aid to survivors and their families.