



IN **SOLIDARITY** WITH



August 2020 - August 2021



After the Blast
Emergency Response

Red Oak provides specialized **mental health** and **psychosocial** (MHPSS) services to **at-risk women and girls**, and **children and their caregivers** affected by the **Beirut explosion**



The Beirut Port explosion on August 4, 2020 instigated a humanitarian crisis with significant immediate and long-term ramifications. More than 200 people were killed, 6,000 injured, and roughly 300,000 residents displaced, including approximately 100,000 children. Numerous urgent needs surfaced among the residents of Lebanon's capital, namely: access to alternative housing, healthcare, education, food security, welfare services and legal aid. The impact on children was severe, around 1,000 children were injured, many suffering deep cuts to their hands and faces. The children affected by the blast were exposed to collective trauma, displacement, and the loss of family members. According to UNICEF, an estimated 600,000 children showed changes in behaviour or signs of trauma and extreme stress and were in need of psychosocial support.

The trauma of the explosion, coupled with the growing threat of increased COVID-19 cases and wider economic instability in Lebanon, has left children and adults alike traumatized and in need of psychosocial support. Furthermore, an estimated 150,000 women have been made homeless following the disaster. With the destruction of safe shelters, privacy and dignity have been undermined, and the risk of sexual and gender-based violence increased significantly for women and girls residing in damaged houses, temporary accommodation, or



F. M. (Support group sessions for women)

In the beginning, I was a very negative person, sad and full of disappointments. I had many problems from the past that have an impact on my mindset and my life in general. I was a sad woman, and this was apparent in my outside look.

But when I got to know the association and the people working in it, my life changed and my eyes opened to matters that I did not have the courage to think about. I was convinced of the importance of completing my education that I was forced to leave at the age of sixteen.

shared shelters. Psychosocial support and protection needs were being reported as some of the most urgent challenges facing children, women and girls affected by the Beirut explosion and aftermath.

With support and follow-up from IRC, Red Oak conducted outreach activities and home visits in several areas of Beirut that were affected by the blast such as Burj Hammoud, Achrafieh, Karantina, Mar Mikhael, Khandak El Ghamik, Basta, Sin El Fil. The team tailored community-based outreach mechanisms to identify and engage children, caregivers, and people with disabilities. The team assessed the needs and priorities of over 200 children and caregivers through a comprehensive questionnaire and used its findings to inform the design of the activities. In addition to community-based outreach, the information on the program activities was communicated with local stakeholders, CPWG and other humanitarian actors to ensure safe and proper referrals.

With the support of Terre des Hommes Italia, Red Oak launched a project titled “Art for Inclusion” under the action “Promotion of Child Protection activities in Mount Lebanon and Baalbeck and Hermel governorates”, funded by the United Nation Children’s Funds (UNICEF) in the intervention areas of North Bekaa and Mount Lebanon. A total of 6 individuals participated in the Qudwa initiatives under this project, and over 45 individuals were provided with specialized case management.

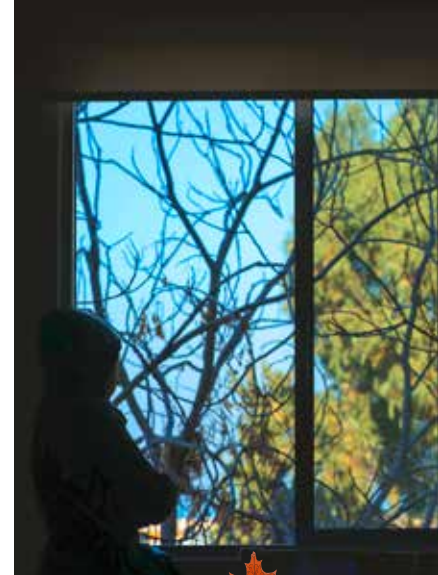


**BENEFITTED FROM
OUR SERVICES
BETWEEN**

AUGUST
2020



AUGUST
2021



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With the support of La Guilde, funded by Fondation de France, Red Oak launched a project entitled “Healing Through Art” which focused on providing support group sessions for children, art therapy for families and a training on positive parenting.

A team of professional psychotherapists, specialists, and counsellors provided individual MHPSS sessions including individual psychological support for caregivers and individual parenting sessions. The caregivers communicated their fears, worries, feelings, and the challenges they are facing after the blast as well as their needs for parenting support to address the impact of the blast on the behaviour and wellbeing of their children. The sessions were designed and adapted based on the individual and group needs, and beneficiaries showed significant improvement. The results from the outcome surveys showed that 79% of the caregivers expressed that they had positive feelings (less anxious, safer, and hopeful) and can understand and address children’s needs and behaviours after attending the therapy sessions. Moreover, 91% felt that the sessions responded to their needs in terms of managing their stresses, improving their mental health status, and dealing with their children.

Outreach activities:

Since the Beirut blast, our volunteers have been actively doing door-to-door visits to give psychosocial support to vulnerable families and individuals in Burj Hammoud, Karantina, Mar Mikhael, Basta, Khandak El Ghamik.



M. S. (Support group sessions for caregivers)

The psychological support sessions were very useful, first because of Corona I was laid off from work for about a year, and then I became stressed and then came the explosion in Beirut that harmed me both physically and psychologically and damaged my house, so I became suffering from fear and anxiety.

The sessions gave me support, helped reduce the fear. I became stronger and restored hope. I was able to almost get rid of the explosion memories that were tormenting me. The sessions also encouraged me to persevere and think more positively, despite the circumstances in which we are going through Lebanon, thank you.

Red Oak has maintained a dynamic network of relations through both interagency and internal referrals. Since a considerable portion of our beneficiaries required a service that is beyond our expertise and scope of work, Red Oak has directed over 100 beneficiaries for services such as health, protection, nutrition, education, shelter, and material or financial assistance. In addition, Red Oak has provided 5 special needs children with the appropriate education in special education centers to make sure they receive all the help and support they require to strive. Red Oak has also received 150 cases from various NGOs, and has provided them with the psychosocial support services they required.

1

RED OAK EMPOWERS WOMEN AND GIRLS:

Red Oak makes innovation an enabler of entrepreneurship as well as a way of empowering women and girls and supporting gender equality. Innovative and creative ideas have the power to transform communities; they are an essential component to improve the lives of women, empower them to realize their potential, secure freedom and resources to make decisions, and increase the benefits of the contributions that women and girls can make to societies and economies.



*S. Z.
(Support groups
for children)*

UKaid RESCUE RED OAK ICF

**Group support
and art therapy
for women and girls
in times of crisis**

For information:
☎ 76704039

Participation is free of charge

*My daughter is 3 years old,
she attended the sessions
with Red Oak. I would like to
thank Red Oak for the support
it provided to my daughter
who is now more confident.
I am thankful for having her
attend the sessions. She also
wants to thank you all.*

Psychosocial group support to women and girls affected by the explosion in Beirut:

The project provides a full scope of psychosocial and protection services to support the most vulnerable women and girls affected by the explosion in Beirut. It helps them to cope with trauma, loss, feeling of helplessness, and to become reconciled to everyday life. Preventing distress and suffering from developing into something more severe, it provides specialized services, PSS and focused PSS sessions, group art therapies, i.e. art therapy, dance therapy, music therapy, support groups, and one-to-one psychological support. It helps victims of trauma to feel safe and grounded in the present moment and prevent them from feeling overwhelmed or 'flooded' as the traumatic memory is processed.



217
INDIVIDUAL THERAPY
SESSIONS



83
PARENTAL GUIDANCE
SESSIONS



90
CHILDREN
AFTER-BLAST TRAUMA
RELIEF THERAPY



Anonymous
(Individual therapy)

"I improved a lot with the sessions I had with you, I felt at ease with myself and became optimistic towards life. The atmosphere in the house was so sad and depressing but after the sessions my attitude towards my children changed for the best and the atmosphere at the house became more optimistic and cheerful. I am very impressed with the work you do and the perseverance you have in the follow up with the people you treat"

How to deal with social and emotional stress during Covid-19?

Red Oak organized a workshop on how to deal with social and emotional stress during COVID-19. The training provided participants with tips to overcome stress in a healthy and safe way to solve problems and enhance their social and emotional well-being and communication skills.

HOW TO DEAL WITH SOCIAL AND EMOTIONAL STRESS DURING COVID-19?

80
FEMALES



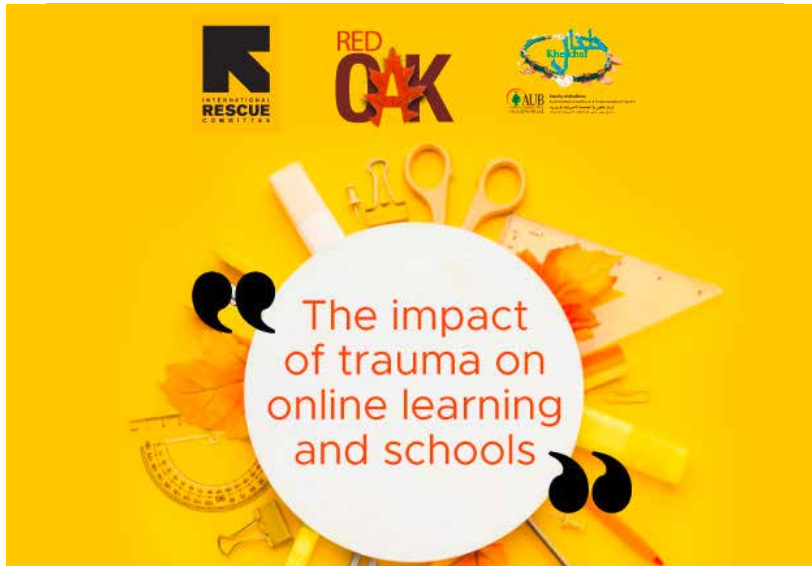
18 + 42

TRAINING FOR CAREGIVERS ON UNDERSTANDING AND MANAGING CHILDREN'S DISTRESS AND TRAUMA

- 1 Most common parenting mistakes
- 2 The impact of trauma on online learning and schools
- 3 Helping children adapt and cope with changes

387
IN TOTAL





ART THERAPY

83

PARTICIPAT



DANCE THERAPY

31

PARTICIPAT



MUSIC THERAPY

78

PARTICIPAT



54
PARTICIPATS WITH
DISABILITIES

Dance & movement therapy for adolescent girls with mental disabilities:

Adolescent girls with special needs received Movement & Dance Therapy sessions at Blessed school in Beirut. Movement and Dance therapy is the psychotherapeutic use of movement and dance to support the intellectual, emotional, and motor functions of the body. As a form of expressive therapy, it looks at the correlation between movement and emotion. This activity is beneficial for both the physical and mental health of women and girls. It offers decreased muscular tension and promotes self-awareness, self-esteem, and a safe space for the expression of feelings.

14 DANCE & MOVEMENT THERAPY FOR ADOLESCENT GIRLS WITH MENTAL DISABILITIES



Blind



Mental disability

MINDFULNESS SESSIONS FOR WOMEN AND CAREGIVERS

31 BETWEEN 18-59

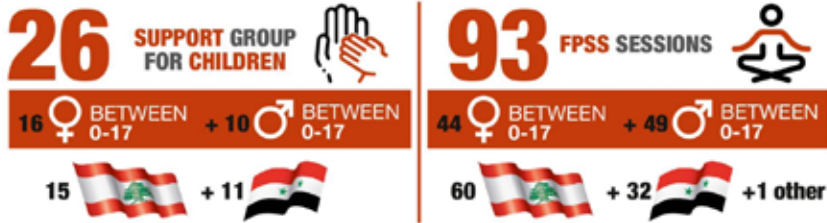


+ 2



+ 1 other

RED OAK PROTECTS CHILDREN



The international humanitarian system recognizes child protection is a life-saving priority. Red Oak acts to protect the most vulnerable children (persons who are under 18 years of age) to prevent risks that threaten their wellbeing, including mental and psychological stress, neglect, violence and abuse. It responds to their specific needs through psychosocial support and recreational activities and works with families and caregivers to strengthen them with the knowledge and skills to protect children.



K. A. (Training on "Helping children adapt & cope with changes")

It is remarkable how the training helped us reach the core of the problem and its roots, and then developing scientific and practical solutions and procedures to overcome the difficulties we face as parents ... We now have the ability to understand our children difficulties not only feel them. We have become able to recognize our children reactions without judging. The most important aspect of this training was the choice of topic that matters to most mothers... and most importantly the choice of an expert suitable to run this course.



Art for inclusion:

Red Oak launched a project entitled “Art for Inclusion” in partnership with Terre des Hommes Italia (TDH IT) and under the action “Promotion of Child Protection activities in Mount Lebanon and Baalbeck and Hermel governorates”, funded by the United Nation Children’s Funds (UNICEF) in the intervention areas of North Bekaa and Mount Lebanon.

As part of the project, Red Oak implemented: FPSS sessions, case management, and a QUDWA initiative with the aim of encouraging positive behaviors and promoting wellbeing, dignity, and equality. Red Oak also launched a social media campaign through videos that highlight the success and progress made by the children. This campaign is a tool to inspire change in other children and promote acceptance and inclusion.



R. H. (Training on “Helping children adapt & cope with changes”)

Attending these sessions is LIFE CHANGING! The information and tips Red Oak’s trainer is giving us is worth millions! The trainers’ passionate way of elaboration and explanation keeps you fully focused the whole time. I can’t wait for future sessions with new topics.

INCLUSION THROUGH Art

PROMOTION OF CHILD PROTECTION ACTIVITIES IN MOUNT LEBANON AND BAALBECK-HERMEL GOVERNORATES



Z. N. (Training on
"Most common
parental mistakes")

I have been participating in Red Oak's trainings for the past few weeks and can't find the words to describe my appreciation to all her efforts and information Red Oak has been sharing with us to improve our relationship with our kids and the right way to raise them in a healthy and better environment. I will always look forward to attending more of Red Oak's trainings to benefit as much as possible from their experience.

3

INCLUSION & DISABILITY

Together for equal rights

Persons with disabilities have often been stereotyped as people who "need to be protected by society," but that image needs to be swept aside through a paradigm shift toward viewing them as "contributors to society." Red Oak empowers and strengthens inclusion of people with disabilities through key programs, actions and tools, including community based and focused activities.

Red oak implements the "Qudwa" program in partnership with Terre des hommes Italia and UNICEF

Red Oak implemented the QUDWA program with the aim of encouraging positive behaviours and promoting wellbeing, dignity, and equality for children with disabilities and children at risk of physical or mental abuse. The initiative comprised awareness-raising sessions and practical sessions focusing on theater and circus art. The combination of the components ensured that the children have the necessary skills and tools to excel in their lives and act as influencers and inspire other children to be role models in their communities.