

ISPCAN Milan 2021
JUNE 7-11, 2021

Hybrid Congress with Virtual Platform



CISMAI

COORDINAMENTO ITALIANO DEI SERVIZI
CONTRO IL MALTRATTAMENTO E L'ABUSO ALL'INFANZIA

UNIVERSITÀ DEGLI STUDI
DI MILANO
BICOCCA

Innovations to Preventing Violence in Fragile Contexts





Early intervention and prevention

Piloting a scalable psychosocial expressive arts approach for adolescents

Julia Smith-Brake

Senior Adolescent
Programming Specialist,
World Vision International

Teresa Wallace

Senior Advisor, Quality & Innovation
World Vision International

Khaled M. Mashaqbeh

Child Protection &
Safeguarding Manager,
World Vision Jordan





World Vision

Adolescent Refugee Journey



Adolescent Refugee Journey



Displacements

Multiple displacements, locked at borders, camp journey

Stressors

Violence & harassment, psychological distress & neglect

Risk Factors

Norms & culture, early marriage, child labour

Adolescent Development

Complex transitions compounded by adverse experiences

Adolescent Refugee Journey



Body Dysregulation

“Fight or flight” – release of adrenaline and cortisol hormones

Language Affected

Inability to express oneself through words

Awareness of impact

Adolescents may not be conscious of their responses

Possible Responses

Hypervigilance, anger, panic, disconnect, isolation



The Approach: First Aid Arts

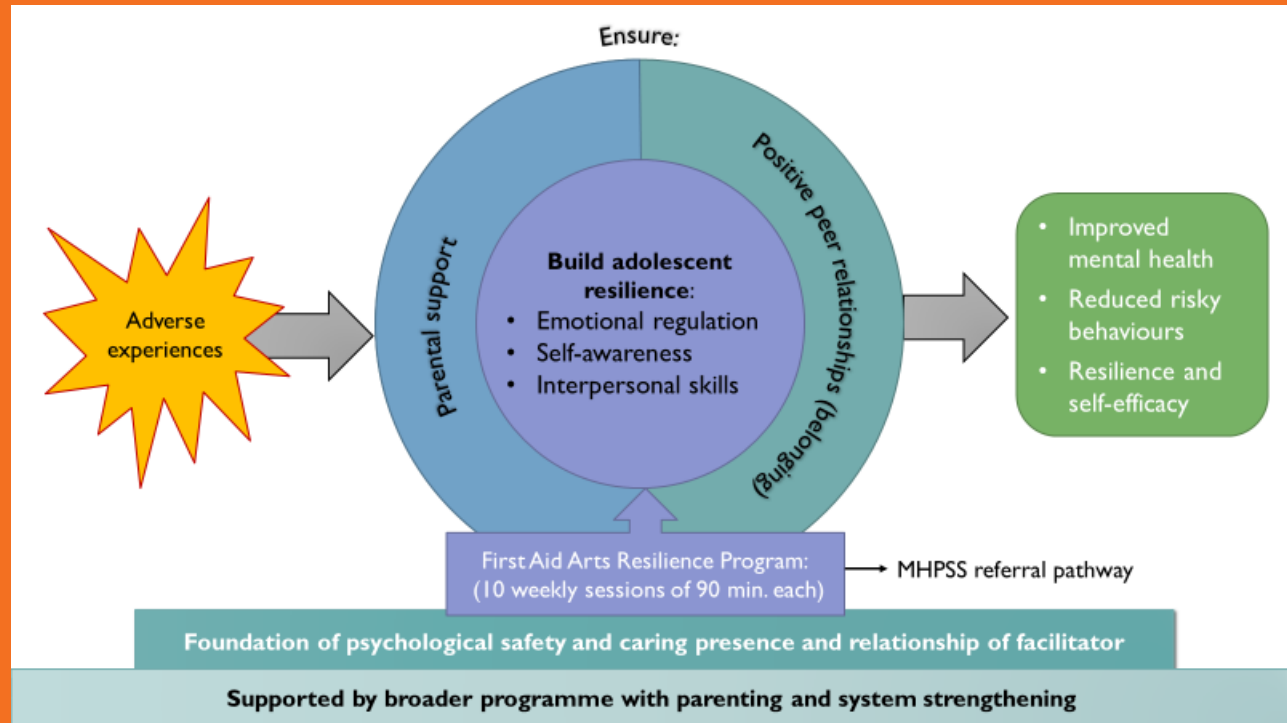


FIRST AID ARTS

Expressive Arts Intervention

- Sensory-based body-oriented universal, psychosocial intervention
 - Expressive arts uses a range of self-expressive techniques such as art, music, dance/movement, drama, and creative writing, to enable non-verbal self-expression of feelings and perceptions.
 - Different from art therapy; equips lay counselors
- Standardised approach
 - Standardised manual, structured & sequential sessions
 - 10 x 90-minute weekly sessions
- Promotes positive psychosocial well-being
 - Emotional regulation
 - Self-awareness (mindfulness)
 - Interpersonal skills

FIRST AID ARTS





World Vision

First Aid Arts Pilot in Azrac Camp



The Cohort

- 88 adolescents
- 57 girls, 31 boys
- 10-16 years
- Median age: 11.5

Window of Tolerance

- Self-assessment used at the beginning and end of each session
- Rates levels of energy and emotions
- Monitors changes in regulation

The Pilot

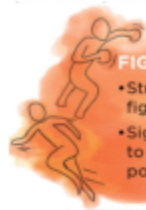
- Part of larger multi-faceted child protection programme
- Other interventions: life skills, parenting, CP mechanisms
- Program implemented by trained Syrian volunteers

SDQ

- Administered pre- and post-implementation
- Evaluates changes in positive and negative behaviours based on 25 psychological attributes



The Window of Tolerance



FIGHT/FLIGHT

- Stress sends brain and body into fight or flight mode
- Signs you are here: High unpleasant energy, inability to think and communicate clearly, racing thoughts, pounding heart, feelings of anxiety and fear



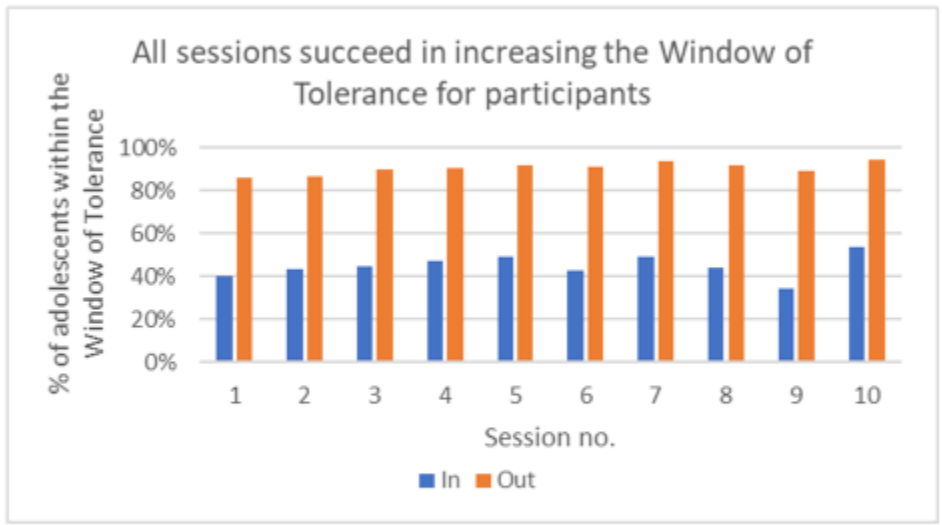
WINDOW OF TOLERANCE

- The brain and body are balanced
- Signs you are here: Engaged pleasant energy, body and mind in balance, access to language and learning, able to engage with others, feelings of calm and connection



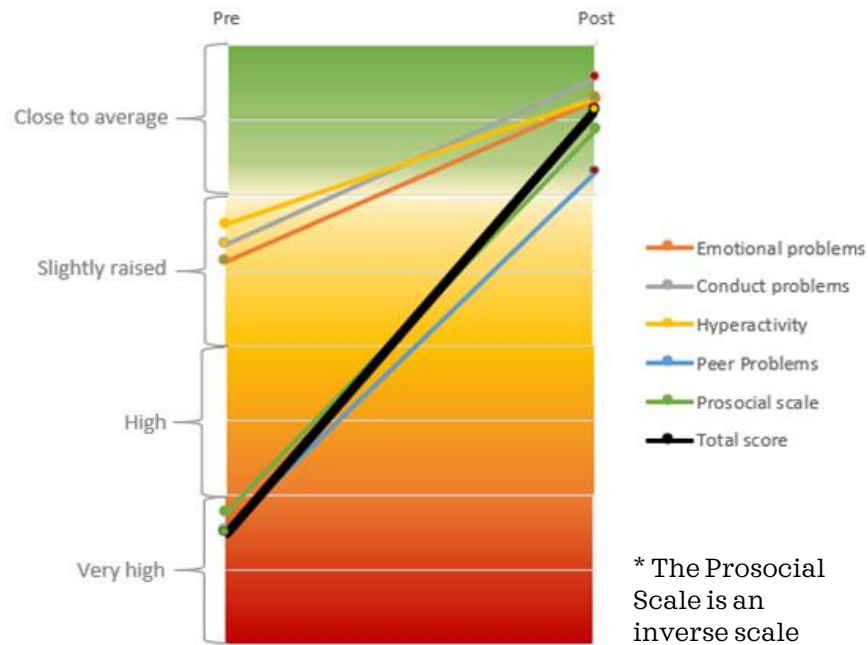
FREEZE

- Stress sends brain and body into freeze
- Signs you are here: Low energy, feels unpleasant, inability to think and communicate clearly, shut down, emotionally numb, disconnected, feelings of sadness



94% of adolescents were within the Window of Tolerance by the end of at least 70% of the sessions they attended.

All scales have shifted to a "close to average" state at the end of the program

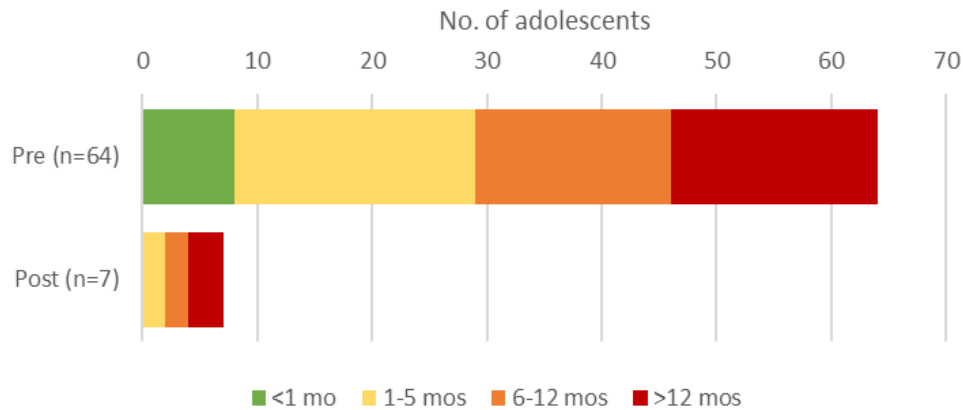


* The Prosocial Scale is an inverse scale



Chronicity of difficulties experienced pre- vs post-test

By the end of the program, the number of adolescents experiencing difficulties decreased & none experienced distress in the past month



Conclusions & Recommendations

- ❖ Adolescent reflections, staff and volunteer feedback
- ❖ More study is needed to validate the common features of proven interventions for multiple adolescent outcomes
- ❖ First pilot, promising results
- ❖ Intervention and study need to be replicated
 - ❖ How effective is the FAA resilience program across other fragile and conflict-affected contexts?
 - ❖ What is the extent to which outcomes are sustained over time
 - ❖ What are the effects on adolescent mental health outcomes of sequencing FAA with life skills programming?



"I am always enthusiastic about Thursday because of the FAA session, it helps me get rid of any tension or any negative energy I might be holding on my shoulders, especially when we implement the window of tolerance activity." (13 year-old, female)

Questions



CISMAI
COORDINAMENTO ITALIANO DEI SERVIZI
CONTRO IL MALTRATTAMENTO E L'ABUSO ALL'INFANZIA



World Vision

Teresa Wallace

teresa_Wallace@wvi.org

Julia Smith-Brake

julia_smith-brake@wvi.org

Khaled M. Mashaqbeh

khaled_almashaqbeh@wvi.org