



Heartbeat

Youth wellness program



Nepal Pain Relief



Rural Development Tuki Association

RDTA



2020 PILOT NEPAL YOUTH WELLBEING PROGRAM

**LONG TERM, SELF SUSTAINING TRAUMA RELIEF FOR
SCHOOL-AGED CHILDREN AND YOUTH**

CONCEPT

Multilevel cooperation to aid the most vulnerable and strengthen future generation



Following the principles of ethical and sustainable health for all, this proposal outlines a multi level co-operation with the aim of bringing long term, self sustaining trauma and pain relief to school aged children and youth. The project will be run as a school outreach half-day workshop followed by pain relief treatments and ongoing support for children, parents, caregivers and teachers. The project will coordinate the efforts of Swiss Alternative Medicine, Nepal Pain Relief, Give Life to Life in Switzerland; the International College of Oriental Medicine in the UK and the Rural Development TUKI Association in Nepal.

Dolakha District of North-East Nepal was heavily devastated in the 2015 earthquakes and remains in desperate need of aid and support. Building on the existing Nepal Pain Relief clinic in Charikot, the capital of Dolakha, the project will deliver trauma relief workshops to local students, teachers and care givers from major schools.

Nepal Pain Relief is a well-establish Swiss association that has been operating in Nepal since the 2015 earthquake; providing pain relief services in remote areas to the communities most affected. This effort has culminated in the local partnership with TUKI and the building of a clinic space. Here, experienced Chinese medicine physicians have been seconded for regular Free Health Camps of between two and six weeks every year. This year the network of support expanded to include volunteers from the International College of Oriental Medicine.

The support of Swiss Alternative Medicine and Give Life to Life in Switzerland highlights the potential for this project to better understand the needs of those with trauma and provide appropriate relief. Relief that focuses on the most vulnerable in the community and recognises the importance of body, spirit and mind. Helping young people affected by trauma and hardship to realise their personal potential.

THE NEED

Nepal: 2015 Earthquakes

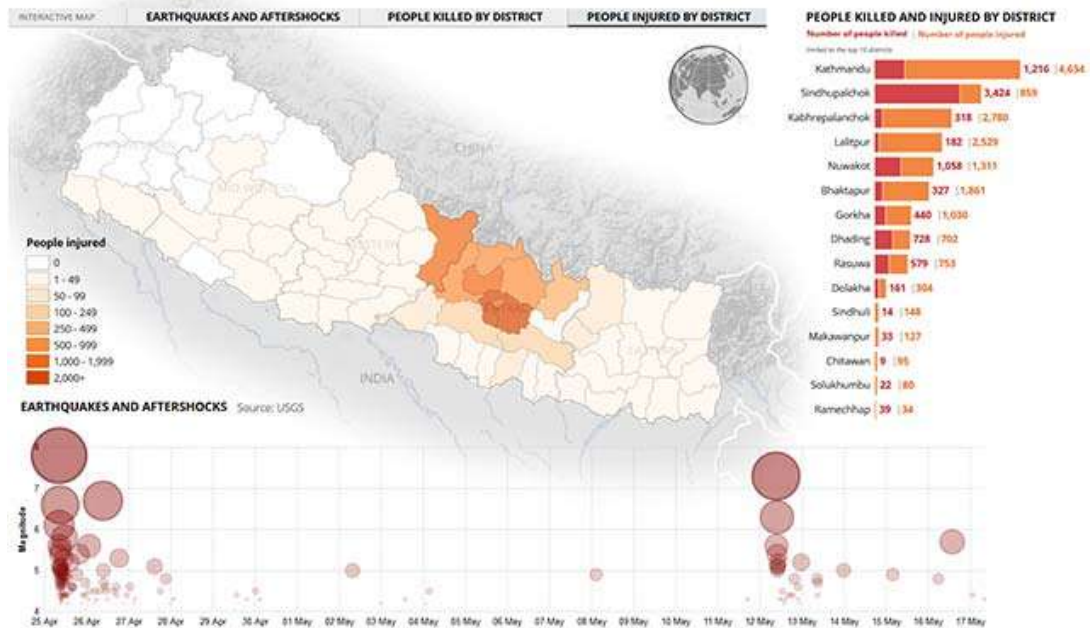
Nepal experienced two major earthquakes on April 25 and May 12, 2015, at magnitudes of 7.8 and 7.3 respectively.

Number of people killed
As of 19 May 2015

8,617

Number of people injured
Source: UNRCO/Gov. of Nepal

17,838



"These two events, combined with hundreds of aftershocks resulted in over 8,700 deaths and wrought massive destruction across the affected districts. Children, who represent 42 per cent of Nepal's population, have suffered unimaginable trauma and loss. The scale of the destruction and resulting needs are documented in the Post Disaster Needs Assessment (PDNA) which was conducted by the Government of Nepal. Among other things, the PDNA explicitly warns of the potentially "disastrous consequences" of the earthquakes on the protection of "women, girls and children". Children represent an estimated 3.2 million of the eight million people affected by the earthquakes

- Nepal Children's Earthquake Recovery Consultation: Save the Children et.al.

2020

PROJECT GOALS

This project aims to create long term, self sustaining trauma relief and resilience building resources for school-aged children and youth.

These resources will aim to address and alleviate the physical, mental and energetic affects of post disaster trauma and hardships such as displacement, poverty, prolonged stress, loss, grief, safety, security and injury.

The partners have a collaborative approach to provide family members, teachers and students with the tools and resources to understand, recognise and alleviate trauma within communities for many years to come.

All partners and collaborators work within strictly implemented, internationally recognised child protection protocols.



2020 Projected

OBJECTIVES

How can this project benefit students most?

In October 2019 we conducted feasibility research with secondary school teachers from two Charikot schools. In complete consensus they reported that many students are still suffering the affects of the earthquake and the most difficult issues are progressively getting more prevalent and problematic.

The teachers reported these seven most challenging issues faced by school aged children, through discussion the teachers estimated the percentage of students affected:

- a. *Stress (45-50%)*
- b. *Depression (45-50%)*
- c. *Lack of interest / motivation for school (60%)*
- d. *Absenteeism (30%)*
- e. *Fatigue (50%)*
- f. *Fainting (10%)*
- g. *Pain (10 - 20%)*
- h. *Grief, loss of close relative (15 - 20%)*

The objective of the pilot in 2020 is to reduce one or more of issues highlighted above significantly.



PILOT

PHASE 1: FEBRUARY PILOT

Test the workshop & conduct feasibility for training

3 WEEKS: FEB - MAR 2020

- Deliver and measure workshop to 240 children and 60 teachers
- Deliver pain relief services to students, family members and teachers
- Deliver ongoing support package for teachers and parents including periodic following through local development association
- Conduct continuous auditing of procedures

PHASE 2: OCTOBER PILOT

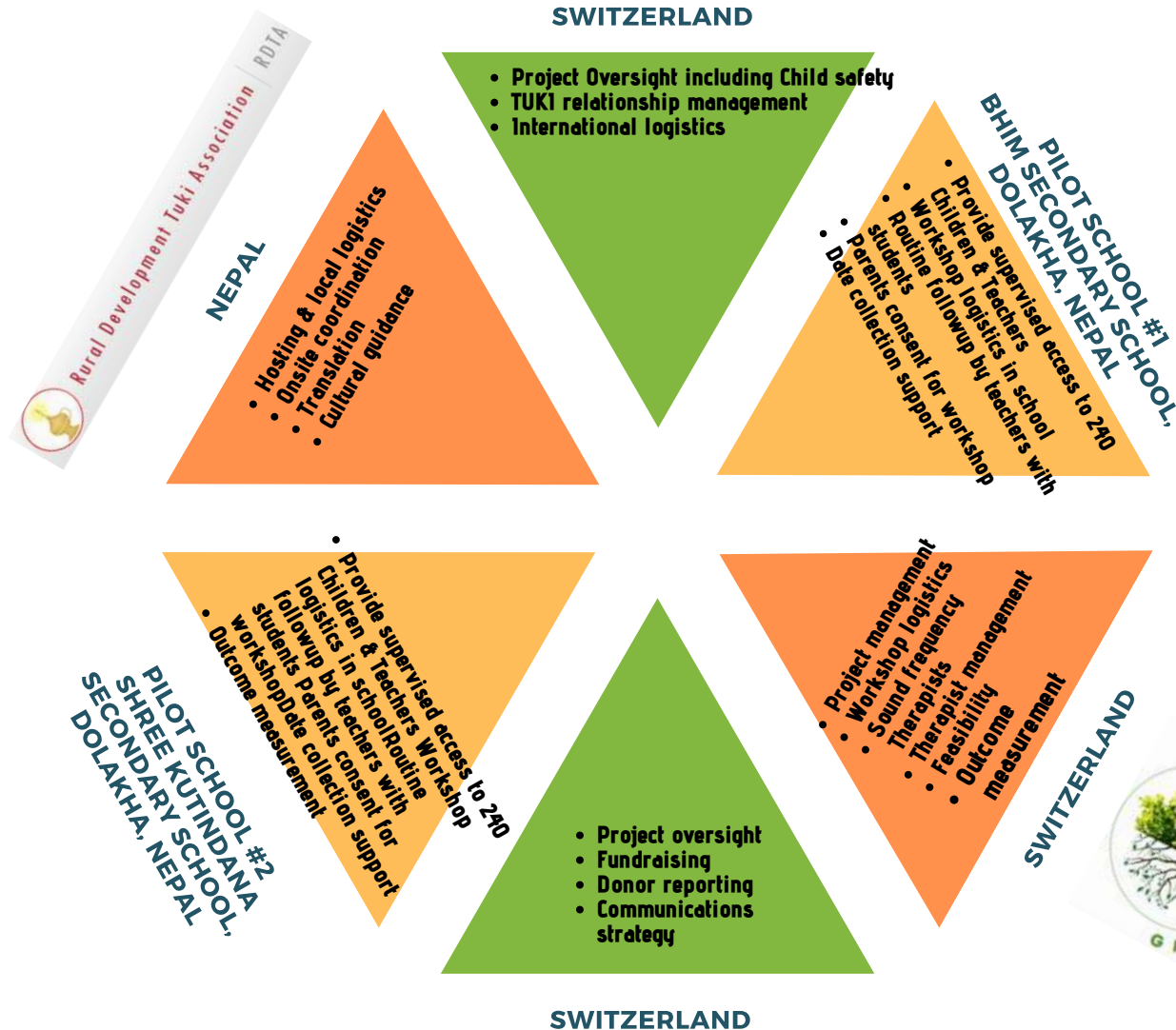
Assess 1st workshop / Run 2nd workshop / test the training

3 WEEKS: OCT - NOV 2020

- Assess and analyse February Pilot and implement corrective actions
- Deliver and measure workshop to a further 240 children
- Deliver pain relief services to students, family members and teachers
- Deliver ongoing support package for teachers and parents including periodic following through local development association
- Deliver workshop and training to original 60 teachers



SWITZERLAND



SWITZERLAND



THE PARTNERS

Six partner organisations will come together to make this program possible. This brings together partners with distinct and profound skill sets and fields of expertise. The partnership focuses on highly qualified experts, continual outcome measurement and absolute safety and welfare of children and the community.

WORKSHOP DESIGN

MIND

PSYCHOSOCIAL EXPLORATION

Providing children and youth with a safe space to explore and express pain or trauma in their lives in general and relating to the earthquakes. With the support of a child psychiatrist, trauma specialist, translators, family and teachers they will be encouraged to express these feelings visually, verbally or through any medium relevant to them.

BODY

MANUAL THERAPY

Providing children, families, caregivers and teachers with the means to alleviate physical, biological or energetic symptoms working with a qualified Chinese medicine practitioners

ENERGY

SOUND FREQUENCY THERAPY

Groups of children, teachers & family will receive sound frequencies therapy to release traumas by an advanced practitioner of Biofield Tuning

6 Week Pilot Plan

KEY COMPONENTS

THE TEAM

- Coordinator
- **Child Protection Officer**
- Child and youth psychologist
- Trauma specialist
- Bio-field tuning practitioner
- Chinese medicine practitioner
- Translators
- Teachers
- Parents or caregivers (where appropriate for vulnerable children)

WORKSHOP PREPARATION

Groups of teachers, parents and caregivers will be given an orientation and training seminar prior to the workshop.

The team can then work together to find the best solutions for their specific needs of the children in their care

PARTICIPANTS

- 16 - 19 year old students
- Groups of 10-12

WEEKLY STRUCTURE

Day 1 - teacher, parent, caregiver discussion and training

Day 2 - 4 - student workshops (6 workshops in total, 3 hours each)

Day 5 - data collection and write up



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Introduction

30 minutes

- Students will explore the ground rules for the day
- Play team building games
- Get to know the team
- Learn about the workshop and therapies available

- 15 minute tea break -

Psychosocial exploration

45 minutes

- Students will build trust with the team
- A safe space for free expression will be created
- Depending on age, the children or young adults will use many mediums, such as play, dance, drawing, painting or moving to find the most safe way to explore trauma

- 15 minute tea break -

Sound Frequency Therapy

45 minutes

- The practitioner will lead a group sound and light therapy session for the ten students and teachers.
- Biofield tuning therapy will be used in conjunction with communication between the therapist and participants

- Meal time -

Debrief and downtime

30 minutes

The group will collectively cleanse their feet in a salt bath and take time for some fun!

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Acupuncture & Manual Therapies in Pain Clinic

30 minutes (according to clinic schedule)

Students, teachers, parents or caregivers who have expressed an interest in receiving acupuncture or Chinese manual therapies will receive treatment in the NPR clinic. Conditions frequently treated include sleep disturbance, concentration issues, digestive symptoms, post operative or trauma rehabilitation, delayed shock syndromes, addiction and chronic pain.

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On-going Trauma Relief Package & Support

Daily exercises and monthly contact calls

- Teachers will receive daily exercises, including meditations, group work and team building.
- once a month the HEARTBEAT team will update with the schools to give feed back, share ideas and identify those in most need