



SEED NATIONAL

Psychosocial Support

**“Education is the most powerful weapon
which you can use to change the world.”**

Nelson Mandela

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KEY DETAILS

Project Title: Psychosocial Support

Project Department: Psychosocial

Implementing Organization: SEED (Socio-Economic Enhancement and Development)

Name and Designation of Key Contact Person: Nazih Fino, Founder and Director

Country of Project Implementation: Lebanon

Geographic Location of Implementation: Al Hay Tanak & Nejme, Tripoli

Duration: March – July 2017 (4 months)



Project Description

The Psychosocial Support (PSS) project was a new initiative for SEED. In conjunction with War child Holland, SEED carried out a 4-month Psychosocial Support pilot project. War Child Holland provided training support, field support, and funding for the project. The PSS project had the overall objective of providing psychosocial services to vulnerable Lebanese and Syrian families in the areas of Al Mina (Al Hay Tank) and Nejme, Tripoli. The services included working with children, youth, and parents in several programs. The programs included Positive Parenting, Structured Recreational Activities (SRA), Peace Deal sessions, and Awareness Sessions. These programs were implemented to help provide appropriate information to communities on where to seek help and access support if needed. Furthermore, the programs were available to provide knowledge and support to local children and youth for learning positive and safe ways of engaging with peers, caregivers, and their community.

SEED had a total of four facilitators, four volunteers and one project coordinator working on the PSS project. Before beginning any services the facilitators and volunteers were briefed in child protection issues and requirements. Also, they were required to attend training for each specific program they would be implementing with the children and parents.

Beneficiaries included: 180 children ages 4-9 for SRA sessions, 780 children ages 4-18 for Awareness Sessions for children, 140 caregivers for Positive Parenting, 540 caregivers for Awareness Sessions for caregivers, and 20 youth ages 14-18 for Peace Deal activities.

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This report was written by Heather Payne, Teacher

Description of Programs

SRA

The combination of PSS and recreational activities, provided continuity of activities for children in their communities, and included games, handcrafts, visuals, music, sports, and storytelling. Children were given the opportunity to work with colors and materials, express their ideas, discover their talents and boost their creativity to release negative energy and stress. The ages of children reached were 4-9 years old. Children were encouraged and followed up by facilitators and technical officers to attend at least 15 hours to ensure a positive well-being impact.



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Description of Programs

POSITIVE PARENTING

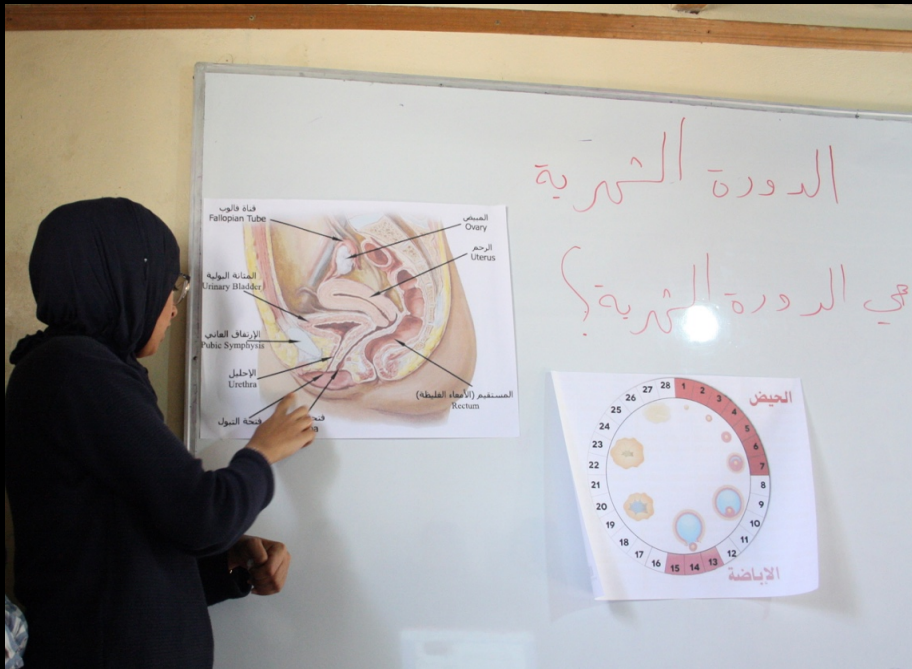
Caregivers in targeted communities will participate in positive parenting skills programs to provide them with knowledge and skills to better support their children's wellbeing and positive alternatives to violent disciplining methods. Peaceful, non-violent homes allow for more supportive and nurturing parent-child relationships which help children to become good citizens, family members, and students. The program guides the parents through child development concepts and provides them with information and practical tips on how to increase positive parenting practices and decrease caregivers' use of violence as a form of punishment. It is a 10 sessions program.



Description of Programs

AWARENESS SESSIONS FOR CAREGIVERS

Awareness sessions will be delivered to community caregivers who are attending Positive Parenting sessions. Topics of awareness sessions focused on worst forms of child labor, early marriage, communication with teenagers, and parenting skills.



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Description of Programs

AWARENESS SESSIONS FOR CHILDREN

Awareness sessions will be delivered to community children and youth ages 5-18 years old. Topics of the awareness sessions focused on hygiene, preventing and responding to sexual violence, child labor, child marriage and drug abuse.



PEACE DEAL

Motivated youth (14-18 years old) who have been actively involved in community-based PSS activities and want to have an active role in the community, had the opportunity to join the Peace Deal activity sessions. This program aimed to teach children about their rights, teach them how to facilitate a peaceful environment that promotes acceptance, non-judgment, and empathy. The purpose was to empower children to refute rooted stereotypes, violent behavior, believe in a 'what if peace culture', and a new thinking process to strengthen resilience and positive coping mechanisms.

Benefits/Successes

During the project, the beneficiaries, the community, and SEED all benefited from the while implementing the PSS project. When working in Al Hay Tanak, SEED knew from previous projects that the community had a lack of information and resources. For example, some caregivers were found to not be as supportive in the efforts of their children at home. This indicted that children and parents needed to be worked with together. The PSS project worked with both parents and children in Hay Al Tanak, providing all beneficiaries with positive outlets for strong emotions, parenting techniques on behavior management, and offering the caregivers a sense of community. The caregivers appreciated working in a group and being able to share their similar issues and feel that they were not alone in the process. Creating this sense of togetherness in the community, added to the success of the project. In SEED's new location, Nejme, we reached much of the children needed for the project. The location is very central in Tripoli which helps provide a more accessible location for the community to receive services which benefits the community.

Another success is that the children and caregivers were returning to the center to continue to receive services. The caregivers reported that that they were trying to implement at home what they were learning. When the caregivers returned to the following sessions they would talk about the challenges they faced at home and ask how to improve the techniques they were learning. Most of them said they did not know any of the techniques, and could feel the difference of their children from the skills they learned. There was also a difference in the behavior of the children from the first sessions to the last sessions. Over time, through the sessions, the children developed and used more listening skills, they fought less, and participated more than in beginning.

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SEED also benefited from implementing its first psychosocial program. Since SEED had opened a new location at the beginning of this project, this project helped raise awareness for our new center. The community in Nejmeh is now aware of our new center and continues to register with us seeking educational services. Furthermore, our staff at SEED is more aware of child protection issues and what to do when faced with children who may be experiencing abuse at home or within the community. Although SEED had a large target of beneficiaries to reach, SEED successfully reached the target of children, youth, and caregivers required for the project.

Challenges

Outreach, scheduling, and motivating beneficiaries presented challenges. At the beginning of the project, outreach was challenging. Despite registering hundreds of families during outreach, dividing the age groups was a challenge. At first we had a mix aged, groups, but then we learned we needed to divide them into ages groups of 4-6 and 7-9.

Each month varied depending on our schedule and the beneficiaries' schedule. In April, the children began to finish school so we had to adjust our scheduling to fit their needs and times. During Ramadan, in June, it was challenging to schedule our program to fit the needs of the beneficiaries. Therefore, we had to temporarily stop implementing most programs because beneficiaries were not as motivated to attend during this month. We resumed and completed activities in July.

Next, motivating caregivers to attend the sessions was a challenge. Most of the caregivers wanted incentives to continue the services. We found it was best to motivate a few caregivers in the community to reach out to other caregivers to inform them of our services and work together to attend the sessions. We also worked with other CBOs in the community to share resources and caregiver information to reach out to them. Some challenges the women caregivers faced were that they wanted to implement at home what they learned, but their husbands were not collaborating with them. For example, the father would do the opposite of what the mother was taught in the sessions and would not enforce the same techniques as the mother.

Moreover, since the project was four months, it is difficult to notice sustainable behavior change with children outside of the session. Therefore, it's challenging to accept the short-term implementation and lack of evaluation of the project.

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Future Plans

SEED will continue to stay in contact with War Child Holland for facilitator trainings and other PSS related events and activities. Our facilitators and volunteers now have child protection skills and knowledge and can help plan for future activities related to PSS. SEED also will implement its own monitoring and evaluation method due to learning about the challenges of evaluating this program.