

**occupied Palestinian territory 2018 (part of 2018-2020 HRP)**

<b>Appealing Agency</b>	<b>TREATMENT AND REHABILITATION CENTRE (TRC)</b>
<b>Project Title</b>	Strengthening resiliency and reducing psychological traumas among children and their families in marginalized villages in the West Bank and East Jerusalem
<b>Project Code</b>	OPT-18/H/115911
<b>Sector/Cluster</b>	Health and Nutrition Cluster
<b>Refugee project</b>	No
<b>Objectives</b>	Supporting the rights of Palestinian Children and their Families to access holistic remedy and reintegration, to strengthen their resiliency, support their recovery from devastating psychological traumas, and to increase awareness for respect and promotion of their inalienable rights as per human rights and international humanitarian laws.
<b>Beneficiaries</b>	Total: 960 Total all beneficiaries Female: 635 Male: 175 Children (under 18): 150 Adult (18-59): 660 Elderly (above 59): 123 Refugees: 220
<b>Implementing Partners</b>	N/A
<b>Project Duration</b>	Jan 2018 - Dec 2018
<b>Current Funds Requested</b>	<b>\$110,620</b>
<b>Location</b>	Projects covering just West Bank
<b>Priority / Category</b>	NOT SPECIFIED
<b>Gender Marker Code</b>	2a - The project is designed to contribute significantly to gender equality
<b>Contact Details</b>	Khader Rasras, khader.rasras@trc-pal.org, +972 2 2961710
<b>Cash transfer programming</b>	<p>Is any part of this project cash transfer programming (including vouchers)? <span style="float: right;">No</span></p> <p>Conditionality:</p> <p>Restrictions:</p> <p>Estimated percentage of project requirements to be used for cash/vouchers: <span style="float: right;">0</span></p>

**Needs**

In the last year, there has been an increase of more than 35% in the number of cases that received rehabilitation services and psycho-social interventions due to the inability of clients to adapt to the severe symptoms that they've experienced, resulting from repetitive, continuous and varied trauma by the Israeli authorities and/or settler violence. TRC research has shown that the number of clients in 2014 was 726 while in 2015 it increased to 987 and in 2016 there was a total of 1283 clients, highlighting the increasing need for holistic multi-disciplinary psychological treatment and rehabilitation. Palestinian children, the most vulnerable group in Palestinian society, suffer from multiple sources of trauma. Data analysis has shown that the number of children requiring TRC's services has risen from 96 children in 2014 to 463 children in 2016 constituting 836 cases including torture, organized violence, ill-treatment, bereavement, and detainment. This is an increase of 450% due to the ongoing cycles of violence engulfing the oPt and in particular due to the concentration of Israeli security forces on children, most of whom are on the front-line of unarmed protests and civil uprising. TRC's research further shows that there is a remarkable rise in the proportion of children affected psychologically from witnessing traumatic events and whom require Psychological First Aid, Crisis Intervention, and treatment for Post Traumatic Stress Disorder. In the last year, 80% of TRC's cases of PTSD have been children; 36% were due to violence by Israeli settlers in East Jerusalem, 30% were in Hebron governorate, while the remaining 34% were distributed across the West Bank in unrecognized villages in Area C, refugee camps, Bedouin communities, and Area B villages and towns near settlements, the separation wall, or Israeli military zone.s

### **Activities or outputs**

1. Individual, Group, Family, and Child therapy for a minimum of 500 clients (including 250 women and 150 children under 18) using cognitive behavioral therapy, narrative therapy, art and play therapy, psychodynamic psychotherapy, and/or eye movement desensitization and reprocessing therapy.

TRC will provide multi-disciplinary mental health treatment via outreach conducted by staff in Nablus, Ramallah, Hebron and East Jerusalem to direct and indirect victims of psychological traumas to ensure a safe environment conducive to the treatment process. Each client will be treated for a minimum of 6-8 sessions while chronic cases will be referred for longer sessions. Additionally, TRC will coordinate with the PA Ministry of Health, with whom TRC has an established referral system and on-going memorandum of understanding, as well as with local village councils, municipalities, and community leaders as well as with other MHPSS partners including Warchild, PCC, and DCIP. TRC will provide comprehensive mental health services for all clients in order to support their reintegration as per HR/IHL. TRC's referral system will include referring cases, such as PWDs and others who require additional support to appropriate medical/health experts in order to support their recovery through additional attentive care as required.

2. Psychological First Aid and/or Crisis Intervention Counselling deployed to reduce trauma among a minimum of 120 families

TRC will conduct outreach in critical and marginalized areas of the West Bank and East Jerusalem where families are vulnerable to violence and other abuses in order to provide in-home counselling via the deployment of psychological first aid and crisis intervention protocol; through these methods initial mental health care will be provided to families suffering from traumatic experiences in order to reduce the devastating effects of shock and the onset of post traumatic stress disorder, while providing informal education to families on how to increase their resiliency and conduct their own crisis intervention.

3. Increased financial security through vocational rehabilitation for a minimum of 20 women who are care-providers for their families

TRC will provide a minimum of 20 women, who are the most critical cases treated during the project, with vocational rehabilitation in the form of a 6 month training course through referrals on job opportunities that are in demand according to the PA Ministry of Labor. A 3rd Party professional vocational training center will conduct the trainings and each woman will be provided with transportation, training materials and equipment. Through this activity, women will develop new job skills and increase their opportunities to earn a steady income in order to support themselves and their families; this activity is part of the rehabilitation process which aids women in recovering from their traumas, becoming empowered, and reintegrating into Palestinian society.

4. Improved knowledge among women in women's rights, marriage rights, parenting, gender-based violence, and peer psychological support through 12 workshops for a minimum of 240 women.

Through this activity, TRC will conduct workshops throughout the West Bank and East Jerusalem in order to empower and enhance the self-awareness and confidence of women to take an active role in addressing the crises that affect their daily lives under the on-going conflict, and to mobilize to address their rights in Palestinian society.

5. Improved knowledge of 80 community-based mental health providers in at-risk communities through 4 workshops on Narrative Therapy in the West Bank and East Jerusalem

TRC will provide advanced training in Narrative Exposure therapy to mental health workers throughout the West Bank and East Jerusalem in order to enhance their service provisions and build their capacities to address the needs of victims of mental health traumas throughout the oPt.

#### **Indicators and targets**

1.1 Target: 500 clients (250 women/150 children under 18 / 100 men - Indicator: 80% of clients have been discharged and have shown a significant reduction in their psychological traumas based on pre and post treatment tests; 60% of children have improved the quality of their childhood and have resumed their education.

2.1 Target: 120 families (80 Female / 40 Male) - Indicator: Reports conducted by Psychologists and Social Workers indicate that 90% of families have increased knowledge on methods of dealing with trauma; interviews and testimonies indicate that families feel less vulnerable.

3.1 Target: 20 women (+18) Indicator: A minimum of 90% of participants have completed vocational training. Reports indicate that 80% are employed and earning a regular income contributing to a reduction in poverty.

4. Target 240 Women (150 women +18/ 90 women -18) Indicator: Pre and Post questionnaires, interviews and focus groups indicate that 90% of women have increased knowledge of their inherent rights according to HR/IHL.

5. Target: 80 mental health workers (35 Male +18 / 45 F +18) Indicator: 80% of participants are deploying the use of Narrative Therapy to provide holistic treatment to traumatized children and families in at-risk areas of the West Bank and East Jerusalem.

Indicator	Project target
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<b>Treatment and Rehabilitation Centre(TRC)</b>	
<b>Original BUDGET items</b>	<b>\$</b>
4 full-time psychologists	67,200
Vocational Rehabilitation Program (training center)	30,000
12 Workshops for women	3,600
4 workshops for mental health experts	1,200
Banners and visibility	320
Transportation	1,800
General Operation Costs	6,500
<b>Total</b>	<b>110,620</b>

<b>Treatment and Rehabilitation Centre(TRC)</b>	
<b>Current BUDGET items</b>	<b>\$</b>
4 full-time psychologists	67,200
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