

**NORDRESS**

Nordic Centre of Excellence  
On Resilience and Societal Security



## WP 3.3

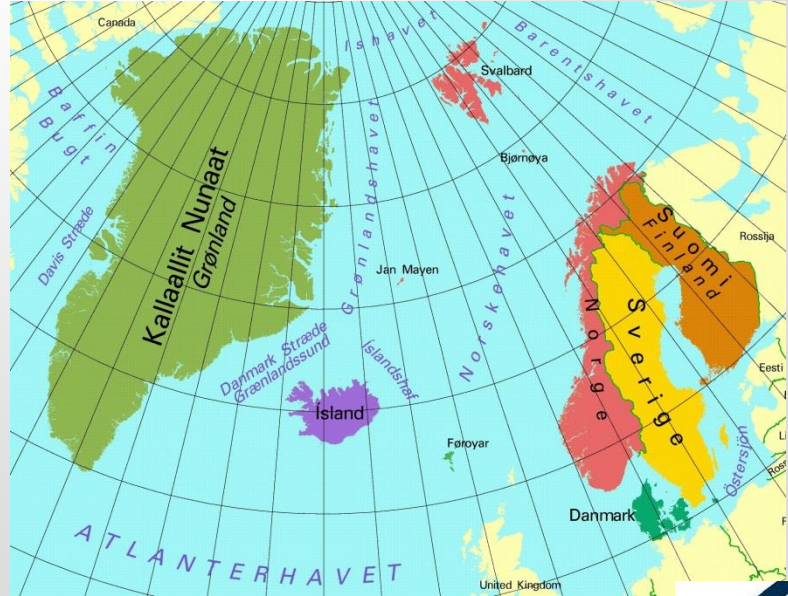
Ask Elklit/Tóra Petersen



- The report is based on multiple sources:
  - Literature studies
  - Database search
  - Interviews of leading Nordic researchers

# Psychosocial intervention in Nordic countries

- All the Nordic countries have been hit by disasters
- However no systematic registration or review have been conducted



# Psychosocial intervention in general

- Globally, useful guidelines for psychosocial intervention following disasters have been available for some years now (NICE, 2005; TENTS, 2008; Pfefferbaum et al., 2013; WHO, 2013)
- And providing psycho-social support is guaranteed by the law in some of the Nordic countries (Turunen, 2014)

# Cont.

- Only few empirical studies of the effect of the intervention, such as in enhancement of resilience and recovery (Turunen, 2014, Dyregrov, 2018, Elklit 2013)
- Only few empirical studies of how the intervention is implemented (ibid.)

# So what do we know.....?

- There is a great variation between the Nordic countries in the psycho-social support both according to amount of resources and methods used (Turunen, 2014).

# Assessment is needed

- We have to use both standardized measures of posttraumatic reactions AND functional level
- AND we have to examine the satisfaction of the survivors and bereaved (NKVTS)
- AND relatives should be included (NKVTS)



# Including the social environment

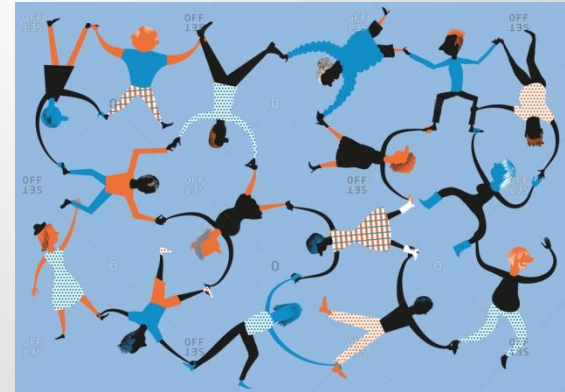
- We have to focus the intervention on both the directly and indirectly traumatized from a multilevel perspective (individual, community, institutions and authorities).





# The principle of parallel action

- The intervention is to take parallel action: simultaneous assessment of the unique needs of the individual (Yule et al, 2000), the family, the institutions and the community
- And focus on an activation of the resources in the bereaved and traumatized own networks in the immediate, acute and ongoing recovery phases (Hobfoll et al.)



# Joining forces; an inclusive approach



- Supportive and containing groups both led by professionals and sometimes just monitored by professionals (self-help groups) are wanted by survivors
- Intervention should build on a multi-theoretical approach (grief, attachment, social psychology, psychotraumatology) and must be offered to the traumatized in a neutral and resilience promoting “style”



# School is a natural arena for most children in the Nordic countries.....

## Child friendly spaces (CFS)

### 5 principles!

1. Takes a coordinated, inter-agency, and multi-sectoral approach
2. be used as a mean of mobilizing the community
3. must be highly inclusive and non-discriminatory
4. Must be safe and secure
5. And stimulating, participatory, and supportive



# School based intervention



- Globally: very few studies; they show large to medium effect (0.68, Rolfnes & Idsoe, 2011)
- Nordic study: Seest firework disaster
- Too few global studies to show "best practice"

# The overall actions of the school based interventions

- a. Conduct an assessment
- b. Organize integrated supports and services
- c. Provide ongoing training and follow-up support for staff
- d. Monitor and evaluate programs
- e. Phase out in a contextually appropriate manner



## Reviews and experienced researchers give suggestions for enhancement: .....

- More resources should be put in the preparedness phase!!! as recovery seems to be connected to the childrens preparedness. For example educating children in resilience and trauma reactions before – recognizing "old" good coping strategies is easier than learning "new" when hit by a disasters



# Concrete examples of enhancement in preparedness phase: .....

- Implementing a school subject on "Health" where the children among other things are educated in resilience training and trauma reactions
- Training – both children and caregivers and teachers in the subject – for instance by using apps and digital media:



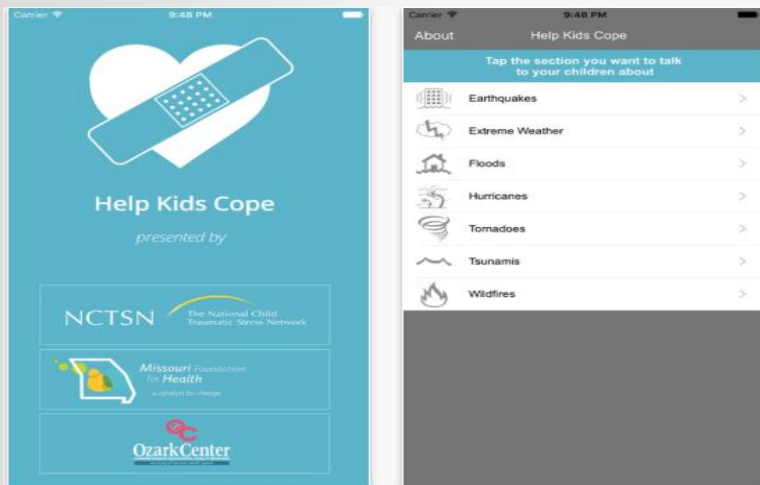
# The voice of the children.....



- "Children talk to children": make Nordic videos on disaster reactions and resilience (Amri, et al. 2017)
- Web pages for the teachers and parents with psychoeducative material (Amri, et al. 2017)
- Social media forum for parents (Amri, et al. 2017)
- Apps for children and parents à la "PTSD coach"



# Apps for adults' self-help and how to help their kids



# Overall Nordic recommendations

- Establish a Nordic Knowledge and Resource Center – with the aim to\*:
  - Conduct collaborative development in a new databased Nordic model of best practice in school based psychosocial intervention including
    - Training programs for clinicians and school personnel
    - Ongoing data collection and scientific research\*\*
    - Model of enhancement in preventional and preparedness interventions

# Questions? Comments?

