

## Problem

- In many refugee camps, there are no resources for children with mental health illnesses

## Background

- More mental health illnesses in countries in war, such as Syria<sup>1</sup>
- 5 million refugees displaced from Syria<sup>2</sup>
- Refugee children are more likely to suffer from mental health illnesses
- 50-90% have PTSD and 6-40% suffer from major depression<sup>3</sup>



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## Introduction

- The World Health Organization (WHO) recommends creating areas for children to play<sup>4</sup>
- Recreational activities help children relieve the effects of mental health illnesses<sup>5</sup>

## Approach

### 1. Train Teachers

8 hour course:

- On signs of mental health illnesses
- National Council for Behavioral Health<sup>6</sup>

Organize group de-stressing activities:

- Art therapy<sup>7</sup>
- Sports activities<sup>5</sup>



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### 2. Build Recreational Areas

Partner with Catalytic Action to build recreational areas<sup>8</sup>

### 3. Surveys

- Survey children on behavior before and after the recreational areas are built<sup>9</sup>
- Format from The World Mental Health Survey Initiative<sup>10</sup>

## Results

- Increased diagnoses of mental health illnesses in refugee children
- Decrease in symptoms in children
- Surveys given to doctors and partner organizations

## Conclusion

- Teacher training will lead to an increase in diagnoses
- Preventive measures will be in place
- Treatments will be more readily available



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