

# Mental Health of Children in Refugee Camps

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### 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>



### 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

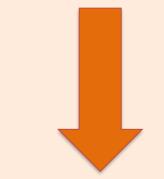


- 8 hour course:
- On signs of mental health illnesses
- National Council for Behavioral Health<sup>6</sup>
- Organize group destressing activities:
- Art therapy<sup>7</sup>
- Sports activities<sup>5</sup>



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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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