



# Communities in Crisis

Rheinsberg


November 25, 2011





# Proposed Agenda

- Part 1: Who is SAD...?  
What do we do...?
- Part 2: A Creative Exercise
- Part 3: Videos of the Project in Bam/Iran
- Part 4: Responsibilities of an Organisation  
Implementing in Disaster Contexts



# The **S**wiss **A**cademy for **D**evelopment (SAD)

- Swiss-based foundation established in 1991
- Non-governmental, non-profit organisation dedicated to applied social research
- Bridge between development research and practice
- Approach: Context-specific, multidisciplinary and solution-focused
- Target group: Youth in rapidly changing environments

# Intervention and Research





# www.sportanddev.org

Information hub on sport & development

Global multi-stakeholder initiative

„Validated“ data:

1. thematic introductions to sport
2. publications as downloads
3. Toolkit
4. Community Section:
  - Team Player profiles
  - organisational profiles
  - project profiles
5. Links to other relevant S & D sites
6. News and Views



# Part 2

Creative Exercise:

Model what you love most



# Part 3

## THE BAM PROJECT

A Post-Disaster Intervention  
in Bam, Iran  
after the devastating Earthquake of  
2003

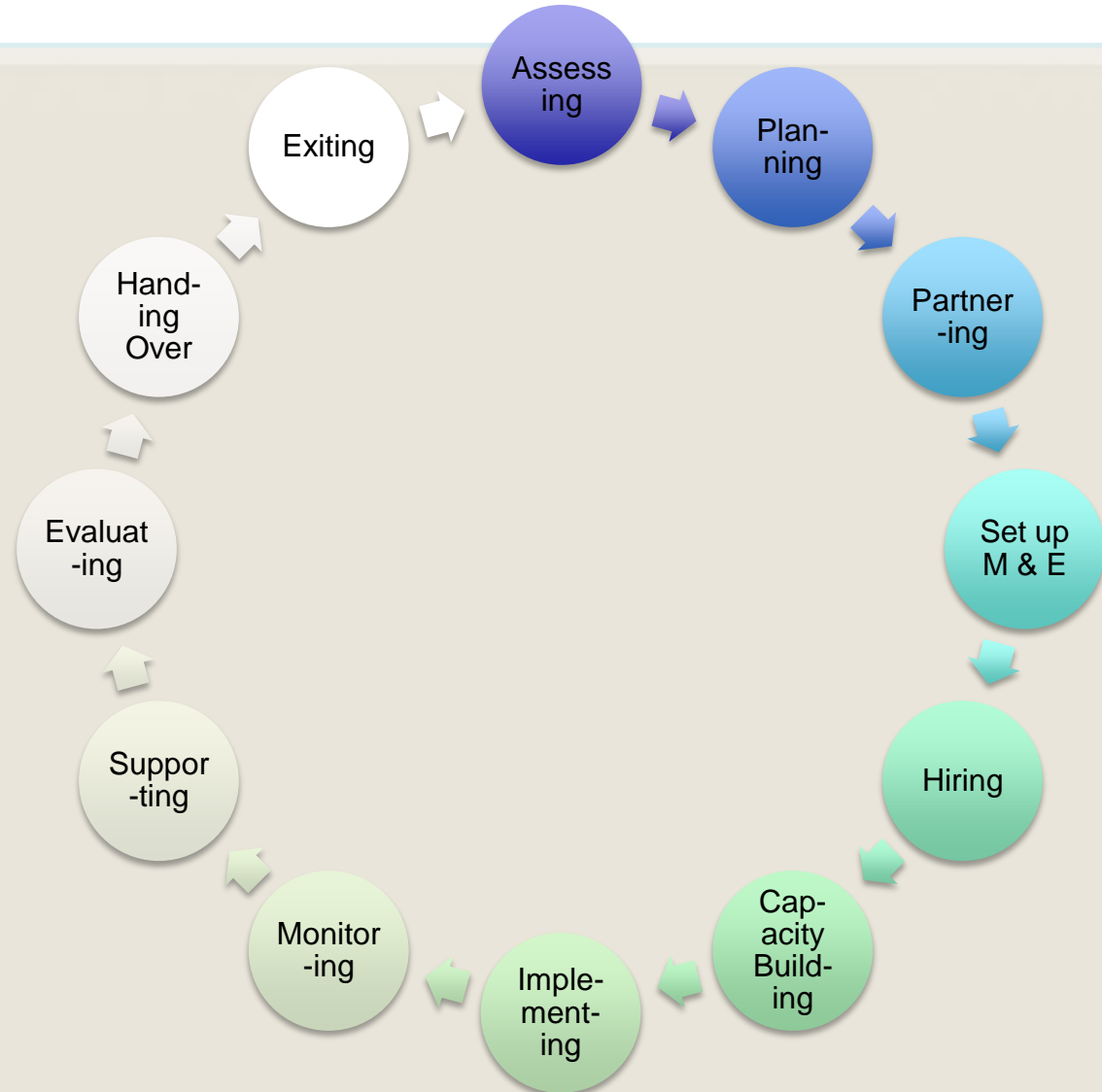


# Part 4

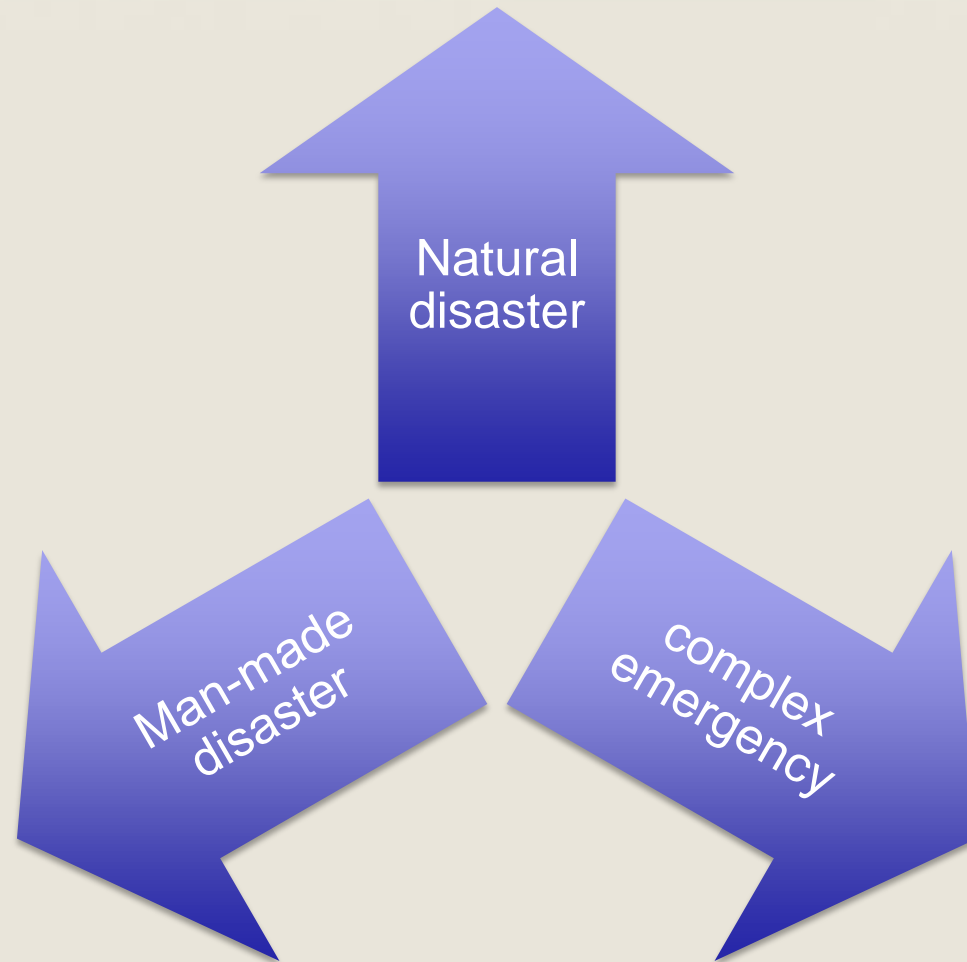
## Responsibilities of an Organisation

### Implementing in Disaster Contexts

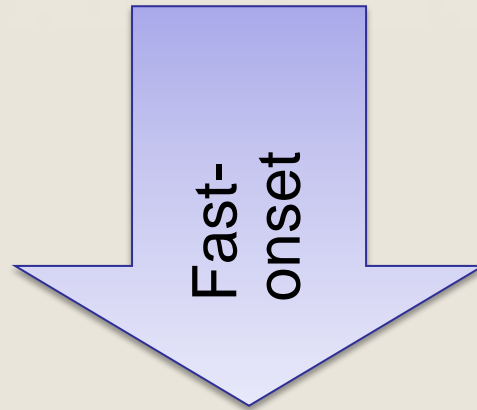
# 12 Steps of Interventions



# Assessment Phase: Form of Disaster



# Assessment Phase: Onset of Disaster



Storm, flood,  
earthquake

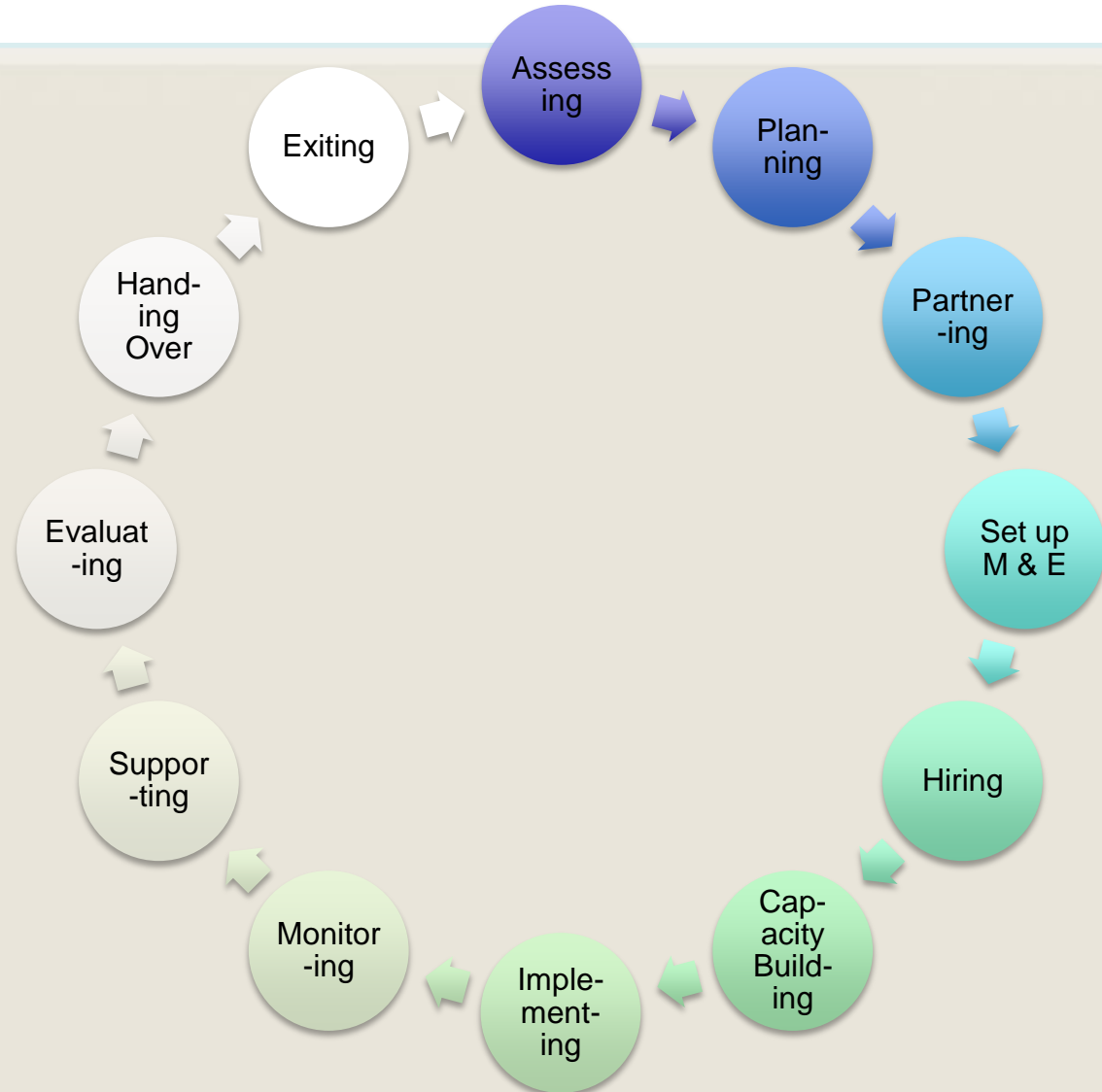


HIV/ AIDS epidemic /  
long lasting conflict

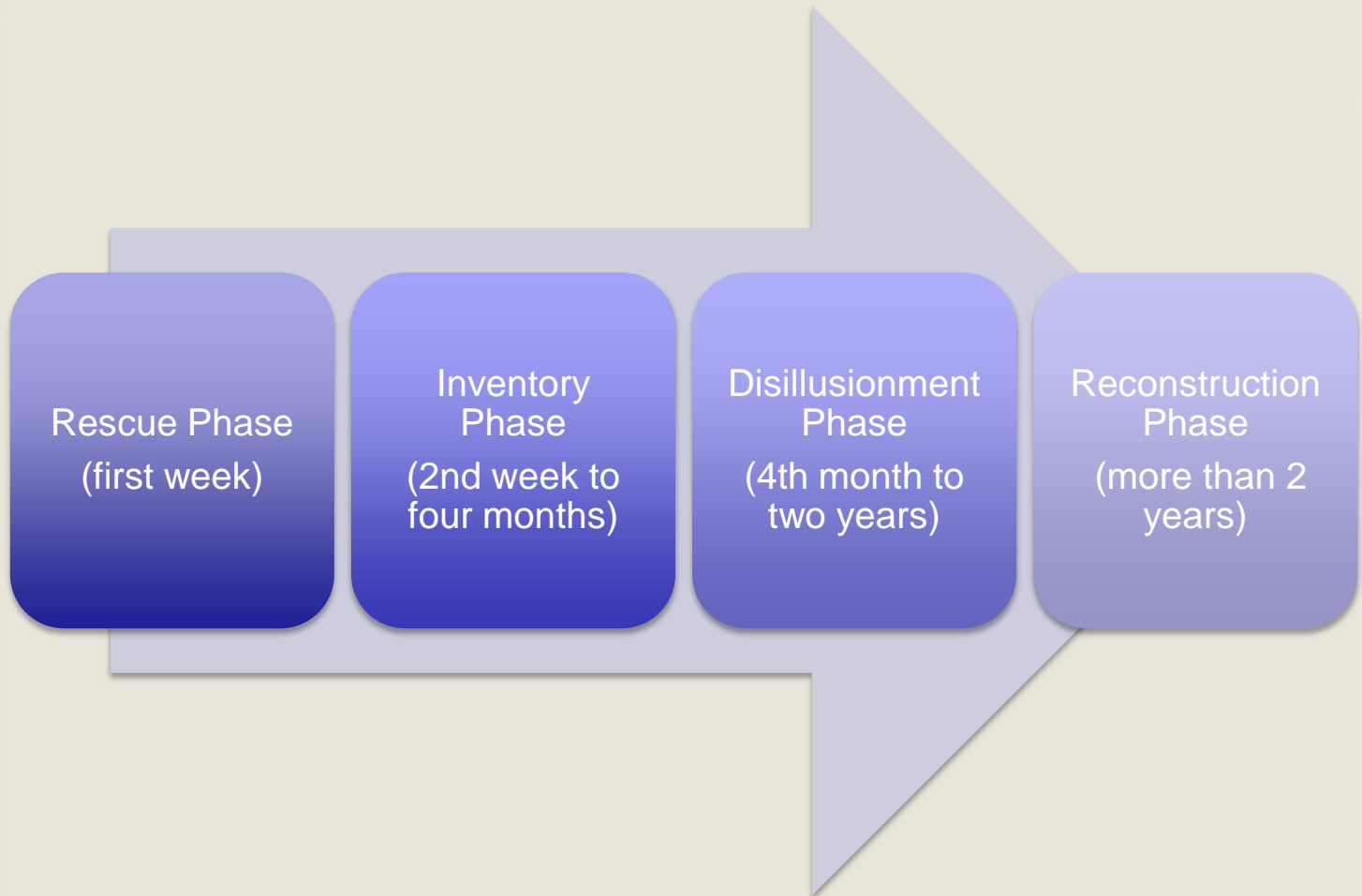
# Assessment Phase: Degree of Traumatization



# 12 Steps of Interventions



# Planning Phase: Timing

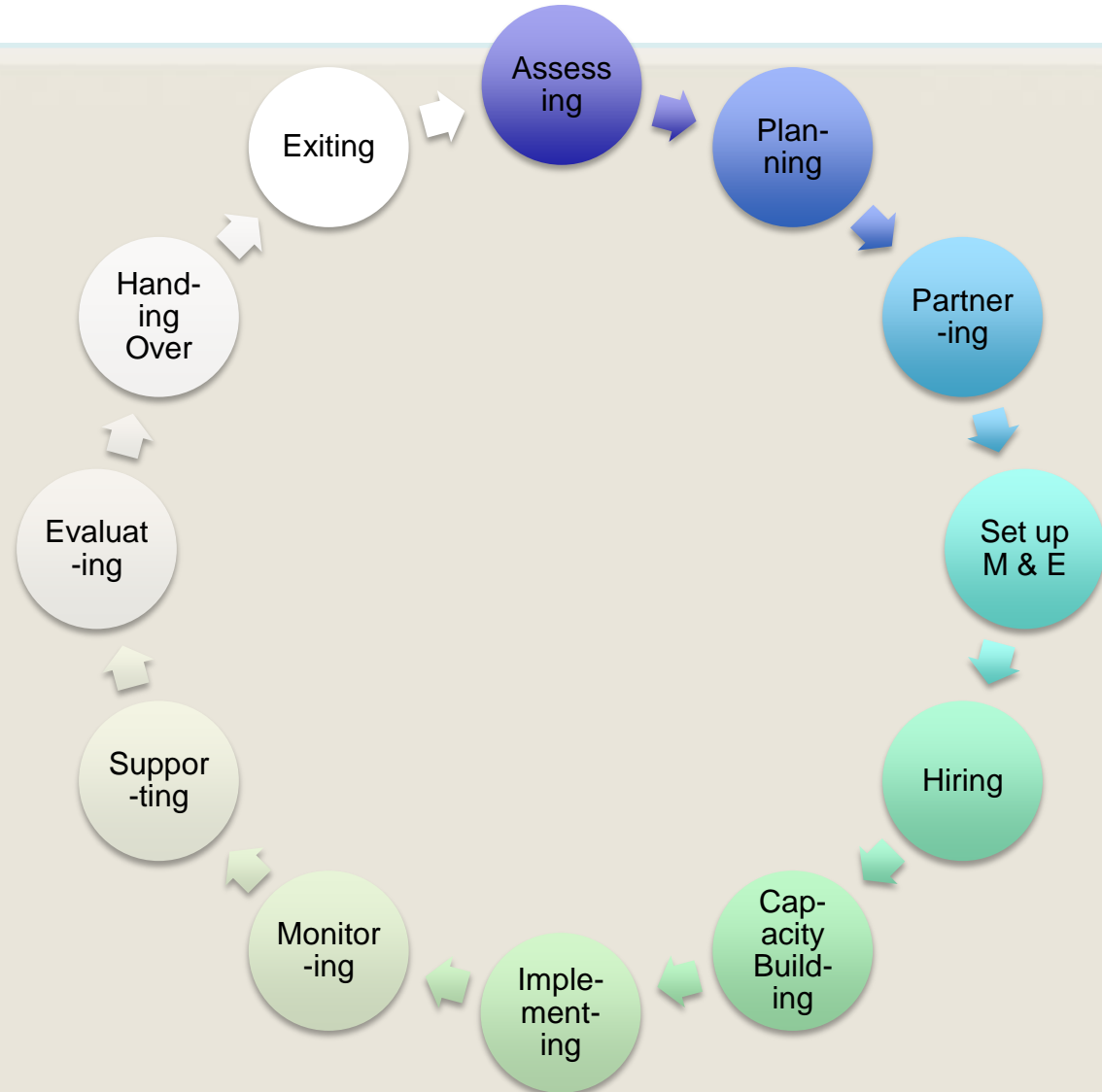




# Planning Phase: Purpose of the Intervention

- To Support** local society at large and children in particular to find back into „normal life“
- To Avoid** the development of as many undesired effects as possible: e.g. hyper-vigilance, aggression, depression, risk behaviour, abuse, avoidance
- To Develop** skills together with target groups that will allow survivors to access & experience positive notions: e.g. a sense of positive interaction, a release of emotions (e.g. stress), a sense of community, self-awareness and self-improvement

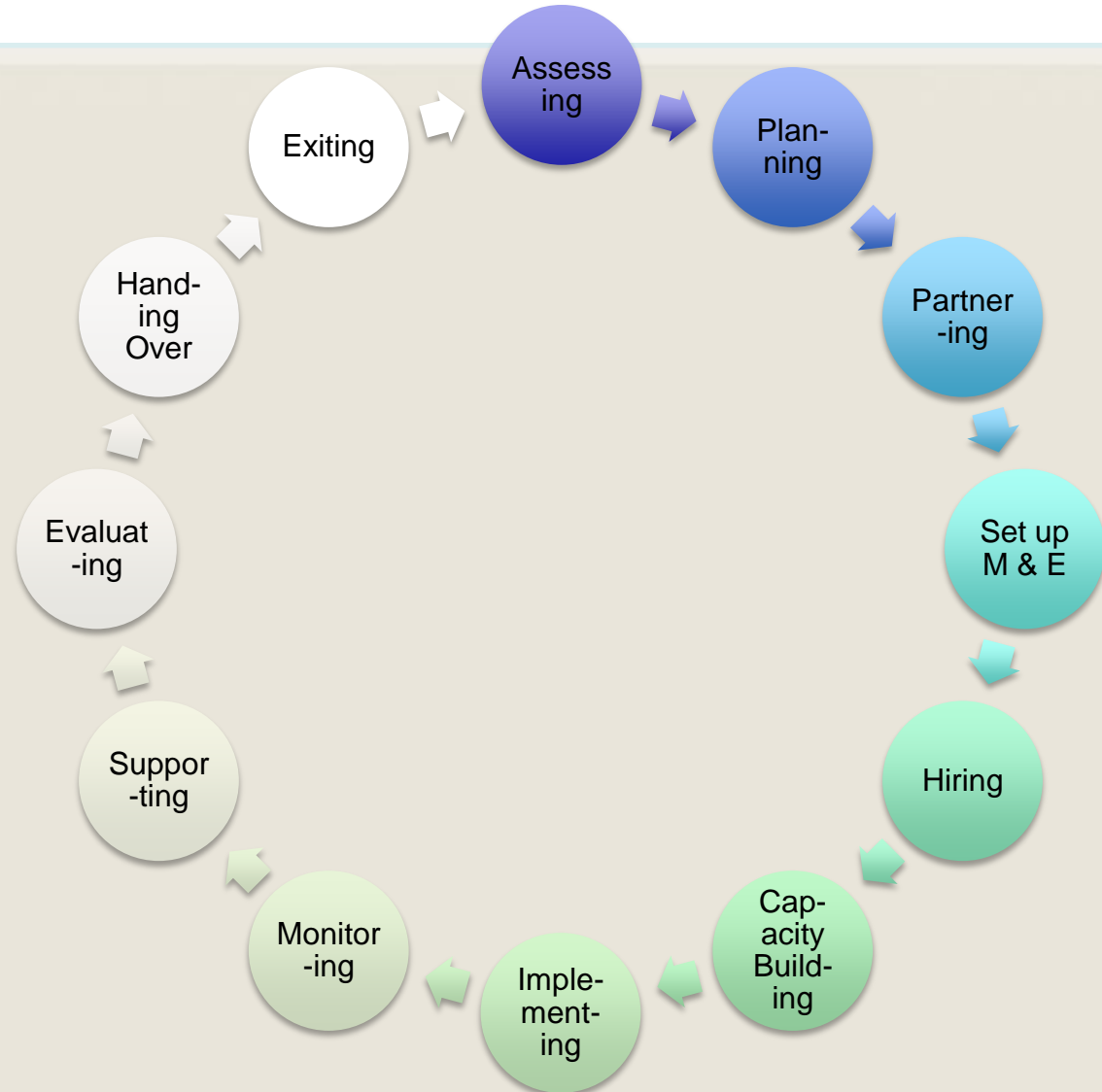
# 12 Steps of Interventions



# Partnering



# 12 Steps of Interventions

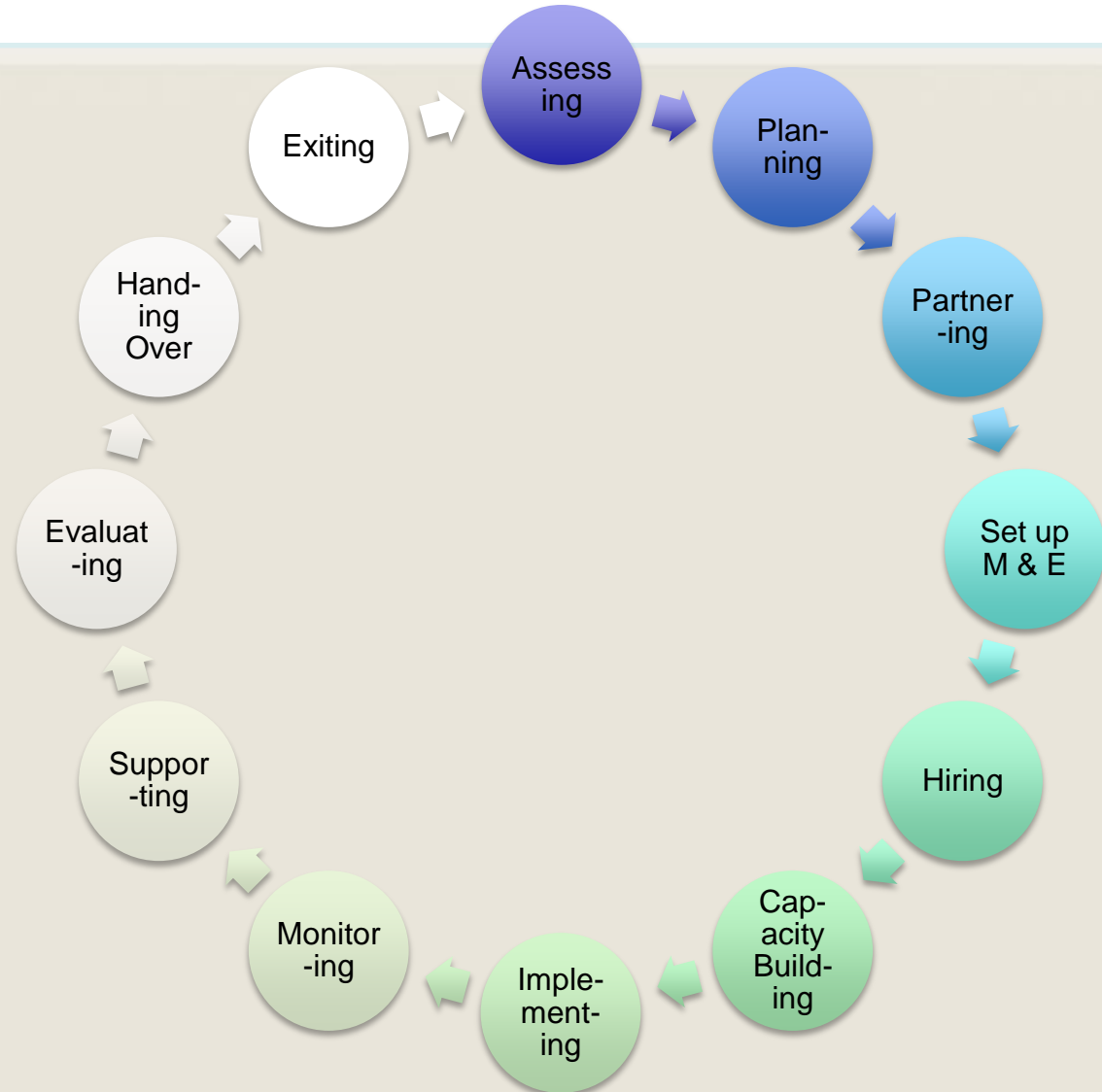




# Set Up M & E

Information provided  
by Daniela  
this afternoon

# 12 Steps of Interventions





# Implementation Phase: Key Questions

1. Purpose of Intervention
2. Conditions for target group:  
Physical + Mental Damages
3. Methods to reach aim:  
Is sport appropriate? Which sport?
4. Appropriate application of methods  
chosen: what is the good mixture between  
sport & psychosocial support?
5. Responsible triggering of healing  
process



# Purpose of the Intervention

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# Working on Trauma

You are triggering a process of:

1. Mobilization
2. Motivation
3. Activation

The activities implemented are  
enabling an individual to:

1. define their need
2. to activate the desire to strive for a self-defined goal

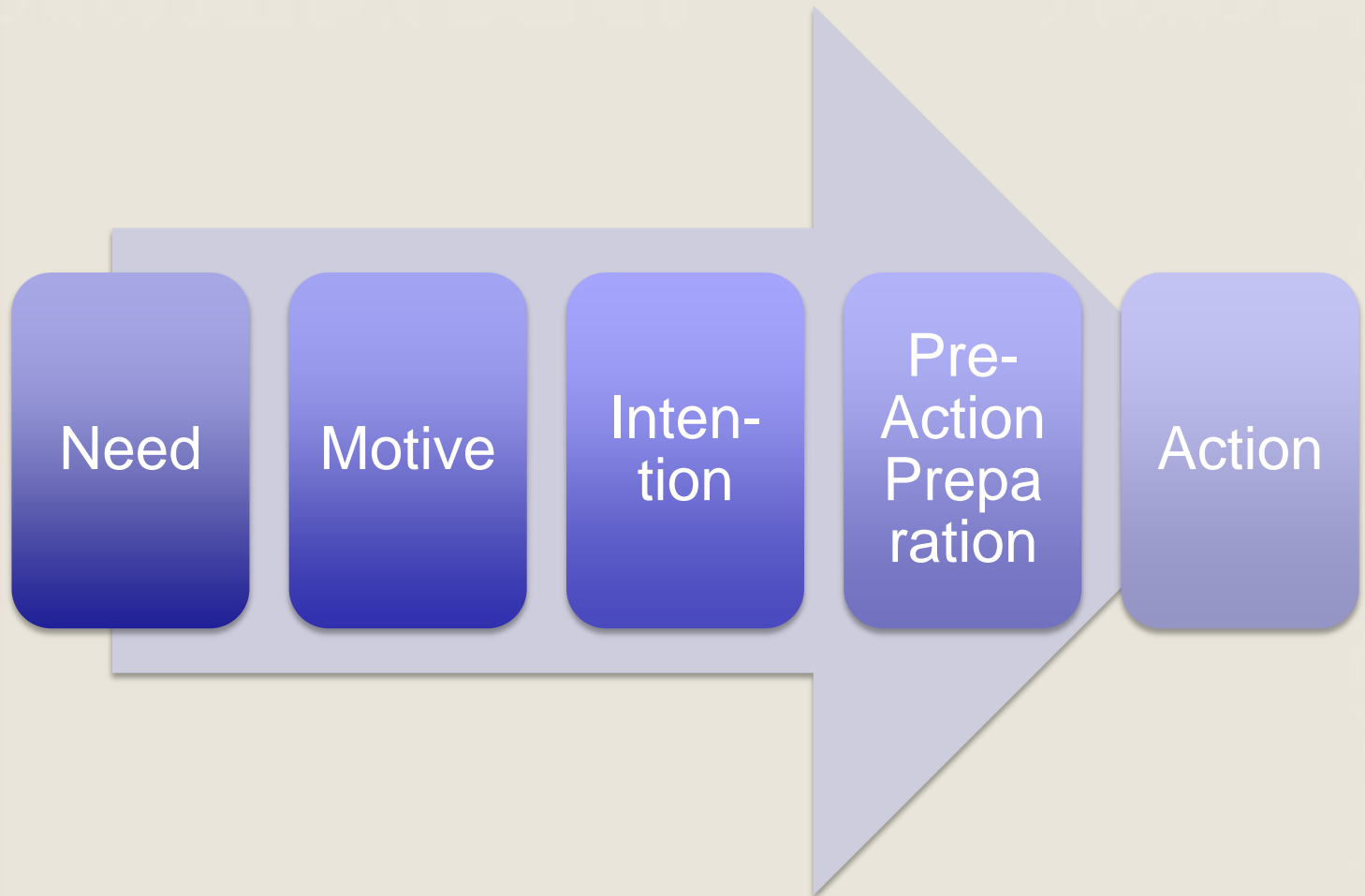



# Mental Damages: Traumatized people

Trauma triggers sophisticated strategies of avoidance as it causes:

1. Too many emotional stimuli
2. Blockage of integrative functions of your consciousness
3. Inaccessibility of one's unconscious normative system => emotional and cognitive dissociation

# Overcoming Trauma






# Steps to take with Target Group during Intervention

## Needs analysis:

What is wrong? What causes the pain?

## Methods

active listening, ventilation of grief



# Steps to take with Target Group during Intervention


## Developing Motive:

Looking into the future and planning positively

## Methods

Creating moments of joy and relaxation

Allowing for feeling the inner strength through team experiences




# Steps to take with Target Group during Intervention

## Developing Intention:

starting to rethink life and developing individual perspective

## Methods

Individualized counseling, group counseling, creating „friendship circles“




# Steps to take with Target Group during Intervention

## Pre-Action / Preparation:

Taking small steps into emotional sustainability

## Methods

Individualized counseling, group counseling,  
encouraging to implement action



# Steps to take with Target Group during Intervention

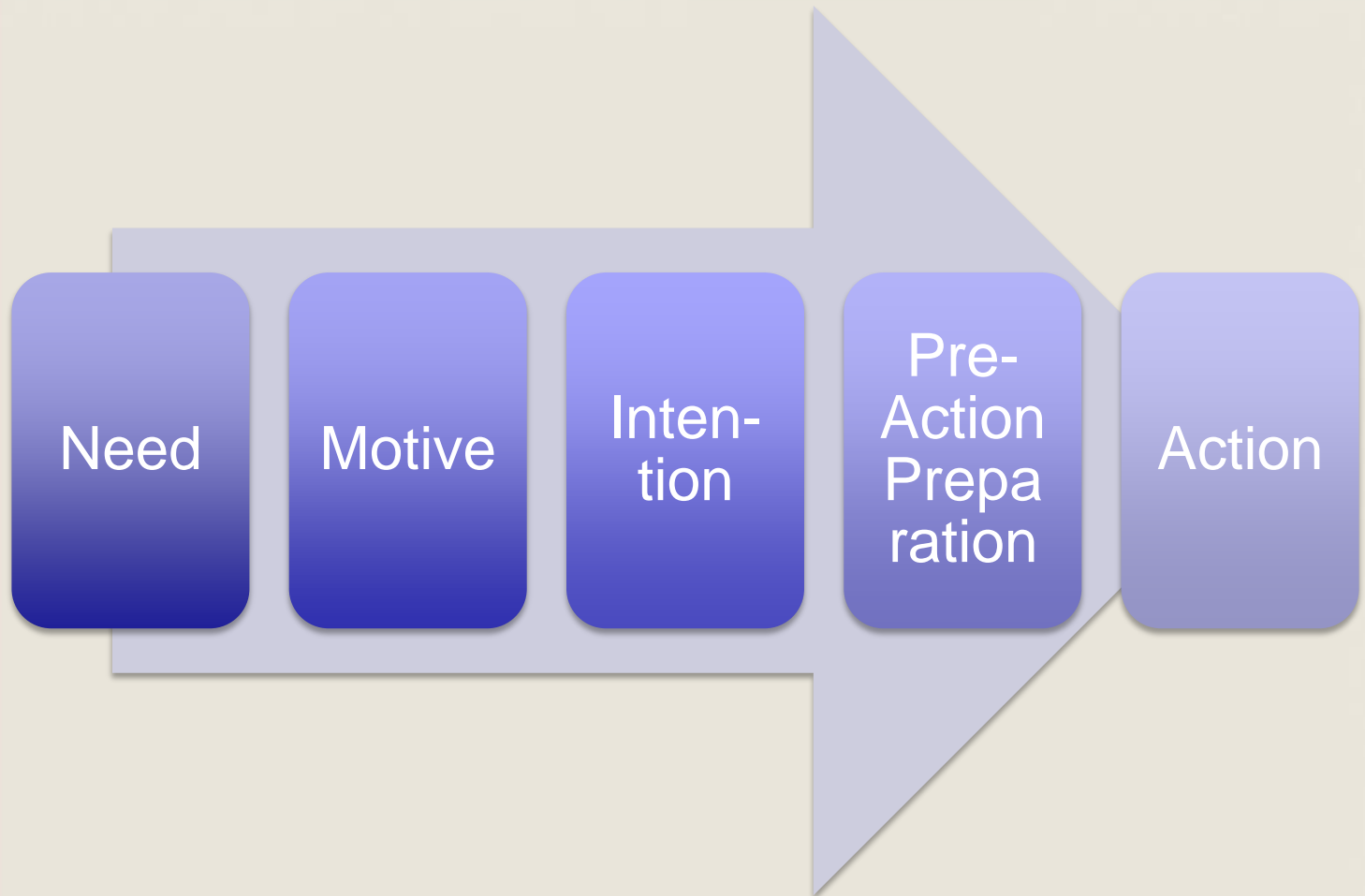
## Action

Being able to deal with past in relation to future, taking „life in your hands“

## Methods

supporting emotionally and practically in taking steps forward

# Overcoming Trauma





# Conclusions

1. Plan carefully
2. Make sure you are ready to „give“
3. Be genuine in approach when building capacity on the ground
4. Be aware of long-term engagement
5. Hand over with care

Thank you for your attention  
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