

## **Strengthening strengths – Overcoming trauma**

07/2020 – 12/2021

### **Initiator**

Verein zur interkulturellen Gesundheitsförderung (AFYA)

### **Objectives**

The Verein zur interkulturellen Gesundheitsförderung (AFYA) aims at supporting children and young people affected by (or at risk) of trauma sequelae with a low-threshold training programme. The evidence-based method “Teaching Recovery Techniques (TRT)” supports the participants to gain control over the posttraumatic stress symptoms. In a previous project in 2019, the evaluation could show the increase in self-efficacy of the programme participants. Recommendations for the continuation of the projects were also given. These recommendations are now put into practice: The current project “Strengthening strengths – Overcoming trauma” (Kräfte stärken – Traum bewältigen) also encompasses work with parents. In cooperation with experts new methods and tools as well as additional formats are introduced to strengthen the developmental environment of the children. Corona changed the situation totally: To reach the target group also in times of lockdowns, online health circles were organized. These online groups, held by native-language mentors put a focus on mental health in times of crisis. Mothers at home with school age kids are the main target group.

In 2020 the online health circles are complemented by the programme “TRT Family” that is based on the work with the entire family system.

### **Implementation**

The focus of the external evaluation was on the effects of the measures developed in the project. Target group of the evaluation were the family systems, the mental health mentors and professionals in the children’s environment (e.g. social workers). The evaluation not only interviewed the target groups but also supported the project team with a continuous reflection throughout the project. Based on the information, data and materials developed in the project, the intended and the non-intended effects of the project activities were investigated. In close cooperation with the project team, helpful factors and obstacles to the process were identified.

### **Your contact**

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