



# International School



## OFFICIAL PUBLICATION OF INTERNATIONAL SCHOOL FOR MENTAL HEALTH PRACTITIONERS ON UNITED NATIONS AFFAIRS

*Helena M. DeLuca, Psy.D., Representative to the United Nations, Mary Anne Dorchin, Editor*  
 2295 Victory Boulevard, Staten Island, New York 10314, (718) 698-0300 <http://IgnatiusU.com>

This publication is distributed to Missions to the United Nations and to Mental Health Clinics throughout the world on a quarterly basis. Its purpose is to inform all about the work of the United Nations in Mental Health and related activities.

**Vol V No. 2**  
**2005**

**Spring**

*Editor's Note: This part of our publication tells of the wonderful work of the United Nations in such areas as mental health issues following the tsunami, food, supplies and health care in the ruins of the Indonesian quake, shelter for Togolese refugees in Benin and Ghana, help for the civilians in Nindja, and their ongoing fight for the right of people with mental disabilities.*

Since February 2005, the Post Tsunami Mental Health Outreach Program (MHOP) under the Association of Disaster and Mass Trauma led by Dr. Anie Kalayjian, has sent six teams of mental health professionals to provide psychological aide to tsunami survivors in Batticaloa, Sri Lanka.



With appreciation to Psychology Reporter at <http://internationalpsychology.net>

The teams have provided counseling using Dr. Kalayjian's Six Step Bio-psychosocial and Spiritual method and have targeted shelters, schools, and camps in areas with the greatest need such as Navalady, Zahira, and the Central Methodist College. To aid these survivors with their trauma, MHOP mental health professionals conduct various group therapy sessions with adults, individuals, married couples, and children.

Survivors are reporting fear of the wind, thunder, and lightning as it reminds them of the tsunami. As a result, students are still not attending

school, older people are ready to die in case another tsunami comes, and people are ready to flee if needed and stay indoors for protection in case it rains.

During a female group session, Monica Porter from Team V shared how one day the women were concerned about the fishermen who had been out in the ocean earlier that day, but returned as soon as the waves picked up. This news quickly spread fear among the women. One woman whose son was still out and had not returned became so upset that during the group session she began to cry and fainted.

Tom Skurky from Team II reports that the male groups have also expressed intense anxiety and grief. Many of these men have lost their wives and are coping with how to raise a family without a woman in the home. The Tamil family places almost the entire burden of housekeeping and child rearing on the woman. Thus, these men are uniquely ill equipped for their new roles in the family. The men were encouraged to seek out help for meals, cooking and childrearing as well as other housekeeping tasks. It was advocated that the mutual support provided in the group process be extended to their functioning in the camp community. In addition to group sessions, discussion

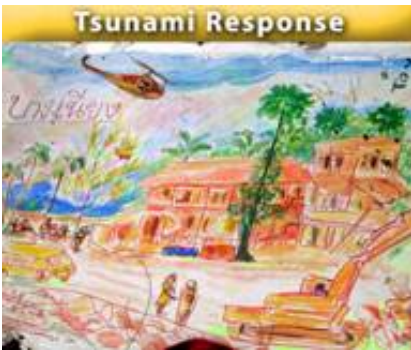
Groups were composed consisting of approximately fifty men during which they brainstormed and



With appreciation to

<http://www.unet.univie.ac.at/~a9606407/fiutkatastrophesuedostasien/seebebenopferlinks.htm>

problem-solved issues related to the future placement and employment of the Navalady village people.



With appreciation to [www.unescap.org/esid/tsunami](http://www.unescap.org/esid/tsunami)

Mr. Skurky says "The mental health teams are a crucial element in the recovery process of the tsunami survivors". These people were already psychologically vulnerable from years of civil war. Dr. Anie Kalayjian will return to Sri in July and conduct an evaluation and follow-up of the trainings provided in the past months.

MHOP is grateful to all the individuals who have volunteered and the UNITED SIKHS for their generous support

With appreciation to International Psychology Reporter, *Tsunami Update*, Spring, 2005 at <http://www.internationalpsychology.net>

### **UN Rushes Aid for at Least 34,000 People Left Homeless by Indonesian Quake**

1 April – At least 34,000 people have been left homeless by the earthquake that struck off northwest Indonesia on Monday, with the number expected to rise, and as relief supplies start arriving in large quantities medicine and medical equipment become high priorities following damage to hospitals, United Nations relief officials said today.

Up to 20,0000 people are believed to have lost their homes in the south of Nias Island, off Sumatra, where it is estimated that 25 percent to 30

percent of structures have been damaged or destroyed, UN Office for the Coordination of Humanitarian Affairs (OCHA) spokesperson Elizabeth Byrs told a news briefing in Geneva. Latest reports put the death toll there at 600.

On neighboring Simeulue Island about 80 percent of the buildings have been damaged, some villages had been completely destroyed, and the original estimate of 12,000 people displaced from their homes in the capital city of Sinabang is likely to rise, she said. Another 2,000 homeless have so far been reported from Singkil district on the Sumatran mainland, with the number likely to increase.

Ms. Byrs said that in view of the fact that the hospital in Simeulue was 40 percent damaged and the one on Nias completely destroyed, medicine and medical equipment were of his priority, along with water purification systems and heavy machinery to remove the debris from the buildings that had been damaged.

Aid materials are arriving in large quantities, but movement of goods to Nias has been delayed by an airplane which slipped off the end of the runway in Sibolga, the logistics hub on Sumatra for the island.

A UN World Food Programme (WFP) boat arrived today in Nias with 300 tons of aid, enough to feed 20,000 people for a month, with distribution set to begin this weekend. But challenges still lie ahead in delivering it to people outside the urban areas due to narrow, severely damaged roads.

WFP helicopters have also undertaken 156 medical evacuations from Nias to the hospital in Sibolga, and are now able to focus to a greater extent on bringing food to Simeulue.

OCHA is deploying a team to Simeulue to assess how best to coordinate efforts following the arrival of 620 tons of non-food items from non-governmental organizations (NGOs). Water purification systems are expected and a ship has already arrived with five bulldozers.

For its part, the UN Population Fund (UNFPA) has sent supplies to help ensure the health and hygiene of displaced people on Nias, particularly pregnant women, including 1,400 personal hygiene kits and 150 clean home delivery kits. A team of doctors has been dispatched to Nias to conduct a rapid needs assessment.



### Earthquake victims survey damage to homes

With appreciation to [www.un.org/news](http://www.un.org/news)

The region posing the biggest access problem at the moment is Aingkil due to road damage and air and sea links are, thus, urgently needed. OCHA is exploring the possibility of using helicopters.

With appreciation to UN Daily News, *UN Rushes Aid for at Least 34,000 People Left Homeless by Indonesian Quake, April 1, 2005* at [www.un.org/news](http://www.un.org/news)

### **Over 11,000 Togolese Seek Refuge in Benin and Ghana**

GENEVA – April 30 – The number of Togolese fleeing general insecurity in the country is steadily increasing, with more than 11,500 refugees having crossed over into neighboring Benin and Ghana by Saturday. This was up from 7,000 on Friday.

The situation in Togo's capital Lome' was reportedly calmer on Saturday. But refugees continued to cross into Benin at the Hilakondji border point, with some 7,500 refugees arriving since Tuesday. UNHCR and its partners have already transferred 800 new arrivals to Come camp, which is not at full capacity. The camp is 80 kms from Benin's capital Cotonou. UNHCR expected to transfer 500 refugees to a new camp at Lokossa later on Saturday. The majority of the remaining refugees have sought shelter with relatives in the region. Several hundred others who

have chosen to remain in the border area are staying in church grounds and are receiving assistance from UNHCR's partner, Caritas, and the Benin Red Cross.

In Ghana, refugee numbers climbed to over 4,000 by Saturday afternoon, from 628 on Friday. A total of 1,131 people crossed into Ghana on Saturday at Aflao, which is very close to Lome'.

UNHCR's head of West Africa operations Michel Gaude', said although numbers had risen the situation was calm and the majority of Togolese had been welcomed by their extended families and friendly communities.

"There was a temporary increase in the number of arrivals through the border post of Aflao after the border re-opened, but now border movements have nearly come back to regular levels," Gaude' said Saturday. "Many of the arrivals say they are concerned about the general situation in Togo after the elections, but that they hope to be able to return in the coming days, as the situation returns to normal"

The U.N. refugee agency has reinforced its registration and monitoring activities along Ghana's southern border with Togo at Aflao, Kpoglo and Dzodze, in a joint operation with Ghana's Immigration Service and a local non-governmental organization, WISE. Two joint mobile registration and monitoring teams are also watching the border from Dzodze northwards to Nyive, 15 km northwest of Ho, the regional capital.



With appreciation to <http://www.africanewssearch.com>

A 10-truck UNHCR convoy loaded with supplies for 5,000 people left the agency's regional warehouse in Ghana's capital, Accra, on Saturday morning, bound for Benin via Burkina Faso. The trucks are carrying tents, plastic sheeting, blankets jerry cans, soap and other supplies. The journey is expected to take four days and is taking the indirect route through Burkina Faso because of security concerns in Togo. Earlier in April UNHCR pre-positioned supplies for 2,500 people in Benin.

A three-person UNHCR emergency team was heading to Benin over the weekend to reinforce agency personnel already on the ground.

With appreciation to UNHCR News, Over 11,000 Togolese Seek Refuge in Benin and Ghana, April 30, 2005 at <http://www.unhcr.ch/cgi-bin/taxis/vtx/news/opendoc.htm?tbl-NEWS&id=4275cea82>

### **Glaring Inequalities for People With Mental Disorders Addressed in New WHO Effort**

20 June 2005 – Geneva –Today the World Health Organization (WHO) is giving countries an important new legal tool to help address the often unacceptable conditions in which people with mental disabilities live.

There are more than 450 million people with mental, neurological or behavioral problems throughout the world. In many countries, they are among the most vulnerable and the least legally



With appreciation to [www.whoindia.org](http://www.whoindia.org)

protected. Nearly a quarter of all countries have no mental health legislation, while many more have legislation that poorly protects the human rights of people with mental disorders, or does not reflect currently accepted mental health practices.

For example, in some communities, people with mental disorders are tied or chained to trees or logs. Others are incarcerated in prisons without have been accused of a crime. In many psychiatric institutions and hospitals, patients face gross violations of their rights. People are restrained with metal shackles, confined in cased beds, deprived of clothing, decent bedding, clean water, or proper toilet facilities and are subject to abuse.

In addition, people with mental disabilities often face social isolation and severe stigmatization which results in additional human rights violations, including discrimination in education, employment and housing. Some countries even prohibit people from voting, marrying or having children.

WHO is providing support to an increasing number of countries implementing progressive mental health laws that respect, protect, and fulfill the rights of people with mental disorders, with the aim of improving their lives and well-being. As part of this ongoing effort, today WHO announces the publication of a landmark book which will guide countries and support stakeholders in creating mental health legislation. The *WHO Resource Book on Mental Health, Human Rights and Legislation* includes input from consultations with hundreds of experts and stakeholders throughout the world, leaders in psychiatry, psychology, law, and human rights as well as representatives from mental health service users, family groups, and NGOs.

"We have a moral and legal obligation to modernize mental health legislation. WHO is ready to help its Member States fulfill this obligation with technical support and expert advice." Said Dr. LEE Jong-Wook, Director-General of the World Health Organization.

The book examines international human rights standards and shows how they apply to people with mental disorders, addresses the 'why' and the 'how-to' of drafting, adopting and implementation as well as linking legislation with mental health policy. The book also includes a 'step-by-step' check reviewing existing legislation and developing new laws.

The *Resource Book* illustrates how a human rights approach to mental health law improves the quality of psychiatric care and improves access. In Chile, for example, recent measures to protect and promote the rights of people with mental illness have resulted in investigation of abuses, changed therapeutic practices, and improved access to treatment and rehabilitation.

WHO has also established an international network of experts in mental health, law, and human rights trained in the WHO framework for mental health legislation. Currently, WHO and network members are offering technical advice and assistance to several countries throughout the world. The network stands ready to assist any country that wishes to modernize its mental health laws.

Dr. Soumitra Pathare, a psychiatrist from India is a contributor to the *Resource Book*. She notes that "legislation can be an invaluable resource in promoting the human rights of people with disorders throughout the world. Respect for rights and provision of quality mental health services go

hand in hand – you cannot have one without the other. The WHO approach is flexible enough to be of use in countries with vastly different historical, social, and economic contexts.”

The information contained in this *Resource Book*, together with the technical expertise provided by the WHO and its network of experts are important steps in moving towards universal human rights protection and access to care for people with mental disorders.



With appreciation to [www.who.int/mediacentre/news](http://www.who.int/mediacentre/news)

Mental health issues will be the focus for WHO on Human rights Day on 10 December 2005.

With appreciation to Media Centre *Glaring Inequalities for People with Mental Disorders Addressed in New WHO Effort, June 20, 2005* at <http://www.who.int/mediacentre/news/notes/2005/np14/en/index.html>

### **OCHA Condemns Attacks on Civilians in Nindja**

Bukavu, May 31 – Innocent civilians have been once again caught up in the fighting between armed groups in South Kivu, with 19 people killed and many others wounded during an attack on the Collectivity of Nindja, 75k north-west of Bukavu, South Kivu, last Monday.

An estimated 1,280 families, or 6,000 people, have now fled towards the village of Ihembe, fearing further attacks.

“Once again it is innocent civilians who suffer”, said Jean Marc Cordaro, OCHA’s Head of Office in South Kivu. “OCHA condemns all acts of violence against civilians. Such attacks must cease immediately.”



With appreciation to <http://news.bbc.co.uk/2/hi/Africa>

Amongst the wounded were those who had limbs hacked off by machetes, with at least four people reportedly still in critical condition. Up to 50 more villagers have disappeared – carried off by the armed men into the bush. Kidnapping of civilians for ransom is common in the area, with more than 70

people abducted over the last six months. Of these, 18 have already been executed.

To add to the list of horrors, over 200 women and girls have been raped in the wider Walungu area since the beginning of the year, mostly by armed men.

“Humanitarian access to the conflict area is severely limited, with local people reporting that attacks are continuing”, said Mr. Cordaro. “Life-saving

aid could only be sent on Friday, when the security of the convoy has been assured.”



With appreciation to <http://news.bbc.co.uk/2hi/Africa>

Rapid Response focal point for south Kivu, the NGO International Rescue Committee, sent a team to Nindja on Friday, May 27. They took with them vital relief items supplied by UNICEF such as blankets, plastic sheeting, soap and jerry cans for the displaced population. High protein biscuits, known as BP5, were also distributed. Latrines are under construction in the makeshift camps where the displaced have gathered.

The NGO Malteser, already implementing humanitarian programs in the area, accompanied the mission to determine what assistance could be provided in the health and nutrition sectors. Malteser also delivered mattresses for the displaced and restocked nutritional centers with food rations.

“The protection of the civilians against violence is a priority for humanitarians in eastern DRC,” Mr. Cordaro continued. “These attacks, and the ongoing harassment and abuse against civilians in South Kivu must end. We are doing everything we can to stop the atrocities.”

Nearly 50,000 people were displaced during fighting in the Territory of Salungu that began in September, 2004. Many of these have only recently returned home, following an improvement in security in the area. The Collectivity of Nindja is part of the Territory of Kabare, which borders on Walungu.

With appreciation to United Nations OCHA, *OCHA Condemns Attacks on Civilians in Nindja, May 31, 2005* at <http://ochaonline.un.org/webpage.asp?Page=2024>