



himaya
For innocence in danger

POST-BLAST REPORT

**WHAT HAVE WE BEEN UP
TO SINCE AUGUST 4TH?**

AUG-SEPT-OCT 2020
CUMULATIVE REPORT





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OUR IMPACT 3 MONTHS LATER



ON-GROUND ACTIVITIES



An interactive puppet show by TATOOT Puppet Caravan was held at Geitawi Gardens tackling several topics such as patriotism, healthy lifestyle, and bullying. The kids enjoyed the show, learned about bullying in an interactive way, and expressed their love for their country.



ON-GROUND PREVENTION ACTIVITIES



Following a briefing session about himaya's mission and child protection, a group of students from USJ volunteered to organize recreational activities in the park.

Children enjoyed a day full of games, arts and crafts, and delicious snacks.



ON-GROUND PREVENTION ACTIVITIES

AUG 4- NOV 4TH, 2020

2,266

CHILD REACHED THROUGH THE PREVENTION PROGRAM

33

PARENTS REACHED THROUGH THE PREVENTION PROGRAM

2

MAIN LOCATIONS



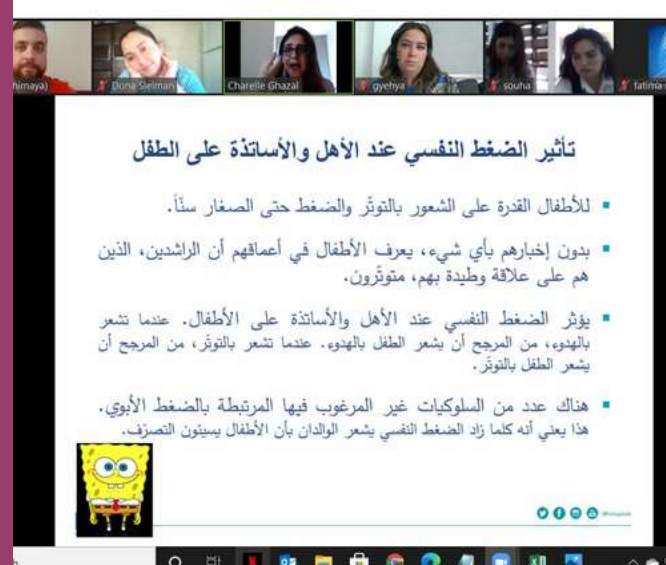
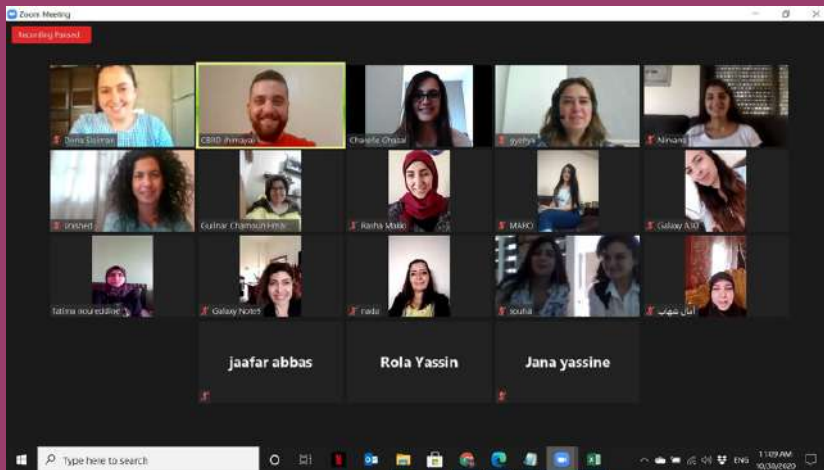
ONLINE CBRD ACTIVITIES

20

CHILD PROTECTION
OFFICERS &
COUNSELORS

13

SCHOOLS ACROSS
LEBANON



As part of himaya's objective to capacitate local organizations on how to handle situations which involve children, himaya's Capacity Building & Research and Development Department has conducted an online session for child protection officers and counselors in 13 schools across Lebanon, in collaboration with Worldvision.



The aim of the session was to enable participants to properly handle situations of children showing signs of psychological distress and trauma especially given the current challenges Lebanon faces (economic crisis, COVID-19 pandemic) and following the Beirut blast on the 4th of August 2020.

ONLINE AWARENESS ACTIVITIES

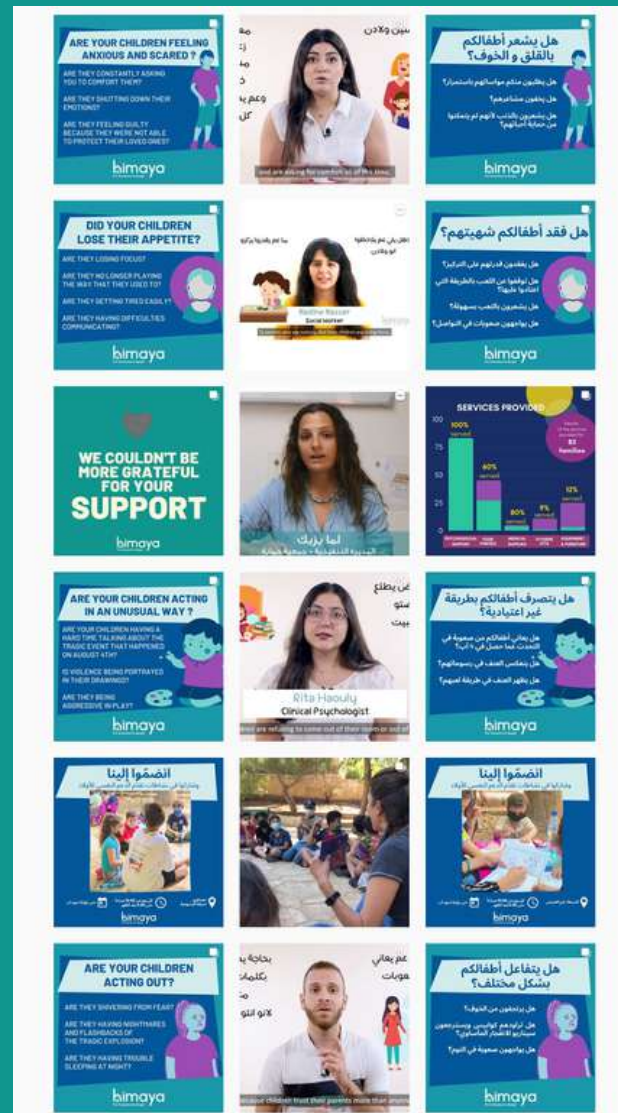
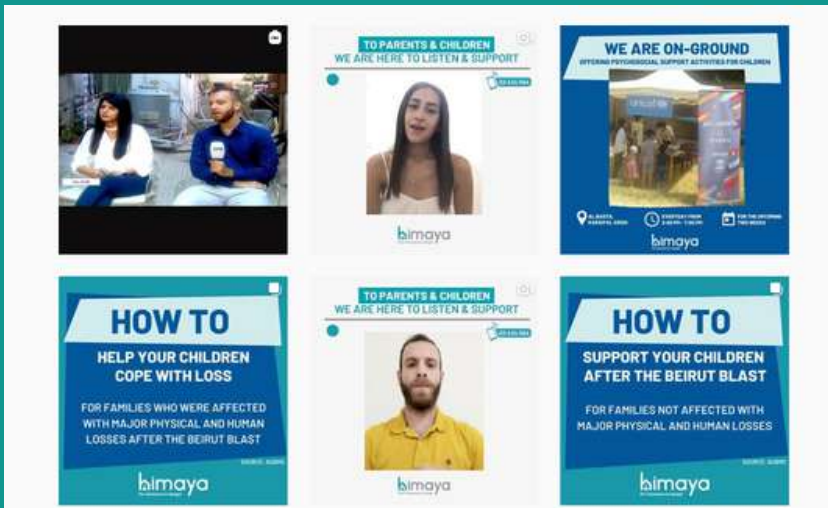
For the past 3 months, we've mobilized our media to be able to reach out to more people, urge parents and children who are feeling in emotional distress, to contact us, reminding them that we are here to listen and help them cope with the traumatizing experience of August 4th.

We've been active on online and social platforms, sharing tips and giving out advice to parents and caregivers, to help their children and themselves, better deal with this challenging situation.

We have also been responding to the numerous needs of our community and answering their questions and concerns via our online presence.

209

CASES REPORTED THROUGH OUR SOCIAL MEDIA



ONLINE AWARENESS ACTIVITIES

9M

INDIVIDUALS REACHED
THROUGH SOCIAL MEDIA &
TRADITIONAL MEDIA

النهار FACEBOOK

JOIN US FOR A PANEL DISCUSSION ON

The State of Mental Health in Lebanon

DEALING WITH THE MENTAL HEALTH IMPACT OF THE BEIRUT EXPLOSION AND HOW SOCIAL MEDIA CAN PLAY A CRUCIAL ROLE

THURSDAY, OCTOBER 29 @ 6:00 PM BEIRUT TIME

 TALA RAMADAN ANNAHAR - MODERATOR	 SHAHED AL HINDI PUBLIC POLICY MANAGER, FACEBOOK MENA	 DR. BRIGITTE KHOURY AMERICAN UNIVERSITY OF BEIRUT
 SACHA MOUGHABGHAB HIMAYA	 LEA ZEINOUN EMBRACE	 REEM AL BABA MENTAL HEALTH ADVOCATE

THE DISCUSSION WILL BE LIVE ON ANNAHAR'S FACEBOOK PAGE AND ANNAHAR HEALTH'S INSTAGRAM PAGE

himaya also appeared on several local and national TV channels and radio stations to address every parent and child affected directly or indirectly by the blast.

We've also tackled the topic of digital abuse on one of the leading TV channels in Lebanon as children are now spending more time online and are more exposed to the risks presented by the online world, and it is important for parents and caregivers to learn how to make the digital world a safer place for our children.

himaya is very proud to have also participated in a fire-side chat with Facebook as a panelist on the topic of "State of Mental Health in Lebanon post Beirut blast and the current economic/political turmoil". himaya was successful in communicating key messages with the public, and shed light on the current situation and its impact on children and their parents.



We were able to reach around 5 million people through online channels and over 4 million people through traditional media.



**RESILIENCE
SERVICES PROVIDED
PSYCHO-SOCIAL**

564

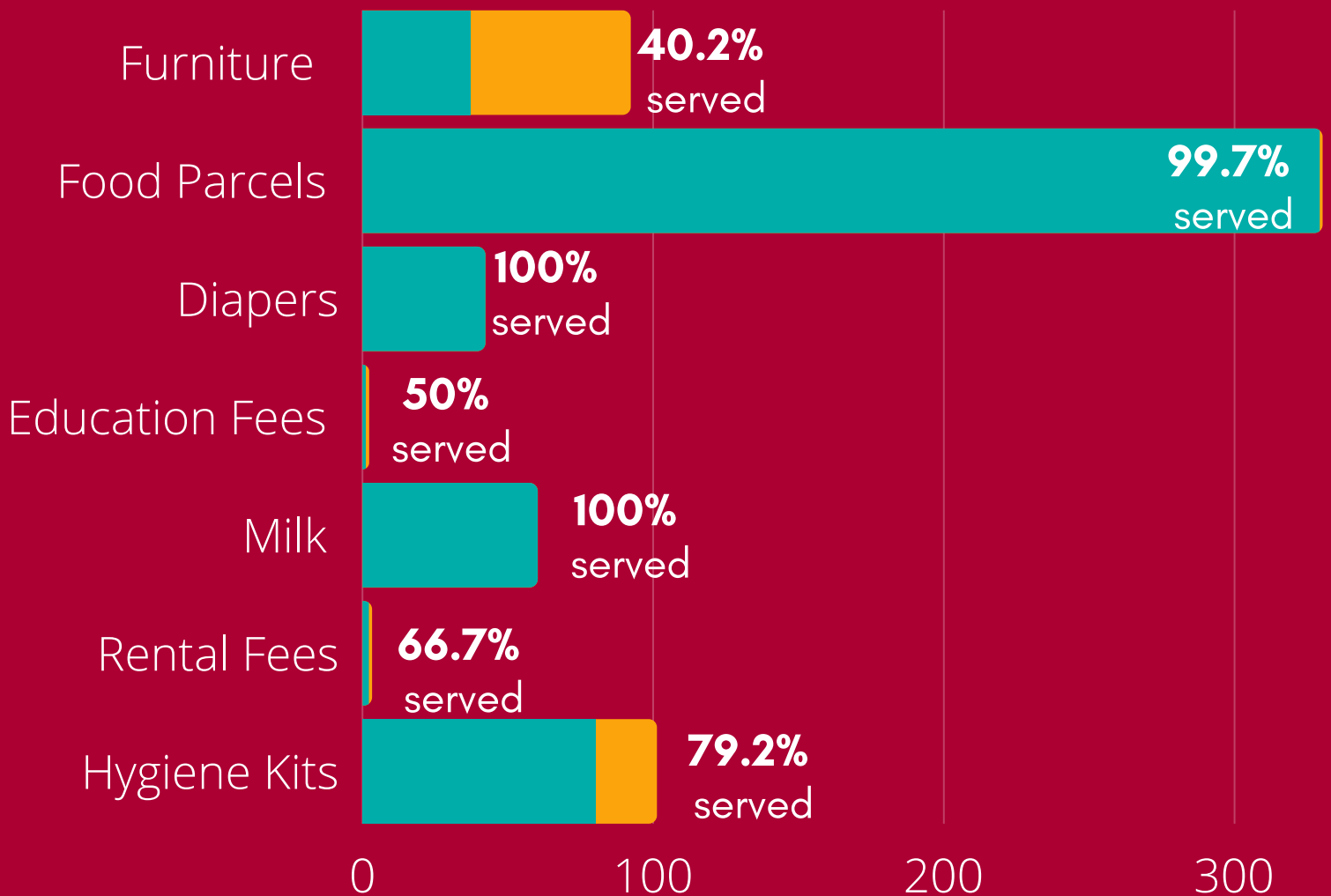
**CHILD BENEFITED FROM
OUR PSYCHO-SOCIAL
SERVICES**

427

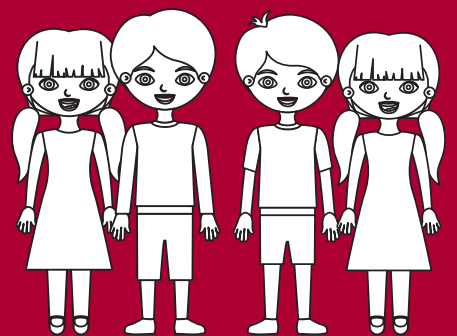
**PARENT/CAREGIVER
BENEFITED FROM OUR
PSYCHO-SOCIAL
SUPPORT**

SERVICES PROVIDED

CHILDREN SERVED



Results
of the services
provided for
200
families



THE STORY OF JAD

1/2

The story of Jad, a 2-year-old boy heavily traumatized by the Beirut explosion, is another successful story about how acting in time, can turn a tragic moment into an empowering memory. Working with trauma experienced by little children can be challenging because they don't articulate their emotions and feelings as well as older children or adults do, but himaya's team have become experts in navigating their way around that in an effective way.

When the blast happened, Jad who lives close to the Beirut port, was at home with his parents. The explosion completely shattered their windows causing extreme damage to everything inside. His father acted quickly and safely kept Jad in the bathroom, to take care of Jad's mother. Jad's mother was severely injured by the shards of glass. Jad was in sheer panic, he had just seen his mother faint completely covered in blood. His dad who was desperately trying to shield his son and get him out of the scene led Jad to believe that he was being punished for something, which was extremely unusual in his house.

His mother immediately got treated and luckily, the explosion didn't cause any other problems that couldn't be fixed, but Jad was deeply disturbed and traumatized by what he had just seen. He wouldn't stop repeating the same word patterns "boom, door, broken, explosion ". He was obsessively recounting the experience in his own words. He couldn't leave the house, move around it, be alone for long or be away from his mom. Even getting close to the bathroom door was very distressing for him. It was clear that he needed professional help, and this is where himaya stepped in.

After the initial assessment, our psychologists decided to use EMDR (Eye Movement, Desensitization, Reprocessing), a very sophisticated 8-step psychological technique designed to help coping with trauma. By combining a series of physical stimuli with conversations and guided narratives, Jad was to slowly let go of the trauma and go back to having a normal childhood. The therapy took many sessions, and required the participation of Jad's parents, but it brought about massive progress from the beginning.

THE STORY OF JAD

2/2

As the sessions went by, Jad became less and less scared, he didn't cry so often, he was comfortable leaving the house and he stopped speaking so much about the explosion. He was slowly cozying up to the idea of spending time alone and overall, learning how to process all the information. Jad's parents could hardly believe it, as they were initially dubious that the method would work so well. They were extremely happy to see the result. They are witnessing their child more resilient than ever, and slowly finding his way back to feeling safe and protected again.

"The explosion was full of suffering, but also full of overcoming" emotionally says Jad's father.



This is one of the many stories through which our team is reminded that the work we have been doing following Beirut's blast has not only been needed, but has also been effective. No matter how complicated or challenging the case at hand might be, we deeply believe that by taking a step back and collaborating with each family member, we can set objectives together and reach considerable improvements.



DONATIONS SINCE THE BLAST

LBP
46,331,438



USD
95,213





**WE COULDN'T BE
MORE GRATEFUL
FOR YOUR
SUPPORT**

himaya
For innocence in danger



OUR PARTNERS



Special Thanks to:

Aus2Beirut
CasaBrazil
The Baby Scoop
Ali Ghandour Family Fund