



14<sup>th</sup> April 2022

## ‘Understanding trauma and supporting the needs of people fleeing war and / or persecution’ - directory of resources

Following on from the recent online training, a directory of resources is below. This directory is based on the main themes and questions raised during the training. The topics are on the left and further information and links are in the column on the righthand side. The resources and links included are not comprehensive. They are a sample of what was available at the time of drafting.

A link to the training, organised by HSE Cork Kerry Community Healthcare in conjunction with the HSE National Social Inclusion Office and HSE Mental Health, is available until 6<sup>th</sup> May. Please share the training link for staff training and /or meetings.

### Link to recording of training

<https://www.hse.ie/eng/about/who/primarycare/socialinclusion/about-social-inclusion/news/hse-announces-new-training-understanding-trauma.html>

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<b>Resources and training</b>	<p><b>Intercultural awareness elearning training</b> is available for HSE staff and staff in other organisations/agencies. The training will support you to be respectful of the ethnic, cultural and religious diversity of your service users, in order to provide an effective, high quality responsive service. There are four modules in the programme: Module 1- Inclusive Practices, Module 2-Working with others, Module 3-Refugees, Protection applicants and trauma, Module 4 - Understanding Migrant Mental health and wellbeing (available shortly)</p> <p>See this link for further details on who can access training <a href="https://www.hseland.ie/dash/Account/Support">https://www.hseland.ie/dash/Account/Support</a></p> <p><b>Cork Kerry Resettlement</b>, range of resources and training available at <a href="http://www.corkkerryresettlement@wordpress.com">www.corkkerryresettlement@wordpress.com</a></p>
<b>Children and young people</b>	<p>Resources to support your work with children and young people <a href="https://krisepsykologi.no/war-in-ukraine-what-do-we-tell-the-children/">https://krisepsykologi.no/war-in-ukraine-what-do-we-tell-the-children/</a></p> <p>National Educational Psychological Services in the Dept. of Education has developed a resource “<b>Supporting the Well Being of Children from the Ukraine in your School</b>” <a href="https://www.gov.ie/en/publication/61206-supporting-the-wellbeing-of-children-from-ukraine-in-your-school/">https://www.gov.ie/en/publication/61206-supporting-the-wellbeing-of-children-from-ukraine-in-your-school/</a></p>

<p><b>Healthcare information</b></p>	<p>Information on healthcare services is available in Ukrainian and Russian languages on <a href="http://www.hse.ie/ukraine">www.hse.ie/ukraine</a>.</p> <p>Local Community Healthcare Organisations are developing In-reach teams in many cases in partnership with NGO's, to support people where they are staying.</p> <p><b>National Social Inclusion Office website</b>  <a href="https://www.hse.ie/eng/about/who/primarycare/socialinclusion/">https://www.hse.ie/eng/about/who/primarycare/socialinclusion/</a>  <b>Multi-lingual healthcare resources available here.</b>  <a href="https://www.hse.ie/eng/about/who/primarycare/socialinclusion/about-social-inclusion/translation-hub/multilingual-resources-and-translated-material/">https://www.hse.ie/eng/about/who/primarycare/socialinclusion/about-social-inclusion/translation-hub/multilingual-resources-and-translated-material/</a></p>
<p><b>Psychological resources</b></p>	<p>Some <b>psychological resources</b> including PTSD.</p> <p><a href="https://www.psychologicalsociety.ie/source/SIGHRP%20-%20Rapid%20Response%20Psychology%20Tool%20Time%20of%20War%20Resources%20(Final).pdf">https://www.psychologicalsociety.ie/source/SIGHRP%20-%20Rapid%20Response%20Psychology%20Tool%20Time%20of%20War%20Resources%20(Final).pdf</a></p> <p><a href="https://www2.hse.ie/conditions/mental-health/post-traumatic-stress-disorder/post-traumatic-stress-disorder-ptsd-treatment.html">https://www2.hse.ie/conditions/mental-health/post-traumatic-stress-disorder/post-traumatic-stress-disorder-ptsd-treatment.html</a></p> <p><a href="http://www.psychologicalsociety.ie/footer/Time-of-War-Resources">www.psychologicalsociety.ie/footer/Time-of-War-Resources</a></p> <p><a href="https://www.ptsduk.org/narrative-exposure-therapy/">https://www.ptsduk.org/narrative-exposure-therapy/</a></p>
<p><b>Minding your own mental health</b></p>	<p>Range of <b>mental health supports and services</b> available at <a href="https://www2.hse.ie/services/mental-health-supports-and-services-during-coronavirus/mental-health-supports-and-services-during-coronavirus.html">https://www2.hse.ie/services/mental-health-supports-and-services-during-coronavirus/mental-health-supports-and-services-during-coronavirus.html</a></p>
<p><b>National Office of Suicide Prevention</b></p>	<p>Information on <b>Connecting for Life Training</b> available at <a href="https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/training/types-of-training/">https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/training/types-of-training/</a></p>
<p><b>Bereavement supports and services</b></p>	<p>Information on <b>bereavement supports and services</b> <a href="https://www2.hse.ie/wellbeing/mental-health/bereavement-supports-and-services.html">https://www2.hse.ie/wellbeing/mental-health/bereavement-supports-and-services.html</a></p> <p>National Bereavement Support Line 1800 80 70 77</p>
<p><b>Language and communication</b></p>	<p>For HSE staff, there is more information on <b>translating and interpretation</b> <a href="https://www.hse.ie/eng/about/who/primarycare/socialinclusion/about-social-inclusion/translation-hub/translation-interpreting-companies/">https://www.hse.ie/eng/about/who/primarycare/socialinclusion/about-social-inclusion/translation-hub/translation-interpreting-companies/</a></p> <p>There are various companies that provide translation and interpretation services. There are also various apps that translate, if appropriate.</p> <p>Information on our organisations <b>Public Sector duty</b>, there is some short videos and resources on the Irish Human Rights Equality Commission website.  <a href="https://www.ihrec.ie/our-work/public-sector-duty/">https://www.ihrec.ie/our-work/public-sector-duty/</a></p>

	<p><b>Approximately:</b></p> <ul style="list-style-type: none"> <li>• 70% of Ukrainians speak Ukrainian as their first language, remainder speak Russian as their first language.</li> <li>• 95% of Ukrainians understand Russian.</li> <li>• 90% of Ukrainians speak Russian fluently.</li> <li>• It is not insensitive to offer a Russian translation/interpreter, if Ukrainian translation/interpreter is not available, but insensitive to assume.</li> </ul>
<p><b>LGBTI+</b></p>	<p>LGBT Ireland have created a new page with information and resources <a href="https://lgbt.ie/support-for-lgbti-people-in-ukraine/">https://lgbt.ie/support-for-lgbti-people-in-ukraine/</a></p>
<p><b>Other supports</b></p>	<p>Some other organisations providing support to Refugees, International Protection Applications and migrants.</p> <p>Red Cross – <a href="http://www.redcross.ie">www.redcross.ie</a>  Jesuit Refugee Services – <a href="http://www.jrs.ie">www.jrs.ie</a>  Irish Refugee Council – <a href="http://www.irishrefugeecouncil.ie">www.irishrefugeecouncil.ie</a>  Immigration council of Ireland - <a href="http://www.immigrantcouncil.ie">www.immigrantcouncil.ie</a>  MRCI – <a href="http://www.mrci.ie">www.mrci.ie</a>  Doras – <a href="http://www.doras.org">www.doras.org</a>  NASC – <a href="http://www.nascireland.org">www.nascireland.org</a>  SVP <a href="http://www.svp.ie">www.svp.ie</a>  Failte isteach - <a href="http://www.thirdageireland.ie/failte-isteach">www.thirdageireland.ie/failte-isteach</a>  Sanctuary runners – <a href="http://www.sanctuaryrunners.ie">www.sanctuaryrunners.ie</a>  National Forum of Family Resource Centres – <a href="http://www.familyresource.ie">www.familyresource.ie</a>  HSE also provide funding for Social Prescribing around the country. <a href="https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/mental-health-and-wellbeing/social-prescribing/">https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/mental-health-and-wellbeing/social-prescribing/</a></p>
<p><b>Certificates of attendance and CPD credits</b></p>	<p>We do not have plans to issue certificates of attendance, but will take this suggestion into consideration for further training.</p> <p>The information on learning outcomes may be useful to apply for CPD credits through your professional accreditation body.</p> <p><b>Who is this training for?</b>  Anyone working with or supporting children, adults or families who have fled war and / or persecution, including those providing support to people who have arrived in Ireland from Ukraine and all other people seeking International Protection here in Ireland. It is suitable for people working in statutory and non-statutory organisations such as the HSE, Child and Family Agency, Department of Education and Science, Department of Social Protection, Department of Justice, NGO’s and community support services.</p> <p><b>What are the learning goals?</b>  Participants will leave with an awareness / basic understanding of the following:</p> <ul style="list-style-type: none"> <li>• War trauma and Post Traumatic Stress Disorder (PTSD)</li> <li>• The psychosocial needs of people who have fled war and are adjusting to a new life in Ireland</li> </ul>

	<ul style="list-style-type: none"> <li>• Understanding the barriers that interfere with people accessing and benefitting from supports</li> <li>• Helpful do's and don'ts when working with people who have survived war trauma</li> <li>• When and where to get help for trauma / PTSD</li> <li>• Understanding the importance of minding your own psychological wellbeing when helping others</li> </ul>
<b>Recording of war crimes</b>	<p>The International Criminal Court, European Union law enforcement agencies Eurojust and Europol are investigating alleged war crimes in Ukraine.</p>

