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Emergency Plan of Action Final Report

Kerch College Attack

 International Federation
of Red Cross and Red Crescent Societies

DREF n° MDR65002 EPoA Final Report	
Date of issue: 29 July 2019	Operation budget: CHF 81,558
Operation start date: 31 October 2018	Operation end date: 30 April 2019
N° of people assisted: 2,675 people (2,600 people initially planned)	
Red Cross Red Crescent Movement partners currently actively involved in the operation: International Federation of Red Cross and Red Crescent Societies (IFRC)	
Other partner organizations actively involved in the operation: Public health and education authorities, Crimean Psychological Service, regional and local administration	

A. SITUATION ANALYSIS

Description of the disaster

A shooting and a bomb attack occurred on 17 October 2018 in Kerch polytechnic college. The attack resulted in 20 people being killed (including the gunman, who killed himself), 47 people being hospitalised, and 73 people being injured.

More than one thousand people study and work in the college. Over 500 people were direct witnesses of the tragedy. Most of them are youths under 18 years of age. It is estimated that at least 2,000 people – being either at the site of the attack or being relatives of those – suffered strong psychological trauma as a result of the tragic event. One student committed suicide in the aftermath of the shooting and explosions.

The population of Kerch is relatively small (147,033 people), which indicates that the college tragedy has either directly or indirectly affected most of the city's population. The region has been going through a long-term economic recession that has had significant impact on the levels of poverty, unemployment and other social problems. Resources of the local health institutions are humble; the city is located over 200 kilometres away from Simferopol, the regional centre.



Image 1. PSS session. *Photo: Red Cross Branch in Kerch*

Summary of current response

Overview of Host National Society

The DREF operation has been carried out in full accordance with the Emergency Plan of Action (EPoA). This DREF allocation has been instrumental in establishing a psychosocial support (PSS) team with the appropriate knowledge and skill-development capabilities at a time when the need for such support was not acknowledged by the affected population. The DREF has served as an important bridge from the lack of acceptance of the importance of PSS to the widespread acknowledgement and demand for such services, which helped significantly to alleviate the experiences of trauma and psychological suffering.

In the framework of the DREF operation, **275 people** (125 families) affected by the college attack (including 73 families of victims and families of the dead and wounded) have received psychosocial support provided by Kerch Red Cross PSS team (12 PSS workers) on a regular basis. Families were distributed among the 12 PSS workers for regular visits and meetings (the average workload per PSS worker is 9-10 families, 2-3 families per day to visit).

1,200 students and teachers were distributed among 10 PSS workers for group and individual consultations in the college (41 groups, 120 people per each PSS worker).

In addition, **1,200 people** (members of student's families and other citizens of Kerch) who felt themselves affected by the tragedy requested PSS via individual or family consultations.

In total, **4,963** PSS interventions have been undertaken in the period November 2018 – April 2019, including 2,648 home visits and individual meetings with beneficiaries, 882 calls from 534 people affected by the attack in the college were received via 24/7 psychosocial hotline which is available on three mobile phone numbers; 161 people received social support, 106 orphans (college students) received psychosocial support in the college hostel, 151 PSS meetings with 106 families were conducted in the Red Cross branch, 146 people were referred to medical institutions to receive professional mental health services. In February-April 2019, 484 group PSS meetings and 520 meetings individual meetings were conducted in the Kerch college for student and teachers. PSS team organized 120 meetings with student leaders, 5 events ("Lessons of Mercy"), 8 meetings with the college administration and teaching staff, 3 groups on the first psychological aid (32 people).

Overview of non-RCRC actors in country

No UN agencies or other international organizations, other than components of the International Red Cross and Red Crescent Movement, operate in Crimea. Emergency Ministry (EMERCOM) in Crimea is the leading agency carrying out comprehensive response to emergencies and crises. There are no local NGOs specialised in the provision of psychosocial support. The Red Cross in Crimea cooperates with the EMERCOM based on the MoU which defines roles and responsibilities of partners and collaboration during emergencies. Local EMERCOM and local Department of education provided PSS within the first months after the tragic event (November–December 2018). The RC in Crimea keeps regular contact with the Ministry of Labour and Social protection and the Ministry of Health.

Needs analysis and scenario planning

Needs analysis

According to the analysis made by the psychologists-consultants involved through the DREF, the mental conditions of people affected by the attack was complicated: all parents who have lost children, as well as their family members (younger brothers and sisters, grandparents) demonstrated residual shock, many of them are still in acute grief.

A monitoring visit from 27 November to 1 December 2018 attended by IFRC, and an assessment conducted by RC psychologists-consultants within the DREF operation allowed to identify a new group of victims who had not previously been included in the initial operation: 600 additional students and teachers required urgent PSS intervention.

From October to December 2018, 17 PSS specialists from different facilities of Department of Education rendered PSS group sessions for 31 groups out of 41 groups in total. Ten groups of students and some number of students returning from treatment and continuing their studies were not covered by the PSS intervention. Due to the limited local capacity, the 17 psychologists mentioned above finished their work at the end of December 2018. PSS was in high demand and was officially requested from local Red Cross branch in Kerch by the management of the college and local department of social welfare.

In January 2019, students and teachers of the college have become unassisted. Assessment provided by PSS consultants during the DREF operation showed that people are still under high psychological stress, mostly due to the fact that they have to attend the building where the tragic event occurred. Negative effects of psychological trauma are still very prevalent. More than 90 per cent of students and teachers have a constant feeling of anxiety, with many experiencing dizziness, poor sleep, fainting, lack of appetite and fear of returning to the renovated building in which the tragedy occurred.

In some cases, these conditions are aggravated by tremor of the limbs and eyelids, sleep paralysis and even paranoia. Students became socially isolated, avoided social contacts, deleted their profiles in social networks. They are also avoiding attending the college, parents observe rapid changes of mental health conditions of students. Consultants and PSS workers noticed panic attacks, high volume of anxiety, fears, inadequate reaction to simple events (passing the turnstile, school bell ringing etc.). High level of aggressive attitude among students has also been observed. Parents during their talks with PSS workers also complained about the feeling of fear in children in the morning when they go to college. Some students feel lonely and longing for lost friends.

PSS workers also noticed a drug usage among college students. The Red Cross made an appeal to the police on cases of drug dealing in the college. In addition to this, the Kerch Red Cross branch has carried out activities on drug abuse prevention (meetings within the peer-to-peer program, individual work by PSS workers).

Actions after the DREF operation:

- The Red Cross in Crimea built contacts with regional and local social and psychological services to achieve the aims of the project and to increase the effectiveness of the provided support. There is a preliminary agreement on more long-term interventions;
- To establish a PSS centre in Kerch Red Cross branch to render continuous support to beneficiaries;
- To conduct fundraising campaign to attract additional funds from additional resources and other potential donors.

Targeting

Information provided by the emergency and health authorities highlights that people who directly suffered as a result of the tragedy are highly prone to physical and psychological disorders, mental disruptions and anti-social behaviour patterns. The following target groups were identified by the staff and volunteers of the local Red Cross Branch in Kerch:

First group

- 20 families who lost their family members and who need PSS services through home visits in Kerch and in Krasnodar region
- 73 families who were affected and who need PSS services through home visits

Second group

- 1,200 students and teachers who witnessed the attack and/or faced with psychological problems and members of their families

Third group:

- 1,200 people (members of student's families and other citizens of Kerch) who felt themselves affected by the tragedy requested PSS via individual or family consultations.

Fourth group:

- 22 PSS workers and 22 volunteers of the Red Cross in Crimea and the RC Kerch Branch were trained in PSS provision to affected people and families and long-term accompaniment and supervision. These people were also covered by special training on the prevention of burnout.

Operation Risk Assessment

The PSS activities were supported by the local administration, and therefore no major risks were foreseen to the implementation process.

B. OPERATIONAL STRATEGY

Implemented strategy

The overall operational objective was to reduce the level of psychological impact of the explosions and shooting in Kerch Polytechnic College **for 2,675 people** (2,600 people initially planned) by the provision of psychosocial support.

The target group for PSS activities originally included 2,000 people (20 families of the victims and their relatives, 73 families of injured people and about 500 families of students who were in the college during the attack and may suffer psychological trauma.) Based on situation analysis conducted by psychologists-consultants and PSS workers and the results of the IFRC monitoring visit, the number of beneficiaries who required urgent PSS intervention was increased by the inclusion of 600 additional students and teachers.

In total, **2,675 people** were assisted by the Red Cross, including **275 most affected people** (125 families) who applied for PSS directly to the Red Cross to receive PSS on a regular basis; **1,200 people** (940 students, out of them 600 students under 16, 126 teachers and administrative staff) required immediate PSS interventions, **1,200 students** and members of their families and relatives requested individual consultations.

The assessment of the emotional state of the affected population, which was conducted by psychologists/consultants and PSS workers of the Red Cross branch in Kerch within the operation, confirmed that the psychosocial support has played a positive role in the behavioural state of people with some dynamics towards normalization.

C. DETAILED OPERATIONAL PLAN



Health

People reached: 2,675 (initially planned 2,600)

Male: 905

Female: 1,770

Outcome 1: The immediate risks to the health of affected populations are reduced

Output 1.5: Psychosocial support provided to the target population

Progress towards outcomes

Task 1: To conduct an induction workshop for PSS workers and volunteers

Indicators:	Target	Actual
# of RC staff and volunteers received required PSS knowledge, tools and skills during induction PSS workshop	20	45
# of trainings and workshops organized	1	3

Progress towards task

- Three PSS workshops on «*Basic skills and methods in rendering PSS support for psychological trauma*» were conducted (1–2 December 2018, 30–31 January 2019, 14-16 March 2019) for 60 Kerch Red Cross volunteers (22 of which were selected as PSS workers for the operation). Sessions included such topics as *Loss and sorrow; Crisis situations and psychosocial support; Psychological First Aid and supportive communication; Stress and adaptation; Providing help to helpers and staff; Planning and organization of the PSS workers activity*. At the second workshop special attention was given to provision of PSS in the college, taking into account age and gender of beneficiaries, development road map on provision of PSS for students and teachers in the college.
- Two PSS teams consisting of 22 people has been formed and a constructive model of provision of psychosocial support was developed during the PSS workshops.
- RC psychologists-consultants were deployed to work with complicated cases.
- The lists of people who require assistance after the tragedy were compiled and distributed among 12 PSS workers during the working meeting of the project team. 9–10 families have been allocated to each PSS worker.
- **1,200 students and teachers** of the college have been distributed among 10 PSS workers for group PSS sessions in the college on a weekly basis and individual work as required (total of 41 groups, 120 people per each PSS worker)
- Diaries of psychosocial patronage of beneficiaries for PSS workers have been developed and approved. A Prompt Card for PSS workers has been prepared.
- Contacts have been established with the departments of health and education of Kerch city authorities. 3 meetings with Kerch city administration were conducted.



Image 2. PSS Workshop. Photo: Red Cross Branch in Kerch

Task 2: To carry out psychosocial patronage of families of the victims and students affected by the attack in the Kerch Polytechnic College by the trained PSS workers of the Red Cross in Crimea to help meet the needs of people and improve their psychosocial wellbeing

Indicators:	Target	Actual
# of people under PSS patronage	169	275
# of PSS interventions for affected people	2,600	4,963
# of referrals to mental health institutes	Upon needs	146

Progress towards task

Within the DREF operation, **275 people** (125 families) affected by the college attack (including 73 families of victims and families of the dead and wounded) have received psycho-social support provided by Kerch Red Cross PSS team (12 PSS workers) on a regular basis through regular home visits and individual meetings.

1,200 students and teachers received support provided by 10 PSS workers in the college through group and individual consultations in the college.

In addition, **1,200 people (members of students' families and other citizens of Kerch)** who felt themselves affected by the tragedy requested PSS via individual or family consultations.

In total, **4,963** interventions have been undertaken in November 2018 – April 2019, including 2,648 home visits and individual meetings with beneficiaries, 882 calls from 534 people affected by the attack in the college were received via 24/7 psychosocial hotline which is available on three mobile phone numbers; 161 people received social support, 106 orphans (college students) received psychosocial support in the college hostel, 151 PSS meetings with 106 families were conducted in the Red Cross branch, 146 people were referred to medical institutions to receive professional mental health services. In February-April 2019, 484 group PSS meetings and 520 meetings individual meetings were conducted in the Kerch college for students and teachers. PSS team organized 120 meetings with student leaders, 5 events "Lessons of Mercy", 8 meetings with the college administration and teaching staff, 3 groups on the first psychological aid (32 people).



Image 3. Individual PSS session rendered by Red Cross.
Photo: Red Cross Branch in Kerch

Number of PSS interventions for affected people – 4,963, including:

- November – 601 (384 home visits, 12 visits to the college hostel, 12 meetings in the Kerch RC branch, 146 phone consultations via hotline, social support – 32, referral to mental health specialists and psychologists-15)
- December – 614 (384 home visits, 26 visits to the college hostel, 15 meetings in the Kerch RC branch, 146 phone consultations via hotline, social support – 31, referral to mental health specialists and psychologists-12)
- January – 740 (440 home visits, 34 visits to the college hostel, 16 meetings in the Kerch RC branch, 193 phone consultations via hotline, social support – 29, referral to mental health specialists and psychologists-28)
- February – 713 (440 home visits, 31 visits to the college hostel, 34 meetings in the Kerch RC branch, 157 phone consultations via hotline, social support – 23, referral to mental health specialists and psychologists-28)
- March – 719 (480 home visits, 33 visits to the college hostel, 36 meetings in the Kerch RC branch, 115 phone consultations via hotline, social support – 25, referral to mental health specialists and psychologists- 30)
- April – 778 (520 home visits, 35 visits to the college hostel, 38 meetings in the Kerch RC branch, 125 phone consultations via hotline, social support – 27, referral to mental health specialists and psychologists- 33).

Task 3: To increase the knowledge of affected people and their families on ways of grieving by disseminating information booklets and leaflets during individual meetings and social events

Indicators:	Target	Actual
# of copies of the information PSS booklet printed and disseminated (copies)	3,000	3,000

Progress towards task

Two booklets with information on PSS were developed by psychologists-consultants involved in the DREF and discussed with a number of stakeholders (Kerch RC branch, medical and educational institutions) and people who were affected by the attack. Booklets were printed (3,000 copies in total) and disseminated among students and teachers of the college during the PSS sessions. These booklets also will be used for other PSS interventions and actions. The PDF versions of the booklets are [attached](#) to this Final Report.

Task 4: To provide advice on the Project implementation and supervision of complex cases by the Red Cross consultants-psychologists

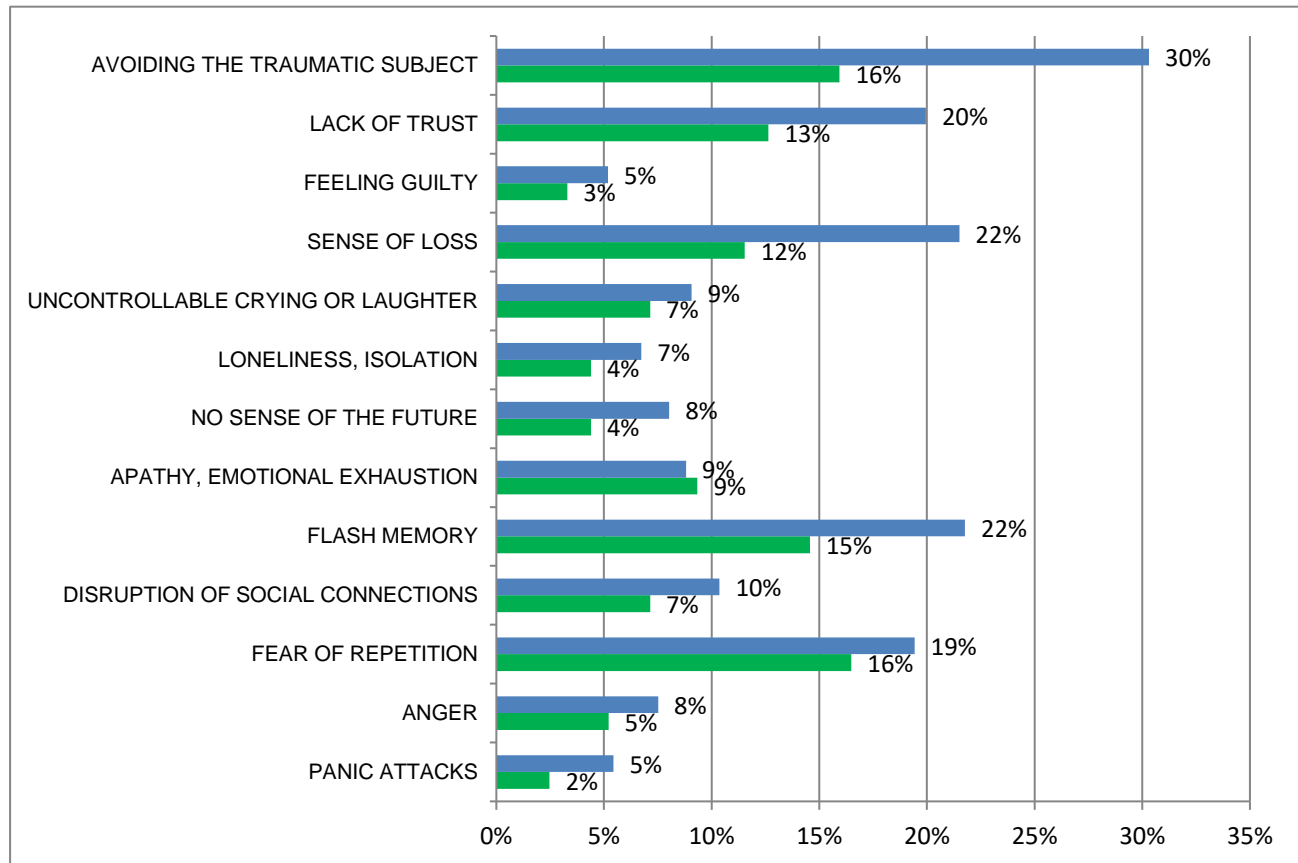
Indicators:	Target	Actual
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# of consultations for reviewing complex cases provided by consultants to PSS workers	Upon needs	43
Progress towards task		
<p>Psychologists-consultants were recruited in the framework of the DREF operation and have been working with the RC PSS team in Kerch and providing them with informational, methodological, technical and consultative help. Their role was to undertake the monitoring of developments and help PSS workers in the most complex cases. Significant efforts were invested to build a strong and mutually supportive PSS team through organizing regular methodological sessions, meetings, individual and group consultations and counselling as well as presentation and sharing of experience. Discussions were organized with the PSS team on a weekly basis covering such topics as analysis of the current situation, psychological background of the families, analysis of home visits, emotional and behavioural dynamics of the beneficiaries, list of needs of the beneficiaries, working with children, working with documents, preparation for monitoring.</p> <p>The quantified information of the support provided to the project team is as follows:</p> <p>During Methodological PSS Days organized by consultants-psychologists, PSS workers analysed the current situation, problems arising in the work with the affected people (home visits, aggression); shared their personal experience of the work with the affected people, families (discussion in groups); analysed the complicated cases; peculiarities of establishing contacts with men (gender considerations).</p> <p>Individual consultations provided to beneficiaries by consultants-psychologists focused on topics such as: sorrow, personal resources, social connections, planning of prospects.</p> <p>There were regular on-line seminars on analysis of difficult cases for the project team. Weekly Skype consultations took place with the consultants-psychologists with a particular focus on reviewing difficult cases. In the period between November 2018 and April 2019, 43 Skype and phone consultations took place with the project coordinator, a regional project coordinator, and PSS workers of Kerch RC branch. The main consultation themes included advice to PSS workers on emerging issues, such as how to make proper home visits, on the content of the work of PSS workers for providing help to the families who lost close relatives, on situation analysis in the families, on the selection of methodological materials on PSS for the project participants, on the supervision of the cases of psychosocial support provision to the families that experienced grief.</p> <p>The dynamics of emotional state and behavioural responses were monitored via survey. In order to assess the dynamics of changes in the state of affected people, a questionnaire was developed to monitor changes in typical reactions of victims in crisis.</p> <p>The results of the assessment show that the provision of psychosocial support to the victims played a positive role in normalization of the behavioural state. However, the emotional state of some of the victims remains acute and it is obvious that they need to continue receiving psychosocial support.</p> <p>Through cooperation and coordination with local authorities and families of victims, Red Cross in Crimea has prepared a plan of action to provide PSS to victims and families. IFRC supports the actions of the Red Cross in Crimea in responding to the situation.</p>		

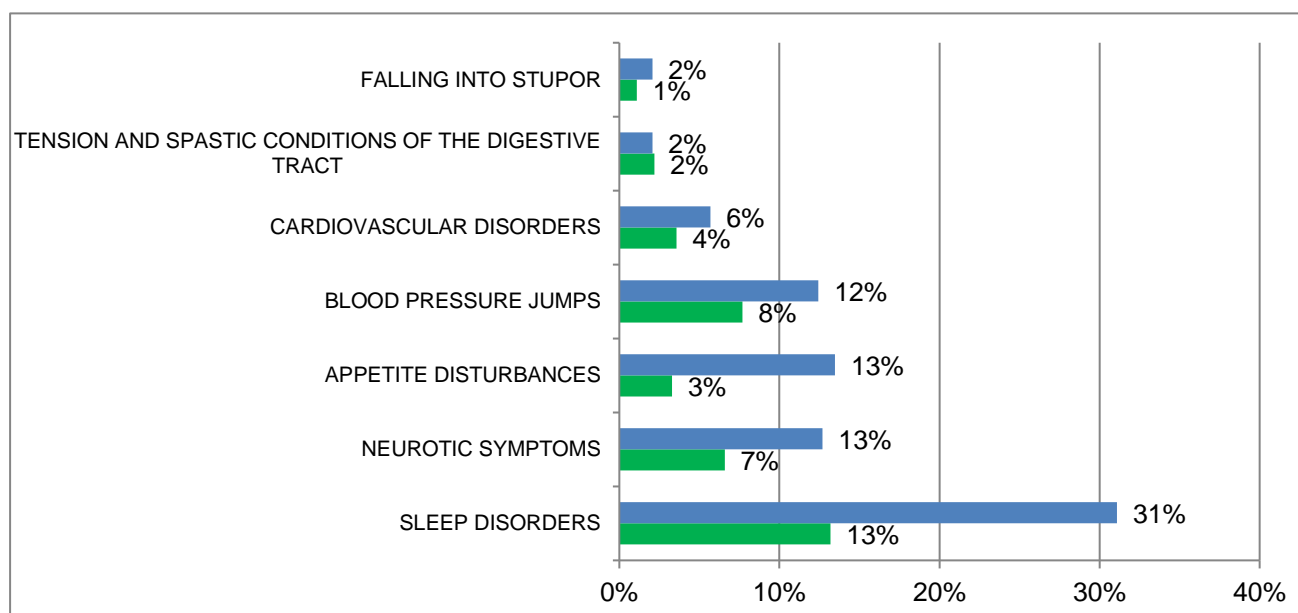
**Progress in mental status of the people affected by the attack in the Kerch college
(according to the survey conducted by the psychologists-consultants)**



Graph 1: Emotional reactions



Graph 2: Progress in somatic complaints and problems



Task 5: To advocate for the interests of people affected by the attack in the local state institutions of Crimea and the media

Indicators:	Target	Actual
# of contacts with local administration have been maintained throughout the whole project realization.	One per week	One per week

Progress towards task

The contacts with local Administration have been maintained throughout the whole project implementation. Kerch RC branch, PSS workers have accompanied beneficiaries during different occasions related to legal and social aspects of their individual cases, and PSS workers have contacted with relevant social and health structures to advocate interests of beneficiaries, solve their legal issues. Provision of psychosocial support to people affected by the college attack was highlighted in local media.¹

Challenges

The main challenges of this operation faced in the beginning of operation were:

- 1) Lack of local capacity on mental health and PSS. As Kerch is small town, there were very few professional mental health institutions, most of them located in the centre of Crimea, in Simferopol city.
- 2) Lack of understanding of continuous PSS intervention to overcome sub-acute and long-term negative impact of the stress event to the mental condition of the people.

From the beginning of the action, local RC branch - with IFRC's support – involved an external PSS expert-consultant with proper knowledge of mental health and PSS intervention. In addition to this, number of local social workers and teachers with psychological educational background were involved in the operation. A series of PSS induction workshops were organised and systematic supervision was provided to ensure effectiveness of the action.

Lessons Learned*IFRC monitoring visits to Crimea*

From 28 November to 2 December 2018, the IFRC conducted a DREF operation monitoring visit to Kerch. IFRC Regional Health and Care Coordinator and the IFRC Health and Care officer met with DREF Coordinator and local National Society branches in Kerch and Simferopol and discussed the process of implementation of PSS intervention to the people affected in result of attack in college of Kerch, and with representatives of local mental health and social care institutions to discuss plan of PSS intervention, the referral mechanisms of affected people from RC PSS workers to the professional mental health facilities.

The following meetings with local authorities and other stakeholders were conducted: Head of the Department of Education of the city of Kerch, Head of the Psychoneurological Dispensary of Kerch city, Deputy Head of the Administration of Kerch, Supervisor of psychologists, Kerch City Department of Education, Deputy Director of Polytechnic College. Joint meeting of Red Cross in Crimea and Head of Mental Health Department of MoH of Crimea also conducted. Crimea and Kerch local authorities are fully aware about Red Cross support and have expressed their appreciation.

Methodological support to local RC branch in Kerch and support related to conducting PSS training for PSS workers were provided within the monitoring visit.

The following conclusion and recommendations were drawn from the findings of the visit:

- DREF implementation is according to the calendar plan. Contacts with local social and mental health institutes have been established, all partners have expressed readiness for cooperation.
- Recommend conducting regular observation of the dynamic of mental health conditions of the beneficiaries for further analysis of possible actions.
- The college has to be considered as a one of the main priorities for PSS intervention. The number of students requiring PSS indicated in the DREF EPoA was 500 – the actual number is more than 1,100 students and teachers. EPoA must consider proper coverage of all students by PSS, especially from January 2019 when students will have returned to the college building where the attack occurred.

The Lessons Learned Workshop was organized on 22-23 April 2019 by Kerch Red Cross branch with support of Crimea regional Red Cross branch under overall coordination of IFRC and external expert on mental health and

¹<http://www.kerch.com.ru/articleview.aspx?id=78527>

https://kerchinfo.com/ustradavshim-v-kerchenskom-politexe-prodolzhayut-pomogat-psixologi.html?fbclid=IwAR3kH2WsvhyBIQg7Bz22UWL0SCMFt7IRAXKeZlqgXUE-KF2XXhZyfs_ITMY

http://kerch.com.ru/articleview.aspx?id=78032&fbclid=IwAR0VIJY6M4apubrZ3M2is-sGb1P20UigfeJPUY_if3ueykhmceXBucoXUHA

<https://www.youtube.com/watch?v=bN38LuiCQf4&feature=share>

PSS. The workshop was organized in the Conference Hall of Kerch Polytechnic college (where the attack took place).

Participants were present from IFRC, RRC, Crimea RC branch, Kerch RC branch, as well as the PSS Consultant, 22 PSS workers, Head, Deputy Head and some teachers of the college, active students and volunteers, Kerch city administration, social welfare department, education department, mental health centre.

All key stakeholders participated in the partner session: City administration, Social welfare department, Education department, Mental health centre and expressed great appreciation to Kerch RC PSS team for the timely, valuable and important support, strong dedication and professional interventions to the affected people.

During the session on the rendered support, several interesting models of PSS interventions were presented, discussed and analysed. PSS workers jointly with student-volunteers presented innovative work models, such as self-help PSS groups: “Memory Book”, “Lifebuoy”, “Bridge of Friendship” that were very well accepted by the students .

D. BUDGET

The budget for the DREF operation was CHF 81,558. Upon finalisation of activities, there remains a balance of CHF 5,602 which will be returned to the DREF account per standard IFRC regulations. Please refer to the final financial statement – [appended to this report](#) – for further details.

The major donors and partners of the Disaster Relief Emergency Fund (DREF) include the Red Cross Societies and governments of Belgium, Britain, Canada, Denmark, German, Ireland, Italy, Japan, Luxembourg, New Zealand, Norway, Republic of Korea, Spain, Sweden and Switzerland, as well as DG ECHO and Blizzard Entertainment, Mondelez International Foundation, and Fortive Corporation and other corporate and private donors. The IFRC would like to extend thanks to all for their generous contributions.

Contact information

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How we work

All IFRC assistance seeks to adhere to the [Code of Conduct](#) for the International Red Cross and Red Crescent Movement and Non-Governmental Organizations (NGOs) in Disaster Relief and the [Humanitarian Charter and Minimum Standards in Humanitarian Response \(Sphere\)](#) in delivering assistance to the most vulnerable. The IFRC's vision is to inspire, **encourage, facilitate and promote at all times all forms of humanitarian activities** by National Societies, with a view to **preventing and alleviating human suffering**, and thereby contributing to the maintenance and promotion of human dignity and peace in the world.

The IFRC's work is guided by Strategy 2020 which puts forward three strategic aims:



Save lives.
protect livelihoods,
and strengthen recovery
from disaster and crises.



Enable **healthy**
and **safe** living.



Promote social inclusion
and a culture of
non-violence and peace.

DREF Operation

FINAL FINANCIAL REPORT

Selected Parameters			
Reporting Timeframe	2018/10-2019/6	Operation	MDR65002
Budget Timeframe	2018/10-2019/4	Budget	APPROVED

Prepared on 23/Jul/2019

All figures are in Swiss Francs (CHF)

MDR65002 - Kerch College Attack

Operating Timeframe: 30 Oct 2018 to 30 Apr 2019

I. Summary

Opening Balance	0
Funds & Other Income	81,558
DREF Allocations	81,558
Expenditure	-75,956
Closing Balance	5,602

II. Expenditure by area of focus / strategies for implementation

Description	Budget	Expenditure	Variance
AOF1 - Disaster risk reduction			0
AOF2 - Shelter			0
AOF3 - Livelihoods and basic needs		909	-909
AOF4 - Health			0
AOF5 - Water, sanitation and hygiene	14,377	10,783	3,595
AOF6 - Protection, Gender & Inclusion			0
AOF7 - Migration			0
Area of focus Total	14,377	11,692	2,685
SFI1 - Strengthen National Societies	54,350	54,357	-7
SFI2 - Effective international disaster management		489	-489
SFI3 - Influence others as leading strategic partners	12,830	9,417	3,413
SFI4 - Ensure a strong IFRC			0
Strategy for implementation Total	67,180	64,264	2,916
Grand Total	81,558	75,956	5,602

DREF Operation

FINAL FINANCIAL REPORT

Selected Parameters			
Reporting Timeframe	2018/10-2019/6	Operation	MDR65002
Budget Timeframe	2018/10-2019/4	Budget	APPROVED

Prepared on 23/Jul/2019

All figures are in Swiss Francs (CHF)

MDR65002 - Kerch College Attack

Operating Timeframe: 30 Oct 2018 to 30 Apr 2019

III. Expenditure by budget category & group

Description	Budget	Expenditure	Variance
Logistics, Transport & Storage	800	666	134
Transport & Vehicles Costs	800	666	134
Personnel	50,233	49,369	864
National Staff		285	-285
National Society Staff	48,000	46,874	1,126
Volunteers	2,233	2,211	22
Consultants & Professional Fees	3,200	3,241	-41
Consultants	3,200	3,206	-6
Professional Fees		35	-35
Workshops & Training	12,000	9,662	2,338
Workshops & Training	12,000	9,662	2,338
General Expenditure	10,347	8,381	1,966
Travel	6,000	3,066	2,934
Information & Public Relations	1,500	463	1,037
Office Costs	600	801	-201
Communications	2,022	1,088	934
Financial Charges	225	2,912	-2,687
Other General Expenses		51	-51
Indirect Costs	4,978	4,636	342
Programme & Services Support Recover	4,978	4,636	342
Grand Total	81,558	75,956	5,602

Телефоны для получения бесплатной, анонимной экстренной психологической помощи:

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Красного Креста и Красного Полумесяца*



КАК ПОМОЧЬ СЕБЕ И ДРУГИМ В ЭКСТРЕМАЛЬНОЙ СИТУАЦИИ

Что такое экстремальная ситуация?

Это обстановка на определенной территории, сложившаяся в результате аварии, опасного природного явления, катастрофы, стихийного или иного бедствия, которая может повлечь или повлекла за собой ущерб здоровью и жизни людей или окружающей среде.

Как следствие экстремальной ситуации, люди испытывают сильный стресс и могут переживать следующие состояния: тревожность, нарушения сна и аппетита, повышенная эмоциональность, вспышки агрессии, перепады давления, приступы панических атак, приступы удушья, снижение памяти, навязчивые мысли и т.п.

Если человек столкнулся с потерей близкого, он может переживать следующие стадии утраты:

- 1 стадия:** шок и отрицание (это ошибка, этого не случилось, на самом деле всё не так).
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- 5 стадия:** принятие и реорганизация (я ничего не могу исправить и понимаю, что это так, нужно жить дальше).

Поддерживающее поведение окружающих, самопомощь, работа с психологом помогают облегчить течение посттравматического стрессового расстройства и быстрее выйти из него. Далее Вы найдете рекомендации, которые могут быть полезны как для переживших экстремальную ситуацию, так и для тех, кто находится рядом.

Способы самопомощи

- ✓ Переживать стрессовое состояние после экстремальной ситуации нормально. Примите свои эмоции и чувства как естественное явление. Ваша реакция – ответ здоровой психики на ненормальные обстоятельства.
- ✓ Позвольте себе прочувствовать охватывающие вас чувства. Осознание и принятие произошедших событий крайне важно для психики любого человека, оказавшегося в экстремальной ситуации.
- ✓ Относитесь к себе бережно. Давайте себе возможность восстанавливать силы с помощью полноценного сна, в проветренной прохладной комнате.
- ✓ Обращайте внимание на содержание того, что Вы смотрите, читаете или слушаете. Отдавайте предпочтение контенту без изображения сцен насилия, без будоражащих призывов и агрессивных явлений, так как это может усилить состояние тревоги.
- ✓ Регулярные интенсивные физические нагрузки помогут предотвратить психосоматические проявления и ослабят гнетущие эмоции.
- ✓ Существует ряд методов управления стрессовым состоянием, которым можно обучиться самостоятельно или в процессе работы с психологом. Например, аутогенная тренировка, релаксация.
- ✓ В состоянии стресса очень важно не «заедать» эмоции. Отдайте предпочтение натуральному и сбалансированному питанию. Пейте больше чистой воды.
- ✓ Не замыкайтесь в себе. Делитесь своими чувствами с теми, кому доверяете. Слово – лечит. Если доступна возможность поучаствовать на встречах «группы поддержки», воспользуйтесь ею.
- ✓ Работа со специалистом-психологом поможет справиться с Вашими индивидуальными эмоциональными процессами, лучше понять себя и преодолеть трудный период.
- ✓ Если у Вас нет желания с кем-то общаться, выплескивайте эмоции письменно или в виде творческого процесса, например лепки или рисования.

Рекомендации

- ✓ Если Вы – руководитель (преподаватель, наставник, куратор) и несете ответственность не только за себя, но и за безопасность и здоровье других людей, Вам необходимо знать, как помочь в экстремальной ситуации не только себе, но и другим.
- ✓ Принимайте и уважайте те способы защиты и преодоления травмы, которым следует пострадавший.
- ✓ Говорите с пострадавшими и о том, что ночные кошмары, плаксивость, страхи, тяжелые мысли – это нормальные человеческие реакции. Человеку станет легче, когда он поймет, что не одинок в своих эмоциях и чувствах.
- ✓ Если пострадавший делится с Вами своими проблемами, не отталкивайте его. Выслушайте его, проявите сочувствие, обнимите, поблагодарите за доверие.
- ✓ Внимательно прислушивайтесь к тому, что говорит пострадавший: слышатся ли вам страх, тревога, беспокойство. Очень полезно повторение слов, которые Вы слышите. Например: "Ты боишься, что..., ты ощущаешь беспокойство, тебе страшно, ты в растерянности". Это поможет прояснить чувства.
- ✓ Помните о конфиденциальности, не обсуждайте прилюдно пострадавшего, так Вы сохраните доверие к себе.
- ✓ Создавайте безопасную атмосферу для обучения и общения.
- ✓ Чувство беспомощности перед пострадавшим, пережившим экстремальную ситуацию, естественно, но не должно передаваться ему. Если вы не чувствуете в себе сил оказать моральную помощь, посодействуйте квалифицированной поддержке пострадавшего в лице психолога.
- ✓ Не ожидайте, что юноше легче справиться с травмой, чем девушке.
- ✓ Помогая пострадавшему, пережившему экстремальную ситуацию, Вы можете сами оказаться в стрессовом состоянии. Заботьтесь о себе, предпринимайте действия по самопомощи, делитесь с близкими своими чувствами.
- ✓ Помните, что одни и те же события разными людьми воспринимаются и переживаются по-разному. Не навязывайте свое восприятие ситуации, позвольте другим быть другими в проявлениях своих эмоций.

Телефоны для получения бесплатной, анонимной экстренной психологической помощи:

Крымский телефон доверия
для несовершеннолетних:
+7-978-00-00-738 (круглосуточно)

Телефон доверия
для детей, подростков и их родителей:
+7(800) 200-01-22 (круглосуточно)

Кризисная линия доверия для взрослых:
+7 (800) 100-49-94 (круглосуточно)



Общероссийская общественная организация
«Российский Красный Крест»:
Москва, Черемушкинский проезд, 5
+7 (499) 126-75-71, E-mail: mail@redcross.ru



Крымское региональное отделение Общероссийской
общественной организации «Российский Красный
Крест»: Крым, Симферополь, пр. Кирова, 1
+7 (36520) 27-26-13, E-mail: 1redcross@bk.ru



Керченское местное отделение Общероссийской
общественной организации «Российский Красный
Крест»:
Крым, Керчь, шоссе Героев Сталинграда, 3
+7 (36561) 7-07-74

*Буклеты изготовлены при поддержке Международной Федерации Обществ
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Как помочь другому в экстремальной ситуации

Рядом с вами, возможно, люди, находящиеся в посттравматическом стрессовом состоянии вследствие экстремальной ситуации. Возможно, в этом состоянии друг или знакомый. Ваша чуткость, участие и внимательность могут помочь им.

Что вы можете сделать?

- ✓ Если у человека есть желание поделиться мыслями, чувствами, слушайте активно, так Вы проявите искреннее участие.
- ✓ Чтобы оказать поддержку, не обязательно постоянно говорить. Иногда пострадавшему может быть достаточно того, что вы рядом.
- ✓ Проводите время с травмированным человеком. Ничто не заменяет присутствия человека. Предложите помощь в рутинных делах, если у Вас есть такая возможность.
- ✓ Оказывайте поддержку и сочувствие, выражая их тактильно – обнимая и держа за руку.
- ✓ Интересуйтесь, ел ли человек, как ему спится, каков его режим.
- ✓ Озвучивайте, что вы жалеете о случившемся и хотите понять и помочь.
- ✓ Внимательно прислушивайтесь к тому, что говорит человек: слышались ли вам страх, тревога, беспокойство. Очень полезно повторение слов, которые Вы слышите. Например: "Ты боишься, что..., ты ощущаешь беспокойство, тебе страшно, ты в растерянности". Это поможет прояснить чувства.
- ✓ Переживание экстремальной ситуации меняет человека. Наберитесь терпения, не требуйте от друга быть прежним, таким же, как раньше.
- ✓ Помогая человеку, пережившему экстремальную ситуацию, Вы можете сами оказаться в стрессовом состоянии. Заботьтесь о себе, предпринимайте действия по самопомощи, делитесь с близкими своими чувствами.
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