



## THE CHALLENGE OF TRAUMA IN HAITI

A message from Espere Community Counseling Center. "Living in conflict zones poses immense challenges to mental health. With increased exposure to violence and instability throughout the world, individuals are facing unprecedented levels of stress, trauma, and uncertainty.

But there is help and hope. **Research has found that over 90% of people living in areas of conflict who receive mental health and psychosocial support report decreased symptoms of distress.** We also know that our work is just beginning as we address the growing mental health toll on communities throughout Haiti. Crisis response and trauma recovery is a journey; not a sprint."



If you or your team need trauma and mental health support services, you can contact Espere at [info@esperecounseling.org](mailto:info@esperecounseling.org) or visit [www.esperecounseling.org](http://www.esperecounseling.org) for more information.

## TRAUMA AND FAMILY CARE LINKAGES

Many people believe that trauma is a one time identifiable event. And while it can be that, trauma can be so much more. In Haiti, **the majority of children, youth and families have experienced multiple traumas**, some identifiable and some unrecognized, but no less impactful on their daily lives in jobs, relationships and parenting, and can be experienced at any time throughout their lives.

### Some examples of trauma experienced in Haiti:

- Malnutrition in the womb
- Experiences of stress in the womb
- Separation of an infant from his/her mother at birth
- Lack of needs being met regularly in infancy and childhood
- Lack of a primary loving caregiver and bond
- Health crises and time spent in a hospital
- Unsafe community, violence, fear
- Experiences of physical or sexual abuse
- Witnessing death, pain, or violence
- Being forced to carry a weapon or commit violent acts

For children, youth and their families, it is critically important to reduce the trauma of family stress and separation by supporting and strengthening a healthy family environment, improving coping skills, providing parenting support, and ensuring that the family can access mental health services. **Placement of a child in an orphanage as a long-term "solution" can cause even further trauma, so family care should always be prioritized either in the original family or a healthy alternative setting.**

# Online Tools, Resources and Articles



## [Safe Places, Thriving Children: Embedding Trauma Informed Practices Into Alternative Care Settings \(Practice Guidance\)](#)

A series of modules aimed to improve understanding of trauma and its effects on children and young people, and provide guidance on how to act in a more trauma-sensitive way when working with children, young people and families. Available in several languages including French.

## [Created to Heal: How Neuroplasticity Offers Hope for Children and Their Families](#)

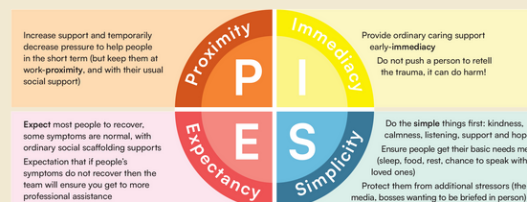
From the CAFO Research Center, this new book explores the incredible way that the human brain is created to heal and how it offers hope for children who have experienced adversity early in life. Coming in May 2024!

## [Strengthening Families Webinar: Trauma, Resilience, Care of Self, Community Care and the Role of Culture](#)

### [Koman Nou Ka Konbat Trauma \(How We Can Cope with Trauma\) Online Workshop and Follow up Discussion](#)

[An online workshop produced by the Haiti Family Care Network featuring Cassidy Camille in Creole](#)

### Helping those with trauma



### [Trauma Focused Therapy \(Rapha International\)](#)

### [Transforming Children's Care Webinar #6: Trauma-Informed Approaches to Care](#)

### [Childhood Trauma, The Brain and the Social World: Social Relationships for Mental Health](#)

### [Mental Health Resources from HFCN](#)

## Upcoming Events and Trainings

### [CAFO Research Center](#)

[Free Webinar: June 12](#)

[1:00 - 2:00 PM EST](#)

[Improving Outcomes for Children 5 Practical Research-Informed Strategies](#)

HAITI FAMILY CARE NETWORK

INVITES YOU TO THE 2nd ANNUAL

**HAITI  
BETTER TOGETHER  
CONFERENCE**

SERVING CHILDREN BY  
STRENGTHENING FAMILIES

JUNE 13-15, 2024  
NASHVILLE, TN

### [CAFO Research Center Online Summer Courses](#)

[Case Management: June 3rd-7th, 11am-12pm EDT](#)

[Child Protection: July 22-25, 11am-12pm EDT](#)

[Confidentiality: August 19-22, 11am-12pm EDT](#)

*Featuring a 90 min workshop on trauma and mental health care taught by Cassidy Camille*



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