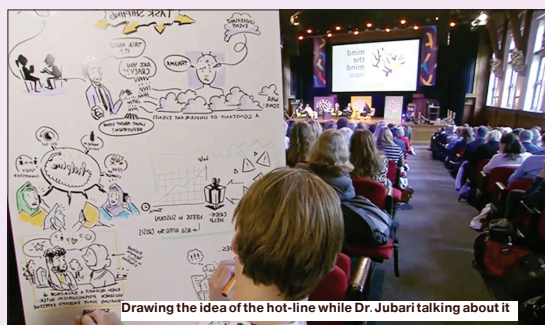




Dr. Jubari during her participation in the conference



Drawing the idea of the hot-line while Dr. Jubari talking about it



Maurer during his speech in the conference



A memorial photo for Dr. Jubari and the Dutch princess Mabel



Dr. Jubari during her participation in the session 'war after war', held after the conference

Humanitarian Affairs and Emergency Relief Coordinator.

He said that people caught in crisis do need water, food and shelter and other material things – but they also need help to cope and recover from calamity. They need help to restore their mental wellbeing.

He added that years of displacement, violence, families torn apart, hunger, thirst, discrimination, fear – all those things take not only a physical toll, they impact on a person's mental health. « We know that our state of mind impacts everything we do. Yet in many humanitarian responses, while medicine is brought to heal physical wounds, often the necessary care has not been there to help mend mental health,» he said.

He pointed out that the message he would like to highlight during the conference was that activities on mental health and psychosocial support have to be a stronger part of our overall aid efforts; and the need to take mental health and psychosocial support into account in all responses to humanitarian assistance is essential since this helps everyone to cope better and recover. He called for everyone to make sure

that this silent crisis is not ignored anymore because it has a devastating effect not only on the recovery of people themselves, but also for entire societies, countries and generations.

### The Foundation's Experience in a Workshop during the Conference

Dr. Bilqis Jubari also participated in a workshop in the conference program on its first day entitled 'Raising the Level of Mental Health and Psychological Support during and after Emergencies', during which the experiences of those working in this field were reviewed from all over the world, including the experience of FCDF.

On the second day, Dr. Jubari participated in a workshop entitled 'A Just and Inclusive Society: Addressing Gender-Based Violence'.

### Agreements Document and Signing Them

At the end of the conference, participants agreed that food and water are not the only basic needs, but that health and psychological support must be an essential part of humanitarian interventions during a period of crisis.

Participants also agreed on the importance of giving health and psychological support to people affected in times of emergency and long-term crises.

The Government of the Netherlands, represented by Minister for Foreign Trade and Development Cooperation Sigrid Kaag, and the World Health Organization (WHO) represented by its President, Dr. Tedros Adhanom, signed a document providing a basic set of services for health and psychological support in times of crisis that can be applied in countries...

### War After War

The following day after the conference, a session on mental health entitled 'War after War' was held, which brought together a number of psychologists around the world, including Dr. Bilqis Jubari. She explained the extent of the psychological pressures faced by Yemenis as a result of the war and the increasing numbers of people needing those treatment services provided by the FCDF, citing the suffering of the survivors of the bombing of ALKOBRA Hall in Sana'a, and the severe pain that the survivors continue to suffer from to this day, who are in dire need of the treatment and psychological guidance provided by the Foundation. She also reviewed the ways and functions of the Foundation and its professional team, and its attempt to mitigate the suffering of people, as well as Yemen's lack in the field of MHPSS. The following day, Dr. Bilqis Jubari met at the Dutch Ministry for Foreign Trade and Development Cooperation in Amsterdam with the Deputy Ambassador of the Netherlands to Yemen... During the meeting, the two sides discussed the challenges facing Yemen and Yemenis in the field of MHPSS, and the requirements of psychological support they need.





«She has set a lofty goal of serving the community and has drawn up a plan to achieve this goal. She focused on the rehabilitation of her technical staff in several countries and has not stopped developing her free treatment services. Actually, she has provided quality services nationwide and one of the few in the Arab world, in order to provide the best free treatment services for the community.»

This is how the Family Counseling and Development Foundation has been working since its founding under the slogan «Either the best or never, to serve the community and only the community».

**“More than 181 thousand benefited from the Foundation’s services” Chairwoman of FCDF**

## FCDF... Success in Numbers

In a country suffering from the scarcity of health centers specialized in providing psychiatric services and the small number of specialists working in this field, and under the increasing numbers of people suffering from psychological disorders a deep gap has been created looking for a way to restore it. Which the FCDF has taken on by providing free psychotherapy services for as many people as possible in several Yemeni governorates.

According to Dr. Bilqis Jubbari, Chairwoman of Family Counseling and Development

Foundation, more than 181,000 cases in most governorates of the Republic of Yemen have benefited over the last five years from the foundation’s various therapeutic services, such as: Free Psychological Counseling Hotline (136), Specialized Psychotherapy and Psychiatry, Free medications and Drugs, Night Care, Day Care, as well as Field Visits and Medical Camps.»

### Hotline Service

FCDF’s hotline service a unique service in the Republic, where telephone calls are received via a toll-free line (136) from all

parts of the Republic and across all landline and mobile lines, 12 hours a day except Fridays. From June 2014 to November 2019, the hotline has received more than 138,072 calls.

Many cases of mental and psychological disorders in all governorates of the Republic, in need for obtaining a psychological counseling service over the telephone, to mitigate the effects and trauma sought.

### Specialized Psychiatry and Psychotherapy

Cases with mental and psychological disorders

received by the foundation are subjected to psychological and psychiatric services which help them to mitigate the trauma and psychological effects they have suffered. The foundation helps the cases through the provision of all treatment methods related to psychological disorders, where cases are diagnosed and evaluated and the provision of medicines free of charge to help treat these cases in need of medications and cannot be treated only with therapy sessions through 10 specialized clinics, 5 for women and 4 for men, in addition to one children clinic. They are run by a specialized team of 13 therapists in the foundation's two branches in Sana'a and Aden, where the case is studied professionally and systematically, taking into account the complete confidentiality of the information circulating by numbering files. From June 2014 to November 2019, more than 17,164 cases benefited from psychiatric services at the Foundation's two branches in Sana'a and Aden.

### Free Medication

Mitigating the psychological effects is not only the provision of psychiatric treatment services, but also includes the provision of free appropriate psychotropic medications and drugs, as they are a key factor in the mitigation and stability of these conditions done

by the FCDF. From July 2014 to November 2019, more than 13,625 cases benefiting from free medications were reported in Sana'a and Aden.

### Night Care

Cases of severe psychological disorders in the women's category were also received at the night care section, «hospitalization», where more than 119 cases benefited from July 2014 to November 2019 at the foundation's branches in Sana'a and Aden.

### Day Care

The people with psychological disorders also received day-care sessions at the foundation's branches in Sana'a and Aden, such as sessions (group therapy, narrative therapy, dialectical behavioral therapy, painting and art therapy, etc.), which benefited more than 2,612 during the period from July 2014 to September 2019.

### Field Visits (Medical Camps)

From July 2014 to November 2019, the Foundation has carried out more than

40 field visits the past five years, to more than 9 governorates (Sana'a, Aden, Ibb, Sa'da, Lahj, Abyan, Taiz, Dhamar, Hajjah), which have benefited more than 7,295 women, children and men. In addition to awareness and distribution of medicines, therapy sessions were conducted after the necessary evaluations and diagnosis by specialized medical staff, as well as organizing some activities for children, which would provide psychological support services during those visits.

Referral for Additional Services Cases have also received additional services through being referred to specialized authorities and service centers, and during the last two years June 2014 to November 2019, more than 2,256 cases were referred for additional services at the Foundation's Sana'a and Aden branches.





## For a Generation without Psychological Disorders

Children are our most precious, and as it is said «Today's children are the pillars of the future». And they are the basis on which the progress of nations depends. Therefore, caring for our children and giving them our first priority are the secret of the renaissance and progress of our nations. As one philosopher said, «one child, one pen, one book and one teacher can change the world».

Children are the most vulnerable social group and the weakest and the most vulnerable to death and psychologically damaged in wars. The greatest bill of war is what societies pay later through children who have been severely damaged when they grow up.

Then we would be faced with young generations with disorientation and psychological turmoil from the scenes of war and destruction they have gone through. What do we expect from them if we have not provided them with psychotherapy in their childhood and have given them love, care and safety! How can they not, witnessing war and its scourge and horror with images etched in their memories, and they will not be able to forget them for their lifetime, especially if death has taken dear or close to the child.

Today in our precious Yemen, there are more than five million school-age children out of school, and millions of them are hungry, orphaned and homeless.

Millions have been waking up and sleeping on the sounds of aircraft buzzing, explosions and gunfire. It is an entire generation between the hammer of war with its psychological repercussions and the anvil of the lack of health care and the scarcity of psychiatry centers and services.

Today, we are sounding the alarm that there are hundreds of thousands of people suffering from various mental disorders as a result of war, coinciding with a shortage of material, human resources and capacities to face this serious dilemma. For example, there are only 46 psychiatrists and a few dozen therapists throughout the country. This dysfunctional equation foreshadows an unknown future awaiting our children, who are not only our hearts, but also the pillars of Yemen's future.

We have therefore no choice but to redouble our efforts and to put the psychological problem of children at the forefront of the priorities that must be addressed and resolved, or else the future of an entire generation and the whole country will be in the wind. This is what the FCDF is doing with its available possibilities through the establishment of a child psychotherapy clinic, with the aim of contributing to the alleviation of children's psychological suffering. We have treated in our children's psychiatric clinic about 1013 children within 15 months.

We hope that everyone will do the same, as the issue of saving children from the psychological consequences of war is a responsibility for everyone without exception, from the family to the community to humanitarian organizations in the psychological and mental health field.



**Dr. Bilqis Mohammed Jubari**

head of the institution





## How Do Bloody Scenes Affect Children?

**R**ecent studies have found that watching violence on television directly and negatively affects children's way of thinking and behaving. Because of these scenes, children also experience a chemical change in the brain, similar to that of a person after trauma. These children become more hostile and arguing, and they move away from cooperation with others. In addition, their desires and needs cannot be satisfied with anything. These scenes and wars put them in a struggle to differentiate between good and evil, and to distinguish between what is against the law and what is acceptable. Studies have shown that chil-

dren's continuous watching of news programs that show war scenes increases children's anxiety and fear and may expose them to post-traumatic stress disorder (PTSD). Moreover, the symptoms of trauma increase as children delve deeper into war news programs. In general, the impact of these television scenes on children is linked to how close the conflict-affected region is. Children under the age of eight are influenced by scenes that contain ugly-looking characters while older people are influenced by real scenes. The reaction also varies depending on sex. For instance, girls feel more afraid than boys, and fear may be

reflected in their facial expressions.

Therefore, parents have a responsibility to control what their children are watching by: Check out what their kids see every now and then.

Establish rules controlling watching TV, such as watching hours and specific TV programs. Parents should monitor news releases and programs, as frequent scenes of violence are a concern for children's minds, and changes in the brain, which can be noticed in MRI!

Parents should watch several TV programs with their children, in order to explain anything confusing or incomprehensible to their children.

## Story Of The Edition





## Does your child suffer from one of the following psychological disorder:

- Acute Stress Reaction
- Post-Traumatic Stress Disorder (PTSD)
- Hyperactivity and Lack of Attention
- Enuresis
- Specific Phobia
- Depression
- Separation Anxiety Disorder
- Behavioral Disorder (Aggressiveness, Kleptomania, low school level, escaping from school or house, being rebellious and disobedient, addicted to video games, onychophagia, Non-Assertive Personality)

Do you any difficulty dealing with your child who is suffering from psychological disorder?

**Family Counseling and Development Foundation has dedicated a clinic, the first of its kind in Yemen, to treat children psychologically, as well as family counseling on how to deal with them.**

**Just bring your child to FCDF.**

**Address: Sana'a - The intersection of Hadda Street with 50th Street - behind the Egyptian Mission**

# FAMILY COUNSELING

Fourth Periodic magazine-issued by family counseling & development Foundation

The Psychological Effects of the War on Yemeni Children

## A Time Bomb



International Conference on MHPSS  
in Crisis Situations - Amsterdam

How Do Bloody Scenes  
Affect Children?



FCDF Success in Numbers

Psychologist Balqis Al-Fadhli for (FCDF) magazine:

The mental health situation  
in our country is still low”

