

FAMILY COUNSELING

The seventh periodic magazine - Issued by Family Counseling & Development Foundation

MENTAL HEALTH

FROM

NEGLECT

TO

INVESTMENT

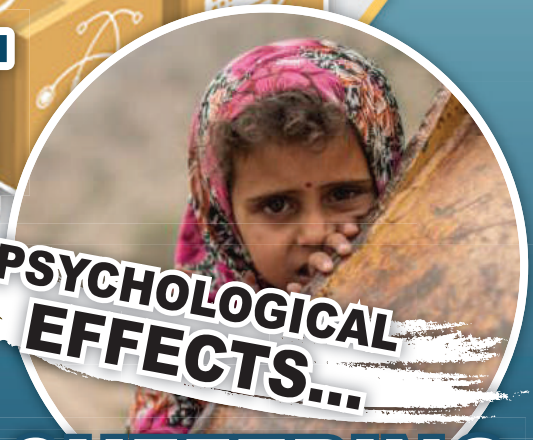
THE
GREATEST SUFFERING

PSYCHOLOGICAL
EFFECTS...

DR. SAIFEDDINE AL-MIRI TO «FAMILY COUNSELING»:

PSYCHIATRIC MEDICATIONS

ARE ONE OF THE MOST EFFECTIVE MEDICINES



Republic of Yemen

Ministry of Social Affairs



F.C.D.F.

مؤسسة التنمية والإرشاد الأسري

Family Counseling & Development Foundation

Magazine

FAMILY COUNSELING

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الجمهورية اليمنية - صنعاء تقاطع شارع حدة مع الخمسين
خلف الملحقة المصرية بالقرب من بنك الكريمية



عدن - دار سعد - جولة السفينة
حي الانشاءات (شارع المطاف) خلف مخبر الانشاءات



ACHIEVED BY FAMILY COUNSELING AND DEVELOPMENT FOUNDATION

FAMILY COUNSELING Report

Although 2020 has witnessed many different events at the local level, most notably the «Corona pandemic outbreak and floods», it is the year in which Family Counseling and Development Foundation achieved many great goals in providing psychological and social treatment services to all those psychologically and socially affected by these crises.

The Foundation played an important and pivotal role during the corona pandemic. A period when most local and international humanitarian and relief organizations found themselves incapacitated by the health conditions imposed by the outbreak which paralyzed their work and activities.

Only FCDF continued to provide psychological and social treatment services during these difficult circumstances, in which people were most in need of the foundation's services. In accordance with its humanitarian values and principles, FCDF did not close its doors.

At that time, the Foundation served as the only lifeline for many who had been psychologically and socially affected by the pandemic, either by receiving medical conditions in clinics under strict preventive

2020 THE YEAR OF ACHIEVEMENTS

health measures, or by receiving calls from cases in quarantine in their homes on the free helpline «136» to have psychological and social counseling and therapy sessions throughout that period. The helpline services were provided 12 hours a day which proved to be the most effective service in such circumstances.

Immediately after the outbreak of the pandemic, the country experienced an exceptional rainy season this year, during which people in various governments of the Republic of Yemen suffered from the psychological and social effects caused by the floods as a result of the destruction of their homes, their farms and livestock and

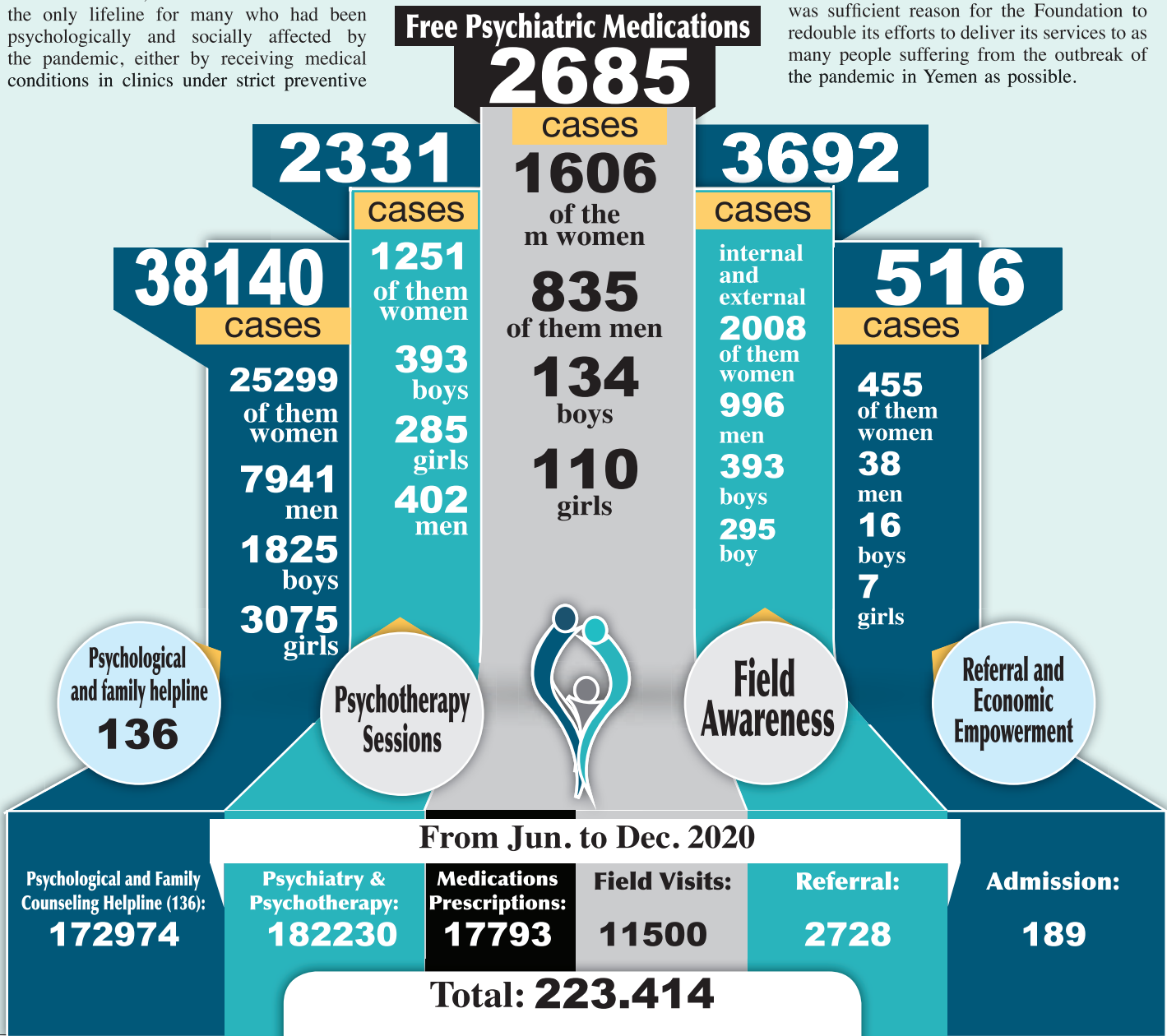
loss of lives. The Foundation doubled efforts to provide its services to all those affected psychologically and socially by these floods.

FCDF's Achievements in Numbers

Dr. Najla Mohammed, the Executive Director of FCDF, said that this year is one of the most years targeting those affected psychologically and socially, and providing them with the services of the psychological and social treatment was the Foundation's priority as the country witnessed many events and crises that have had many psychological and social effects on society as a whole.

The Executive Director explained in a statement to «Family Counseling» that since the beginning of the year, more than 47284 cases benefited from the services of FCDF in 2020 which is a higher number comparing to the number of beneficiaries by the in the previous years.

Noting that the doubling of the number of beneficiaries of the Foundation's services in 2020 is due to the significant psychological damage caused by the Corona pandemic, and was sufficient reason for the Foundation to redouble its efforts to deliver its services to as many people suffering from the outbreak of the pandemic in Yemen as possible.





By the Founder and chairwoman:

Dr. Bilqis Mohammed Jubari

Mental Health...

The Focus of the World's Attention

Over the past decades, the world's concerns, during crisis relief operations in different regions of the world, have been limited to providing food, medicine and shelter.

Nevertheless, after all the experiences in relief assistance, the world has come to the conclusion that «mental health is one of the top priorities in relief assistance when a crisis occurs,» recognizing how important it is and the need to pay the most attention to mental health during relief operations.

Mental health was one of the most neglected areas of health, with nearly 1 billion people suffering from different mental disorders worldwide until recently. More than three decades ago, the World Federation of Mental Health (WFMH) dedicated a global day to raise awareness of mental health issues.

The world's awareness of the importance of mental health and the need to invest in it came after it was found that the psychological effects of crises are catastrophic and represent a real threat to the society as a whole. This is already the case during the Corona pandemic crisis. The pandemic has largely messed with the global mental health map, and the quarantine has turned into a difficult psychological test for individuals and communities.

While the specter of the pandemic is weighing again in many countries that thought it had succeeded in controlling it, the need for mental health services is more urgent than any other time, according to the World Health Organization (WHO). WHO survey data showed that mental health is one of the most neglected areas of public health in the world, with one third unable to access medications for mental and neurological disorders, and mental health receiving less than 1% of international health assistance.

In an earlier report, WHO has said that in 2020, mental disorders will be among the top five diseases, which lead the individual to be unable to work and increase the crime rate in the world.

Finally, WHO and other international health organizations are summarizing the exit map from the emerging crisis by saying that «more investment in mental health is needed as an integral part of the recovery plans from the deadly pandemic,» and we hope that this interest in investing in mental health will continue and not limited to the period of global pandemic outbreaks.

Greatest Suffering

The Nightmare and the Disintegration of the Family

Apart from the harm that a psychiatric patient may cause to family members, mental health directly affects the family as a whole. According to Dr. Mohammed Al-Kamel, a sociologist at Sanaa University, mental health disorders may be a direct cause of family disintegration and imbalance.

Speaking to Family Counseling, Al-Kamel said that mental illnesses have become increasingly widespread and that the presence of cases of underlying psychiatric disorders within the family is undoubtedly a significant factor in the decline of the psychological status of the family and possibly its disintegration.

He explained that the psychological disorder of one of the spouses, whether known and diagnosed or not, may be the main cause of marital disputes that may end in divorce and her loss and deprivation of children.

Those with psychological or mental disorders are undoubtedly suffering, but the suffering of the family is no less than that of the patient, and even more in some cases, he said.

He noted that mental illness such as schizophrenia, in which a person is not associated with reality, with a disorder in one's thoughts, behavior and incorrect judgment, causes terrible inconvenience to the family, neighbors and co-workers.

He pointed out that mental health disorders, whether due to psychological or mental illnesses, make the patient's family suffer. «There is no disease in any medical field that causes pain, discomfort and confusion to the family, such as psychological illness or mental illness.»

Media Ignorance

Although mental health is of great importance to society as a whole, it has

unfortunately not taken any of the attention of local media to highlight and draw attention to, and to raise awareness of its importance and dangers and the need to join efforts to address and reduce mental health disorders.

Journalist Marsh Al-Hossam explained that the media's lack of interest in such social issues is limited to political issues, due to the political dynamics in the country, as well as the limited media outlets that are still active in the media arena so far, he said.

Awaiting Hope

Yemenis' hope for getting rid of this suffering remains on doubling international and local humanitarian agencies efforts and addressing mental health as a priority.



It Turned the Lives of Yemenis

Over the past six years, Yemenis have suffered many crises. Although they have gone over some of them and adapted to others, those crises have ultimately left severe psychological effects on them that they have not been able to overcome, and they have turned their lives into hell.

These consequences have affected most Yemeni families in rural and urban areas without exception because one member of the family with a mental illness can turn the whole family's life into hell.

For Yemenis, these influences have become the «mother of all calamities» that they seek to be lifted out from the clutches of this hell.

«Family Counseling» magazine has closely investigated the extent to which psychological effects which Yemeni families suffer from, and has brought you the following investigation:

Psychological Effects...

For nearly four decades, Amin's father, Mohammed, has been living with his wife a quiet and calm life, but during the last two years, they have missed that calmness and tranquility after their son started suffering from severe psychological disorders. They became living in fear and anxiety from their mentally disturbed child, which became a source of danger to all those around him because of his constant doubts about all those people around him whom he considers them enemies as a result of his psychological disorder. It is not a day, since his mental illness worsened two years ago, without him creating problems at home and sometimes attacking them. Sometimes he destroys the furniture in the house, forcing them to tie him up and lock him in one of

the rooms of the house. Therefore, Hajj Mohammed and his wife no longer know the taste of comfort and tranquility while their son is in this situation, especially since they are in their 60s which no longer help them to cope with the burden of their son's illness, besides their economic situation which cannot enable them to bear the costs of his treatment.

Amin's mother, who had been beaten almost daily, had to put her only mentally disturbed son in a psychiatric hospital.

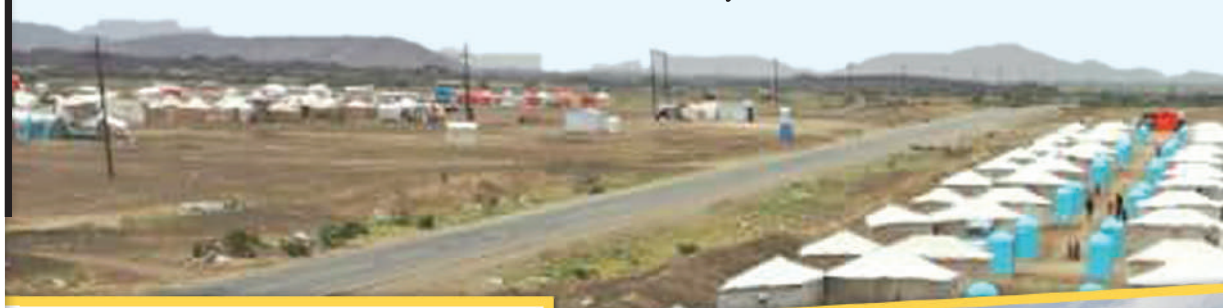
Amin's mother's heart is bleeding in grief over her son, which she had to live away from until he recovers.

Mortal Danger

The level of risk posed by psychiatric patients to their families has not only

been limited to beating when not receiving appropriate treatment, but it has also led some cases where their psychological condition has been severely worsened to killing a number of family members. Such incidents have increased recently. Most recently, the incident that rocked the Yemeni society is when a son of a businessman in Sana'a killed two of his younger brothers with a hail of bullets, which turned out that the killer is mentally sick.

It was preceded by the incident in which a father in the capital, Sana'a, severely assaulted and killed his three young daughters by drowning them in the water tank of their house one by one, as a result of his severe mental disorders he suffered after his financial and living condition deteriorated.





Investment

and groups, and that the number of people suffering from mental disorders is increasing steadily in Yemen. According to a 2017 study by FCDF, one in five people is in need of specialized psychological assistance, and these figures have undoubtedly doubled in the last four years, particularly with the spread of epidemic diseases such as Covid-19, cholera, dengue fever and others.

She pointed out that the size of the gap in mental health services is staggering, as the number of psychiatrists in Yemen does not exceed 46 psychiatrists, which means that there is only one psychiatrist per 600,000 people. Mental health care foundations do not exceed the number of fingers located in some major cities, yet about 70% of Yemenis live in the countryside, which suffers from the lack of health services.

«What is painful is

that the human tragedy in Yemen is a forgotten issue and mental health is at the bottom of the list of priorities,» she concluded.

Priority

Dr. Annie Vestjens, MD, HPPF PhD Thematic Expert Health | SRHR Embassy of the Kingdom of Netherlands in Yemen, said during her participation in



Dr. any

an advocacy meeting organized by FCDF October 2020 to advocate for the cause of The Psychological and Economic Effects of Disasters and Epidemics in Yemen as a result of years of conflict in Yemen,

thousands of people have been killed and injured, hundreds of thousands have been displaced from their homes, millions have lost their jobs and their source of income in life, people and communities have been greatly affected by this conflict and are now living under great pressure in their daily lives.

Dr. Annie noted that, however, psychological support during the early years was not a first priority in humanitarian assistance to Yemen, but it is top priorities such as basic services such as food and medicine.

She explained that the psychological effects of this war have been highlighted significantly recently. Psychological support helps to promote social stability.

She also said that mental health support is now one of the Dutch government's top priorities.

Waiting Without Optimism

Yemenis have no choice but to wait for the world to respond to WHO's call for investment in mental health, particularly in Yemen, one of the world's most affected countries. However, at the same time they are no longer very optimistic about the scale of the world's response to mental health investment in their country due to the frustrating response of the international community to the appeal launched by WHO to help the Yemeni community afflicted by many disasters, where only a fund of \$708 million has been provided by the international community. Of the \$3.4 billion for 2020, the funding gap was 78%, forcing WHO to close about 12 of the 38 programs in progress June 2020, in addition to 20 others that were closed by the end of 2020.

On October 10th, the world celebrates World Mental Health Day for nearly 28 years aiming to raise awareness of mental health issues, but last year the World Health Organization (WHO) launched a stark appeal for investment in mental health.

But what made WHO launch such an appeal and invite all the countries of the world to invest in mental health?

FAMILY COUNSELING Report

While Yemen is Waiting Mental Health... From Negligence to

Dr. Bilqis Jubari, founder and chairwoman of FCDF and Professor of Psychological Health in the Department of Psychology at Sana'a University, said that although the world has been celebrating World Mental Health Day since 1992 with the aim of raising awareness of mental health issues, mental health has remained one of the aspects that do not receive sufficient care and attention compared to the number of mental health patients. Despite the number of mental health patients that is more than one billion people, mental health receives less than 1% of international assistance allocated to the health sector, and this disregard makes many countries, especially developing and poor ones, unable to provide mental health services, including medications for mental and neurological disorders.

Dr. Bilqis added that

the economic and financial crises, violent conflicts and natural disasters that have ravaged the world over the past three decades have disrupted the psychological balance of hundreds of millions of people and put many of them on the edge of psychological disorder, so that the world and WHO needs to understand the importance of mental health and give it more attention and care.

With the spread of the Covid-19 pandemic in early 2020, the lives of people in all countries of the world have changed dramatically, bringing challenges and suffering to individuals and communities. People could no longer go outdoors as freely as they used to before. Many of them had to adhere to quarantine, students were forced to take their lessons at home via the Internet, hospitals and health clinic workers went to work fearing that they would return to their

families with the virus.

Millions have lost their jobs and livelihoods, and many have been plunged into poverty, especially in fragile protection and impoverished societies that lack protection from the pandemic. Many people have also lost their loved ones to the pandemic and have been traumatized by their loss.

Clarifying that in the face of these deadly effects of the pandemic and other disasters, the need for mental health and psychosocial support has increased dramatically, prompting WHO to launch the appeal for investment in mental health at the national and global levels.

Yemen Awaits World Investment in Mental Health

On the importance of investing in mental health in Yemen, Dr. Jubari said Yemen has been going

through many crises, wars, epidemics and natural disasters for many years causing economic, social and humanitarian issues. Yemen has been classified as the worst humanitarian disaster of the century. With the unemployment rate reaching more than 60%, especially among young men and women, she added that about 82% of the population has slipped below the national poverty line and has become dependent on relief and international humanitarian support. Individual income has fallen from \$1,200 in 2014 to about \$360 today. GDP also declined by 50% from 2014 levels, and the bulk of public and private economic activities have ceased, with some 5 million school-age students out of schools.

Dr. Jubari stressed that all these severe crises in Yemen have serious implications for the mental health of individuals