



Don't Worry, Be Happy!



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Philippines

Introduction



- Marikina City, Philippines
- Super Typhoon “Ketsana” or “Ondoy”
- Southwest monsoons flooding or “Habagat”
- Increase of water level in major rivers and its tributaries, followed by overflowing from its riverbanks

- “Ketsana” or “Ondoy” (September 2009)
 - 78 deaths (highest among Metro Manila cities)
 - Cost of damage in infrastructure and agriculture reached more than 27 million pesos.
- (National Disaster Coordinating Council)



Image Source: Jep S and Web Mod

- Southwest Monsoon or “Habagat” (August 2012)
 - Eight-day period of torrential rain and thunderstorms (Augusts 1-8, 2012)
 - Strengthened by Typhoon Soala or “Gener” and Typhoon Haikui
 - Caused typhoon-like damage
 - 95 people dead, 8,428 homes destroyed and 6,706 damaged.
 - Nationwide losses totaled at least ₱604.63 million (US \$14.31 million). (National Disaster Coordination Council)



Image Source: Christopher Bautista, Dexter Austria

Rationale

- The flood waters caused
 - damaged properties
 - loss of lives
 - suffering
- Regress and people become babyish with signs of withdrawal into inappropriate quietness or depression
- Need of psycho-social and medical relief which they can express their feelings, thoughts, anxieties about their experiences during the typhoon and help them cope.

Statement of the Problem

- Children
 - Anxiety and fear in usually confident parents
 - Separation from parents
 - Dead bodies and Injured people
 - Cherished memorabilia and toys
 - Pets
 - Emotional and Psychological problems



Image Source: John Javellana

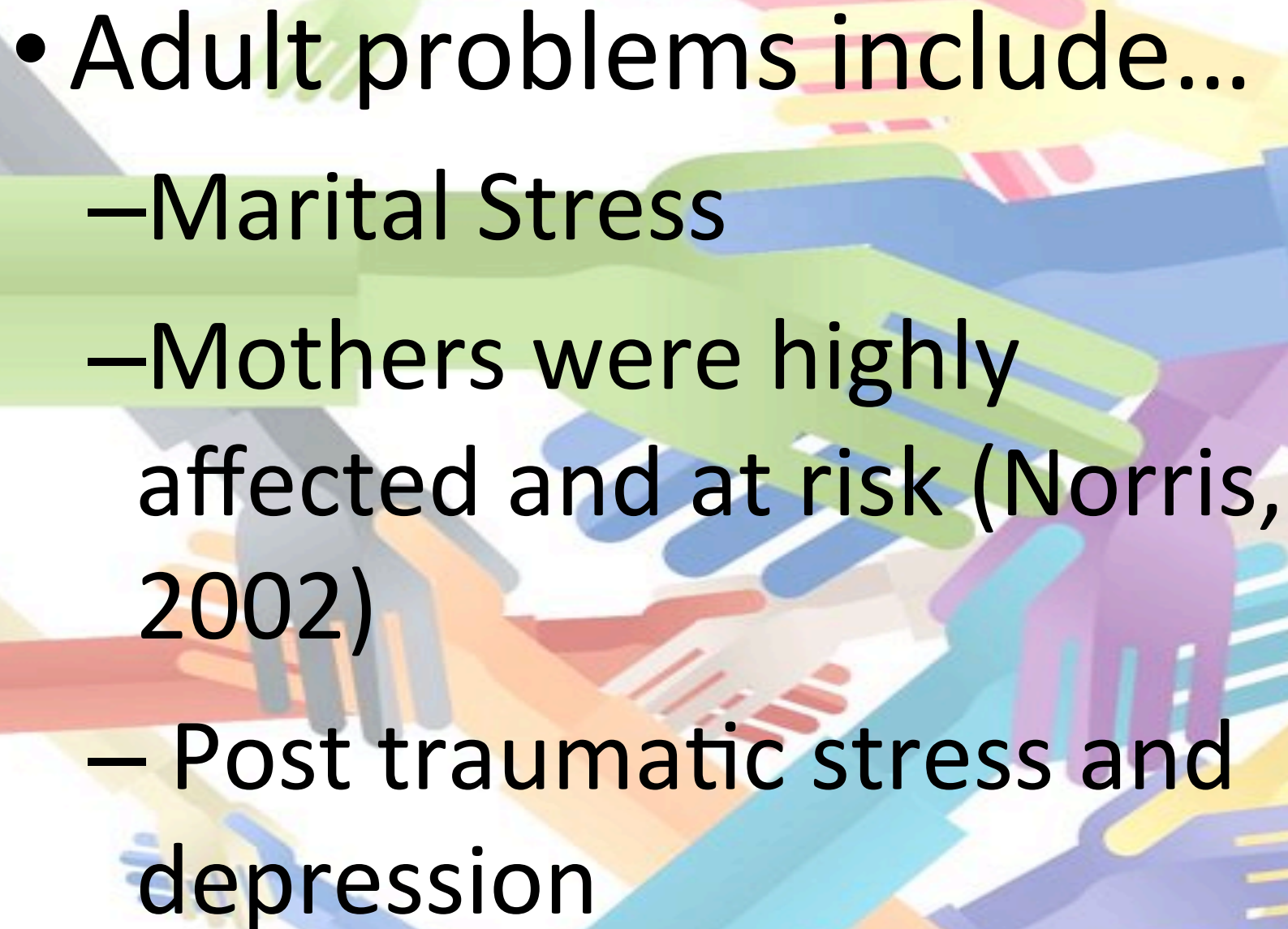
A background graphic consisting of numerous stylized hands in various colors (pink, yellow, blue, green, orange, purple, grey) reaching out and overlapping each other, creating a sense of community and support.

Common emotional reactions of children and families exposed to a flood (National Child Stress Traumatic Network, 2013):

- Increased feelings of insecurity, unfairness, anxiety, fear, anger, sadness, despair, worry about the future, and dread of a flood reoccurring
- Reactions of distress and anxiety when reminded of the flood
- Believing myths or folklore as to the cause of the flood
- Disruptive behaviors, irritability, temper tantrums, agitation, or hyperactivity
- Clinging-dependent behaviors, especially when separating from parents or caregivers

(emotional reactions cont'd)

- Avoiding people or situations
- Irrational fears (phobias)
- Disturbances in sleep or appetite
- Somatic symptoms, such as stomachaches or headaches
- Increased concerns regarding the safety of family members, friends, and loved ones
- School-based problems, with decreased motivation and a decline in school performance

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- Adult problems include...
 - Marital Stress
 - Mothers were highly affected and at risk (Norris, 2002)
 - Post traumatic stress and depression

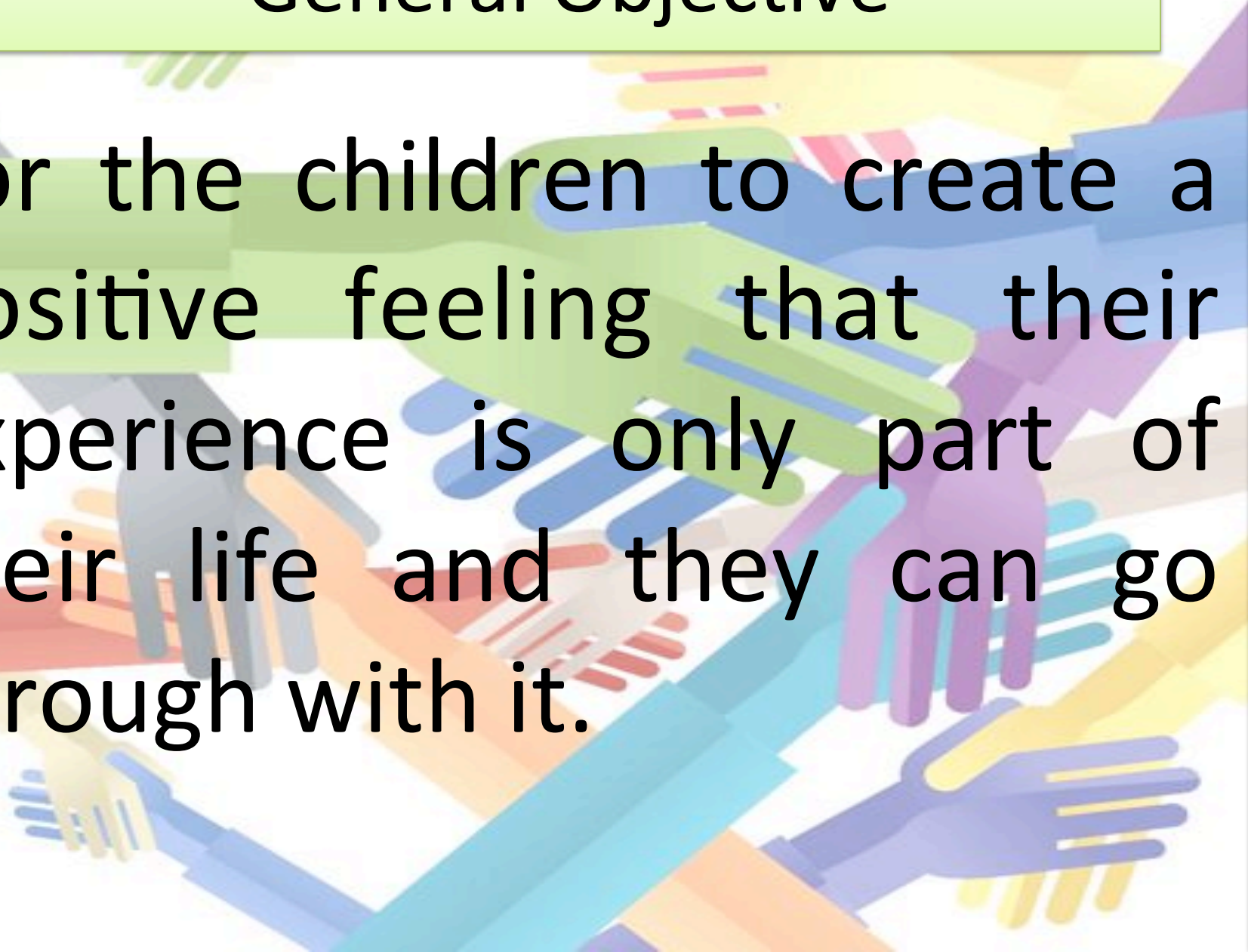


“Even the darkest night
will end and the sun will
rise.”

–Victor Hugo, *Les Misérables*

General Objective

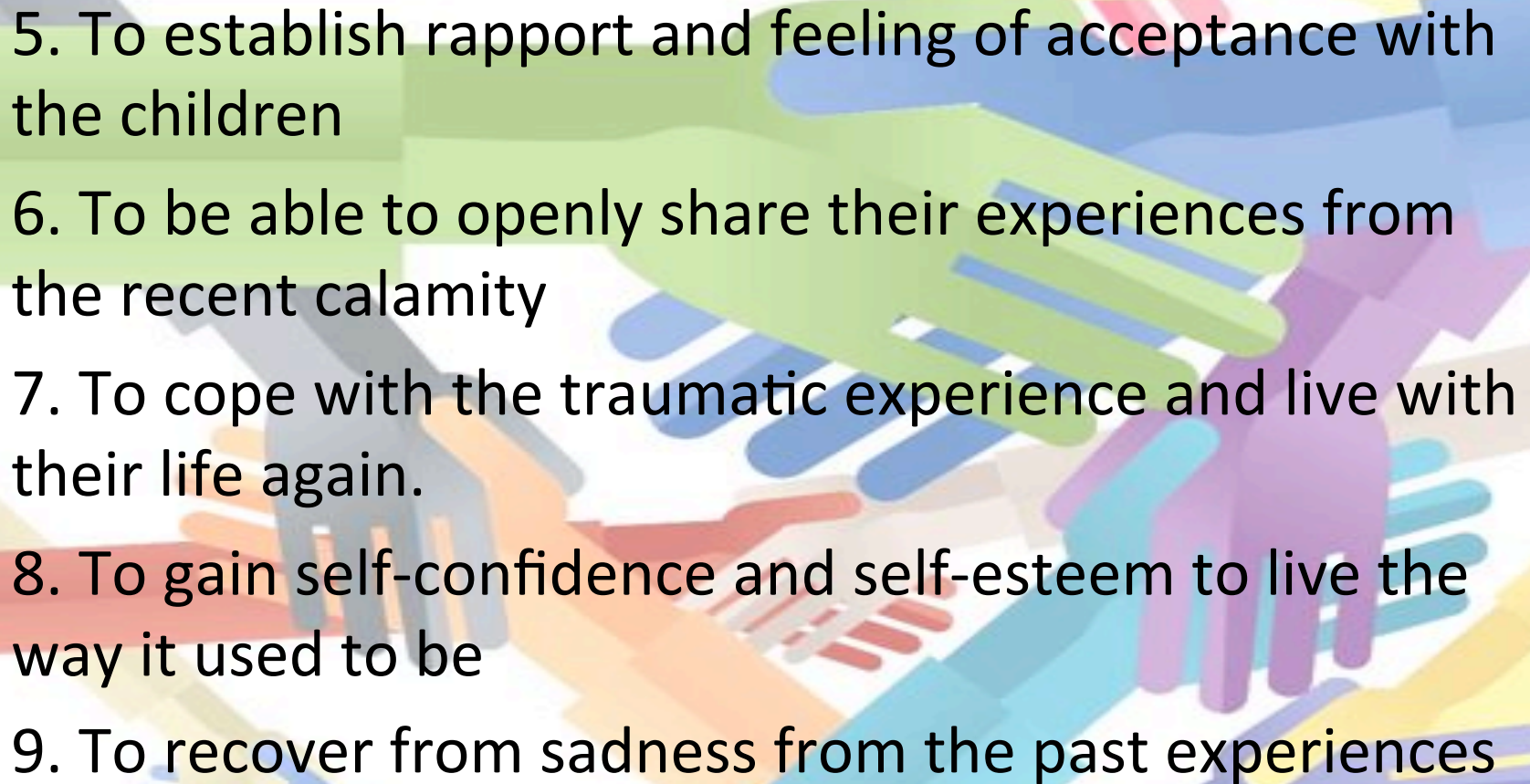
For the children to create a positive feeling that their experience is only part of their life and they can go through with it.



Specific Objectives

1. To provide support for the children and adult
2. To make the children aspire for their dreams in life
3. To inspire the children to achieve their dreams despite their experience.
4. To build hope in the children's hearts

(Specific Objectives cont'd)

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5. To establish rapport and feeling of acceptance with the children
 6. To be able to openly share their experiences from the recent calamity
 7. To cope with the traumatic experience and live with their life again.
 8. To gain self-confidence and self-esteem to live the way it used to be
 9. To recover from sadness from the past experiences

Implementation Plan

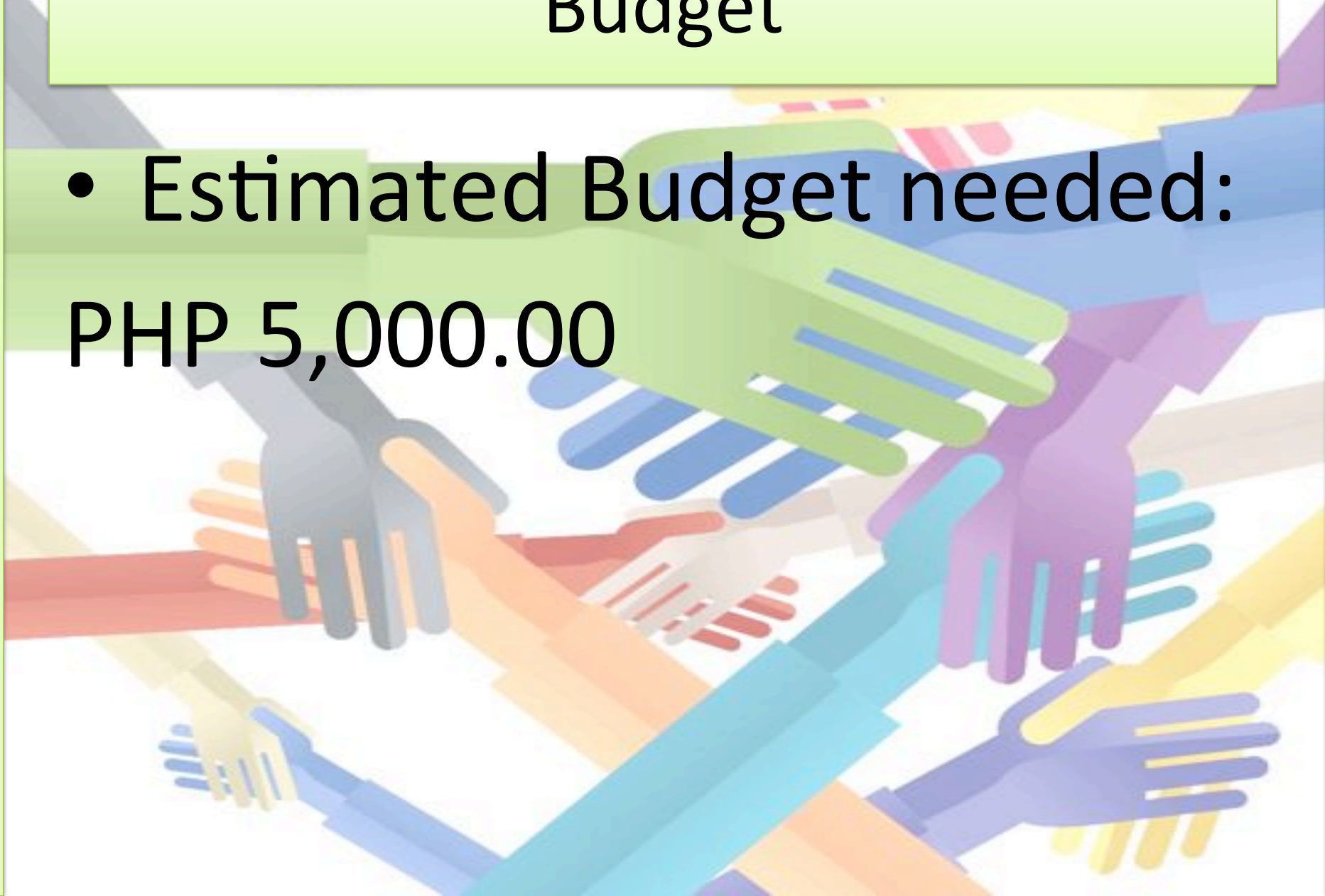
- Evaluation: Pre-test
- Fun and exciting games and activities
- Art therapy
- Sharing/Publishing
- Processing Questions
- Generalization and Application
- Lecture
- Evaluation: Post-test

Timeline (2014)

Date	Plan
April 3 - 5	Planning and drafting of the action plan.
April 7	Meeting for coordination with major partner (SPUQC Psychology Society)
April 15 – April 30	Finding and coordinating with barangays and schools.
May 5 – May 25	Preparation for group process
June - July	Implementation of process

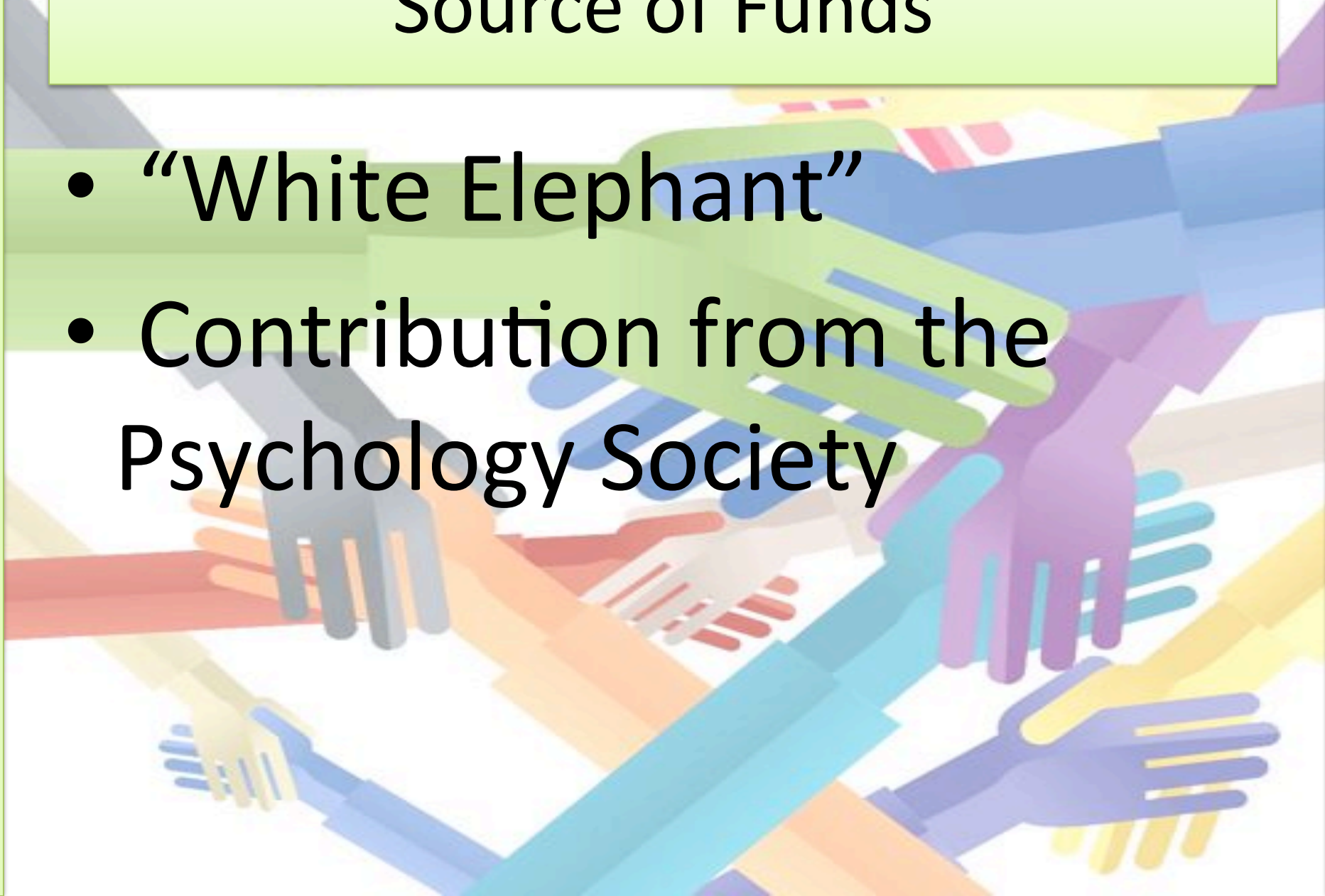
Budget

- Estimated Budget needed:
PHP 5,000.00



Source of Funds

- “White Elephant”
- Contribution from the Psychology Society



Partners

- SPUQC, Psychology Society
- “White Elephant”
- SPUQC, CASE Department
 - ✧ Biology Society
 - ✧ Mass Communication Society
 - ✧ Education Society
 - ✧ Nursing Society

Partners (cont'd)

- ❖ PAPJA (Psychological Association of the Philippines – Junior Affiliates)
- ❖ Eubios Ethics Institute
- ❖ Eirene Initiative
- ❖ American University Sovereign Nations

Thank you! 😊

✧ Jarel Aubrey Apelin



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