PRESENTATION ON
PSYCHOSOCIAL SUPPORT

KNOWLEDGE MANAGEMENT FORUM

Dhaka Ahsania Mission
Psychosocial refers to the dynamic relationship that exists between ‘psychological’ and ‘social’ effects; each continually inter-acting with and influencing the other.

Psychological effects are those which affect different levels of functions including cognitive (perception and memory as a basis for thoughts and learning), affective (emotions) and behavioural.

Social effects refers to culture, traditions, spirituality, interpersonal relationship, and economic status.
Psychosocial Support

- Psychosocial support is the process of meeting a person’s emotional, social, mental and spiritual needs.

- Psychosocial support covers any type of local or outside support that aims to protect and or promote psychosocial well-being.
Different Terminologies

- Psychosocial Support
- Psychosocial Protection and Care
- Psychosocial well-being
- Psychosocial Interventions
- Psychological First Aid
- Mental Health
Who needs Psychosocial Support

Persons exposure to/affected by/victim of-

- Violence
- Disaster
- Trafficking
- Addiction to Drugs or Alcohol
- Disability
- Patients- HIV & AIDS, Cancer
- Social Exclusion
- Loss of or separation from family members & friends
- Deterioration in living conditions
- Lack of access to services
Importance of Psychosocial Support

- Being affected by any unexpected situation, can have severe adverse effects on the physical, social, emotional and spiritual well-being of a person.
- Can have immediate and long-term consequences for individuals, families and communities, including post-traumatic stress, disorders, psychosomatic illness, depression, anxiety and even violence.
- In some cases, such factors might contribute to a change in behaviour; including increased substance abuse, aggression and violence.
Intervention Pyramid

- Basic Service and Security
- Community and Family Support
- Focused non-specialized Support
- Specialized Support
All affected people require access to basic services, functioning governance system, care and security in order to re-establish well-being and mitigate further psychological harm.

Exposed persons require to restore family and community support, and livelihood opportunities. These interventions might include family reunion, healing, rituals & recreation for reconciliation, and or training. Care and support from family, community and group to normalize daily life.

A group of people with stressful reactions, require more focused non-specialized support interventions with attention to the individual, family or group. This psychological first aid to be provided by trained social/health worker.

Specialized services are needed for a small but often neglected persons experiencing significant distress that disrupts their ability to function on a daily basis. This should be provided by trained professionals only.
Principles of Psychosocial Programming

- Right Based Approach
- Do no harm (Informed consent, Confidentiality, Honesty and objectivity, Responsibility)
- Non-violence in all its forms
- Participation (Respect for the views, Best interest, Inclusion, Non-discrimination, Gender sensitive)
- Working with families and communities
- Access to available resources and capacities
- Contextual approach (Relevance and appropriateness, Strengthening community capacity, Mainstreaming)
- Multi-layered, integrated psychosocial support.
Mainstreaming Psychosocial Interventions

Psychosocial support needs to be part of comprehensive programming. It should not be provided as a stand-alone service.

- Policies and procedures
- Programme design and activities
- Planning and budgeting
- Capacity building & human resource development
- Monitoring and evaluation
- Networking with related sectors and institutions
- Policy Advocacy
Challenges

- Understanding on the concept and services
- Very specialized service
- Lack of Trained Human Resources
- Non-specialized staff undertaking activities for which they have not been trained
- Lack of Structure and Resources
- Lack of comprehensive services & linkages
- Applying rights framework through the psychosocial support
Recommendations

- Finalize and implement Policies- Gender Policy, Child Protection Policy
- Develop and enforce Minimum Standard Guideline (with staff codes of conduct and ethical guidelines)
- Arrange orientation/training for related staffs
- Integrate psychosocial support with most relevant interventions- Disaster, Trafficking, Prevention of Violence, Drug Addiction, Disability
That's All

Thank you for Listening!!!