

**PRESENTATION ON  
PSYCHOSOCIAL SUPPORT**

**KNOWLEDGE MANAGEMENT FORUM**



**Dhaka Ahsania Mission**

# What is Psychosocial

- **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

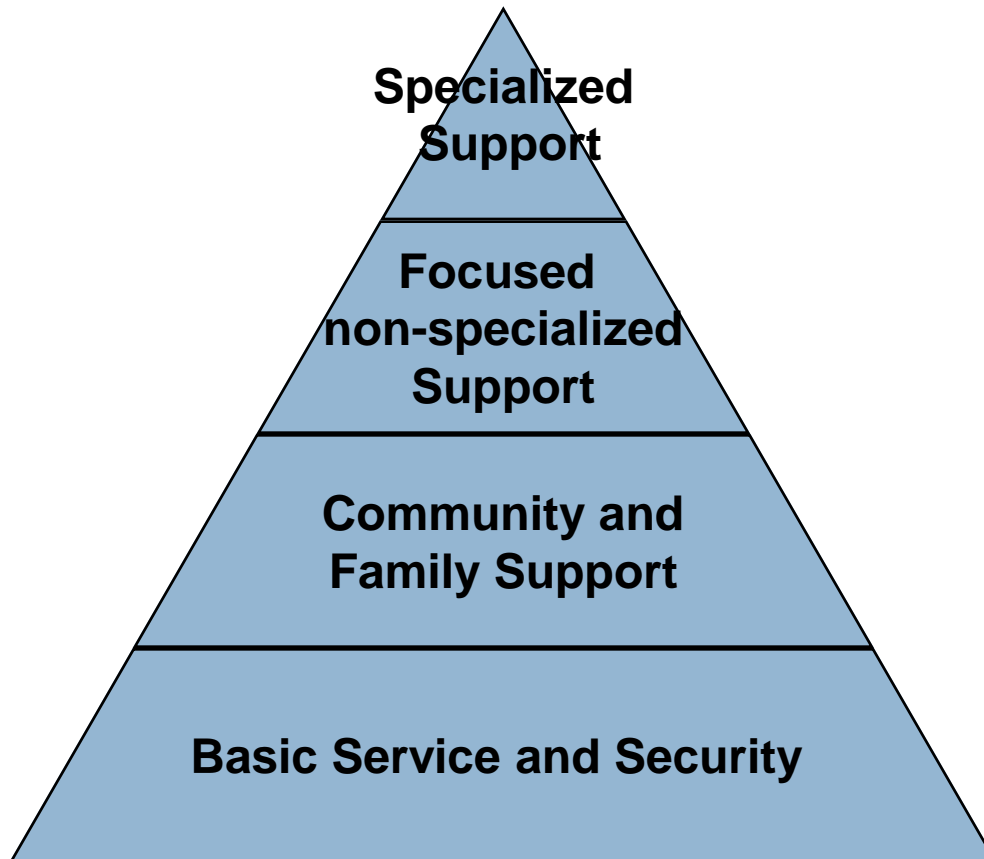
## **Persons exposure to/affected by/victim of-**

- 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



# Intervention Pyramid

- **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**

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*Thank you  
for Listening!!!*