

Update

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Environment Program

Forum on Environment factors effect in Disaster Risk Reduction (8th October 2012)



Third Environment forum for 2012 was held and focused on Environment and Disaster risk reduction. A guest lecture & presentation on Environment factors effect in Disaster Risk Reduction was followed by an open discussion in this forum attended by, private sector partners, Consultancy firms and other individuals.

The Forum was chaired by Mr. Jeevan Thiagarajah Executive Director, CHA. Mr. S.M.S. Palitha Bandara, Assistant Director, Disaster Management Centre delivered his presentation on Environment factors in Disaster Risk Reduction. There was a discussion on climate change and on community preparedness on its effects just before the presentation was started. All participants agreed on having a forum with representatives from regulatory bodies such as CEA, UDA, DMC, NPP and Meteorological Department

in near future as suggested by Mr. Jeevan Thiagarajah. And depending on the success of the forum it will be expanded to facilitation bodies and implementation agencies in time to come.

Reconciliation And Development For Peace

LLRC Action Plan Discussion



The second meeting to dialogue on LLRC action plan was held at CHA. The meeting was chaired by Jeevan Thiagarajah, Executive Director of CHA. Secretary to HE the President of Sri Lanka, Mr Lalith Weeratunge sent his apologies for non-attendance due to an urgent competing official commitment but sought outcome for his perusal and appropriate action. The series hosts invitees from Non Profit and Profit sectors, Media, Development partners, intergovernmental organizations and Diplomatic missions.



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LLRC Action Plan.. (Continued from page 1)

Mr Thiagarajah stated that the purpose of the consultation process is an invitation for a dialogue, to share information on the action plan, for the Chairman of the



Task Force the Secretary to HE the President to listen to stakeholder views and practical suggestions on how stakeholders can contribute to the implementation and for ideas to enrich the process. Mr. Weeraturunge specifically wanted it conveyed that instructions have been issued to all identified in the implementation process while resource shortcomings have been addressed in the new budgetary allocations of Ministries.

Dialogues of this nature will be done nationally and at district levels and support the implementation process. Mr Weeraturunge will be notified of outcomes of this meeting and clarifications if any sort at the next meeting. *Minutes are available on http://www.econsortium.info/cha/Meeting_Minutes.html*

Reconciliation And Development For Peace

Stakeholder Forum on Development (02nd October 2012)

Stakeholder Forum on Development was held on 02nd October 2012 at SEDEC Auditorium. The lecture on 'Social Justice—a Biblical perspective—Some lessons for Sri Lanka', was done by Rt. Rev. Duleep De Chikera (Former Anglican Bishop of Colombo) and meeting was chaired by Prof. Indra de Soysa, Warden of S. Thomas' College, Mount Lavinia. Documentary CD of the lecture is available at CHA resource center.



Psychosocial Program

Workshop on Dealing with Bullying and Abuse



Ms. Dilanthi Weerasinghe (Educational Psychologist- UK) conducted workshop facilitation discussions around the following thematic areas as What is abuse and bullying

- ✗ The global context and prevalence incidence rates
- ✗ Psychological mechanism impacting abuse related behaviors
- ✗ Factors pertaining to self-esteem, self-confidence issues
- ✗ How to deal with bullying and abuse
- ✗ What sort of micro-macro mechanism

should be put in place to address issues pertaining to bullying

CHA Youth Development Forums



CHA is hosting a series of Youth Development Forums with an aim to promote volunteerism amongst the youth and develop their skills in being youth leaders. This is with the aim of providing a platform to develop youth capacity building and promote volunteerism among youth in their communities. Students and representatives from the districts, Youth Clubs, Local Universities, selected volunteering bodies will be brought together to share their ideas on youth related issues and initiatives to be taken within the present context.

The main objectives of the Youth Forum would be to:

- Build a solid network of youth volunteers
- Link youth with national level youth Meetings, conference, trainings, Symposiums, international conference in collaboration with National Youth Service Council, Ministry of Youth Affairs, National & International Youth networks & Embassies.
- Gather youth potential to support and promote volunteerism to help marginalized, vulnerable, poverty stricken communities in SL
- Build capacities of the youth who volunteer in certain specific areas such as ;
 - ✎ Personality development, leadership skills develop-

ment

- ✎ Conflict resolution
- ✎ Basic be-friending and communication skills
- ✎ Identifying high risk factors for addictions, abuse, psychological mal-adaptions etc.,
- ✎ Intervention for Mediation being a youth leaders in the country.
- ✎ To make the youth contribute towards community development activities being a mobilizer, trainer, facilitator, researcher or observer
- ✎ And capacitate the involved members of the youth on specific humanitarian relates trainings such as :
 - Environment assessment of areas requiring volunteer and community support;
 - Introduction to concepts of Social Justice;
 - Introduction to psycho social work'
 - Ethics of social work;
 - Introduction to key environmental concerns;
 - Introduction to Sphere.

The 2nd Youth development Forum with participants from local Universities, Local National Clubs, Youth representatives from the I/NGOs, National Youth Council, Youth representatives was held facilitated and chaired by Psychosocial Consultant / Clinical Psychologist – Chrishara Paranawithana. Others presenters of the Forum included Ms. Kushlani Munasinghe (Psychologist) Mr. Suresh representing Lanka Plus Organization

Ms. Kushlani Munasinghe, gave a presentation on ` Youth Issues and youth resilience` and facilitated a broader discussion on the present psychosocial issues of the Sri Lankan Youth and what sort of mechanisms to be adhered to ensure youth resilience aspects and develop their innate potential. The audience, were very much interested in this topic as many of them were able to relate their lives to the content which they were being presented by the resource person. This enabled the audience to achieve a better sense of understanding of the advantages and the disadvantages of being in the category known as "youth". The speaker also advised the audience as to how this age group can provide the most to the country, and how to make use of the strengths and weaknesses possessed both by individuals and as a community.

Mr. Suresh Madusanka, a member of the Lanka plus Association, which works directly with people living with HIV and Aids gave a brief presentation on the issues and particularly the stigma faced by People Living with AIDS and their caregivers. During the course of his presentation at the meeting, Mr. Suresh was able to briefly explain the difficulties faced by people living with HIV in Sri Lanka. Discussions revolved around changing attitudes towards this segment and as to how the youth can be a part of promoting humanitarianism to address stigma related issues.

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CHA Youth Development Forums... (Continued from page 3)

After the meeting the participants were asked to give in their feedback, in terms of the following

- Suggestions on training opportunities for the youth
- Areas in Sri Lanka which they thought needed assistance and areas which they personally preferred to assist.

Based on the feedback of Forum members the CHA`'s volunteering Intern Officer. Ms. Harithra Chandrasehar and Psychosocial Consultant are to develop a proper plan of action to achieve objectives of the Youth Development Forum and plan out a series of training for the Youth Volunteers. Participants were also notified about the upcoming ventures of the members of the psychosocial department of CHA, and of the Halo Book Drive. Inquiries: Interested parties can obtain more information from Ms. Harithra Chandrasehar – psofficer@cha.lk on 0772331846 / 4626100 ext: 119

Psychosocial Program

Training of volunteers and interns and provision of humanitarian work experience

The CHA provided a platform for the undergraduate students of the National institute of Social Development to obtain internships opportunities with the CHA and gain experience in the humanitarian sector. 6 students were selected out of an interview process.

The students were given a series of trainings and orientations by the Psychosocial Consultant to CHA (Clinical Psychologist – Chrishara Pranawithana and Mr. Duminda Wanigasekara (Professional Counselor/ Trainer). A special series of trainings were conducted from the month of March 2012 – September 2012 at CHA. The undergraduate students were provided training in the area of;

- Basic Counseling & be-friending Skills
- Elements of humanitarian practices
- Orientation on the availability of internship volunteering opportunities

The trained undergraduates were given the option of taking up a short-term internship with the CHA with a view to pro-



vision of specific initiatives. Six students intend commencing a short-term internships with CHA commencing 9th November 2012. Further discussions are ongoing with the NISD to organize long-term field based internships for NISD undergraduates starting from January 2012.

Inquiries: Interested students / organizations needing internship opportunities can contact the Psychosocial Unit – CHA on psfcoord@cha.lk/psofficer@cha.lk Tel: 4626100)

Psychosocial Newsletter



The psychosocial Unit publishes an e newsletter with a view to reflect on the psychosocial sector in Sri Lanka and discuss theme-based issues pertaining to mental health related issues. The PS unit interns compiled the 3rd edition of the Newsletter with the main theme being ` Psychological Stress` The newsletter covered the following thematic areas;

The common causes for stress:

- ✘ Bereavement
- ✘ Family problems
- ✘ Financial problems
- ✘ Illness
- ✘ Job issues
- ✘ Lack of time
- ✘ Relationships
- ✘ Etc.

Effects of stress on mind and body:

- ✘ Back/ Chest Pain
- ✘ Cramps or muscle spasms
- ✘ Fainting spells
- ✘ Headaches
- ✘ Hypertension
- ✘ Sleeping Difficulties.

Ways of making quick stress relief a habit:

- ✘ Start small
- ✘ Identify and target
- ✘ Test drive sensory input
- ✘ Make a "have fun" motto
- ✘ Talk about it
- ✘ Etc.

Newsletters available on http://www.econsortium.info/cha/Newsletters_Reports.html

Well-being centre activities of the CHA



Wellbeing Centre Psychological clinic

The Well-Being Center – Psychological Clinic consist a team of professional Clinical and Developmental Psychologists providing highly specialized services of diagnostic evaluations, treatment (psychological interventions) and psychometric testing (adult & child psychological testing). All services are available to individuals, families, and external agencies requesting psychological test results and psychological interventions (Group and individual) for anyone needing the following:

Covering a range of psychological expertise, the Well-being Center- Psychological Clinic is a service involving services of registered Clinical Psychologists operating to achieve the best results possible for its clients.

The Well-Being centre- Psychological Clinic provides assessment and treatment of a wide range of issues including:

Psychological interventions for:

- Mood disorders (i.e. major depression, bipolar depression, grief reactions)
- Anxiety disorders (i.e. panic disorders, generalized anxiety, phobias)
- Child mental health related problems (e.g. Attention Deficit Hyperactive Disorder (ADHD), Autism)
- Family therapy/ counseling.
- Substance abuse and addictions

Special psychological assistance for elderly and crisis counseling: initial evaluation and assessment,

- Trauma therapy
- Cognitive rehabilitation

Special treatment packages are also available for a range of child psychological and behavior related problems:

- ◆ Special treatment care package for Autistic children
- ◆ Discussion groups for parents who have children with Autism, Asperger, behavioral problems etc.
- ◆ Special Group therapy sessions organized by individual therapist (Group work for addiction, personality development, public speaking etc.)
- ◆ Special group sessions on Yoga, Relaxation and Mindfulness Based psychological relaxation approaches which are conducted with groups

Psychological assessment methods

Another main focus area of the center is the provision of

psychometric assessments. A wide range of assessments are conducted by the Clinical Psychologists covering services on;

Psychological Testing; Cognitive Evaluation; Personality Evaluation; Neuropsychological Evaluation

Educational Assessment; Learning Disability Evaluation; Special Education Evaluation

Our professional and licensed practitioners ensure that assessment instruments comply with relevant validation, including equality, discrimination and data protection.

Activities for the month of October

The regular well-being centre activities included the following Therapists dealing with the referrals for psychotherapy and counseling. Most of the referrals for the therapist are sent in by medical professionals such as the Psychiatrists, Neurologists and Child Psychiatrists.

A special Mindfulness-Based Group therapy session was conducted with few clients who were under psychotherapy sessions on the 26th of October 2012

Special Notices

Special free services offered for people living with AIDS and their caregivers :

In line with the CHA`s Lifeline project concept, the well-being centre has initiated a venture to provide therapeutic services for the above mentioned target group by a expert therapists in dealing with psychosocial issues of people living with AIDS. The CHA has already collaborated with the Lanka plus Organizations and discussions are underway to support many more organizations dealing with people living with AIDS. The specific objective of the initiative would be to uplift well-being aspects of these individuals and support them through professional therapeutic interventions to address their mental health and psychological related issues. The service would be initiated from 15th of November at the CHA premises.

CHA invites any organization working with people living with AIDS and their caregivers to receive benefits of this special service

Mindfulness Based sessions conducted at CHA : a special Group sessions facilitated by Clinical Psychologists will be initiated with interest individuals and clients undergoing treatment at the well-being centre . Inquiries: Please contact the Psychosocial Officer on psfcofficer@cha.lk / psfcoord@cha.lk (Tel: 4626100)

Call for Appointments

Between weekdays 8.30a.m — 4.30p.m
Phone: 11 4626100 | Fax: 11 4626100 | Email: psfcoord@cha.lk
No 86, Rosmead Place, Colombo -07
Web: www.humanitarian-srilanka.org

DISTRICT HIGHLIGHTS**AMPARA DISTRICT FORUM**

Ampara district forum in the Ampara District NGO Consortium meeting hall. 18 representatives from local NGOs & government officers took part in the event. Mr. P. Ganeshan - Program Manager, NGO Consortium - Ampara chaired the meeting. Mr. M. A. A. Washeeden - probation officer in charge, Probation office, Akkaraipattu who was the guest lecturer, delivered his speech on **"Challenges faced by families because of Women in foreign employment"**.

BATTICALOA DISTRICT COORDINATION MEETING

Batticaloa district Coordination meeting was held at the YMCA Community Hall. 11 representatives from local NGOs & government officers took part in the event. Dr. A. Selvendiran - President INAYAM chaired the meeting. Mr. K. Gnanaretnam Bsc. PGDE, M.Ed, M.Phil. - Lecturer of Open University, Sri Lanka who was the guest lecturer delivered his speech on **"Business Ethics"**.

MANNAR DISTRICT COORDINATION MEETING

Mannar Coordination meeting was in Village Multi-Purpose Building Hall Puthukkamam, Mannar. 35 representatives from local NGOs & government officers took part in the event. Mr. P. Thevaraj - Secretary, Phy. Forum, Mannar chaired the meeting. Mrs. D.S. Sosai, GBV officer, GBV Desk Mannar who was the guest lecturer delivered his speech on **"Domestic Violence through the use of Alcohol"**

JAFFNA**A SERIES OF PSYCHOSOCIAL WORKSHOPS**

CHA with Mercy Malaysia jointly organized Psychosocial workshop at Shanthiham Jaffna on 08th October 2012. 30 Participants are participated in this workshop. The Resource persons of the workshop are Mr.Raveendran, Psychosocial specialist, RDHS, Jaffna and Mr.Shivasankar, Psychosocial specialist, Shanthiham, Jaffna.

2nd Psychosocial workshop held at Divisional Secretary's Office, Maruthankerny on 09th October 2012. 30 participants participated in the workshop. Mr.Shivasankar, Psychosocial specialist, Shanthiham, Jaffna conducted the workshop

HAMBANTOTA**CHILD RIGHTS ADVOCACY NETWORK (CRAN) PROGRAMS**

With the objective of to empower children on knowledge, CHA & DFCD organization jointly organized a child rights advocacy program for some CRAN children in Ambalantota DS division.

CHA LITERACY & READING CLASSES

CHA organized literacy & reading classes at "Dedunu" Children Club, Hambantota Siribopura village. Many children were participated.

BASIC NEEDS IN SCHOOL

With the objective of addressing basic issues which currently schools faced, 05 rural schools were selected under the supervision of Director of divisional Ambalantota education division. As a result, some donor organizations have agreed to assist above 5 schools to provide required donations to upgrade these schools through CHA Coordination.

**MATARA****READING CIRCLE PROGRAMME**

25 school children were helped with their home work, improving their reading skills and IT knowledge. CHA resource center is being used during the week by 25 students near Matara. Majority are Muslim children as the parents of these students do not have ability to help their children for Sinhala subjects they highly appreciate this programme.

LOW COST COOKING TRAINING

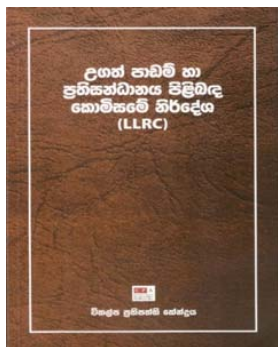
An economically important energy saving low cost cooking stove introduced to a community group in Deiyandara during the month. About 18-20 women get benefited from this programme. This a very good alternate where the people have to pay more money firewood.

COMMUNITY PROTECTION NETWORK MEETING

CPN meeting was conducted with the participation of 10 CBOs in Matara District.

INFORMATION MANAGEMENT AND PUBLICATION SERVICES

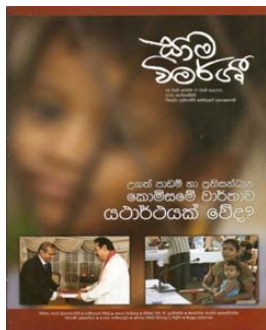
New Acquisitions – October 2012



Recommendations of LLRC

Published by Centre for Policy Alternatives

This is Sinhala translation of LLRC recommendations. Also it includes background of recommendations and CPA press release on LLRC report

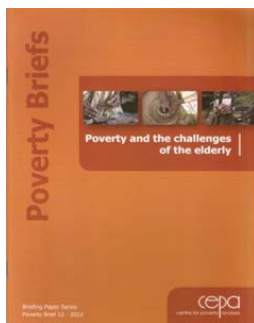


Sama Vimarshi (Sinhala)

Published by Centre for Policy Alternatives

Recommendations of LLRC / Geneva suggestions and Future of the

country
What is LLRC?
LLRC report and response of TNA
Political leaders' response on LLRC commission
Other.....

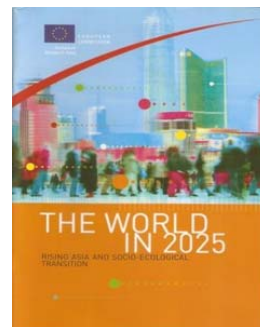


Poverty Briefs

Published by Centre for Poverty Analysis

This is the 12th Briefing Paper Series on ageing which is based on a literature review undertaken as part of an assignment for HelpAge Sri Lanka. The literature review aimed at capturing the key developmental challenges that affect the elderly poor in Sri Lanka

The World in 2025



Published by European Commission

Future Trends: Geopolitical transformation in terms of population, economic development, international trade or poverty

Tensions: Natural resources, migrations or urbanization
Transitions: Towards a new production and consumption model, towards new rural-urban dynamics, towards a new gender and inter-generational balance

Workshop on Power Presentation with PowerPoint



A 1 ½ days' workshop was held on Advance MS PowerPoint on 18th & 19th October 2012 at CHA Head office.

This workshop enabled participants to get familiar the advance tools in PowerPoint which will help them to formulate attractive PowerPoint presentation 9 participants from National Peace council, Serendib Educational Foundation, Amana Takaful and CHA participated at this training. Some free

placement were give to deserve participants, who could in return contribute to uplifting the quality of the humanitarian work they are presently involved in.

Upcoming Workshops

Date	Subject	Location
28th & 29th November 2012	Mitigating conflicts in workplace	Colombo
5th -7th December 2012	Advance Microsoft Excel - 2007	Colombo

For all your training needs please contact :
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