

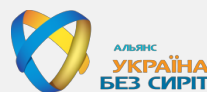
# Empowering Ukraine's Children: A Journey towards Positive Parenting and Trauma Healing

Nicole Baldonado, WWO

Susan Hillis, WWO

Praveen Gomez, WWO

Lyudmila Bryn,  
Children's Mission



New Horizons  
Rebuild Renew Restore



**AIM: Collaborating to Provide Evidence-  
Based Psychosocial and Spiritual Support for  
Parents and Caregivers  
Impacted by war in Ukraine:**

*Multiple Platforms,  
Multiple Messengers,  
Multiplied Impact*

PEPFAR

U.S. President's Emergency Plan for AIDS Relief

# WHY Faith Collaborations with Partners are Strategic

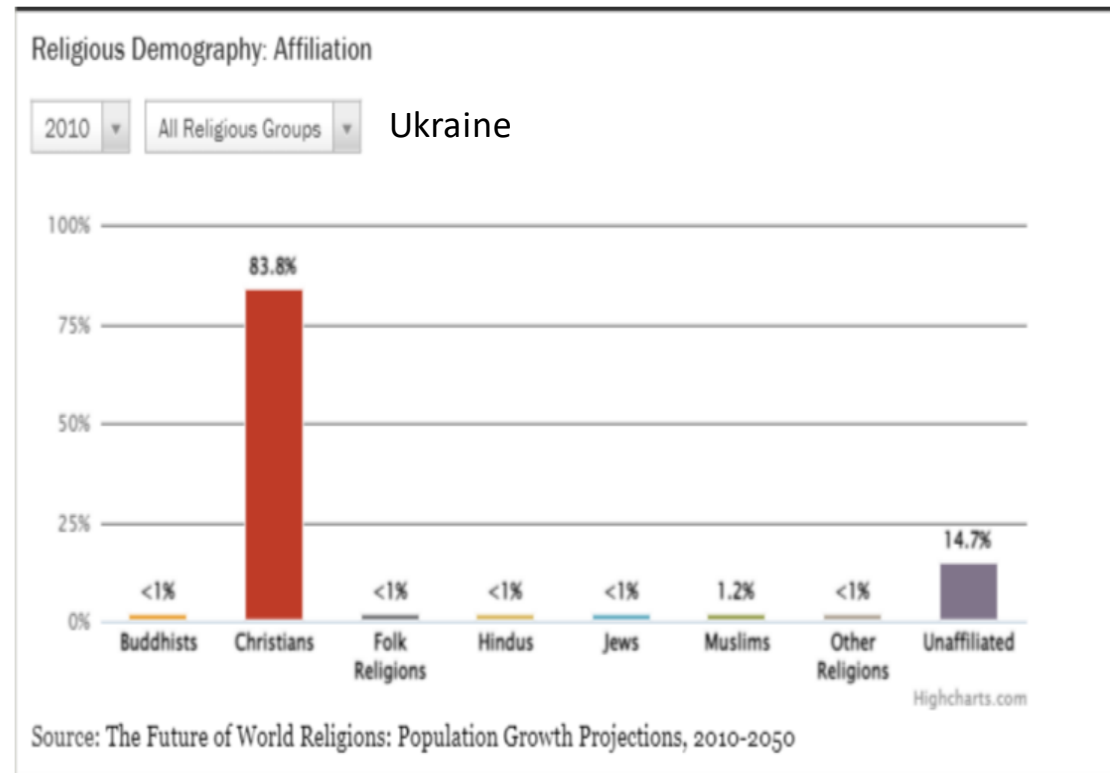
**THE LANCET**

Volume 386 Number 9988 Pages 1-810 July 8-10, 2015 www.thelancet.com

**An estimated 84% of the world's population is religiously affiliated. Faith is a powerful force in the lives of individuals and communities worldwide. This Series argues that building on the extensive experience, strengths, and capacities of faith-based organizations offers a unique opportunity to improve health outcomes.**

Comment	Articles	Articles	Articles	Viewpoint
Keeping score: fostering accountability for children's lives <a href="#">See page 2</a>	ASERT: Efficacy and safety of very early mobilisation within 24 h of stroke onset <a href="#">See page 6</a>	Breakdown of single female genital cuts to repair after 7 day versus 14 day post-operative: Health care utilisation <a href="#">See page 10</a>	Worldwide based cognitive therapy compared with maintenance antidepressant treatment in the prevention of depression relapse or recurrence <a href="#">See page 13</a>	Can mass media interventions reduce child mortality? <a href="#">See page 17</a>

UK: Registered as a newspaper - ISSN 0140-6736  
Founded 1823 - Published weekly



PEW RESEARCH CENTER

# WHY Faith Collaborations are Needed

This is a genocide, when the soul of the nation is being wiped out, terrified, terrorized.

What we most need is for the government to put focus on psychological support and spiritual support.

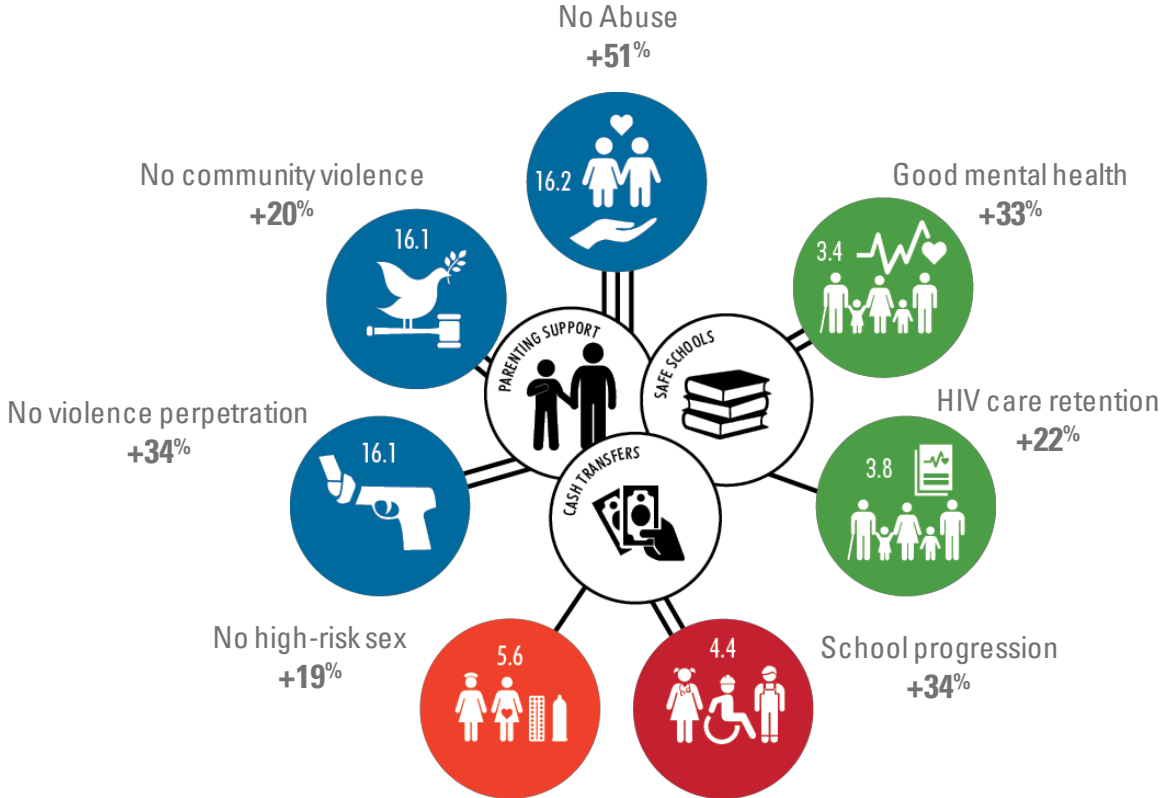
Food is being brought to those places, but I don't see too many efforts in treating souls.

This is the most important area we can put our efforts into: specialists like psychologists and church specialists....those who know how to care for souls...those are not enough.

- Dmytro Bereza, Dnipro, Ukraine

# SUPPORTING UKRAINIAN PARENTS & CAREGIVERS IMPACTED BY WAR:

## MULTIPLE IMPACTS



Cluver, Orkin, Toska, Campeau, Webb, Carlqvist, Sherr, (2019) Lancet CAH

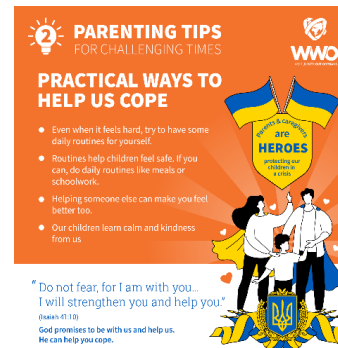
# SUPPORTING UKRAINIAN PARENTS & CAREGIVERS IMPACTED BY WAR - MULTIPLE MESSENGERS

**Social Media / Print /  
Animated Videos  
- Hot Spots**



Strong evidence for effectiveness across multiple outcomes (ages 0-17)

**Digital / Print /  
Animated Videos / Hope Groups  
- Internally displaced & those remaining / returning**



Print + Interactive chatbot delivery to basic phones and smartphones (ages 0-17)

**Hope Groups - Refugees /  
IDPs / Those remaining or returning**

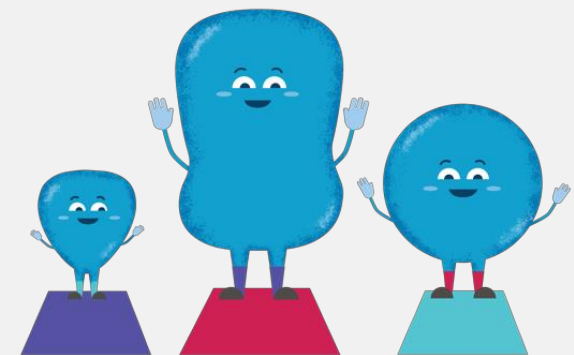


In person and online parent support groups (ages 2-17)

Parents play a critical role in supporting children during transitions and trauma.

**Unfortunately, parents rarely get the support they need.**

The Goal is to equip parents to play a critical role by providing them the supports they need.



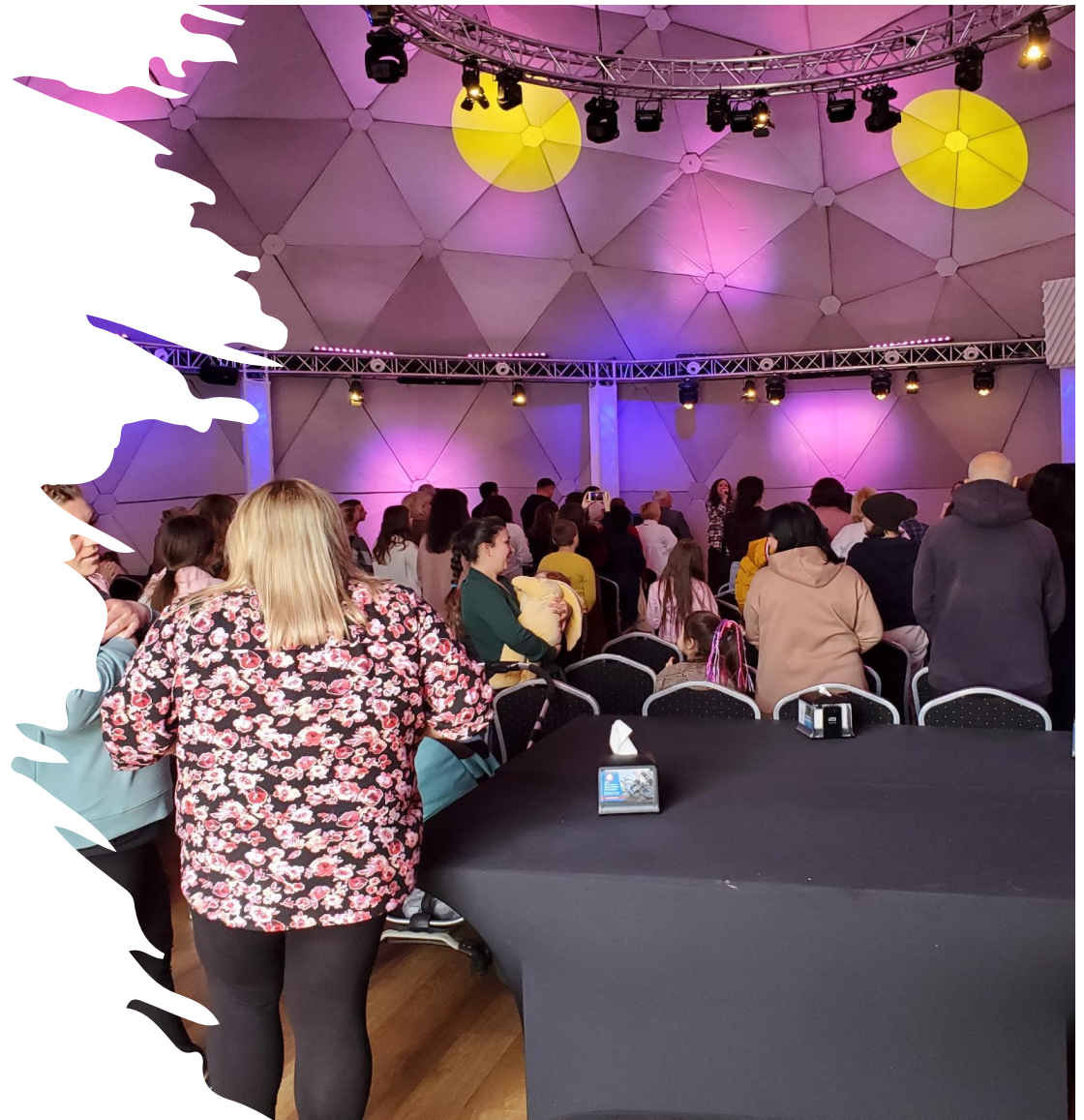
**When God is  
calling, take  
the next  
logical step.**

The logical steps to parenting supports for Ukraine.

- Humility
- Collaboration
- Service



**TRAUMA-INFORMED  
CARE TO SUPPORT  
UKRAINIAN MOTHERS  
AND CAREGIVERS IN  
CRISIS**



**SUPPORTING UKRAINIAN  
PARENTS AND  
CAREGIVERS –**

**HOPE GROUPS – 10 WEEK  
GROUPS**



# Transition Cycle

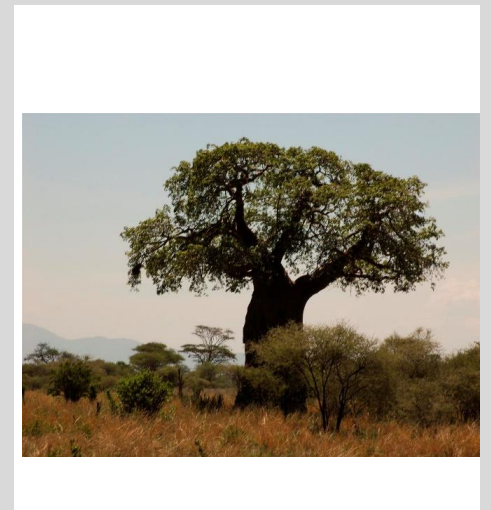
Involvement

Leaving

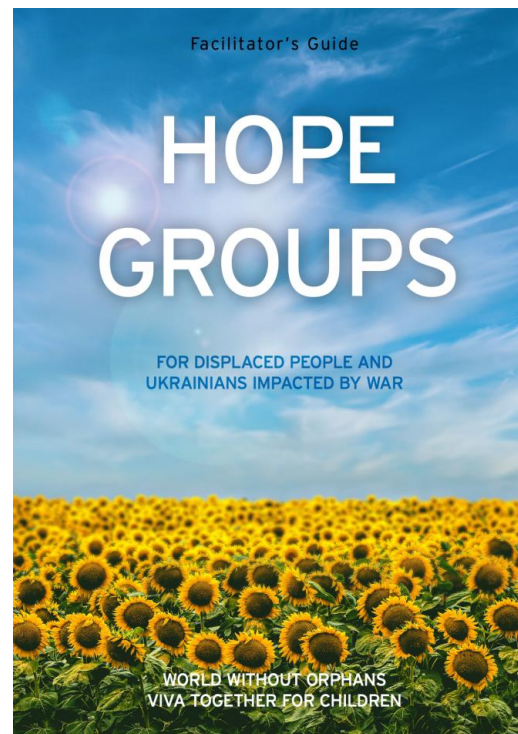
Transit

Entering

Re-  
involvement



# Adaptability - Parenting Tips to Hope Groups



## Hope Groups

- Evidence-based; trauma informed
- Expert development; Ukrainian involvement in every stage
- Flexible format: in person, online, small group, one-on-one, outreach

# Evidence-based Hope Group Sessions

## Sessions 1-4

- 1 Finding Stability  
- our everyday tools
- 2 Finding Stability  
- our anchoring tools
- 3 Talk About it
- 4 Strong Families

## Sessions 5-10

- 5 Staying safe together
- 6 Staying safe at home
- 7 Coping with Loss
- 8 Understanding guilt and secondary trauma
- 9 Learning together
- 10 Resilience



# Evidence-based Hope Groups led by Ukrainian refugees in Poland have expanded across Europe



Country	Ukrainian Refugees
Poland	1,563,386
Hungary	33,603
Spain	161,012
UK	157,300
Germany	1,021,667
Norway	37,971
Republic of Georgia	25,101
Cyprus	20,483
Turkey	46,739
Romania	106,835

## Early Impact

Employed 10 Ukrainian women

Served people in over 6 countries

Conservative estimate - we served over 350 people in the pilot stage



# Hope Groups into countries not yet reached



Country	Ukrainian Refugees
USA	221,000
Moldova	102,160
Bulgaria	50,219
Czech Republic	483,620
Slovakia	107,203

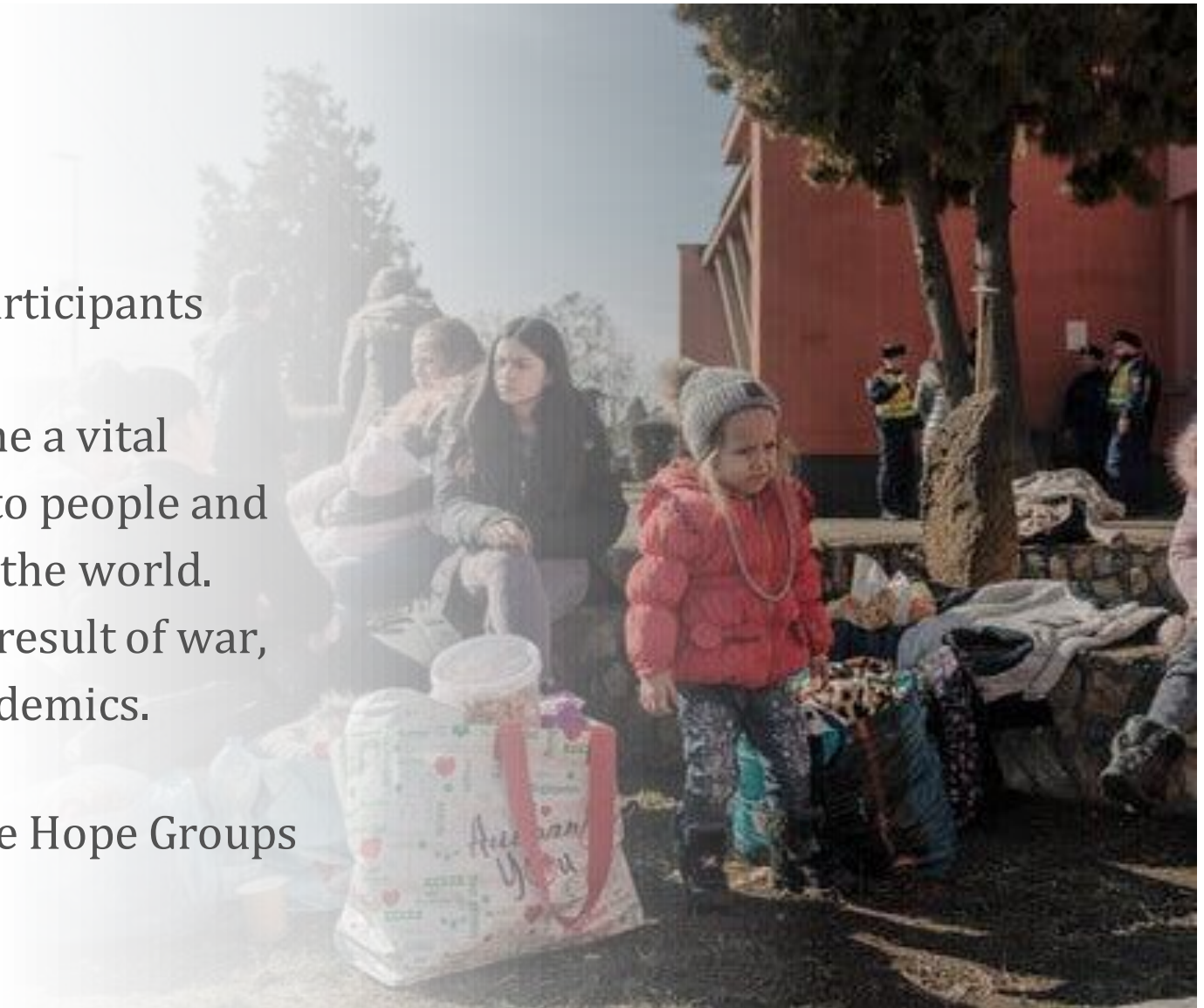


## Oxford Study

- Rapid expansion
- Positive feedback of participants

Hope Groups may become a vital resource to carry HOPE to people and families in crisis all over the world. Those crises may be the result of war, natural disasters, or pandemics.

Important to evaluate the Hope Groups and their effectiveness



## Oxford Study

**Partners:** World Without Orphans, Children's Mission, Ukraine Without Orphans

**Other collaborators:** NGOs, churches, individual volunteers

### Current impact:

- 73 group leaders
- 10 countries, multiple cities

Country	Ukrainian Refugees	Hope Groups Active	Hope Groups Needed
Poland	1,563,386	●	
Hungary	33,603	●	
Spain	161,012	●	
UK	157,300	●	
Germany	1,021,667	●	
Norway	37,971	●	
Republic of Georgia	25,101	●	
Cyprus	20,483	●	
Turkey	46,739	●	
Romania	106,835	●	
USA	221,000		●
Moldova	102,160		●
Bulgaria	50,219		●
Czech Republic	483,620		●
Slovakia	107,203		●

## Evidence-Based Hope Groups



- Decreased fighting in homes
- Decrease of physical and verbal abuse
- Participants helping each other practically
- Support for participants who have children with special needs
- Turning away from alcohol addiction
- Increased church attendance in Uzhgorod (*story of one participant*)
- Participants finding freedom in their faith

# Feedback from Hope Group Sessions



*“For me, everything that happened in the Hope Groups gave me the strength to remember the good things in my life, and to find the strength to move on.” -  
Hope Group participant, Poland  
(Oct. 2022)*

[Video Testimonial](#)

# Research



## Design & Analysis

In partnership with the University of Oxford



## Data Collection

At three points:  
Baseline, Mid, and End


Surveyed using Google Forms



## Monitoring

Real-time dashboards using Looker Studio used for monitoring

# Preliminary programmatic assessment: comparison of population means at each data collection point

	Baseline vs. at the end of week 4 <i>(average number of days)</i>	Baseline vs. at the end of week 10 <i>(average number of days)</i>
Ability to grieve losses in a healthy way	<span style="color: green;">↑</span> <b>+54.42%</b>	<span style="color: green;">↑</span> <b>+67.06%</b>
Playing or helping children learn something new	<span style="color: green;">↑</span> <b>+4.51%</b>	<span style="color: green;">↑</span> <b>+25.87%</b>
Children able to talk about their feelings	<span style="color: green;">↑</span> <b>+13.08%</b>	<span style="color: green;">↑</span> <b>+27.13%</b>
Feelings of depression	<span style="color: red;">↓</span> <b>-43.34%</b>	<span style="color: red;">↓</span> <b>-47.59%</b>
Use of physical abuse on children	<span style="color: red;">↓</span> <b>-44.19%</b>	<span style="color: red;">↓</span> <b>-100%</b>
Shout or scream at children	<span style="color: red;">↓</span> <b>-42.46%</b>	<span style="color: red;">↓</span> <b>-58.76%</b>

# Activity

- Deep Breathing
- Imagine a Peaceful Place
- Progressive Muscle Relaxation