

RECUPERA CH↑LE

COMMUNITY BASED RECOVERY

MENTAL HEALTH PROJECT
Dichato, Municipality of Tome

October 5, 2012



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DICHATO →→→→→

Has a population of 4,000 people of which 3,500 lives in the urban area. The economic activity relies heavily on the tourism and fishing industry because of its long and accessible marina and beach with population usually tripling during summer season. During the tsunami, 17 residents perished and nearly 80% of the town was destroyed. Today, nearly 1,500 residents still live in the temporary camp and 50% of them remain unemployed.



DIAGNOSTIC

PLANNING

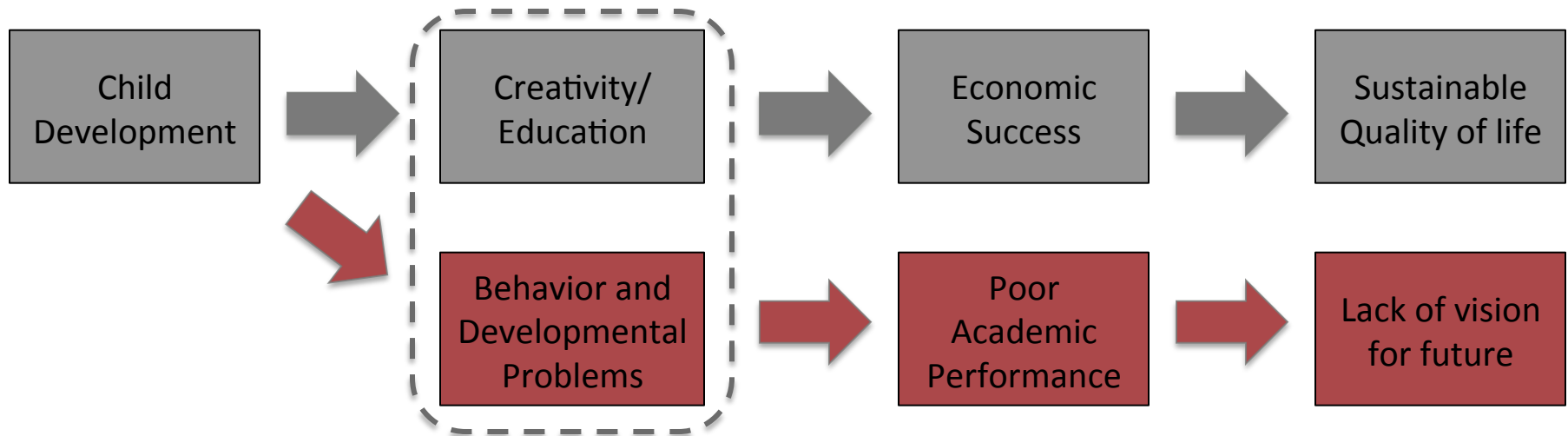
IMPLEMENTATION

FOLLOW-UP

Child Mental Health and Development

Child development is very sensitive to traumas that can deviate it from the desired path. The 2010 earthquake and tsunami that struck Dicho causing massive home losses can cause this effect.

Deviation due to trauma



DIAGNOSTIC

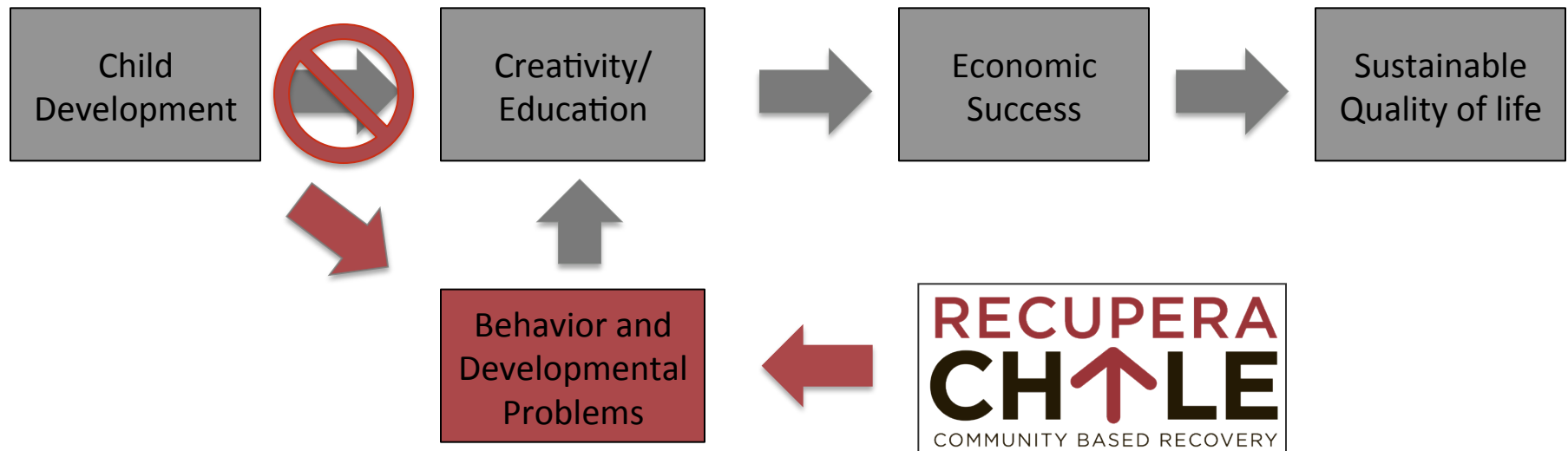
PLANNING

IMPLEMENTATION

FOLLOW-UP

Child Mental Health and Development

Recupera Chile aims to work with the community to address this problem at an early stage (child less than five years old) so the child can go back to the desired development path. For that reason Recupera Chile focuses on the Behavior and Developmental problems affecting this specific population as symptoms. Through simple interventions available to the entire community, development of all children is maximized.



SAFE Model

Safety and Protection

Returning to low land – Living over old mines – Trust of the inspection studies – Housing safety (stoves, small living spaces) – Community safety (letting children play outdoors, drugs) – Aggressive behavior in classroom – Psychological partner violence/machismo

Access to Healthcare

Rural community health post – Inability to access chronic medications – Poor access to dentistry – Poor access to specialists – Increased rate of pregnancies

Family and Connection to Others

Teachers being separated in different buildings – Teachers being separated from parents – Lack of privacy in Aldeas – Loss of contact with neighbors post-tsunami and with move to new home – Marital disputes/violence – Lack of child supervision

Education and Economic Security

Lack of supervised sport/activities and stimulation for children – Lack of identification and therapy for children with delayed language – Need for education for teachers in dealing with child with behavioral problems – Need to value education and particularly preschool/kinder – Tourist economy, largely indigent population

Dichato's Childhood Planning

CURRENT SITUATION

- Partnership between the Boston Children's Pediatric Residency and the University of Concepción.
- Need to focus on developmental and psychosocial support for children below 5 years old.
- Aggressive behavior problems and need for developmental stimulation as major concerns.
- Difficult access to subspecialist psychologist/psychiatrists and dentists.

PLANNING

- To utilize resources and health/mental health systems to provide activities and education to caregivers that support health child development.
- To improve the process of referral and therapy for children with behavior and development needs.

STRATEGY

- A multi-faceted approach: Target education for parents and pre-school/kinder teachers as well as activities and medical care directed toward children.
- To identify existing resources that are currently not operating post-disaster in rural areas.
- Identify motivated community members willing to partner with us.

DEVELOPMENT STRATEGY

LONG-TERM GOALS

Safety and Protection

Improved communication between authorities and people i.e. safety of land for new houses – Case manager in partner violence – Mental health support for teachers

Access to Healthcare

Improved communication of resources and services – Case manager model for referral process – First Aid courses for families – Visiting dentistry

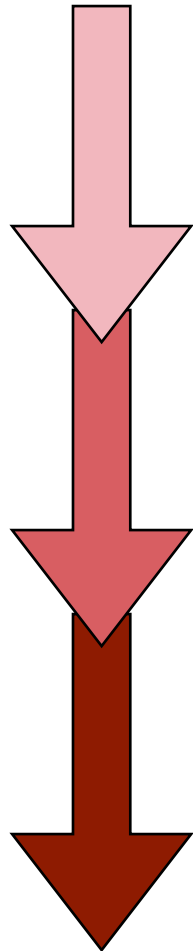
Family and Connection to Others

Building social network for mothers/fathers – Sport activities for school children with coaching – Keep pre/kinder teachers located together – Exception pre/kinder parents to drop off children in classroom

Education and Economic Security

Education for teachers/assistants on behavioral problems – Education for parents on language development and limit setting – “Nadie es perfecto” OPD – Referral system for children with learning disability – Improved access to “sala cuna”

Dichato's Childhood Intervention



TEACHERS

Develop curriculum for teacher training

Training

1. Identifying behavior and learning problems.
2. Managing behavioral problems
3. Managing different children with learning/ cognitive delay

PARENTS

Develop curriculum for parent classes

Workshops

1. First Aid
2. Language - Reach out and READ
3. "Nobody's Perfect" & limit setting



Select Community Leaders



Train Case Managers

CHILDREN

Improve the referral system for diagnosis of child <5 yo developmental delay and behavioral problems

Activities

Visit to the University of Concepcion Marine Biological Center

A follow-up measurement and evaluation (M&E) process will be conducted for each project by both a Harvard team of researchers in Cambridge, USA and the team in Chile.

The measurement and evaluation methodologies will follow rigorous academic research standards for both qualitative and quantitative analysis wherever possible.



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