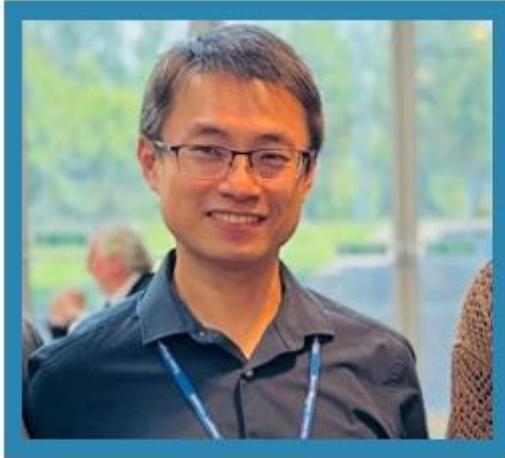




Healing Minds, Protecting Futures: Scaling Psychological Interventions in Refugee Child Protection

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Acknowledgement



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Bidibidi Refugee Response



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Why This Matters for Children

- High levels of anxiety, depression, trauma
- Daily stress: loss, poverty, uncertainty
- Impacts protection and development
- Need scalable solutions



EARLY ADOLESCENT SKILLS FOR EMOTIONS (EASE)



- Target group: ages 10–15 years old
- 7 sessions for adolescents and 3 sessions for caregivers
- Transdiagnostic (designed to be effective with adolescents across the range of internalizing problems – symptoms of depression, anxiety and distress)
- **Aim:** to reduce symptoms of internalizing disorders through four core empirically-supported strategies: psychoeducation, stress management, behavioural activation, and problem solving.

Nurturing Care Groups

Child Protection Module



Stephenson, P., Borger S. and Davis T. (2020) *Nurturing Care Groups*

- Nurturing Care Groups is a positive parenting model targeting parents and caregivers to ensure child protection
- Championed by mothers

Key Concepts

MHPSS - Mental Health and Psychosocial Support



EASE - Early Adolescent Skill for Emotions



NCG - Nurturing Care Groups

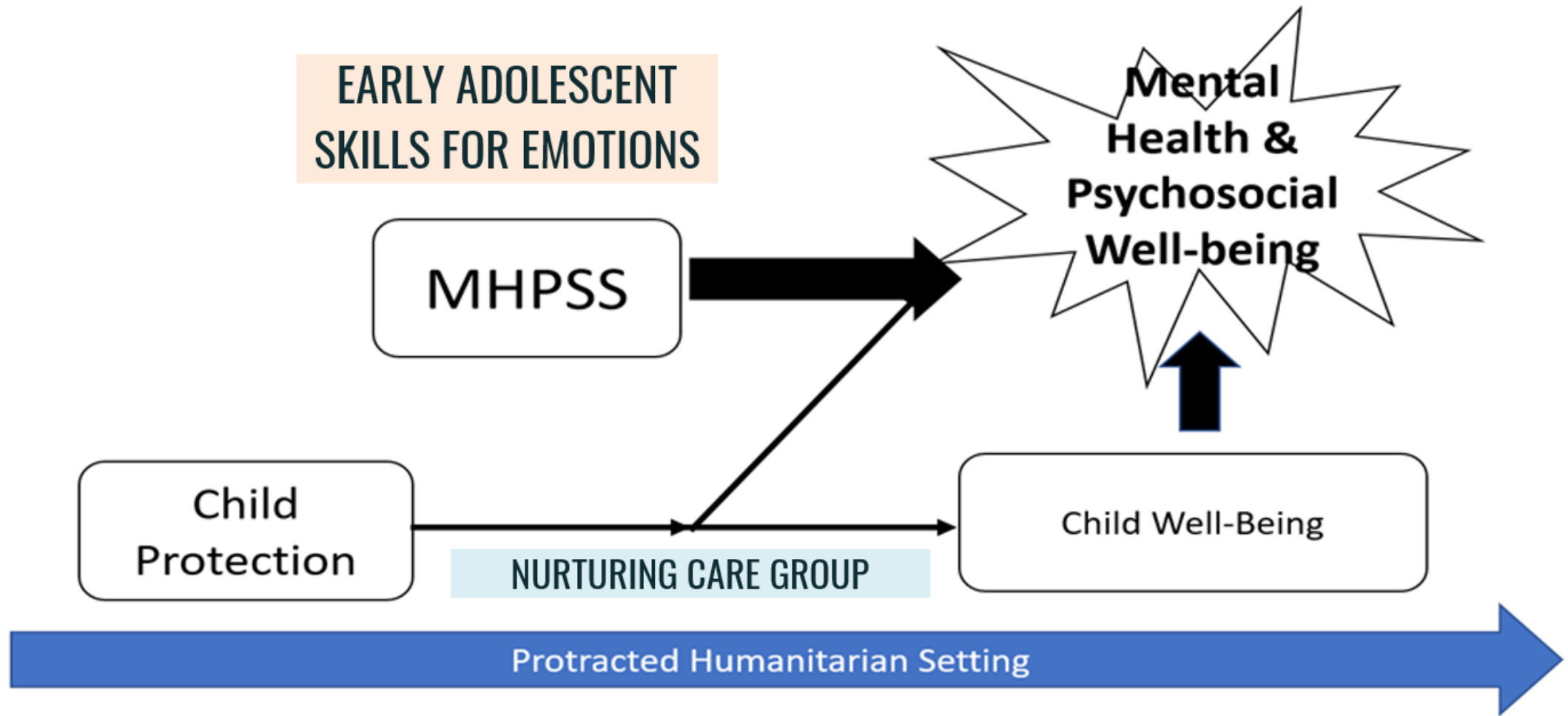


CP - Child Protection



Integration = linking MHPSS with protection

Conceptual Framework



Reach of Intervention

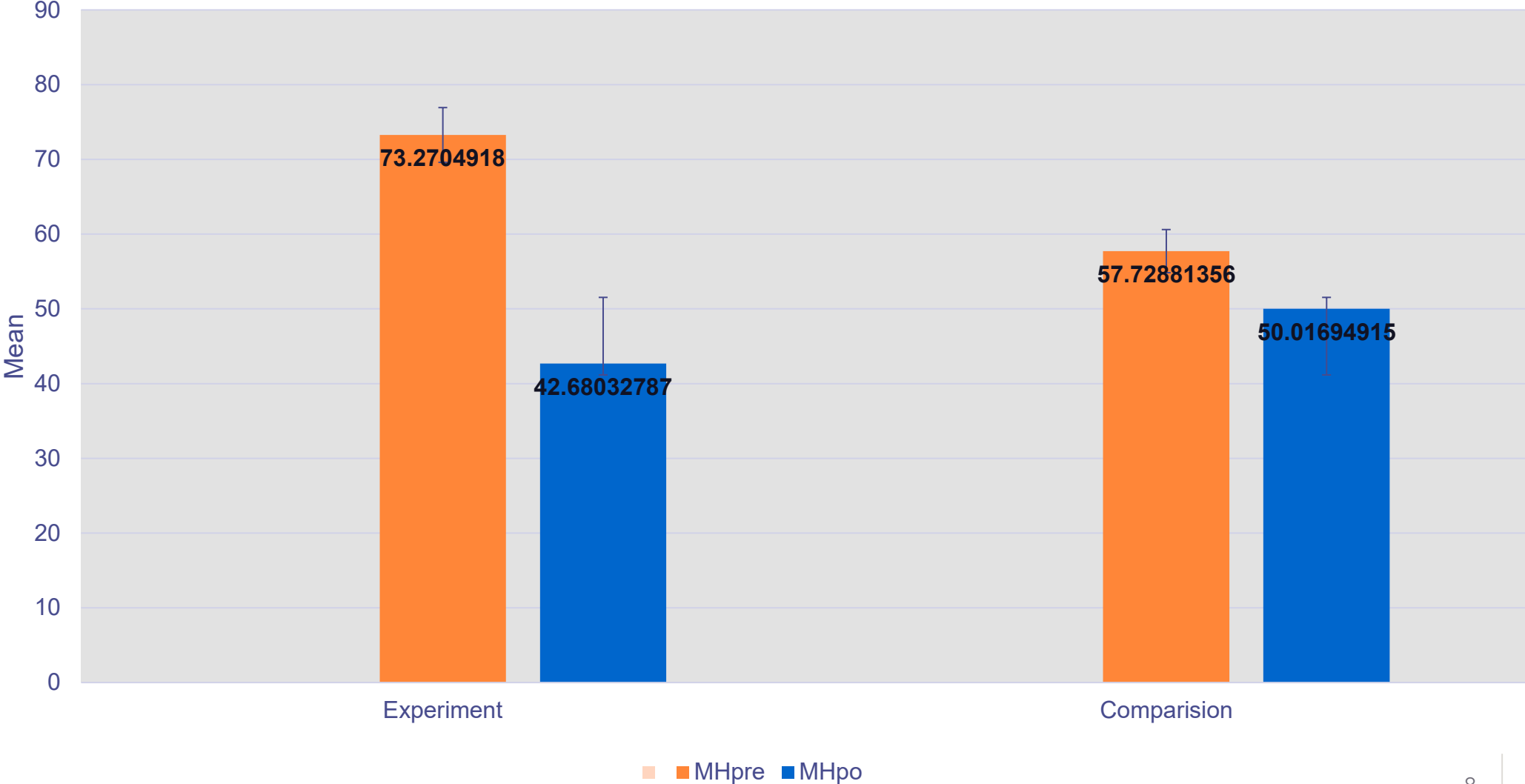
1,300 children in the child protection case load using the Revised Children Anxiety and Depression Scale (RCADS)

- 653 children between 10 and 15 years targeted for EASE intervention.
- 473 children identified with symptoms of anxiety and depression.
- 457 children received the intervention and obtained skills in the 4 strategies of the model.

EASE IMPLEMENTATION IN BIDIBIDI REFUGEE SETTLEMENT, UGANDA



Mental Health Outcomes





Children

- Reduced anxiety and depression
- Better emotional regulation
- Improved coping
- More hopeful and engaged

Families

- Positive parenting practices
- Reduced harsh discipline
- Stronger caregiver-child relationships
- Better protection environments

IMPACT

Youth Voice & Participation

- Youth feedback improved sessions
- Safe spaces for expression
- Relevant, culturally adapted delivery

Key Takeaways

- Integrated MHPSS improves protection
- Scalable through community workers
- Youth engagement strengthens impact
- Invest to protect futures

Healing Minds. Protecting Futures.

“When children learn to manage their emotions, they don’t just survive crisis – they begin to rebuild their future.”

Scaling simple, evidence-based mental health support can transform outcomes for refugee children.





THANK YOU