

HUMANITARIAN PSYCHIATRY

WHAT IS IT?

HOW HAS IT CHANGED?

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Cornwall Foundation Trust and FXB Center for Health and Human Rights

SARAJEVO, 1994: THE FOCUS ON 'TRAUMA'

7 NGO's running
counselling
programmes
in city centre



IRAQ 2003

Coalition Provision Authority
provide massive grant for
screening for PTSD- but no
initial money for medications
for psychiatric hospitals



WESTERN TREATMENT APPROACHES ARE OFTEN CULTURALLY INAPPROPRIATE



RESILIENCE IS THE NORM



MY MOTHER DIED HERE



SEVERE MENTAL DISORDERS





ANNIE'S STORY

- *How do you feel right now Annie?*
- *I don't feel well. When I am on the street people stone me and say I am crazy because I was deceived by B. He promised he would help me to learn ...people provoke me, people say I am crazy. See I am wounded all over- She pointed to the visible scars on legs and arms- some were bleeding fresh and dirty.*
- *Annie.. is Annie your real name by the way- what would you like me to call you?*
- *Call me dirt bag*
- *I am sorry?*
- *Call me dustbin everyone does...*

WORKING WITH INDIGENOUS HEALERS



NATURAL DISASTER SETTINGS

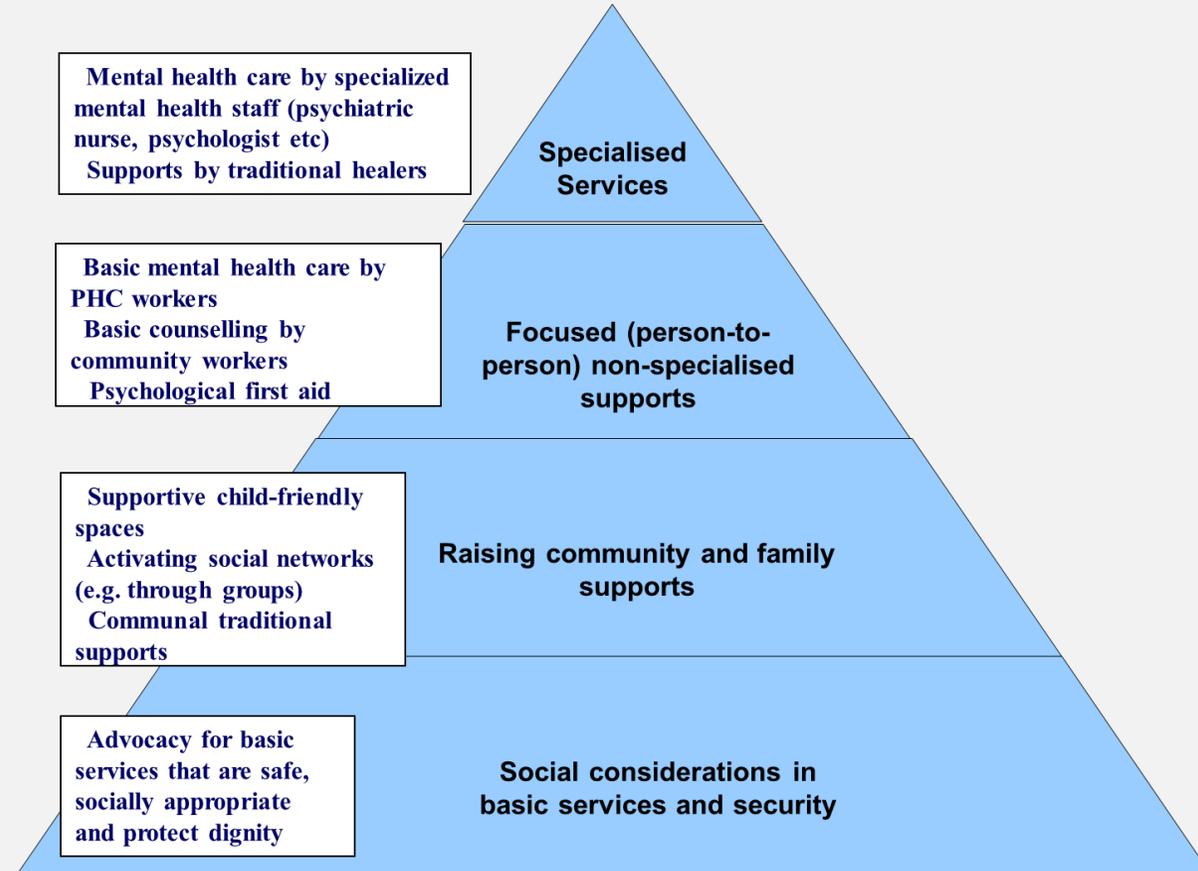


CRISIS AS OPPORTUNITY





IASC Guidelines on Mental Health and Psychosocial Support in Emergency Settings





COMMUNICATING WITH CHILDREN ABOUT DEATH, AND HELPING CHILDREN COPE WITH GRIEF

WHAT IS GRIEF?

Grief is the name for the painful emotions we feel when someone we love dies. The feelings differ widely but occur in all of us because of the love we feel and the sense of connection to others that enables humans to survive. That is why we are separated from those we love and why the permanent separation of death is so painful.

We can also grieve for other losses: being separated from friends and family, losing access to a familiar place like school, the work place, or our place of worship, or for intangible losses: such as our sense of security, our hopes for, and our dreams.

This leaflet is written to help you understand how children of different ages understand death and how to talk to them about it, and how to help them cope with the death of a loved one.

DO CHILDREN GRIEVE?

Yes, but their reactions to death will vary enormously according to their ages, experiences, their personality and the way life and death is understood within their culture. The notes show how children's understandings and reactions alter as they grow up, and provide a guide as children who have witnessed death and experienced more loss are likely to understand more.

0-2 Years

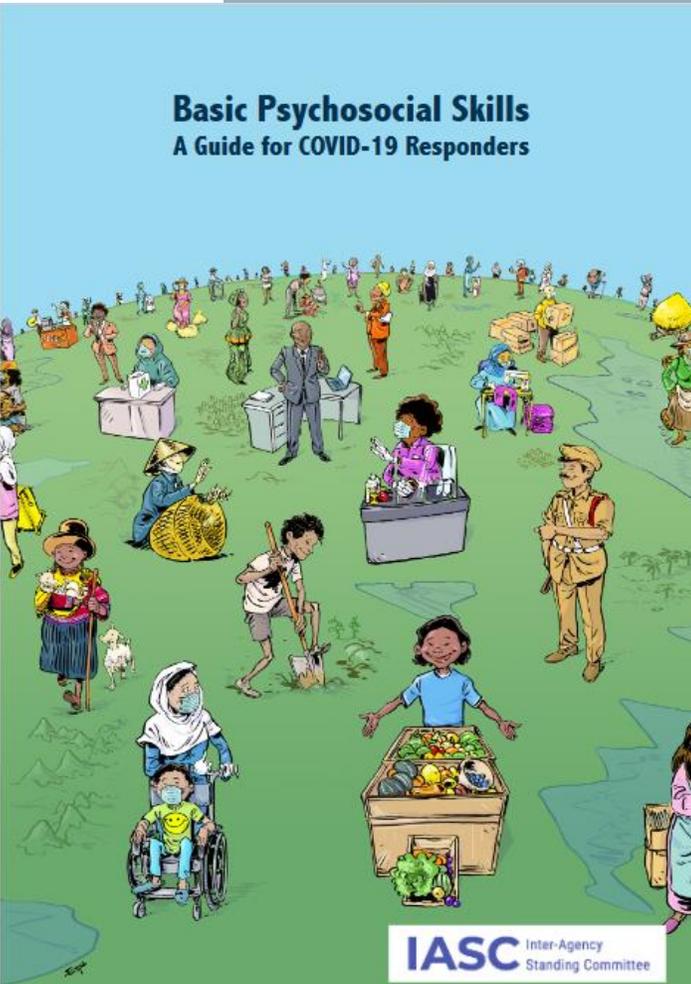
Any prolonged separation from a loved one is painful for an infant and they may become withdrawn or angry. They cannot understand that death is final, and they may be distressed. They are likely to be more demanding, and clingy when the person returns.

3-5 years

Small children still do not understand that death is forever and may ask if the person is coming back. They begin to understand simple explanations like: 'Mummy died because she moved away'. They may also have 'magical thinking'. That is, they believe that their actions caused the death, for example 'Daddy won't come back because I was naughty'. Alternatively, some children may continue as if nothing had happened, and act as if the person is still alive.

6-11 years

Children begin to understand that death is forever, that the loved person can happen to anyone, so they may worry that other loved family members will die. Children may still have magical thinking but they are increasingly curious about death and ask concrete questions like 'what happens to Granny's body?' They want to understand more.



A priest officiates as municipal workers lower the coffin of a Covid-19 victim at El Salvador cemetery in Vitoria, Spain, on Friday © Vincent West/Reuters

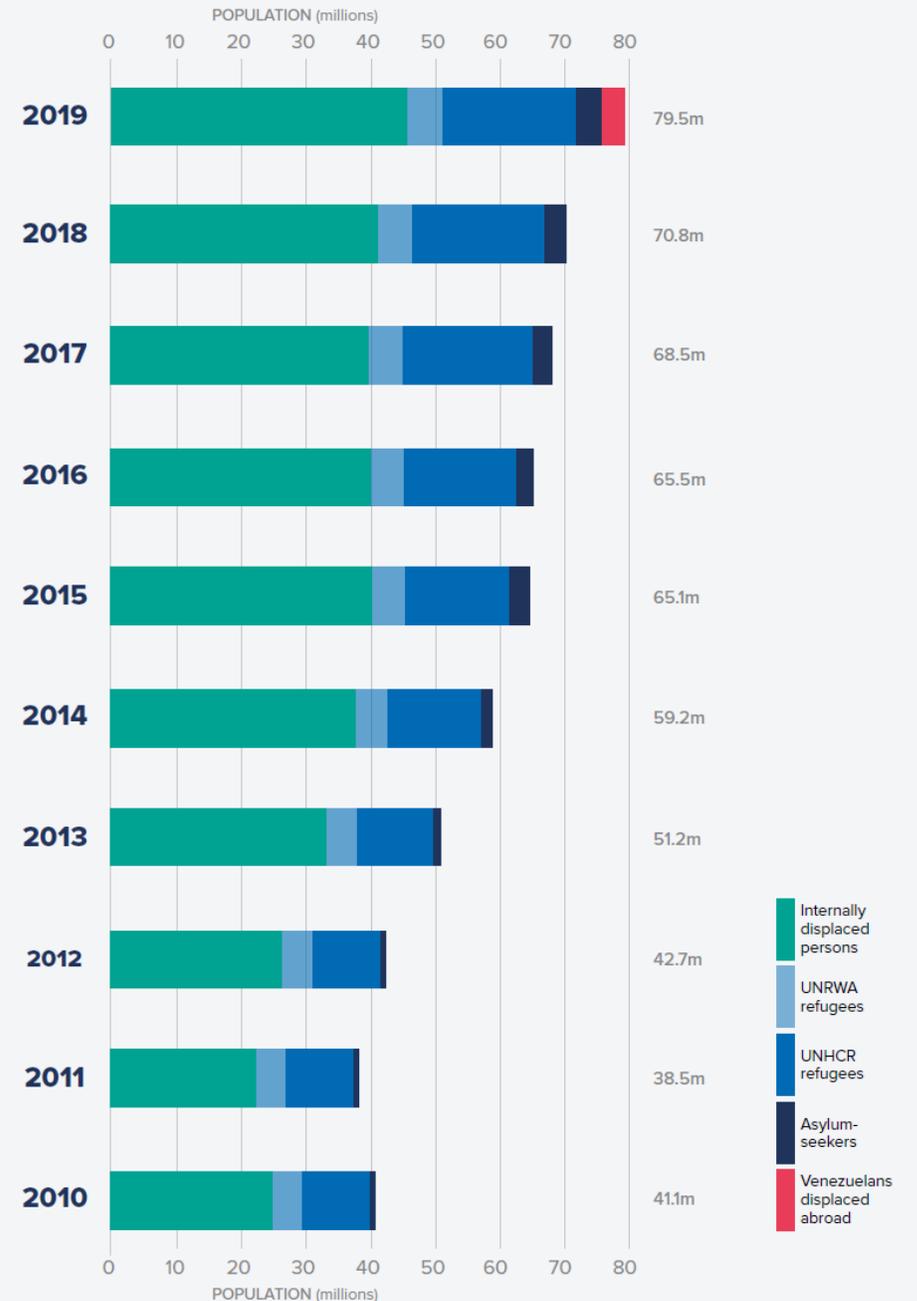
DO WE BUILD BACK BETTER? HAITI 2020

- 3.7 million in need of food assistance (1 in 4)
- 1 million facing food emergency
- More than 50% living in Poverty
- Protracted political crisis. Inflation, civil unrest
- Grave human rights violations
- Floods, landslides, drought
- Today Covid 19 limiting
 - access to services.
 - Covid infections increasing.
 - Vaccinations of children decreasing



79,5 MILLION PEOPLE FORCIBLY DISPLACED

- 1% of world population
- 45.7 million are internally displaced
- 26 million are refugees (40% children)
- 85% of refugees are in developing countries
- Climate-fuelled disasters number one driver of internal displacement over the last decade. They forced an estimated 20 million people a year from their homes¹.



DFID MERGED WITH FOREIGN OFFICE

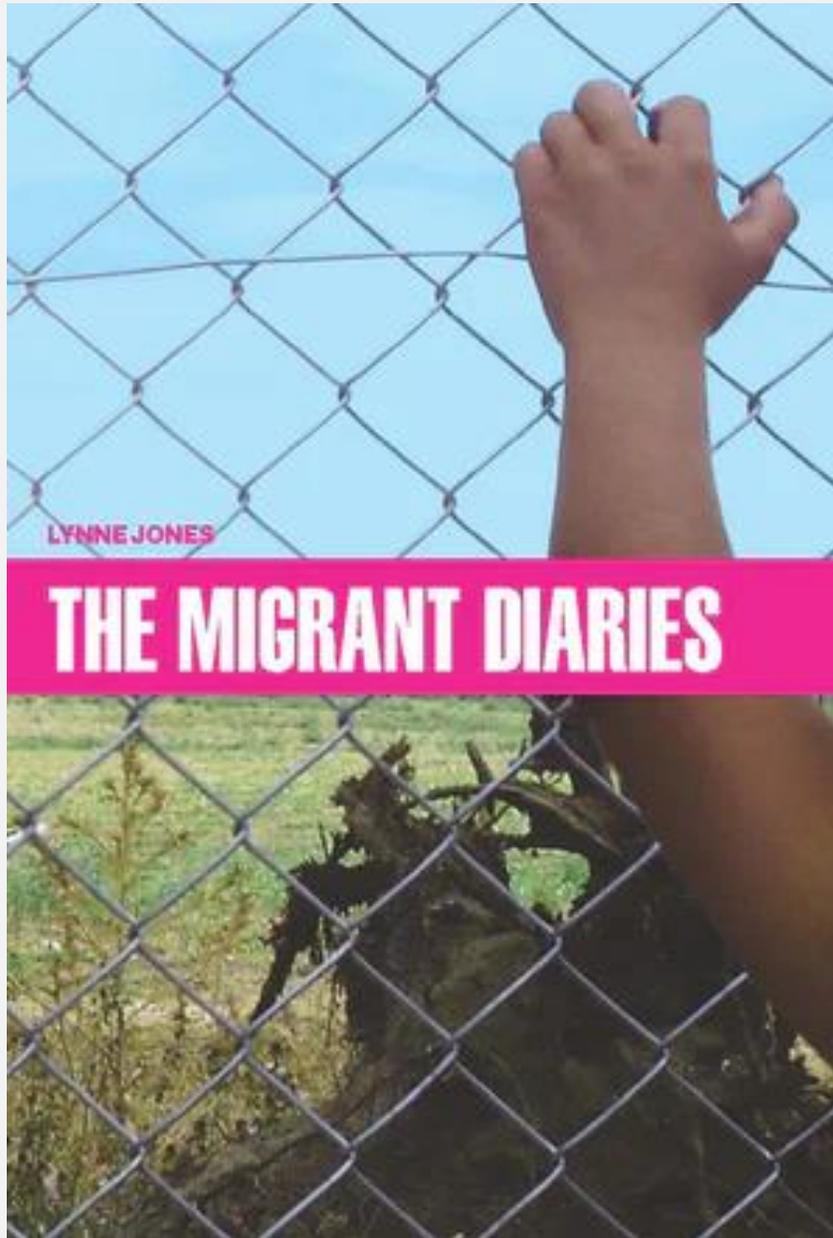
UK aid will be given new prominence within our ambitious international policy. The Foreign Secretary will be empowered to make decisions on aid spending in line with the UK's priorities overseas.

The UK is the only G7 country to spend 0.7% of GNI on overseas development and the Government remains committed to this target, which is enshrined in law.

The Prime Minister said:

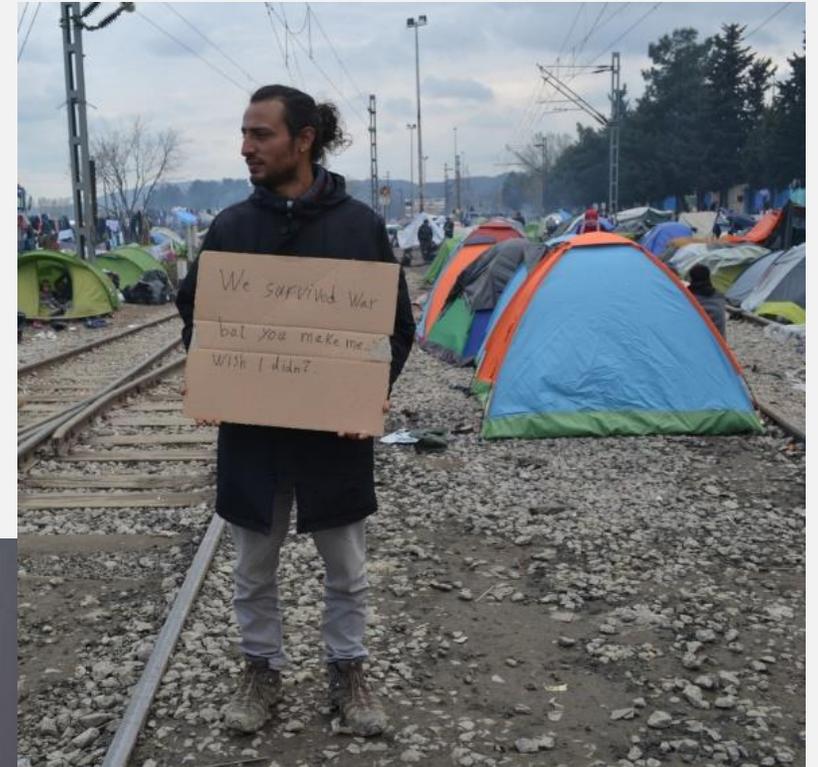
This is exactly the moment when we must mobilise every one of our national assets, including our aid budget and expertise, to safeguard British interests and values overseas.

And the best possible instrument for doing that will be a new department charged with using all the tools of British influence to seize the opportunities ahead.



Migrantchildstorytelling.org

REFUGEES HELPING REFUGEES...



REFUGEES HELPING ONE ANOTHER DURING COVID PANDEMIC



*Migrants from the Moria camp in Lesbos, Greece, sew handmade protective masks.
Photograph: Elias Marcou/Reuters*

IS THE HUMANITARIAN 'INDUSTRY' INSTITUTIONALLY RACIST?



Lynne Jones

TAWAB, THE JUNGLE CALAIS



SADIQ, ITALY

Some people say they want shoe cleaning. So I see one man with a car and I say I want to help, and the man says 'Ok' and gives me some water and I clean his car and he gives me some money, and I go to a shop and buy some stuff to clean shoes. When people have seen what I have seen, it makes you older than your age. Because I was small and I did not have a mother or a father, so I had to be my own mother and father. I went to the market and found people who could help me. So every day I was in the market cleaning shoes and cleaning cars all day.'



‘This man had one phone. He said: “call your family to send money.” And they start beating you, so your family knows it is going badly. We told him: “we don’t have money. We don’t have any people to send money.” And he said: “if you don’t have money I will kill you.” So we told him: “we don’t have money, so kill us.” We did not have a place to go to the toilet, nowhere to shit, nothing, it was like a prison.’

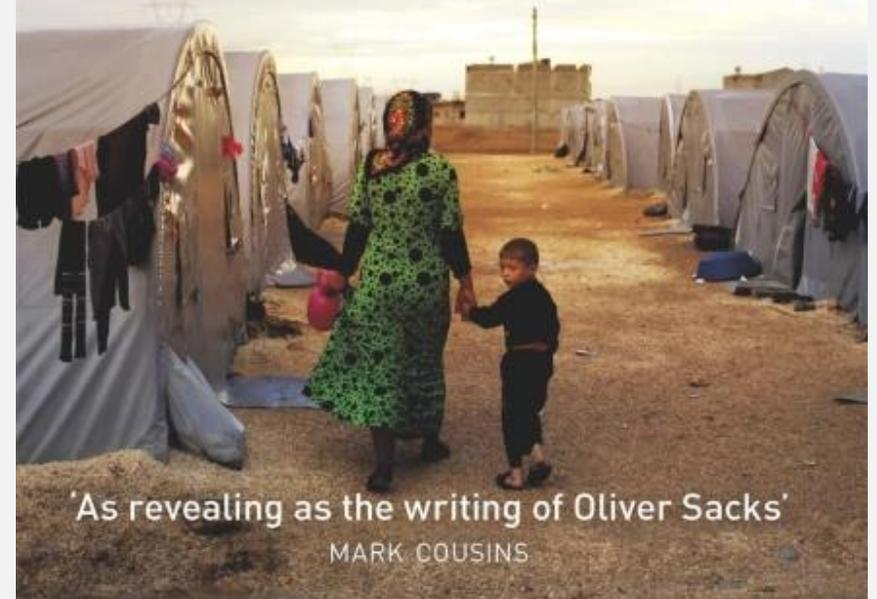


THANK YOU TO ALL THE
AMAZING PEOPLE I HAVE
WORKED WITH. MORE
ABOUT THEM HERE

LYNNE JONES

OUTSIDE THE ASYLUM

A Memoir of War, Disaster
and Humanitarian Psychiatry



'As revealing as the writing of Oliver Sacks'

MARK COUSINS