Introduction

Millions of children worldwide are at risk of mental health problems due to armed conflict and displacement. Such traumatic experience carry an impact on children and parents at individual and community level. This impact can be further experienced by exaggerated family violence, substance abuse, and aggressive parenting.

Role of caregiver in war and refugee context

A. Preventive parenting
   - Promote young children’s emotional and behavioral resilience to different types of environmental risk factors
   - Reduce the level of distress of refugee children affected by conflict over time
   - Improve child’s adjustment to war time stress

B. Parental support and monitoring
   - Strong predictors of children’s psychological wellbeing in conflict and displacement settings
   - Attenuated during conflict due to shift of focus of caregivers on survival

The Model

UNODC and the University of Manchester joined efforts in developing and implementing 4 levels of parenting skills initiatives in different context and at different level of need and intensity of interaction. Such programmes were designed to be:

- A. Open source
- B. Tackling mental or psychosocial health
- C. Positive parent-child relationship and good parental mental health:
  - Positive parents’ psychological wellbeing in conflict and displacement settings
  - Aims to improve parent-child relationship and emotional well-being of children in conflict settings

Level 1 (Parenting Leaflet)
A basic parenting information leaflet, with information explaining the different types of child-rearing styles; good parenting; and examples of harmful effects of various abusive and neglectful behaviors. It also provides helpful tips on avoiding negative interactions with children through simple and engaging ways.

Level 2 (Parenting Seminar + Booklet)

- For areas where more resources available and more stable on contingency management level 2. A light-touch intervention designed for a group of CI categories. Parents in this intervention receive two things: Firstly, a booklet entitled “Caregivers Guide to Children through Conflict and Displacement” which demonstrates key parenting skills in an engaging and enjoyable way. Secondly, they take part in a one-hour conversation group with peers parents by the group leader expanding information in the booklet.

- A feasibility and effectiveness study was undertaken on 120 caregivers of children aged between 6-14 yrs. who self-referred in Turkey, Pakistan-West Bank.
- It was delivered in a community center with remote supervision via Skype. When they take off the UK. All caregivers completed multiple measures (pre-intervention, 2 weeks post, and 3 months post intervention).
- Data analysis showed significant improvement on all measures (pre-intervention, 2 weeks post, and 3 months post intervention).
- For children with traumatic experiences, parents were more likely to have an impact on child development in both domains.

- In another study in Afghanistan (Kabul, Balkh, and Herat) and in refugee reception centres in Syrian
- It’s a paper (Testing the feasibility and acceptability of delivering a child mental health recovery programme), which states that 60% of children met criteria for trauma-focused CBT (CARE ASIA) and a further 40% met criteria for CBT (CARE ASIA). This positive effect was also on other measures in the study.

Level 3 (Strong Families)
A universal/selective prevention family skills programme, that is evidence informed.
- A feasibility and effectiveness study was undertaken on 120 caregivers of children aged between 6-14 yrs. who self-referral in Turkey, Pakistan-West Bank.
- It was delivered in a community center with remote supervision via Skype. When they take off the UK. All caregivers completed multiple measures (pre-intervention, 2 weeks post, and 3 months post intervention).
- Data analysis showed significant improvement on all measures (pre-intervention, 2 weeks post, and 3 months post intervention).
- Level 4 (Teaching Recovery Technique + Parenting) was undertaken on Syrian refugees in the Bekaa Valley in Lebanon. Preliminary results below on three aspects of child stress:
- Exposure to Political Violence Questionnaire
- Items from Gaza Traumatic Event Check

- Level 4 (Teaching Recovery Technique + Parenting) for children exposed to trauma. The University of Manchester adapted TRT (a therapy based on systematic procedures from the Children’s War Foundation called TRT) to meet humanitarian settings. The programme was delivered through Guidance of the parenting skills components, that is evidence informed.

- This is a successful pilot on Syrian refugees in Turkey, a 3-4 month clinical trial (vs. TRT vs. TAU) was undertaken on Syrian refugees in the Bekaa Valley in Lebanon. Preliminary results below on three aspects of child stress: parent–transgender exposure, violence and stress: the Children's Revised Impact of Event Scale (CRIES) was delivered greater effects for TRT vs. CBT, however.

- This positive effect was also on other measures in the study.