

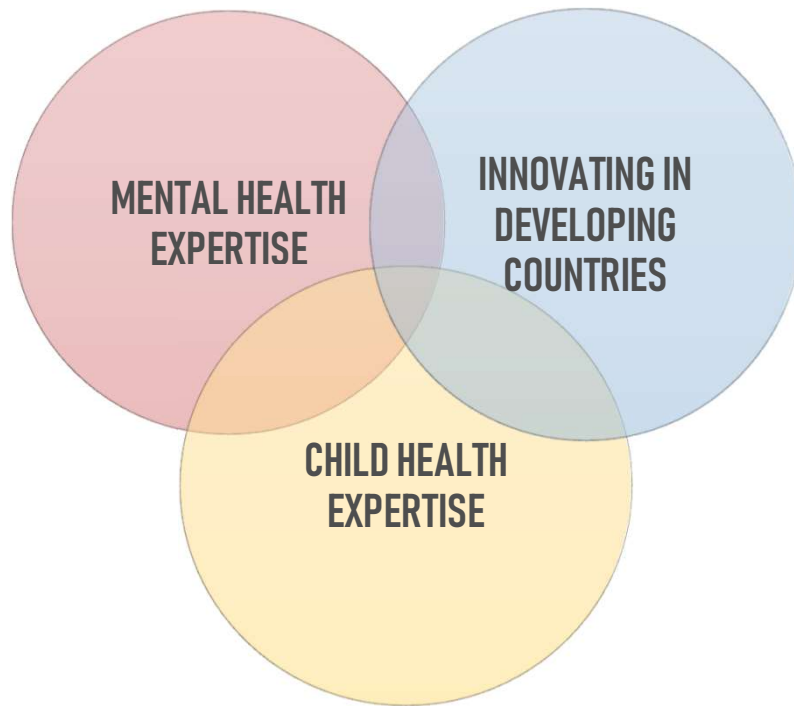
› **MENTAL HEALTH IN DEVELOPING COUNTRIES**  
ENHANCING CHILDREN'S RESILIENCE FOR A HEALTHY FUTURE

## › WHY ACTION IS NEEDED

- › A fair start for children all over the world;
- › The number of children in need of mental health support is significant;
- › Need for evidence-based interventions in resource-constrained areas;
- › Every dollar invested in children's health and well-being is less pressure on a health system in a later stadium.



## › THE ADDED VALUE OF TNO



- Smart, efficient and sophisticated interventions;
- Mobilizing relevant partners;
- Developing sustainable business models in local contexts;
- Cultural sensitivity.

# TNO'S MENTAL HEALTH EXPERTISE

## DELIVERABLES



KNOWLEDGE TRANSFER



INTERVENTIONS



GUIDELINES



MONITORING

## FOCUS AREAS



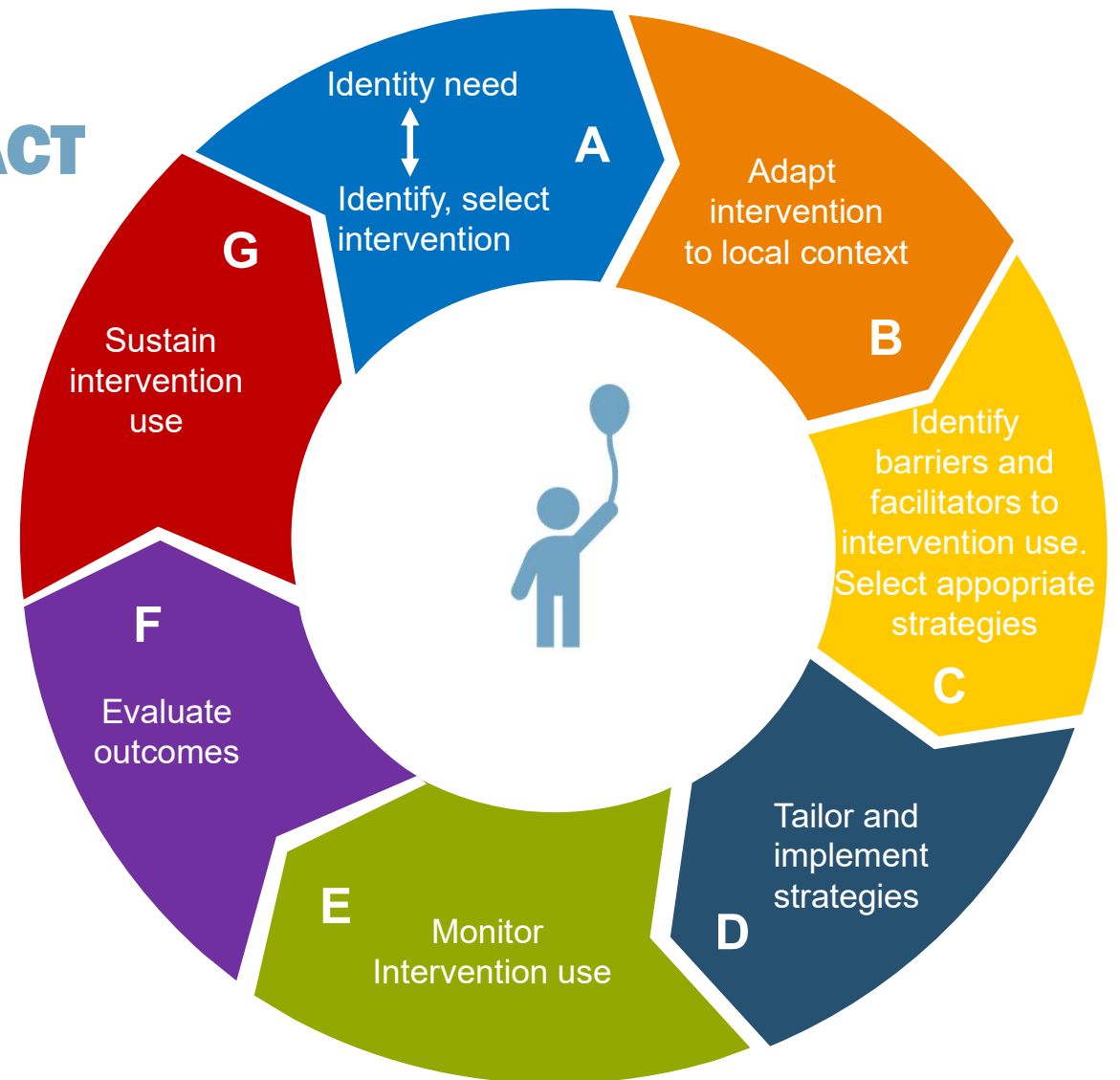
- SOCIAL RELATIONS
- CHILD MALTREATMENT
- REFUGEE TRAUMA

- WAR TRAUMA
- FAMILY VIOLENCE
- ADVERSE CHILDHOOD EXPERIENCES



# TNO'S APPROACH; FROM EVIDENCE TO IMPACT

- ❖ Start with insight in the **needs** of the individual, collective and country;
- ❖ Co-creation with partners;
- ❖ Evidence-based interventions and knowledge;
- ❖ Sustainable solutions and knowledge transfer;
- ❖ Accelerate the loop from science to implementation.





## › **BUILD YOUR OWN BUDDY**

### INNOVATIVE PROJECT FOR TRAUMATISED CHILDREN

#### **WHAT**

- Strengthening resilience among children (aged 5-7) in the Republic of South Sudan in a culturally valid and age-appropriate way.

#### **HOW**

- Group intervention for children, parallel program for parents, and training for facilitators;
- Focus on attachment, affect regulation and self-concept;
- Buddy 'Bob' who is self-made of local materials.

#### **ANTICIPATED IMPACT**

- Improved psycho-social well-being of the children.



## › CHILDREN OF DIVORCED PARENTS

### ADVERSE CHILDHOOD EXPERIENCES

#### WHAT

- Impact of a loss experience on a child;
- Preventing or reducing emotional- and behavioural problems among children (aged 4-8) after their parents are divorced by increasing their resilience.

#### HOW

- Provide a supportive environment to reduce stress resulting from divorce;
- Teach children specific skills to help them deal with feelings and problems resulting from the divorce.

#### IMPACT

- Increased positive functioning and well-being of the children;
- Decrease in social-emotional problems.



## › TNO'S APPROACH TO MENTAL HEALTH INTERVENTIONS



### EVIDENCE BASED

- Effective
- Focus on proven elements
- Multidisciplinair
- Data driven; evaluate outcomes



### PRACTICE ORIENTATED

- Identify need
- Focus on applicability
- Adjust to the available resources



### CUSTOMIZED

- Target group-oriented
- Culturally appropriate
- Adapt to local context
- Knowledge transfer