Psychological support and social reintegration for landmine survivors

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153 survivors: 137 – m, 16 – w, 23 – children;

Level of education:
• high, incomplete or middle professional – 26 %
• secondary – 56 %
• primary school & uncompleted secondary – 18%.

Professional status before incident:
• Engaged in physical labour - 66,7%
• Engaged in intellectual labour - 22,2%
• Unemployment - 11,1%.

People behind landmine accidents

Survey results
• Didn’t get psycho-social support – 72%
• Received psycho-social support in the disabled people organization - 2%;
• Received psycho-social support during summer camp – 26%;
• None are involved in sport or have a hobby.

Quality of Life for survivors

<table>
<thead>
<tr>
<th>#</th>
<th>Items</th>
<th>Norma</th>
<th>Survivors</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Physical mobility</td>
<td>90</td>
<td>48.51</td>
</tr>
<tr>
<td>2</td>
<td>Emotional wellbeing</td>
<td>96</td>
<td>52.23</td>
</tr>
<tr>
<td>3</td>
<td>Sexual functioning</td>
<td>100</td>
<td>87.50</td>
</tr>
<tr>
<td>4</td>
<td>Social functioning</td>
<td>90</td>
<td>72.32</td>
</tr>
<tr>
<td>5</td>
<td>Cognitive function</td>
<td>100</td>
<td>80.00</td>
</tr>
<tr>
<td>6</td>
<td>Economic condition</td>
<td>100</td>
<td>26.79</td>
</tr>
<tr>
<td>7</td>
<td>Integral index</td>
<td>93</td>
<td>63.99</td>
</tr>
</tbody>
</table>
**Psychological and psychiatric impact of landmines**

- Acute stress (four group symptoms);
- Post Traumatic Stress Disorder (PTSD);
- Prolonged Depression;
- Neurotic disorder;
- Sub depression;
- Somatoform disorder;
- Chronic Personality Disorder.

**Risks for PTSD**

- Intensity of the stress factors;
- Duration of the stress exposure;
- Absence of social & emotional support;
- Late psychological support;
- Introvert personalities;
- High level of personal expectation;
- People with antisocial behaviour;
- Loneliness;
- Impact in respect of Age in time of accident;
- Social context (low socio-economic status).

**Socio-economic condition**

- Economic hardship & Unemployment;
- Poor living conditions;
- Lack of psychologists in cities and their total absence in rural areas;
- Absence of rehabilitation centers;
- Villages are far from each other and big cities;
- Low level of pensions for disabled persons;
- Access to the rehabilitation services

**Protective Factors**

- Extended family;
- Low level of personal expectations;
- Enthusiasm;
- Disabled Persons Organizations;
- High level of intellect can facilitate coping process;
- Occupation / Significant activity;
- Groups of self-support.
Survey Results
- Are working - 26.8%;
- Have willingness to go to Russia (labour migration) - 24.8%;
- Do not work, need assistance in finding work – 32.7%;
- Need in improving professional qualifications – 10.5%;
- Need to continue education – 7.8%;
- Psycho-social support – more than 70%.

Psychological Rehabilitation
- Psychology sessions (individual & group);
- Family therapy;
- Training of communication;
- Role plays;
- Creative Activity Therapy;
- Peer-to-peer support.

Creative Activity Therapy
- library therapy;
- art-therapy;
- therapy by music;
- vocal-therapy
- dancing therapy.

Recommendations to Experts
- Early beginning of psychological rehabilitation;
- Complex rehabilitation;
- Individual approach to rehabilitation;
- Psychological assistance throughout recovery;
- Survivors should act as constructive partners of program (peer-to-peer support).
Psycho-social Rehabilitation
What to Do?

• Implementation of the WHO recommendation;
• National and local capacity building;
• Providing assistance devices / learning equipment for social adaptation;
• Career guidance and professional training;
• Support in providing employment opportunities;
• Integration with other projects;
• Education for survivor’s families in post-accident recovery and care.

What to do? Cont’

Survivors as partners

• Have better understanding of challenges
• More trust between fellow survivors
• Positive example of rehabilitation and prosperity

Survivor participation:

- in NGOs, associations
- in VA activities, VA Coordination Group, meetings and International Conferences
- in support groups, peer-to-peer support
- in mine awareness activities

Scheme of Rehabilitation

Thank you for your attention!

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