

IADMS refugee dance and mental health statement

War in general, including the war in Ukraine, has adverse mental and physical health effects on individuals and communities. IADMS supports the global dance communities as they navigate the direct and indirect effects of armed conflict, displacement, and uncertainty. The mission of IADMS guides all of us with the overarching purpose of supporting the dance community and promoting well-being.

Dance is more than an art form! It is a universal and multi-layered language that also serves as a channel for self-expression and connectedness with others, which can be protective against traumatic stress. As a dance community we can share our resilient spirit, even during the atrocities of war.

We make this statement with the aim of providing pathways to helpful resources for the global dance community affected by war. We encourage everyone to reach out with kindness and support to dancers, their families, and caregivers as they face turmoil, devastation, persecution, and displacement.

Links to helpful resources

QUICK GUIDES AND WORKBOOKS FOR THOSE IN DISTRESS

- [Doing What Matters in Times of Stress](#) - Workbook for those in distress, available in 23 languages and audio files (World Health Organization [WHO])
- Rapid Response - What do I do if I am in Distress? (Center for Traumatic Stress Pocket Card)
 - [Rapid psychological first aid help for you, family, and friends - English](#)
 - [Rapid psychological first aid help for you, family and friends - Ukrainian](#)
- Helping Others Calm an Acute Stress Response (Quick Guide)
 - [Helping others calm an acute stress - English](#)
 - [Helping others calm an acute stress - Ukrainian](#)

RESOURCES FOR CHILDREN AND ADOLESCENTS

- BOHATEROWIE – opowiadania - Two storybooks shared by UNICEF and one story for children in the host country:
<https://www.dropbox.com/sh/k2og4c3hmk8q20u/AAAm6ZL7UpPiwulGnVCo7Snya?dl=0>
- Deaconess Foundation - "[Story of me](#)" - Workbook that can help children to put in drawings/words their story and incorporate the traumatic event in their life
- Inter-Agency Standing Committee - [IASC Guidelines on mental health and psychosocial support in emergency settings](#)

- Resources to help Ukrainian children process big feelings
https://drive.google.com/drive/mobile/folders/1UrE8LMoxNH_AKWvn3JRvQ4I92LDj7Sep?usp=sharing

RESOURCES FOR CLINICIANS WORKING WITH CHILDREN AND ADOLESCENTS

- Massachusetts General Hospital - [Pediatric symptom checklist](#)
- Médecins Sans Frontières - [Low-threshold psychosocial support for refugees and asylum seekers](#)
- Pompidou Group (Recommendations for dealing with people in crisis situations and following difficult life events, in ten Languages)- [Psychological first aid for Ukrainian people](#)

ORGANIZATIONS AND RESOURCE LINKS

[International Society for Traumatic Stress Studies \(ISTSS\)](#)

- Webinar for mental health professionals (90 minutes) , click [here](#): includes research results on therapeutic approaches, Mental Health and Psychosocial Support programs for refugees (UNHCR, WHO, UNICEF), practical intervention packages and guidelines for humanitarian workers
- * [PowerPoint slides of this webinar \(available on the ISTSS website\)](#)
- [Inter-agency Standing Committee Reference Group on mental health and psychosocial support in emergency settings](#)
- [Psychological first aid kit: facilitators' manual for orienting field workers](#)
- [Recommendations for dealing with people in crisis situations and following difficult life events](#)
- [Sustaining psychological well-being of caregivers while caring for disaster victims](#)

American Psychological Association (APA)

- [Addressing the psychological effects of war on children](#). The American Psychological Association at the United Nations (March 4, 2022)
Relevant resource
- [Psychological first aid for first responders \(SAMHSA factsheet\)](#) - Tips for emergency and disaster response workers
Resource found on the APA website
- [Psychological First Aid - Listen, Protect, Connect](#) - Resource for educational staff to support traumatized students
Resource found on the APA website
- Useful APA Resilience Resources for those working with children and others affected by war:
 - [Children and trauma](#)
This resource does not directly address war trauma
 - [Resilience and recovery after war: refugee children and families in the United States](#)
This resource does not directly address war trauma

- [Resilience in a time of war: Tips for parents and teachers of teens.](#)
This resource addresses ways to support teenagers with vicarious trauma, affected by war in other countries
- [Building your resilience](#)
- [The road to resilience](#)
This resource does not directly address war trauma
- [How to cope with traumatic stress](#)
This resource does not directly address war trauma

American Psychiatric Association (APA)

Tips for clinicians to help protect the mental health of refugees, immigrants, and those displaced during crisis situations:

- Ensure their safety, both physical and that of the treasured belongings they may have brought (e.g., locked trunks, etc.).
- Connect them to loved ones when possible.
- Use calming techniques that are nuanced to their culture.
- Be alert to usual illnesses present in their population - from diabetes to hypertension to schizophrenia.
- Remain aware and sensitive to trauma history.
- Be aware that children need the presence of caregivers and clear responses to their questions, but not to be overloaded with frightening information.
- Helping people with problem-solving is caring and supportive.
- Recruit "helpers" to assist others and have them extend your care.

[Center for the Study of Traumatic Stress](#) (Uniformed Services University)

- [Psychological first aid - rapid public resource for dealing with war and other disasters](#)
- [War in Ukraine mental health resources](#)

CSTA additional fact sheets for the following populations:

Children and families

- [Helping children understand frightening events](#)
- [Managing the stress of children after a crisis](#)
- [Post disaster stress management for parents](#)
- [Managing the stress of war and disaster](#)
- [Advancing the health of military families during deployment](#)
- [Helping children cope during deployment](#)

Healthcare and humanitarian aid workers

- [Information for responders on emotional reactions to human remains](#)

- Sustaining the well-being of caregivers while helping victims of war
- Behavioral health concerns providers should know about during nuclear events

Community and military leaders

- Leadership stress management
- Military leadership during stressful situations
- Leadership communication for anticipating and responding to stressful events

National Child Traumatic Stress Network

Resources in various languages for children and families needing support:

- [Psychological first aid for displaced children and families – English](#)
- [Age-related reactions to a traumatic event - English](#)
- [Talking to children about war - Hungarian](#)
- [Understanding refugee trauma: for primary care providers - Ukrainian](#)
- Traumatic separation and refugee and immigrant children: tips for current caregivers (Ukrainian, Russian)
 - [Traumatic separation and refugee and immigrant children: tips for current caregivers - Ukrainian](#)
 - [Traumatic separation and refugee and immigrant children: tips for current caregivers - Russian](#)

OTHER RELEVANT WEBSITES

- [European Psychiatric Association Trauma Resource Centre](#) - Resources available in English, Ukrainian and Russian for both mental health professionals, and the general public.
- Royal College of Psychiatrists - [Ukraine crisis resources](#) - Links to resources for psychiatrists who may be able to help others in relation to the ongoing crisis in Ukraine.
- WHO Ukraine
- [Mental health and psychosocial support, humanitarian response in Ukraine and neighboring countries](#) - Resources available in English, Hungarian, Latvian, Lithuanian, Polish, Romanian, Russian, Slovakian and Ukrainian.

HELP ORGANIZATIONS SUPPORTING UKRAINE AND COLLATERAL VICTIMS (VOLUNTEER WORK, DONATIONS)

- United Help Ukraine
- Voices of Children Foundation
- International Medical Corps
- UNICEF
- The ICRC
- [Link](#) to various organizations for helping Ukraine