

Haiti Earthquake Relief Project's Training Evaluation Report

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The Haiti Earthquake Relief Project is a training project currently in its final implementation phase. The training has been led by the Trauma Resource Institute (TRI), a United States-based Non-Governmental Organization that works internationally following catastrophic events to offer training and treatment in the Trauma Resiliency Model (TRM). TRI's training in Haiti is financially supported by the Unitarian Universalist Service Committee (UUSC).

This evaluation was conducted by UUSC to gather information on how to improve the training and how we can best offer our support to the trainees in their future work. We conducted an online survey targeting all trainees with email access—about 60 per cent of all trainees. UUSC staff was available to provide any assistance needed.

TRI training: how is it useful?

One hundred percent of the survey respondents found the Haiti Earthquake Relief Project's training useful—around 57 per cent of the trainees with access to email. They found the methods very simple and quick. They relate that with this training, they became more skilled and gained tools and knowledge related to trauma to help their family, colleagues, villages, and friends get back to normal, and to help people regain consciousness. They recount that they feel prepared and have a new approach and new elements to share and to support psychosocial intervention.

They report that they've been taught how:

- The body reacts (positively or negatively) when facing trauma
- To balance the nervous system and therefore how to function better in the society
- To fight stress after the earthquake and in other life processes
- To help people and themselves

"I use the skills with people with insomnia, anxiety, pain etc.... the results are very good."

"I've suffered high blood pressure since January 12 and I was always angry and had headaches; but now I am no longer sick because of the practice sessions. The training is very useful to me."

Furthermore, they relate that they're able to:

- Understand their body and others better when they react to things
- Understand the techniques and use them to help themselves, their community, their family, and acquaintances, including people living at the camps and working in their organizations
- Improve people's lives after a traumatic event

- Reinforce their interpersonal relationship with colleagues, family, and friends
- Identify and strengthen their resources and resiliency and help others

“I used to severely judge my colleagues; now I manage my familial relationships better with all the different personalities and their reactions in difficult moments.”

“I use the skills to regain balance when I am in difficult situations.”

“I’ve become capable of helping others; after a session with someone who had a headache, she testified that her pain went away and I felt very happy.”

Mental health in Haiti

Respondents stated that the country lacks mental health agents. The training helped them strengthen their capacities to manage trauma in general.

“We are in a country where we face day to day trauma, when it is not a natural disaster, it is related to human responsibilities; the trauma is individual, collective, the insecurity that leads to rape, kidnapping etc... people in this situation become vulnerable and overreact to small stress.”

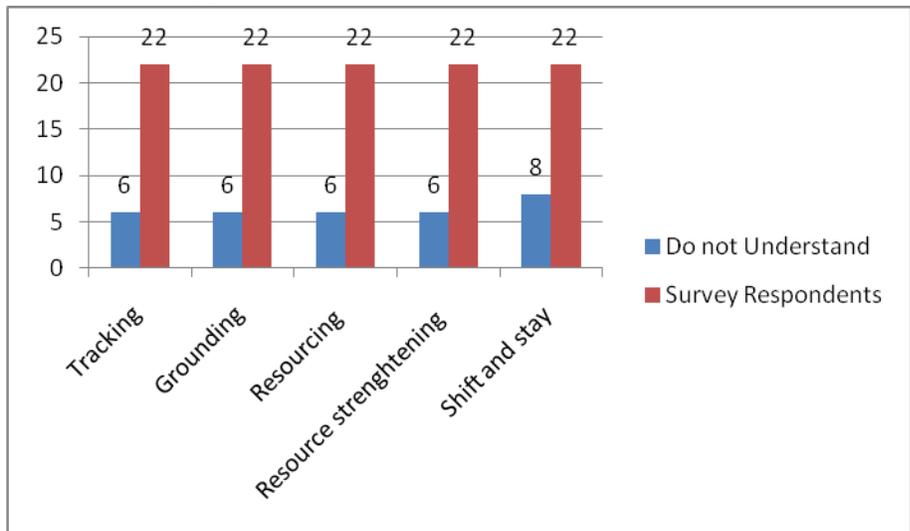
“I’ve become a “protection” for my friends and to people I am close to.”

“When I used the skills, I got extraordinary results.”

Skills appraisal

Around one third of the respondents have at least one skill they do not understand (See chart 1). Some of them suggested that the trainers give them more materials on the techniques.

Chart 1: Skills Appraisal



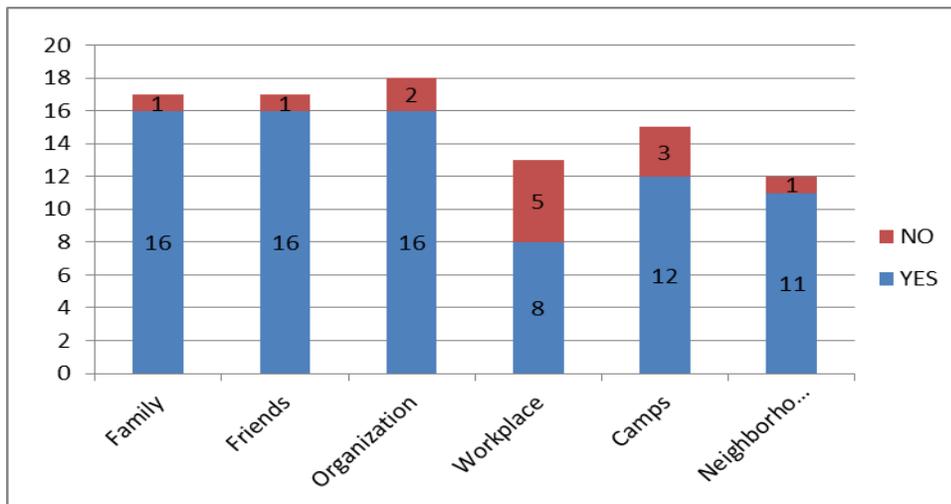
“I understand the techniques but I need a lot of practice to master the “Shift and Stay”.”

“I need more explanation on shift and stay.”

Uses of the Skills

The trainees use TRI skills in different places according to where they spend more time. A high percentage (around 70 per cent) uses them within their organization, and with their family and their friends. More than half use the skills in camps where they live or in the camps where their organizations work (Chart 2).

Chart 2: Use of Skills



“The techniques that we are using have been very successful.”

Uses of the skills generated some questions, as follows:

“I think some of the techniques are too “high” for a three year old. Are there techniques more suitable to them?”

“It is not easy in Haiti for victims of sexual violence to report it or tell someone about it because they fear for their life, or sometimes they are afraid of people calling them names. How could we help them with the training that we’ve got?”

Some respondents are reluctant to use the techniques with their family members.

Trainees’ suggestions

Overall they found the training very good but they would love to have more practice days in the camps and to be able to work more on:

- Grief

- Mental and physical disabilities
- Games to work with kids
- How to identify when kids are stuck on low or stuck on high
- Therapeutic exercises
- Case studies
- Relationship between the body and mind

They are hoping to get more materials to read. They also wish more people could benefit from the training to take it to the whole country. They suggested that an audio and video file could be added to the materials, so everybody could see and watch the techniques on DVD as a refresher.

“I wish the training had more people to help deepen and expand it better. If there is funding, it will be good to train some trainers so they could transmit the skills with more confidence.”

“I think that everybody learned at the training, but they need support to practice and master it. I would like to learn other approaches/techniques that are useful to work with victims of violence, people living with HIV/AIDS, and those with disabilities.”

“I think it is important that the trainees understand that they can be creative.”

Things they want the team TRI/UUSC to know

In this section they were all very grateful and expressed it this way:

“I want to let you know that this training is the greatest gift and the best tool you could give the young Haitian people; I want to give special thanks on behalf of all the participants.”

“I want to congratulate the staff for a great job and want to thank you because you’ve thought of us.”

Conclusion

Only 57 percent of those with access to emails completed the online survey. UUSC team will adapt this questionnaire to capture how best we can help them succeed in their future work and how we can fit their needs in the curriculum of the training of trainers that will probably take place.

APPENDIX

Survey Questions

Ekip UUSC salye'w epi li di w mèsì pou patisipasyon'w nan fòmasyon TRI ki rele "Rezilyans Fas a Twomatism". Nan lide pou amelyore fòmasyon sa nou ta renmen ou reponn kesyon sa yo pou nou tanpri:

Fi

Gason

Dat :

1. Eske fòmasyon "Rezilyans Fas a Twomatism-Kominote" itil ou?

- Wi
- Non

2. Si fòmasyon sa itil ou, eksplike kòman li itil ou:

3. Eske w te konprann fòmatis yo atravè entèprèt yo?

- Anpil anpil
- Anpil
- Plizoumwen
- Yon ti kras
- Mwen pat konprann anyen

4. Tanpri tcheke tout Teknik ou pa konprann nan fòmasyon sa

- Tracking
- Grounding
- Resourcing
- Resource strenghtening
- Shift and stay

5. Si genyen teknik ou pa konprann, eksplike kòman nou kapab ede'w konprann:

6. Kijan w itilize teknik yo

a. Avèk moun nan fanmi	<input type="checkbox"/>	Wi	<input type="checkbox"/>	Non
b. Avèk Zanmi	<input type="checkbox"/>	Wi	<input type="checkbox"/>	Non
c. Avèk manb òganizasyon	<input type="checkbox"/>	Wi	<input type="checkbox"/>	Non
d. Nan travay	<input type="checkbox"/>	Wi	<input type="checkbox"/>	Non
e. Nan Kan	<input type="checkbox"/>	Wi	<input type="checkbox"/>	Non
f. Nan Katye	<input type="checkbox"/>	Wi	<input type="checkbox"/>	Non

Si genyen yon kote ou pa itilize teknik yo nan kesyon sa, tanpri eksplike poukisa :

7. Tanpri di nou kisa ou panse nou dwe fè pou amelyore fòmasyon sa :

8. Lòt bagay ou ta renmen nou konnen :

Mèsi anpil pou patisipasyon'w nan evalyasyon sa !