

Rotary



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ROTARY E-CLUB SOUTHERN AFRICA  
EAGLE CANYON SATELITE CLUB PROJECT  
DISTRICT 9400

## **Disaster relief/trauma and mental health intervention for KwaZulu-Natal flood devastation**

- It was with great shock and dismay that our hearts went out to our fellow South Africans of the KZN Province with the devastating floods of April 2022 and little earlier about the devastation in Alexandra and Diepsloot.
- Natural disasters have a ripple effect of community impact, unpredictability, fatalities, and persistent effects. Our fellow South Africans faced devastation, isolation and in many cases physical and mental ruin. Through the isolation of these disastrous events of these floods, it had the consequence of inhibiting family rituals, norms, and values, which regulate and protect family functioning in these times of crisis. Relational functioning among family, community, and peers influences individual resilience, and the inhibition or interruption of such functioning may both diminish individual and family resilience and increase the potential for adverse reactions. Family-centered care, a hallmark of paediatric crisis response, has abandoned, with detrimental effects on patients, families, and caregivers.

- With all the physical damage comes detrimental mental suffering and we have received call to support various schools within Gauteng, KZN and other provinces to address these mental health of school learners, parents and teachers through grief of loss and death.
- We intend to take an experienced small base team to these schools and conduct dual intervention by assisting these identified schools and communities by conducting group intervention and in the same time educating local NPO's on the tools and skills to maintain the mental health programs when we are done.
- The strategy here is to ensure that we empower the community to create their own mental wellness with community members they know and trust. Both these aspects contribute greatly within the process of grief therapy.
- It will also reduce costs and increase timely availability of help significantly.
- The initial intervention would require 1 week (5 days) for every 2 schools supported.
- This model can be duplicated and scaled for any other disaster relief/trauma and mental health interventions required.

## **How the benefiting community will participate in the process and maintain this project after grant funding has been fully expended.**

- Your contribution will help us equip teachers, learners and children with families and communities with the necessary tools and techniques to deal with the influx of anxiety and grief caused by these floods and other trauma such as the April 2022 KZN and Alexandra Floods. By creating interlinking ecosystems on a mentorship model, we aim to lay down a foundation of expert designed knowledge and experience-based programs. We will herewith create a mentorship model that involves the community as it includes children, teachers and parent participants and leans towards a greater project of an inter school/ inter community mentoring system. By teaching the local NPO's and the teachers off the effected schools the skills to run and maintain future programs we create mental health intervention as well as ensure mental health sustainability.
- Follow ups will be done on a 3 monthly basis or when required by these organizations to assist and upskill.
- This model and its programs can be duplicated and scaled for any other disaster relief/trauma and mental health interventions required.
- We will work closely with the department of basic education in South Africa.

## **How the club and international partners (if any) will participate in implementing the project.**

- Ilse Jaquire and her team of specialists from various areas in the country at Rebel Up Coaching will be conducting these interventions.
- All training material and travel costs to and from Natal and Gauteng as well as other provinces will be absorbed by Rebel Up Coaching.
- Should travel be required internationally for other interventions, further funding would be required to partly assist.
- However, Rebel Up undertakes to always cover all material costs and majority of travel costs for interventions conducted. These will become ROTARY with partner's branded material.

# Budget Proposal

- Total needed for Project – R95 000 (Exchange rate US\$1 = R15.84, \$5997.47)
- 20 individuals will be trained in KZN this will serve as a Pilot for other regions
- 3 to 5 Specialist to be assigned from Rebel Up Coaches
- Total cost will include honorariums, housing, transportation and food.
- Currently R20 000 available from the Rotary E Club of Southern Africa D9400
- R75 000 Needed for the Project in Sponsorships
- Project to start 1 August 2022
- Project to be completed 30 October 2022
- Partners: Department of Basic Education, Rebel Up Coaching, Rotary E Club of Southern Africa D9400