Mental Health of Children in Refugee Camps

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**Problem**
- In many refugee camps, there are no resources for children with mental health illnesses

**Background**
- More mental health illnesses in countries in war, such as Syria
- 5 million refugees displaced from Syria
- Refugee children are more likely to suffer from mental health illnesses
- 50-90% have PTSD and 6-40% suffer from major depression

**Introduction**
- The World Health Organization (WHO) recommends creating areas for children to play
- Recreational activities help children relieve the effects of mental health illnesses

**Approach**

1. **Train Teachers**
   - 8 hour course:
     - On signs of mental health illnesses
     - National Council for Behavioral Health
   - Organize group de-stressing activities:
     - Art therapy
     - Sports activities

2. **Build Recreational Areas**
   - Partner with Catalytic Action to build recreational areas

3. **Surveys**
   - Survey children on behavior before and after the recreational areas are built

**Results**
- Increased diagnoses of mental health illnesses in refugee children
- Decrease in symptoms in children
- Surveys given to doctors and partner organizations

**Conclusion**
- Teacher training will lead to an increase in diagnoses
- Preventive measures will be in place
- Treatments will be more readily available

**References**