Mental Health of Children in Refugee Camps
Diana Avram, Suzy Opalka, Cecilia Schroeder
Professors: Jill Rulfs and Helen Vassallo

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
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