

# Psychosocial Framework for Advancing Adolescents

Tools

Profound Stress and Attunement



# Psychosocial

- The Convention on the Rights of the Child (1989) specifically calls for the protection of children's mental development.

(Article 27.1 and Article 29.1a)



# Mercy Corps Case Study



## Mercy Corps' NLG Model

- Targeted Most Vulnerable Adolescents (age 12-17)
- Non-formal education meeting adolescents unique needs
- **Mainstreamed profound stress and attunement (PSA) framework**
- Support building community interaction and inter-group relationships

# Mercy Corps Case Study

## Theories of Change

- If people understand biological, social and emotional responses to stress, by having a paradigm to recognize their normative responses to an abnormal environment, then they will develop an adaptive approach that strengthens resilience.
- If attunement principles are applied to interactions with young people in profound stress then psychosocial wellbeing is improved and a context for increased social capital is created.

# Mercy Corps Case Study

## **Strengths and Difficulties Questionnaire (Goodman, 1999)**

Tested reliability and validity in globally and in Middle East for indicating trauma in children 4-18 years old on 5 scales:

- emotional symptoms
- conduct problems
- hyperactivity and inattention
- peer relationship problems
- prosocial behavior

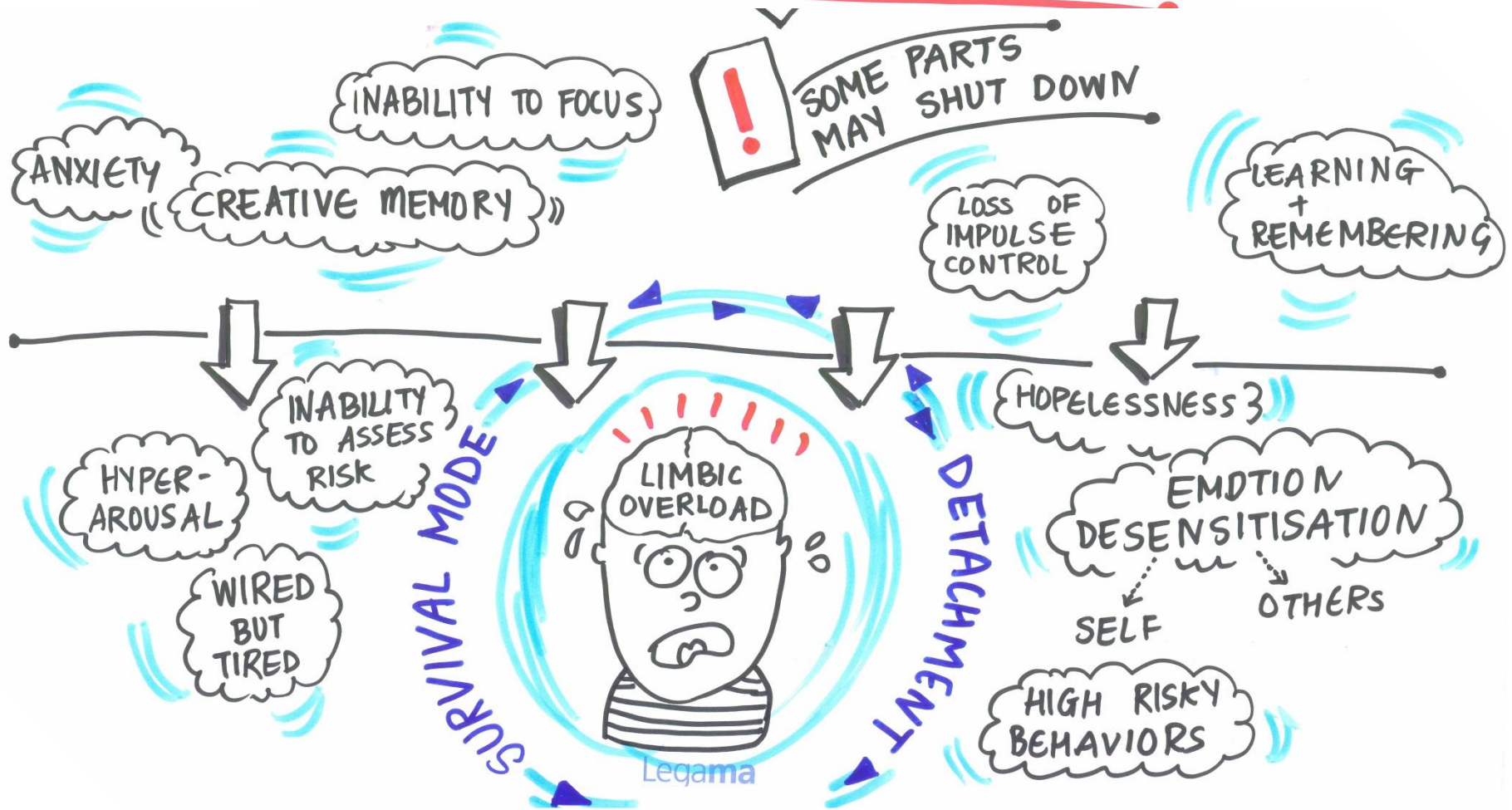
(Goodman, 1997; Goodman, 1999)

# UNDERSTANDING PROFOUND STRESS

unemployment IDENTITY insecurity Isolation  
VIOLENCE NO FOOD ABUSE loss of belonging  
loss of statehood  
NO CHOICE SHAME neglect  
POVERTY HOMELESSNESS pressure child abuse overload

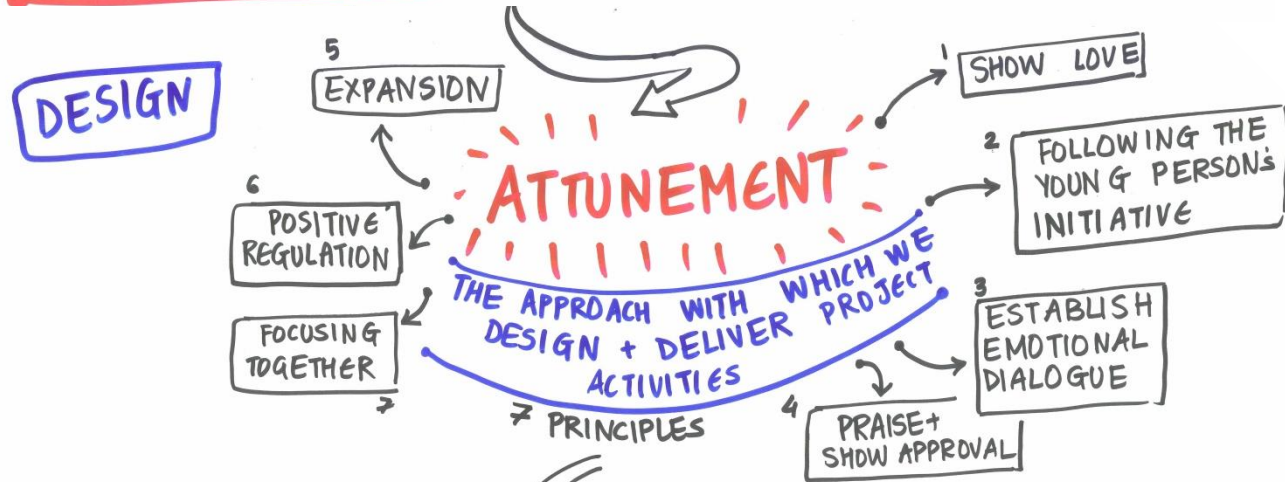


# EFFECTS OF PROFOUND STRESS



# DESIGNING PROGRAMMING THE PROFOUND

# YOUTH THROUGH STRESS LENS



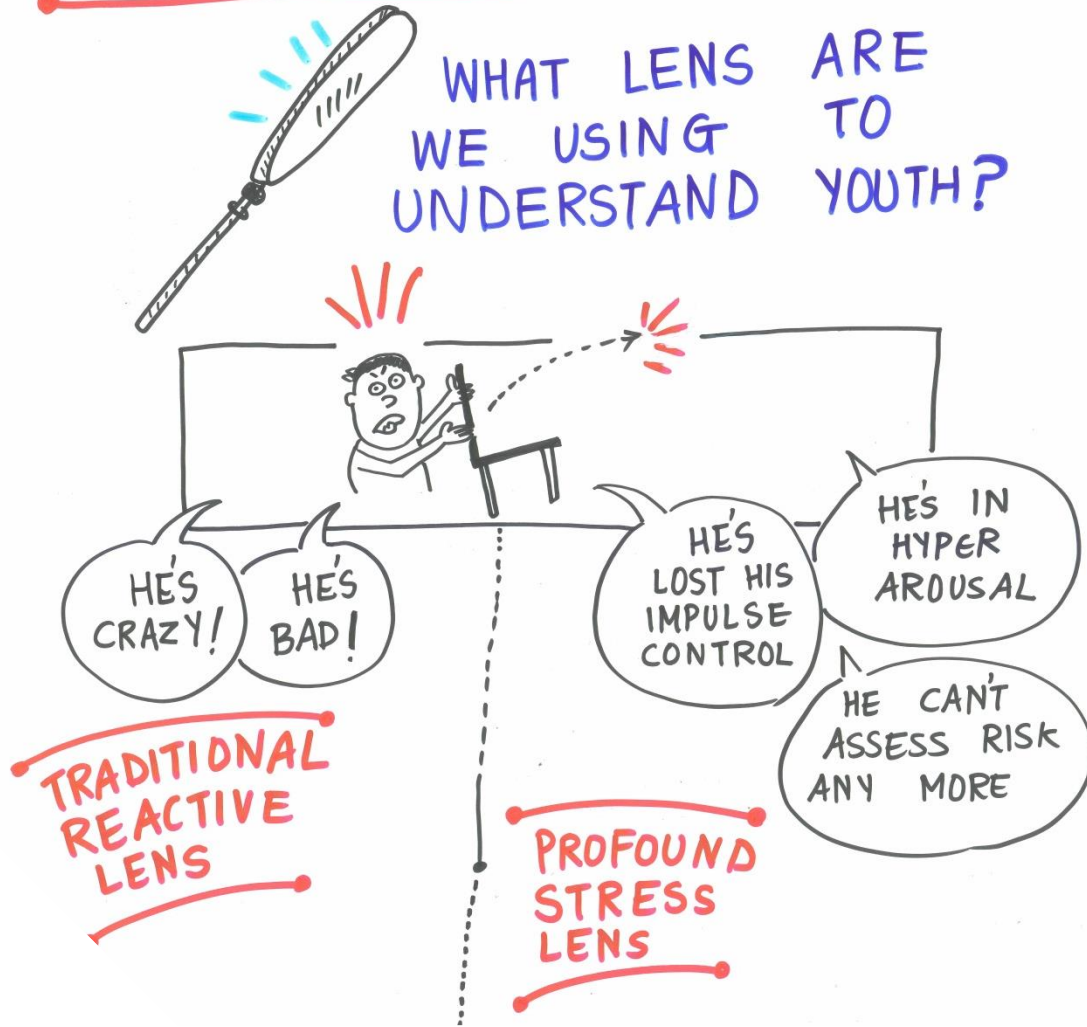
## PROJECT ACTIVITIES

## DELIVERING ATTUNEMENT THROUGH TOOLS / ACTIVITIES






# APPLYING PROFOUND STRESS FRAMEWORK TO YOUTH PROGRAMMING



# Summary

Adolescent psychosocial programming that is scalable, clearly articulated and supported by evidence is needed for future peace and security.



The PSA Framework provides a tool for improving the psychosocial wellbeing of adolescents that can be developed as a best practice and measured with reliability.

“

*We're just living on the edge of life. We're always nervous, we're always afraid*

*Mother-of-nine Mariam Akash, whose husband was killed by a sniper*



Getty Images

“Empathy becomes the thread that weaves an increasingly differentiated and individualized population into an integrated social tapestry, allowing the social organism to function as a whole.”

*The Empathic Civilization, Jeremy Rifkin, 2009*



**Thank you  
Shukran**

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Photos: Cassandra Nelson/Mercy Corps