

KINDERUSA NEWS

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KIDS IN NEED OF DEVELOPMENT, EDUCATION AND RELIEF

PSYCHOSOCIAL SUPPORT FOR THE CHILDREN



The psychological trauma and stress of the ongoing occupation has not left one life unscathed, particularly amongst the Children who are always the first victims in any conflict. Many of the children in the occupied Palestinian Territories have witnessed first hand the death or injury of a relative or friend, the destruction of property, and many children have been prevented from

attending school due to closures and curfews.

The ways in which children respond to such extreme stress may vary



from increased separation anxiety and developmental delays, learning difficulties, severe depression, nightmares, sleep disturbances and bed wetting to name a few. The constant threats on their lives, and the mere wish to survive, has forced children into adulthood before their time.

KinderUSA, in conjunction with our implementing partner Terre

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FROM THE BOARD

At KinderUSA, we are committed to advancing the welfare of children who have been traumatized by conflict and disaster. As humanitarians, we recognize that aid can take a variety of different forms, ranging from emergency relief to economic development and everything in between.

Sadly, one area that is frequently overlooked by humanitarian organizations is the long-term, psychological well-being of children. The importance of this glaring deficiency, which is often the byproduct of an understandable tendency to shift resources in favor of providing short-term relief during a time of crisis, cannot be overemphasized.

The ongoing conflict in the Middle East has had an enormous negative impact on the psychological development of Palestinian children. Recently compiled data suggest that nearly 3/4 of Palestinian children experience some degree of post-traumatic stress. The post-traumatic crisis among children carries alarming implications for Palestinian society. Unless these children are provided with the necessary tools and enabled to develop proper coping mechanisms for dealing with the often troubling realities of daily life on the West Bank and Gaza Strip, they will remain psychologically scarred and emotionally unprepared for confronting the challenges of adulthood. The net result of this crisis — the future of an entire society has been jeopardized.

KinderUSA has recently embarked on an ambitious, two year program that addresses the psychological welfare of Palestinian children through the establishment of dynamic psychosocial trauma centers in the Hebron and Jenin districts. Our organization is working in conjunction with psychological counselors and social workers to implement preventive and curative strategies for children and their families in the targeted areas. This project is not inexpensive, but it is our sincere hope that our efforts will be successful and that the program can be extended to other districts in the near future. At KinderUSA, we hope that you will continue to support and fund our efforts, because we truly believe that the future starts today, and because the children cannot wait.

An Update On

KINDERUSA'S ORPHAN PROGRAM



It has been an especially rewarding first few months getting the Orphan sponsorship program up and running and with your continued support, we are exceeding our highest expectations! KinderUSA launched the Orphan Sponsorship Program with the firm belief that all children deserve the security of knowing that their basic needs will consistently be met even though they face the most daunting odds.

Our Orphan sponsorship program is not simply a handout for the child, but instead benefits the family and community at large allowing for a choice of needed products that may be purchased each month with allocated vouchers based on sponsorship.

To date, 123 children have been

sponsored and based upon the UNRWA and Ministry of Social Affairs figures, there are more than 9000 families with orphaned children in the Gaza Strip alone waiting for sponsorship!

If you have not done so, please sign up to sponsor an orphan today and join us in giving these children the hope that is often lacking as they face the most formidable challenges. Mobilizing as one with our collective resources and shared compassion for the children, we at KinderUSA believe we are making a difference. . . one child at a time!

To sponsor an orphan, please visit our website today at:

www.kinderusa.org





Back To School

FOR THE
CHILDREN
IN PALESTINE

The well being
of *children* is
everyone's business!

Back to School for the Children in Palestine

As another year passes, children of school age within the occupied Palestinian Territories continue to experience interruption to their education due to curfews, closures, and violence. Often times children are caught in the center of fire while sitting at their desks causing emotional stress and trauma, further eroding any sense of normalcy they so deserve.

KinderUSA stands firm in its belief that there is no wiser investment or greater return than educating children. In

learning to read and write, a new awareness of selfhood is formed which contributes to nation building and self-esteem. With every book that is read or lesson learned a brighter world emerges!

Your one time gift of

\$50
per student

Your one time gift of \$50 per student makes it possible for hundreds of children in the West Bank and Gaza to start the school year with Uniforms, Shoes, Annual Tuition, a daily Nutritional Meal, and for some, Safe Passage to and from School!

Join us today in building a future we can all be proud of!

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the World

one child

at a Time.

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PSYCHOSOCIAL SUPPORT FOR THE CHILDREN

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des hommes, have begun the initial stages of providing psychological support to children and their mothers in the poorest districts of Hebron and Jenin. A team of psychological counselors and social workers are implementing curative and preventive activities both at centers located in the city of Hebron and Zababdeh, as well as traveling within the community to targeted villages, working in summer camps and local community centers.

Based on a survey conducted by Terre des hommes in 2001, of 724 children, 69% suffered from sleeping disorders, 93% suffered from fear, 71% from anxiety, 85% from involuntary bedwetting, 31% from hyper activity,



62% from depression, 45% began thumb sucking, 73% reduced school achievement, and 23% from panic disorders.

The main activities of the project will include individual counseling sessions for both mothers and children, group counseling, family therapy, play therapy, and group mother training sessions in order to provide continued care at home. Each center is directed by clinical psychologists and trained social workers in a project that will extend over two years at a cost of \$356,000.

Our mission in this ambitious and much needed project is not aiming at resolving the political situation which has led to the traumatizing of these children, but rather sup-

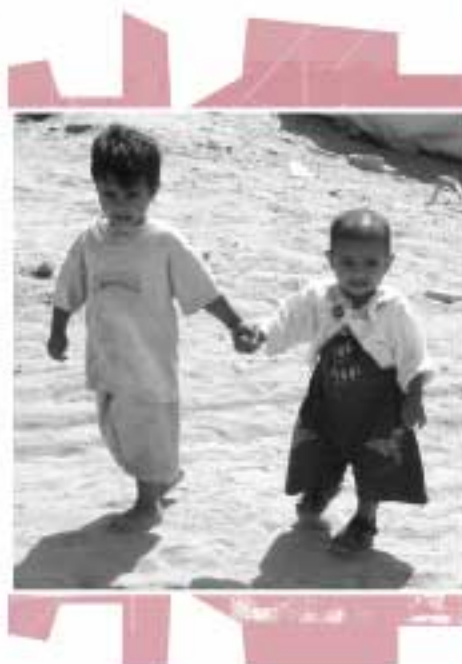
porting the Palestinians strongly held societal values and inherent sense of moral decency. Trauma is not only the result of violence, but frequently the cause.



PSYCHOSOCIAL SUPPORT

The ongoing violence, closures and curfews and the continuing occupation of Palestinian self-rule areas are among the main causes of acute psychological distress among many Palestinian children and adults. One year after September 2000, 75% of Palestinian adults believed their children were experiencing greater emotional problems. Problems include sleeping difficulties, anxiety, psychosomatic problems, regression, withdrawal, risk-taking behaviour, rejection of authority, inability to concentrate, and aggression. Other behavioural changes in children have been noted, including: increasing violence among children and between children and parents; decreased levels of activity; decreasing hope in the future; increasing attachment to their community, but decreasing closeness in the family and trust in adults; increasing focus on political issues; the hardening of political attitudes; and an undermining of fundamental beliefs.

Problems caused by exposure to direct and indirect violence, curfews, poverty and the general atmosphere of hopelessness and frustration are increasing. Traumatic events such as shootings, death or injury of family and friends, shelling, demolition



of homes, house-to-house searches, detention of fathers and brothers and children themselves are all creating a situation of widespread psychological ill-health among children and adults. . .

The effects of Israeli occupation and the current crisis have left and will continue to leave deep psychosocial scars on the population, unless interventions are put in place that ensure the population's right to life, protection, psychological and social well being.

Source: 2003 Humanitarian Plan of Action for the Occupied Palestinian Territory, pgs. 27-28.

DEALING WITH POST- TRAUMATIC STRESS

In late January and early February of this year, a group of child psychologists and social workers from the West Bank and Gaza were invited to the United States under the auspices of the State Department's International Visitor Program. One of their stops was Dallas where KinderUSA hosted the group, outlining our upcoming psychosocial project in Hebron and Jenin, as well as briefing them on our work with children throughout the occupied Palestinian Territories. All concerned benefited from the exchange and KinderUSA would like to thank everyone who worked so hard to make this a memorable trip for the delegation!

KinderUSA 2002 Annual Report

KinderUSA has completed an audit of our first year operations for the year 2002. The good news is that we maintained our goal of expending no more than 20% of your generous donations for administrative costs, with the auditors reporting 16.75%! This means that 83.25% is going to the children. The Annual Report will be posted on our website and available August 1, 2003 or by request through mail.

Promoting Good Health



As is well known, most Kindergartens in the Gaza Strip lack any semblance of a medical program for attending children, while at the same time most children only come into contact with health providers in the context of emergency services. Working in conjunction with the Union of Palestinian Medical Relief Committees and our subsidiary office, KinderPAL, children were provided free health screening in 12 Kindergartens throughout the Gaza Strip.

Physical and dental examinations, screening for physical growth and development, hearing and vision tests, anemia and parasite testing, along with parental involvement for health

educational services were implemented over a 12 week period. Children aged 3-5 years lined up to have their first medical files created by a staff of dedicated medical professionals. "Some of the children were anxious to have the doc-

tor examine them, while others did not know what to expect," said Sahar, KinderPAL's representative. "We handed out lots of small gifts to the children to calm their nerves and reward them for being good patients!"



SPREADING THE

Joy of Eid!



KinderUSA, along with its' subsidiary office KinderPAL, continued its commitment of restoring dignity through choice, despite unparalleled scenes of misery and despair throughout the occupied Palestinian Territories. The generosity of You, the donor, insured that children in the West Bank and Gaza were able to celebrate the Joy of Eid al-Adha with new clothes, new shoes, and new toys. Each child was afforded the opportunity to shop at local retailers for clothes and shoes that fit through KinderUSA's unique voucher program. "Part of the feeling of Eid is the buying of new clothes

for the children," said Musa, KinderPAL's representative in Gaza. "The mothers were just as thrilled as the children!"

While the children and their mothers shopped for new clothes and shoes, volunteers and staff members distributed new toys to the children. "Many of the children received toys for the first time in their lives. For all of us, this was Eid just to witness the expression on their innocent little faces," said Sahar, KinderPAL's relief coordinator in Gaza.



For our special children who were unable to travel to area retailers, Kinder representatives delivered clothing and shoes along with toys after coordinating with hospital and society representatives. Following is a breakdown of total distribution in Gaza and the West Bank:

No. of Beneficiaries	Target Location of Beneficiaries
3181	Throughout the Gaza Strip
3293	Throughout the West Bank
63	Society of the Physically Handicapped
16	The Mercy Association for Abandoned Children
100	El Nasser Children's Hospital
26	Mohammed Al-Durrah Children's Hospital

UDHIA IN PALESTINE AND BEYOND

Country	Number of Udhia's	Number of Beneficiaries
Palestine	476	9520
Other countries	42	840
Total	518	10360

NUTRIENT PROJECT FOR MALNOURISHED CHILDREN



Many families in the West Bank and Gaza are finding that they must live on \$2 a day, making it impossible to secure even the most basic commodities. As a result, a serious increase in malnutrition rates is being documented, particularly amongst the children.

KinderUSA, in cooperation with Terre des homes, has implemented a \$30,000 project, over a six month period, of special nutrient milk products

made up of proteins, fats, minerals and vitamins, for approximately 550 children in the Hebron and Jenin districts. Premature and low

birth weight babies, children suffering from 3rd degree malnutrition, those suffering from chronic vomiting, low protein malnutrition, and low energy intake malnutrition will benefit from this program.

Recognizing that this project only addresses a small percent of the children in need, budget constraints have prevented the expansion of this project. However, KinderUSA continues to believe that if we save just one child's life, our work is successful.




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