



The Association for Trauma Outreach & Prevention (ATOP)

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Meaningfulworld 14th Humanitarian Mission to Haiti, 16-25 August, 2019

Stepping into Health with Joy: 7-Steps for Healing our Mind, Body, Spirit & Mother Earth

Dr Ani Kalayjian, Justina Medina, Lorraine Simmons, Arthur Jaffe

In collaboration with Meaningfulworld Haiti Chapter

Ayiti se Lakay Mwen (Haiti is my home)

In August 2019, Meaningfulworld will undertake its 14th Humanitarian Outreach Mission to Haiti since the devastating earthquake in 2010. This year the team of four Meaningfulworld members lead by Dr Ani Kalayjian and joined by Arthur Jaffe, Justina Medina and Lorraine Simmons from the United States will work beside the newly formed chapter of Meaningfulworld in Haiti.

Why do we still outreach to Haiti??

Nine years after the January 2010 earthquake that devastated much of the country, Haiti has transitioned from a post-disaster era to a period of rehabilitation and long-term development. As of May 2019, Haiti is plunging into an economic and political crisis that has erupted into the streets with uncontrollable and many times violent protests by the frustrated and traumatized Haitian communities. Citizens are protesting what they believe is President Jovenel Moïse's corruption, economic mismanagement and impunity for human rights abuses. Problems began to arise with what citizens believe to be non-democratic election practices, include repeated electoral violence, vote-rigging, disenfranchisement, and foreign interventions. Citizens believe that President Moïse has unfairly won his candidacies through these malpractices.

A central issue of these protests involves the PetroCaribe Corruption Scandal. People are demanding accountability for the disappearance of an estimated 3.8 Billion from the PetroCaribe fund. This fund held revenue from a low-interest fuel loan program from Venezuela intended to finance socioeconomic development in Haiti. Official investigations have implicated much of Haiti's political class, including numerous high-level officials throughout recent administrations, in the corruption scandal. The most recent protest held on June 9th, 2019 in Port-au-Prince called for a further investigation into the fate of funds that resulted from subsidized oil shipments from Venezuela. Unfortunately, this issue has caused a ripple effect on the struggling country's

economy and well being of its people. Regrettably, Haitians pushed to the breaking point by murderous attacks by government gangs and police, grinding currency depreciation (37% over last year) and the disappearance of basic public services are fighting back, on the streets, in the press and on social media. “A sack of rice now costs \$18 and a can of dry beans around \$7. In addition, a gallon of cooking oil has gone up to nearly \$11 from \$7. Inflation has been in the double digits since 2014, and the price hikes are angering many people in Haiti, where about 60 percent of its nearly 10.5 million people struggle to get by on about \$2 a day. A recent report by the U.S. Agency for International Development said about half the country is undernourished.” Our research shows that Haitians are 95% dehydrated. These unresolved issues and conflicts leave the people of Haiti in constant unrest, unable to live their daily lives safely and in good physical and emotional health.

What are our goals?

The experienced team has set the following vast and ambitious goals for this mission. The team is energized and feels confident that these goals can be accomplished.

1. Active participation in the annual CESSA Spirituality and Mental Health Post Disasters, International Conference chaired by Fr. Wismick, with a lecture and a workshop
2. Conduct a 3-day intensive training in Mindfulness, Emotional Intelligence, Forgiveness and Meaning-Making to professionals who will continue practicing after our team returns
3. Teach & supervise the practicum for intensive program on the 7-Step Integrative Healing Model
4. Collaborate with the Minister of Education, Minister of Health and Social Welfare to schedule a previously purposed training with teachers and parents in the northern part
5. Provide refresher educational programs for the orphanages, police, coast guard, schools, women’s domestic abuse prevention centers and communities
6. Create “Peace and Forgiveness Gardens”
7. Continue with the “Crab in the Bucket” campaign transforming Horizontal Violence
8. Promote “Ayiti se Lakay Mwen” campaign to bring awareness of environmental and ecological health
9. Survey multi stake holders regarding impact of Meaning-Making and Forgiveness on levels of stress and trauma
10. Outreach to women’s protection center to empower women in self-care, self-love, and forgiveness
11. Provide physical release and pain reduction through spiral techniques
12. Reinforce our meaningful connections with all our previous collaborative partners and empower and assist the continued development of Meaningfulworld Haiti Chapter.

Who are we?

The Association for Trauma Outreach & Prevention (ATOP) Meaningfulworld is a not-for-profit NGO affiliated with the UN, which helps aid in emotional well-being of people who have experienced both political and ecological trauma. Meaningfulworld has worked in 47 countries, and 25 states in USA, fostering a meaningful, peaceful, and just world in which every individual enjoys physical, mental, social, ecological, and spiritual health. A sense of meaning, peace, and justice, although unique to each individual, is achieved through a transformative journey that integrates knowledge and experience with a sense of responsibility and reflection. This transformative process is also attained through healthy relationships that nurture open, honest, and transparent communication, insight into forgiveness, love and spiritual connection, and

active collaborations (Kalayjian, 2014). In Haiti we wish to continue inspiring such communication and connection through workshops, group discussions, meditation, and energetic chakra balancing exercises.

Who is our target?

With the help of our 7-Step Integrative Healing Model, previous teams were able to facilitate forgiveness, and meaning-making, therefore, decrease the trauma symptoms (Kalayjian, 2012). The past thirteen ATOP Humanitarian Missions to Haiti, which began in 2010 immediately after the earthquake, have served over ten thousand survivors, including children. Our team has also been training students of psychology, social work, nursing, as well as faculty, administrators, lawyers, seminarians, nuns, priests, and teachers in the integrative healing model. In this mission we are planning to continue our collaboration with the University of Notre Dame, University of Haiti, Minister of Education, Minister of Health and Social Welfare, Coast Guard, orphanages, & Civil Society at large. It is also, our goal to reach thousands more through interviews with local and national radio and TV stations.

What can you do to help?

As part of this mission, we bring donations of clothing, medical supplies, basic hygiene supplies, flower remedies, essential oils, crayons/art supplies and small toys. We also support several orphanages - things they need this year are support for students to attend school, uniforms and school supplies, sewing machines for the older girls to learn a trade for sustaining the orphanage and for employment opportunities as they age out of the system. We are also, gratefully accepting donations for mattresses and a water filter system for the repaired plumbing that you made possible last year. Kindly send your tax-deductible donation to:

<http://meaningfulworld.com/get-involved/donation>



I am ***Dr. Ani Kalayjian***, President and Founder of ATOP Meaningfulworld, and Professor of Psychology at Teachers College, Columbia University. Haiti has been in our hearts and souls and has motivated us to plan an outreach annually since 2010. We have a deep connection with the people, and we empathize with their suffering from the devastating earthquake, the political dysfunction, the horizontal violence, as well as the everyday human-made traumas. Our goal is to nurture a generation of conscientious Haitians who are motivated with love, inclusion, forgiveness, and unity to help one another.



I am ***Justina Medina PsyD***, an International Fellow at the United Nations as well as Co-Coordinator of Clinical Workshops with Meaningfulworld. With a doctorate in Applied Clinical Psychology from The Chicago School of Professional Psychology and a certificate from the Los Angeles Institute and Society for Psychoanalytic Studies I am excited to join this wonderful mission. In the last few years, I have become increasingly affected by the many international crises occurring around the world and want to play an active part in helping heal the trauma incurred through psychological interventions. This is my first mission to Haiti.



I am *Lorraine Simmons*, as a Meaningfulworld Humanitarian Outreach Ambassador this is my 5th mission to Haiti. I am honored to be welcomed with enthusiasm by so many resilient, joy filled people and I look forward helping them to become more empowered and to hold the energy of hope for a brighter future for Haiti. With extensive experience in group processing, I look forward to teaching the 7-Step Integrative Healing Model and encouraging the expression feelings for healing from trauma and to help people find meaning in their lives.



I am *Arthur Jaffe*, a seasoned and respected practitioner of a system of Neuromuscular Therapy called Spiral Techniques, which integrates the teachings from ancient, modern and cross-cultural systems. This methodology of bodywork demonstrates unparalleled effectiveness in resolving bodily imbalances, erasing pain, releasing constriction, reestablishing functions, and creating higher mobility and freedom of movement. This is my 2nd mission to Haiti; I am anticipating that practicing Spiral Techniques with Haitians will result in efficient and rapid improvement in both acute and chronic conditions, with positive effects which can be long-lasting and often permanent.

Our motto is: When one helps another, BOTH become stronger.

Join our mission by sending us your tax-deductible donations
<http://meaningfulworld.com/get-involved/donation>

Founded in 1990, the Association for Trauma Outreach & Prevention (ATOP) Meaningfulworld, charitable organization affiliated with the United Nations Dept. of Public Information, has achieved international recognition as a leader in training humanitarian outreach professionals as well as responding to two and a half decades of global and local disasters. ATOP is committed to health, justice, peace, transformation and global education promoting state-of-the-art scientific theory on peace, forgiveness, consciousness research, internship, and the development of technical skills to train mental health professionals, teachers, psychologists, art therapists, nutritionists, alternative medicine practitioners, clergy, nurses, mediators, interfaith ministers, and lay persons committed to service the self and humanity. Meaningfulworld Humanitarian Outreach Teams have helped rehabilitate survivors from over 47 countries, and 25 states in USA making a daily difference in people's lives helping to transform tragedy and trauma into healing and meaning-making through post trauma growth, resilience, emotional intelligence, mindfulness, mind-body-eco-spirit health, visionary leadership, empowerment, artful collaborations, establishing Peace & Forgiveness Gardens to create a new and Meaningfulworld view. We work locally and globally in Africa, Asia, the Caribbean, Europe, the Middle East, The Caucasus, Europe, and South and North America.