



The Association for Trauma Outreach & Prevention (ATOP)

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Meaningfulworld 13th Humanitarian Mission to Haiti 15 – 29 June, 2018

**Humanitarian Empowerment, Healing, Transforming Horizontal Violence, Meaning-Making, and
Establishing Peace and Forgiveness Gardens**

Dr. Ani Kalayjian, Lorraine Simmons, Sowmya Kshtriya, Bryant Zuniga

The 13th Humanitarian Mission to Haiti by ATOP Meaningfulworld will commence on 15 June, 2018. The team will be led by Meaningfulworld Ambassadors; Dr. Ani Kalayjian, Lorraine Simmons, Sowmya Kshtriya and Bryant Zuniga. The goals for the mission have expanded from transforming horizontal violence, establishing Peace and Forgiveness Gardens, nurturing sustainable education in regard to emotional intelligence (EQ), establishing neighborhood associations, and nurturing resilience, to include: supporting the founding of a Meaningfulworld local branch to create a more sustainable educational and healing foundation, and outreach to the Minister of Education for implementing EQ training and education on disaster preparedness. Drawing on the experience of past missions, including our work immediately following the earthquake in 2010, the team will be attending and presenting at the two day Conference at Center for Spirituality and Mental Health (CESSA), conducting an intensive 4 day program for the people involved with creating the new Meaningfulworld branch in Haiti, providing a 2 day intensive program for teachers, staff, parents and students with the Haiti Partners, a progressive school in Petionville, as well as offering workshops to local faith based ministries, community organizations, local orphanages, the Police Department and Coast Guard.

The work of Meaningfulworld is geared towards many of the most vulnerable populations in Haiti, often struggling with a myriad of personal and collective challenges. A majority of past Haitian participants in our mission have reported anxiety, fear, and stress associated with the poverty, discrimination, oppression and racism that they face on a daily basis. Situations of betrayal, isolation, horizontal violence, domestic violence, corporal punishment, and mistrust have often exacerbated these sentiments.

Haiti consistently ranks among the poorest countries in the world, and the poorest country in the Americas. Below are some of the top challenges facing Haitian communities: 1. Two out of three Haitians live on less than \$2 per day; 2. Fifty percent of urban Haitians are unemployed; 3. Negative impact of climate change; 4. Less than 50% of households have access to safe water; 5. Haiti's literacy rate is 61% – 64% for males and 57% for females while the average literacy rate for Latin American and Caribbean developing countries is 92%; 6. Fifty percent of Haitian children do not attend school; 7. Poor access to clean water, and dehydration.

To support the efforts of the government as well as grass roots organizations in Haiti, the ATOP Meaningfulworld team aims to continue the success of its past 12 Humanitarian Missions to Haiti by continuing to nurture healthy relationships with ongoing collaborators, promoting forgiveness, decreasing trauma symptoms, transforming horizontal violence, and facilitating meaning-making. This is largely achieved through the teaching of our 7-Step Integrative Healing Model to students, disaster survivors, educational faculty, advocates, seminarians, and administrators (Kalayjian 2012). In addition to the 7-Step Integrative Healing Model, we wish to continue inspiring healthy communication and connection through workshops, group discussions, meditation, and energetic chakra balancing Soul-Surfing exercises.



I am **Dr. Ani Kalayjian**, President and Founder of ATOP Meaningfulworld, and Professor of Psychology at Teachers College, Columbia University, and at John Jay College of Criminal Justice. Haiti has been in our hearts and souls and has motivated us to plan an outreach annually since 2010, and this is our 13th mission. We have a deep connection with the Haitian 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 with a volunteer spirit. Our motto is: When one helps another BOTH become stronger!



I am **Lorraine Simmons**, Vice President of ATOP Meaningfulworld. As a Lay Eucharistic Minister at the Cathedral of St. John the Divine, an active member of the Order of Urban Missioners, and former educator in the public school system, I am dedicated to supporting, teaching and empowering people. My experience with Meaningful-world has enabled me to broaden my reach, allowing me to work with people around the world my volunteer work has enabled me to grow to a deeper understanding of how to provide empathy and support meaning-making for individuals and communities. I was privileged to join Meaningfulworld outreach missions to Haiti in 2015, 2016 & 2017, Armenia in 2017 and Puerto Rico 2017 and I look forward to continuing our work in Haiti in June 2018. Ayiti se lakay mwen.



Sowmya Kshtriya has recently graduated from Teachers College, Columbia University with a Masters in Clinical Psychology (Class of 2017). She identifies herself as a Global Citizen and is very passionate about Mental Health and its intersection with Global Humanitarian Issues. She joined Meaningfulworld because she zealously believes in Dr. Ani's mission and purpose, "To prepare a generation of conscientious individuals who are guided by love, peace, passion, and meaning," fulfilling our aspirations towards a one-world community, to creating a more meaningful and impactful future. Sowmya feels very grateful to be a part of the ATOP Meaningfulworld Team and is looking forward to her first Humanitarian outreach mission to Haiti.



Bryant Zuniga graduated from Columbia University's School of International and Public Affairs with a Masters in International Affairs in 2016. He concentrated on International Security Policy and specialized in International Conflict Resolution. He believes strongly in being a positive force in the lives of those he meets, pushing them to improve, and realize their potential. Mr. Zuniga currently works as the Coordinator for a non-profit organization and has planned a career in service to the public since he was a small child. His long-term professional goal is to develop and guide foreign policy in the U.S., to improve foreign relations with other nations. He is grateful to be working with the Meaningfulworld team and looks forward to his first Humanitarian Outreach mission to Haiti.

Your donations are greatly appreciated and tax free: <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 45 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, and creating 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.

Our Motto: When one helps another BOTH become stronger