



**The Association for Trauma Outreach & Prevention
(ATOP)**

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28 April – 17 May 2021

Meaningfulworld Humanitarian Mission to Armenia

Humanitarian Post-War Relief, Trauma Healing, Working with Veterans, their families and general community, and the Installment of the first Suicide Prevention Lifeline.

Dr. Ani Kalayjian & Irina Tananyan

Pre-Press Release

Armenia is a resilient land-locked country with ongoing challenges and traumas. The sudden attacks by Azeris and Turkish on Artsakh and Armenia have led to a death toll of 5,000 in the Nagorno-Karabakh battle, where the average age of soldiers was 20 years old. It is reported that there are over 1,000 severely wounded and disabled people due to these attacks. Over 150,000 people have fled their homes and are seeking safety in Yerevan and other parts of Armenia.

After a decades-long period of peace, conflict over the status of Nagorno-Karabakh (“Artsakh” in Armenian), a breakaway Armenian enclave located between Azerbaijan and Armenia, resumed in September 2020, leading to military deployment that resulted in the destruction of civilian areas. On 27 September 2020, Azeri armed forces attacked Artsakh. They were backed by the Turkish military and jihadist mercenaries with armed drones, heavy artillery, rocket systems, and special forces. Turkey deployed up to 2,000 Islamist jihadis from Syria and Libya who were promised a bounty for killing Armenians (Phillips, 2021). The country’s challenges range from a struggle to sustain peace in the region, in addition to the multiple economic, political, geographical, and most of all psychosocial obstacles. The country’s issues manifest among its people in feelings of loss, frustration, and hopelessness.

From 29 April 2020 to 16 May 2021, ATOP MeaningfulWorld will be deployed to Armenia on a humanitarian post-war relief and trauma healing mission. We will be working with veterans, their families, and the community at large. We will also finalize and promote the first suicide prevention lifeline in Armenia. Additionally, we will continue our campaigns to transform horizontal violence, generational trauma, teaching Emotional Intelligence, and gender empowerment! We will conclude our mission by delivering workshops on trauma healing in Moscow, Russia.

Our first mission was after the devastating earthquake in 1988; since then, we have continued to work consistently in Armenia over 20 missions. Our team will consist of MeaningfulWorld Ambassadors Dr. Ani Kalayjian & Irina Tananyan. We plan to focus on transforming horizontal violence and generational trauma, promoting meaning-making while peace building, teaching gender

empowerment, sharing the United Nations Sustainable Development Goals, promoting Armenia's first suicide prevention lifeline, and work in Artsakh.

Our team will work with refugees from Artsakh who are dealing with the challenges of resettlement, as well as war veterans, their families, and the larger community. We will continue our training of volunteers for the suicide prevention lifeline and begin public promotion for this life saving resource. An integral part of this initiative, as with all initiatives organized through MeaningfulWorld humanitarian missions, is the 7-Step Integrative Healing Model. The model incorporates and promotes self-care, self-healing, mindfulness, emotional intelligence, empathy, and meaning-making, ecological consciousness, physical release, and meditation. We will teach how to incorporate the use of this powerful integrative tool into daily life so that it becomes sustainable.

Under the Soviet regime, Armenia was oppressed and in 1991 the people of Armenia voted to become independent, which led to additional challenges. Brain drain is a major problem, with many of the world's approximately 8 million Armenians residing outside of Armenia. Many Armenians are concerned that they will lose their national identity, which results in striving to hold on to their culture and language. Many young people, particularly young men, are leaving Armenia in search of better employment, therefore, a large proportion of women are caring for young children and elderly parents.

Women face domestic violence, poverty, and are often solely responsible for their children and elderly parents. They are typically employed in all professions, while their average monthly wages equate to only 64 percent of male wages, resulting in Armenia having one of the largest gender pay gaps in all of Eastern Europe and Central Asia (Armenia Weekly, 2016). We have helped establish *the first Psi Chi chapter in Armenia in 2020* and will have a follow up conference on 7 May 2021 at the Yerevan State University. Our team will also conduct workshops empowering young girls and boys to learn the UN Declaration for Human Rights, the United Nations Sustainable Development Goals, emotional intelligence, mindfulness, and meaning-making.

In response to these multiple challenges, our team has pledged meet the following goals:

- 1) To promote emotional healing and well-being
- 2) To transform generational trauma of genocide
- 3) To transform horizontal violence
- 4) To train professionals in the 7-Step Integrative Healing Model
- 5) To establish Peace & Forgiveness Gardens
- 6) To empower orphans in Children's Centers
- 7) To train volunteers & promote suicide prevention lifelines set forth in previous missions



I am Dr. Ani Kalayjian, President and Founder of ATOP Meaningfulworld, and Professor of Psychology at Teachers College, Columbia University. I received both Masters & Doctorate degrees from Columbia University. Armenia has been in our hearts and souls and has motivated us to plan outreach missions since 1988. 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 Armenians who are motivated with love, forgiveness, peace, and unity always lifting one another up.



I am Irina Tananyan, I received a Master of Science degree in Mathematics from Moscow Pedagogical University, and a BA in Economics from Queens College. Currently, I graduated from Barbara Brennan School of Healing with the degree in Brennan Energy-Healing Practitioner. Over the years, I have been a secondary school teacher, an accountant, a personal finance adviser, and a fulltime mom. Irene is a Meaningfulworld Ambassador for Humanitarian Relief and Peace Building and I work to promote awareness of genocide violations and to make change needed for preventing genocide around the world. This is my first mission with Meaningfulworld.

Our deepest gratitude for the following Co-sponsors: Fesflowers.com,

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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 three decades of global and local disasters. ATOP is committed to health and global education promoting state-of-the-art scientific theory, 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 48 countries, 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, and artful collaboration through a new world view.

Our Motto: When one helps another, BOTH become stronger