

ADRA UKRAINE

NEWSLETTER

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How to help veterans without losing yourself — corporate training ADRA Ukraine

A large-scale training for the ADRA Ukraine team, which brought together employees from all over the country, took place in Bucha, Kyiv region, on 27-29 October. The purpose of the event was to familiarise the team with current challenges and the organisation's strategy to overcome them and achieve its mission.

The ADRA Ukraine team now consists of 297 people, some of whom came in person, while others joined the training via an online broadcast. The president of ADRA Ukraine, Leonid Rutkovskyi, gave a motivational and spiritual speech to the participants. ADRA Ukraine's Advisor to the President, Kostiantyn Sych, spoke about the partnership with Healthy 360, an NGO that specialises in providing psychological support. As one of the key areas of ADRA Ukraine's work is the rehabilitation of war veterans and psychological support for their families, a significant part of the three-day training was devoted to this topic, which was covered by guest psychologist and chaplain Nelya Kutsak.

Anna Matvienko, coordinator of ADRA Ukraine's psychosocial department, spoke about combating emotional burnout. It was also announced that training will continue for staff who wish to learn the basics of veterans' rehabilitation. From 15 November, training sessions on working with veterans for civilians will be held every Friday.

You can read more about the main topics covered during the training below:

• **ADRA Ukraine's strategy: 'Humanitarian projects must meet the needs of people and communities'**

Serhii Nykyforov, Director of Development and Partnerships, tells us about the strategy of ADRA Ukraine:

'ADRA Ukraine develops its strategy based on the real needs of Ukrainians affected by the war. We actively participate in the meetings of clusters such as Protection and Non-Food Items and work with the heads of the CBAs to better understand the real needs of the people. These needs assessments can be carried out by our project managers, outsourced companies or with the participation of local communities. Based on this data, we seek donors to fund priority humanitarian projects.

Today, ADRA Ukraine's main areas of activity are MHPSS (Mental Health and Psychosocial Support) and WASH (Water and Sanitation Hygiene), which includes the installation of water treatment plants and water towers. Another important component is the SCLR project, a micro-grant programme for communities to support their development.

New areas of focus include mine action, including teaching children how to handle explosive ordnance, and agricultural programmes, as agriculture is an important sector for Ukraine. We are also helping shelters prepare for the winter season and developing other key initiatives.

Our aim is to ensure that humanitarian projects not only meet people's basic needs, but also contribute to improving the quality of life in Ukraine. We want to make our country more comfortable and safer for everyone'.

• **'Healthy 360': profits that are invested in charitable causes**

Kostyantyn Sych, Advisor to the President of ADRA Ukraine, spoke about the importance of developing social entrepreneurship for long-term support of social projects. According to him, the organisation's goal is to support small and medium-sized enterprises that can become donors for ADRA Ukraine's charitable initiatives in the future when donor support decreases.

One example of social entrepreneurship is Healthy 360, a non-profit organisation that provides psychological support. The organisation's model is to provide psychological sessions free of charge, with the possibility of further paid services for those willing to continue therapy. According to Sych, all profits are invested in charitable purposes, which is in line with ADRA Ukraine's transparent and legal principles.



During three days of the training, the important topics of ADRA Ukraine activities were discussed

He compares the Healthy 360 model to the work of other non-profit organisations, where all resources are directed towards fulfilling the mission. The main goal is to help people, and Healthy 360 is the first organisation with which ADRA Ukraine has established such a relationship aimed at achieving a common result to help people in various formats. Kostyantyn Sych emphasised that over time, the organisation will expand its focus to include physical health and rehabilitation, providing comprehensive assistance to the community.

• Psychological support training: adapting society to the needs of veterans

Practicing psychologist and chaplain Nelya Kutsak conducted a two-day training for ADRA Ukraine staff, sharing her knowledge on working with veterans and their integration into civilian society. The main focus was on overcoming the psychological barrier between society and veterans, as well as understanding the specific needs and identity of former military personnel.

Adapting society and dealing with trauma. N.Kutsak emphasized that it is important for society to accept the reality of the consequences of war, as this can help reduce the risk of post-traumatic stress disorder (PTSD) among veterans. She emphasized that stress and trauma often arise from a lack of understanding of the identity of former military personnel. It is particularly important that the approach to them is based on respect rather than pity, as this helps to ensure better integration into civilian life.

Understanding the identities of former military and civilians. According to the trainer, veterans' identities are often based on survival and defence skills, which can make it difficult for them to adapt to the civilian environment. It is important for society to see veterans not only as 'heroes' or 'victims', but as defenders with their own special experience and mission. This approach not only helps veterans to feel more comfortable in the civilian environment, but also helps to prevent PTSD.

Psychological support to prevent PTSD. The psychologist also spoke about the specific behavioural strategies that veterans develop during their service, explaining that these are not always signs of PTSD, although they may look similar. The disorder occurs when these reactions prevent a person from living a full life. N. Kutsak shared effective techniques to help veterans feel safe and avoid being stigmatised as 'traumatised'.

Supporting people who have returned from captivity and suffered loss. It is important to approach support for survivors of captivity with care, respecting their personal boundaries and allowing them to make choices. Society can help by focusing on support and opportunities for these people, rather than on their status as victims. Nelia also stressed the importance of not giving ready-made answers, but instead helping people to discover their resources and find new opportunities. Stable support from others is key to adaptation.



The ADRA Ukraine training brought together a large number of charity workers for joint growth

Support in the grieving process. The psychologist explained the importance of bereavement support to help people through the different stages of the process. It is particularly important to avoid comparing or devaluing other people's experiences. True support is about open listening and creating space for memories of the deceased, which can ease the pain of loss.

Nelia Kutsak's training provided ADRA Ukraine staff with valuable tools to effectively support veterans, civilians and survivors of war, thereby contributing to a better adjustment of society to the realities of war and its aftermath.

- **How to prevent burnout. 'The greatest value is the people we work with'**

Anna Matvienko, coordinator of the psychosocial service of ADRA Ukraine, spoke about the phenomenon of emotional burnout and facilitated group work.

According to her, emotional burnout is most common among people who work with other people: doctors, teachers, psychologists and others. Given the constant stress in Ukraine, this syndrome affects about 65% of the population. One of the signs of burnout is when negative emotions from work are transferred to loved ones at home.

Anna also talked about the different manifestations of burnout - physical, emotional, intellectual, behavioural and social. The participants were asked to discuss in groups when they had noticed signs of burnout in their colleagues and to find ways to support those who were experiencing it.

The group work included a task: to find a daily activity for 30 minutes that brings pleasure and helps to replenish resources. Anna Matvienko emphasised the importance of taking care of one's own resource status: "We can only help others if we are in good health.

Anna also noted that the greatest value she has gained at ADRA Ukraine is the people she works with. In a team with different personalities, it is important to build interaction so that everyone can show their strengths and contribute to the overall success.

In conclusion, Vitaliy Kryvoy, Chairman of the Board of Trustees of ADRA Ukraine, expressed his gratitude to the employees who remain in Ukraine and tirelessly fulfill the mission of helping those in need. He cited a biblical example where Jesus Christ fed thousands of people by multiplying the loaves and fishes, but it was the disciples who distributed the food. "It is the same in our case: we are not angels from heaven, but we are called to show people justice, compassion and love. By helping others, we change our own hearts," Vitaliy Kryvoy emphasized.



The participants of the training united in prayer for peace in Ukraine and the whole world

Assistance activity statistics for October 2024

Assistance Direction	Number of beneficiaries	Count of support	Region of assistance	Donor Name
Food Security	223 963 people	95 858 food kits 484 160 loaves of bread	Kharkiv, Mykolayiv, Kherson regions	The UN World Food Programme
Legal Assistance	192 people	192 consultations	Donetsk, Kyiv, Cherkasy regions	Aktion Deutschland Hilft, Ministry of Foreign Affairs of the Czech Republic
PSS	3 378 people	1 851 individual sessions 1 089 group sessions 438 training	All Ukraine	Japan Platform, ADRA Japan, ADRA Sweden (RadioAid), ADRA Denmark, Danish International Development Agency, Ministry of Justice Government of the Faroe Islands, Aktion Deutschland Hilft, Ministry of Foreign Affairs of the Czech Republic
IDPs Protection Centres	814 people	5 collective centres	Khmelnyskyi, Zhytomyr, Poltava, Dnipropetrovsk, Kyiv regions	ADRA Sweden (RadioAid)
Winterization	550 people	70 tons of fuel briquettes 240 powerbanks 240 hygiene kits	Mykolayiv, Kharkiv region	Danish International Development Agency DANIDA
Social transportation	2 823 people	135 trips	Dnipro, Donetsk, Zaporizhzhia, Kherson regions	Aktion Deutschland Hilft, Ministry of Foreign Affairs of the Czech Republic
Education MHPSS	655 people	262 individual sessions 337 group sessions 56 psychotherapy	Lviv, Dnipropetrovsk, Kyiv, Kherson, Poltava regions	ADRA Australia
WASH	1 gymnasium	1 water purification station	Mykolayiv region	Church of Jesus Christ of Latter-day Saints
MPCA	477 people	5 151 600 UAH (~123 687 USD)	Mykolayiv region	Danish International Development Agency DANIDA



ADRA Ukraine and Save Ukraine will cooperate to help Ukrainians affected by the war

On October 10, the charitable organization ADRA Ukraine and the public organization [Save Ukraine](#) signed a memorandum of cooperation. Save Ukraine is actively working to save and restore children and families affected by the war, as well as to restore Ukraine.

The purpose of this cooperation is to provide comprehensive assistance to families who were in the occupied territories or forced to leave their homes because of the war. The joint efforts of the organizations are aimed at implementing projects in which ADRA Ukraine will provide psychological support to the families of displaced persons in the Centers of Hope and Recovery created by Save Ukraine.

The organizations plan to jointly create and implement projects to ensure effective assistance to victims of the war.

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The publication on the website:

<https://www.adra.ua/en/adra-ukraine-and-save-ukraine-will-cooperate-to-help-ukrainians-affected-by-the-war>



"Training, socialization and rehabilitation." ADRA Ukraine helps to finance the construction of a rehabilitation center in the Ternopil region

The charitable organization ADRA Ukraine transferred 100 000 UAH for repair work ongoing at the "Zorya Nadiyi" training and rehabilitation center in the city of Kremenets, Ternopil region. The center was founded by the NGO "Zorya Nadiyi" in order to assist children rehabilitation, youth with disabilities, veterans, families of war dead, as well as other people affected by the war. Now the construction of the large premises of the center, which began in 2021, is being completed. Thanks to people's funds donated to ADRA Ukraine, it was possible to purchase and install floor coverings.

Alla Andrushchuk, the head of the "Zorya Nadiyi" and the ideological founder of the center, comments:

"Today in Ukraine there are thousands of people with disabilities, many of them are in hospitals, others will return from the war. Our center is created for everyone who needs rehabilitation. Children and young people, as well as everyone who needs support, will receive help here. Psychologists, rehabilitologists, physical therapists, teachers and social workers will work with them.

A significant amount of work has already been done: stairs and paving stones have been built, but there are still efforts to be made. Now we are engaged in the arrangement of the boiler room, which we hope to launch until winter comes. We also plan to connect the gas heating system and install a ventilation system.

We are sincerely grateful to ADRA Ukraine and all the involved people for the assistance provided, which allowed us to perform part of the repair work, and we hope for further successful cooperation. "

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The publication on the website:

<https://www.adra.ua/en/training-socialization-and-rehabilitation-adra-ukraine-helps-to-finance-the-construction-of-a-rehabilitation-center-in-the-ternopil-region>



Representatives of ADRA Ukraine took part in the conference of the UN World Food Program in Rome

From 23 to 25 October, the delegation of ADRA Ukraine took part in the 30th International Partnership Conference of [the United Nations World Food Programme \(WFP\)](#), held in Rome. ADRA Ukraine Director of the Department of Development and Partnerships Serhiy Nikiforov and ADRA Ukraine WFP Project Operations Manager Maryna Potekha were invited to the WFP headquarters and joined the development of the WFP action plan in Ukraine for 2025-2027.

Serhiy Nikiforov shared his impressions: "Ukraine is significantly different from other countries where WFP operates, such as Yemen or South Sudan. In contrast, Ukraine has a banking system and stable markets. That is why, in some areas, WFP decided to switch from distributing food kits to cash assistance to beneficiaries in accordance with the category of vulnerability, which allows the population to spend money on any goods or services and significantly improves the economic situation in communities."

ADRA Ukraine, as one of the leading humanitarian organizations in Ukraine, expressed its vision to support small businesses and increase their capacity to implement projects. The conference provided an opportunity for ADRA Ukraine representatives to share their experience and demonstrate the results of work on the marketplace, they introduced the participants to other projects of the organization, in addition to cooperation with the UN WFP. Also, another day was allocated for the UN WFP, where employees put their departments on the marketplace and gave an opportunity to talk in more detail about all the innovations and nuances of work within the program.

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The publication on the website:

<https://www.adra.ua/en/representatives-of-adra-ukraine-took-part-in-the-conference-of-the-un-world-food-program-in-rome>



Story of Julia and Zakhar from the Mykolaiv region

Julia is the mother of three children. With the beginning of the full-scale war, her family's life was changed. They had their business and plans for the future. However, in just one day everything was destroyed.

As soon as the first shelling began, Julia and her husband decided to leave their home somewhere it would be calmer. At first they moved to their parents to the village. However, shelling became more frequent, and the family decided to go further. Thus, they moved to the Rivne region. They stayed there until the situation in their region improved. When it was already possible to return back home, they did it.

Nevertheless, a sad surprise awaited them at home. The room in which the family did their business was bombed along with all the things. Everything burned.

It would seem that in such a situation you can only give up - the business no longer exists and the country has constant uncertainty. However, Julia's family did not give up. They at their own funds little by little began to rebuild the room, and then started all over again.

At this moment, the situation in the life of this family has improved, but they still need support, because the situation in the country is unstable, it affects the financial situation of everyone.

Julia and her youngest son Zakhar received a hygiene kit from the charitable organization ADRA Ukraine with the support of [Danish International Development Agency \(DANIDA\)](#). The hygiene kit contained personal hygiene items, laundry products and a powerbank.

As the woman says: "Good hygiene kits, there are diapers, wet wipes, everything is very necessary. It costs a lot, and you can save money for other things."

Julia is very grateful that ADRA Ukraine and the partners do not forget about people and help them in this difficult life situation.



Story of Tetyana Toryanik from Dnipro city

Tetyana comes from the city of Dnipro, where she lives to this day. When the full-scale war began, she was seriously worried. Also, problems in personal life were added to the severe psychological state.

The woman had a relationship with an Italian man and had to move to him. She worked hard, collected funds, but lost them, and was left alone with her feelings, resentment, broken dreams and constant anxiety in the country.

All these circumstances affected the woman and did not allow her to live happily and enjoy every moment.

"I had such a psychological breakdown that I barely survived in 2022." says Tetyana.

However, the situation changed for the better when the woman learned about the training from ADRA Ukraine with the support of [Radiohjälpen](#) and [ADRA Sweden](#). Psychologists conducted group therapeutic classes, where they taught people how to cope with difficult life situations.

"The event is very useful, and I really like the activities of ADRA Ukraine, I am not the first at such events, they help a lot." the woman shares.



Story of Maria Gorodova from Bucha city, Kyiv region

Maria Gorodova is a psychologist, she works in the charitable organization ADRA Ukraine. She actively conducts various trainings and helps both adults and children.

"I just conducted a training in the 7th grade on the topic of aggressiveness and conflicts" says Maria.

This topic is always relevant. Often children do not know how to control their negative emotions and do not know how to stop them. Also, quarrels often arise between teenagers, which can then become a traumatic experience in communicating. To prevent this from happening, Maria teaches children how to act in conflict situations and what to do with their aggression or the aggression of others.

"I was once approached by the mother of two twins, and one of these girls complained very much that she had suicidal thoughts" recalls Maria.

It's scary to even imagine what parents feel when their children say such things. Of course, the girl's mother was very worried about her and was afraid of losing her daughter. Fortunately, this story ended well. As the psychologist discovered, the girl lacked her mother's attention, and thus she tried to attract her. She did not know how to properly show her feelings, so this led to such terrible threats and thoughts.

"We are still work with this girl, her mother is very grateful and ask us to continue" adds Maria.

The work of a psychologist is really important. Especially when there are air-raid alert, explosions, and anxiety seems to be something familiar and normal for everyone. However, such things are not the norm. Psychologists can help others get through these difficult moments and enjoy life again.



Read more news on ADRA Ukraine website:

14 water purification stations ADRA Ukraine installed in educational institutions and hospitals of Mykolaiv region

01 / 10 / 2024

Donors from Japan monitored the psychological support of Ukrainians: there were positive reviews

03 / 10 / 2024

ADRA Ukraine and the "Heart of Azovstal" project have joined forces to support veterans and their families

04 / 10 / 2024

Evacuated residents of Kharkiv region received food vouchers with the support of the Church of Jesus Christ of Latter-day Saints

10 / 10 / 2024

Distribution of bread from the UN World Food Programme continues in Kherson

14 / 10 / 2024

Guests from Denmark visited the communities of Mykolayiv region, where reconstruction and restoration projects are being implemented

21 / 10 / 2024

ADRA Ukraine delivered hygiene kits and power banks to Osinovo village of Kharkiv region

21 / 10 / 2024

Women at ADRA Ukraine training psychologically recovered, drawing the future

25 / 10 / 2024

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info@adra.ua

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