



Project Template

European Rotaract Information Center

Name of the project: Creative Art Therapy

Organizing club: Rotaract Kharkiv Shpak

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I. ANALYSIS, OPPORTUNITIES AND MAIN IDEA FOR THE PROJECT.

1. ANALYSIS OF THE PROBLEM WE WANT TO SOLVE

Since February 24, 2022, hostilities have been taking place in Ukraine, making it impossible to create an environment for the normal development of children. In conflict-affected regions, they are some of the most vulnerable categories of people. They experience incredible physical injuries as victims of violence, they lose their homes, parents, relatives, friends, and pets. Most children are very withdrawn, they do not know how to interact and cannot adequately communicate with other children and adults, and they have panic attacks when they hear loud noises. When counsellors assessed the problem, IDP children were given the following diagnoses: increased anxiety, depression, suicidal tendencies, apathy towards the world around them. Currently, some IDP children from Donetsk and Luhansk regions live in Kharkiv hostels. Some of them live in large families. Some children's parents turn to alcohol because they cannot come to terms with the loss of their home and close relatives. At the moment, the internet in the dormitories is weak, not all children have mobile phones, let alone laptops/tablets/computers. Because of this, it is difficult for them to study. Many of them do not have the opportunity to engage in creativity or their favorite hobbies. They bear the invisible scars of war, trying to rebuild their lives and find hope. PTSD is an all too common reality for these children, robbing them of their childhood. We currently support 216 children living in Kharkiv hostels.

2. OPPORTUNITIES

Currently, the program has been operating continuously for 2 months. We have found an ideal location for art therapy for children, which amounts to 500 m² of total area. We have at our disposal two concert halls with a stage, professional music and lighting equipment, a recording studio, a teacher of vocals, bass guitar, electric guitar and drums. There is an opportunity to organize various creative events for children: sessions with an art psychologist, drawing, music classes, concerts, holding events where the children can express their thoughts, share their creativity, and find like-minded people among their peers. And most importantly, conduct various classes with counselors who will teach children to express their emotions through creativity.

II. HOW TO EXECUTE THE PROJECT

1. ACTION GROUP

The project manager and the search for sponsors - Aleksienko Julia

The project coordinator (public relations) - Polina Kolodochko

The project coordinator (internal communications) - Anastasiia Lobareva

IT support – Khramtsov Denys

Designer - Sytnikov Anton

Electric guitar teacher - Denys Tkachenko

Online support for children - Yulia Bichurina

2. DESCRIPTION OF THE PROJECT

Through music and helping creative personalities express themselves, we can find an approach to each child and help them adapt to today's realities. We organize sessions with psychologists for children, conduct music and art therapy, and introduce them to various forms of art. Our project is divided into four areas:

Art therapy - Under the guidance of experienced art therapists, children will express their emotions and feelings through visual arts. These classes will provide them with a safe space to talk about their inner problems and gradually heal their emotional wounds.

Music Therapy – Our music therapists use the power of music to help children release their emotions and build a sense of community. These activities give children a creative outlet for self-expression and lay the foundation of trust and unity between children.

Mentoring – Displaced children are paired with caring and supportive mentors who will encourage their creative pursuits and serve as positive role models. These mentors will guide them through a journey of self-discovery and healing.

Entertainment - We make a large effort to ensure that the kids can just be kids. We try to make a normal childhood for them. We treat them to burgers, organize theater performances and music concerts. We organize entertaining events with full-costume actors.

Culture is the soul of a nation. By instilling a love of music and art in the young generation, we are building the future of Ukraine

3. GOALS OF THE PROJECT

Overcoming post-traumatic stress disorder in IDP children living in hostels in the Kharkiv region.

Skill development: Through hands-on workshops, participants will gain new artistic and musical skills that will boost their self-esteem and provide a sense of achievement.

Community Building: Creative Art Therapy develops a sense of community among displaced children by helping them connect with peers who have similar experiences, reducing feelings of isolation and fostering a supportive environment and helping to make new friends.

Creating a safe environment, where every child is heard and accepted. A place where they can openly share their thoughts and are able to realize their creative desires.

A real opportunity to play musical instruments, draw, act in drama and theater, gain practical skills to continue a creative path in their future lives.

4. TARGET AUDIENCE

The target group of the project is displaced children from the occupied and non-occupied regions of Ukraine from 3 to 16 years of age. Currently, we have 216 children under our care. Almost all of these children have lost their homes, some have lost their parents, relatives, and pets.

Thanks to our project "Creative Art Therapy" we help children overcome their fears and adapt to, often terrifying, realities of life today. To work through the moral trauma associated with the loss of relatives and homes. They have the opportunity to realize their dream of learning to play musical instruments or sing, draw, or act in theater.

Currently, we have from 4 to 12 programs for children per week, so that every child has the opportunity to discover their innate creativity.

5. ACTION PLAN & TIME FRAME

The action plan is created with the thought that, the project has already been active for the last 2 months:

Creating a portfolio for each child. 1-2 weeks

Creation of a permanent schedule for a month ahead - 1 week

Conducting group sessions with parents of IDP children and counselors - 2 times a month

Finding a 15-seater bus with a driver - 1 week

Creation of the program site – 1-1.5 months

Finding sponsors for food - 2-4 weeks

Finding additional teachers for vocals, drums, guitar, bass guitar, drawing - 2-4 weeks

Finding additional counselors, therapists

Involvement of Ukrainian stars in the project - 1-2 months

Brief description of each step

Creation of a portfolio for each child - in order to provide adequate therapy and monitor the child's psychological progress, the child must have a portfolio. In addition to a collection of their works of art, the portfolio indicates information about their hobbies, favorite colors, desired toys, peculiarities in behavior, allergic reactions, etc. It is important for us to see the result of our work, therefore monitoring the process is necessary. Additionally, on holidays (Christmas, Easter, Birthdays) we give gifts to the children, so it is very important to understand what they really want.

Creation of a permanent schedule for a month in advance - to plan the efficient use of the music space where the program is held and the schedule of teachers.

Conducting group sessions with parents of IDP children and psychologists - we plan to start group sessions with parents so that they understand the peculiarities of the psychology of children, as well as to aid their emotional state.

Finding a bus with 15 seats and a driver - ordering a taxi to transport children from the hostels to the club consumes a large part of the money, so a more economical solution is to find a driver with a bus who will perform this task for an agreed wage.

Creation of the program website – creation of a landing page for the presentation of the project and attraction of donors.

Finding food sponsors - goodies for children also consume a large part of the funds (currently the program is carried out with project manager's personal funds), so it is necessary to find sponsors who will help solve this issue.

Finding additional teachers for vocals, playing drums, guitar, bass guitar, drawing - in order for every child (of the 216 we care for) to come to the program at least once or twice a week, we need to expand the staff of teacher-counselors.

Finding additional counselors, therapists - it is necessary to expand the staff of counselors who will work in more detail with children and their parents to more accurately monitor their moral condition.

Involvement of Ukrainian stars to participate in the project - For the further existence of the project, we need to attract the attention of the community to it. By attracting local stars to take part, this can really be done.

6. RESOURCES

To replicate the project in another country where there are immigrants from Ukraine, we must have:

- Project managers and coordinators
- S - A space with music equipment;
- Drawing tools
- Teachers of vocals, music teachers, drawing, theater and arts teachers
- Counselors to work with parents and children
- Driver with a bus to bring children to the program
- Cooking and food (to feed the children)
- Management of social networks
- Musicians of different genres - to familiarize children with different music
- Partnerships with existing theaters - for drama classes.

7. BUDGET

Duration of one program: 2 hours

Payment for work:

- Chef 6 €/program - Cooking burgers, pizzas, and French fries or other goodies.
- taxi 15-20 € -- transfer of children from the hostel to the venue of the event and back
- teacher of music theory and playing musical instruments - €20/event
(lecture on musical instruments, learning to play drums, piano, guitar, bass guitar, singing)
- sound engineer/light technician (hired in case of a concert or performance for children)
- 20 €/event

Basic expenses

- rent of premises for the event 40 €/event
(stage, equipment, musical instruments, consumables)
- Food for children (burger with french fries, or pizza + apple juice) 5 €/piece
(the usual program is calculated from 7 to 14 children)

8. ORGANIZERS OF THE PROJECT

Julia Aleksienko is the organizer of the project from Rotaract club ShPAK

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9. PARTICIPANTS

We engaged the music band Legenda Folium, who are successful musicians, play a professional Linkin Park tribute show, and have given concerts in Ukraine and abroad. They are creative mentors for children, who encourage by their example - to engage in music, showing that music can be not only a hobby, but also a job.

Serhii Zhadan is a Ukrainian writer, poet, and musician. He reads his poems to the children, and shares his creative experience

Hamlet Zinkovsky is a Ukrainian artist known for his street art works and illustrations. He shares his artistic experience.

10. SPONSORSHIP

LF Club is a music club in Kharkiv. Club director Iliia Saienko has been volunteering since the first day of the full-scale invasion. He wants to take part in this project not only as a sponsor, but also as a vocal and guitar teacher. He himself is a professional musician.

11. MEDIA COVERAGE

At the moment, we have just started running our social networks. All mentions will be published on our social networks: https://linktr.ee/creative_courage.ua.

How did the project start? 2 months ago, when we learned about the situation with the children in the dormitories, we started doing everything we could to improve their emotional state. Work on the distribution and management of the project in social networks is only beginning now.

III. RESULTS

1. RESULTS AND OVERVIEW

You can already see the positive impact of the program on the children, namely they start playing musical instruments, are not afraid of loud noises, and come to our program with a smile. They have dreams of becoming professional musicians or artists after the war and changing the world for the better with their music!

One of the difficulties we faced was communication with some parents, because they did not understand how creativity can help their child, but with the help of counselors, gradually helping each child express themselves, we proved that creativity can change one for the better.

Financing of the project is also a problem, since at the moment it is all financed with the project manager's personal funds, occasional donations from friends and acquaintances

who monitor the project's activities. But, unfortunately, this is not enough.

2. ADVICES

The most important thing in our project is the child. Children are very different: with moral and psychological disorders, they can behave differently. An individual, special approach needs to be found to each one, so that the child can learn to trust, reveal their fears and worries, and we, in turn, can help solve their problem.

It is also necessary to pay attention to people working with children, so that they actually help them, and not harm them. Because children are in a vulnerable psychological situation.

These children dream of delicious food and sweets. They have forgotten what it is like to live a normal life, or maybe they never even knew it . Some of them do not yet understand that their deceased parents will not return to them, that their home is completely destroyed.

Our task is to adapt them to life, to restore their trust in this world.

3. SUSTAINABILITY

Since the problem is already relevant in the conditions of the war in Ukraine, it will also be relevant after the end of the war, because only then will we know the exact numbers of people and children who suffered from military actions and need help.

Also, such a project can be useful for children who suffered from other types of violence and psychological injuries received in other conditions and countries. Our task is to do everything possible to raise a decent generation of Ukrainians who will continue to build a European state - Ukraine. The very values that will be instilled in these children's souls now will guide them in the future.

Children are our future. Therefore, we must do all we can to stabilize their psychological state.