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FloodsinPakistan2022

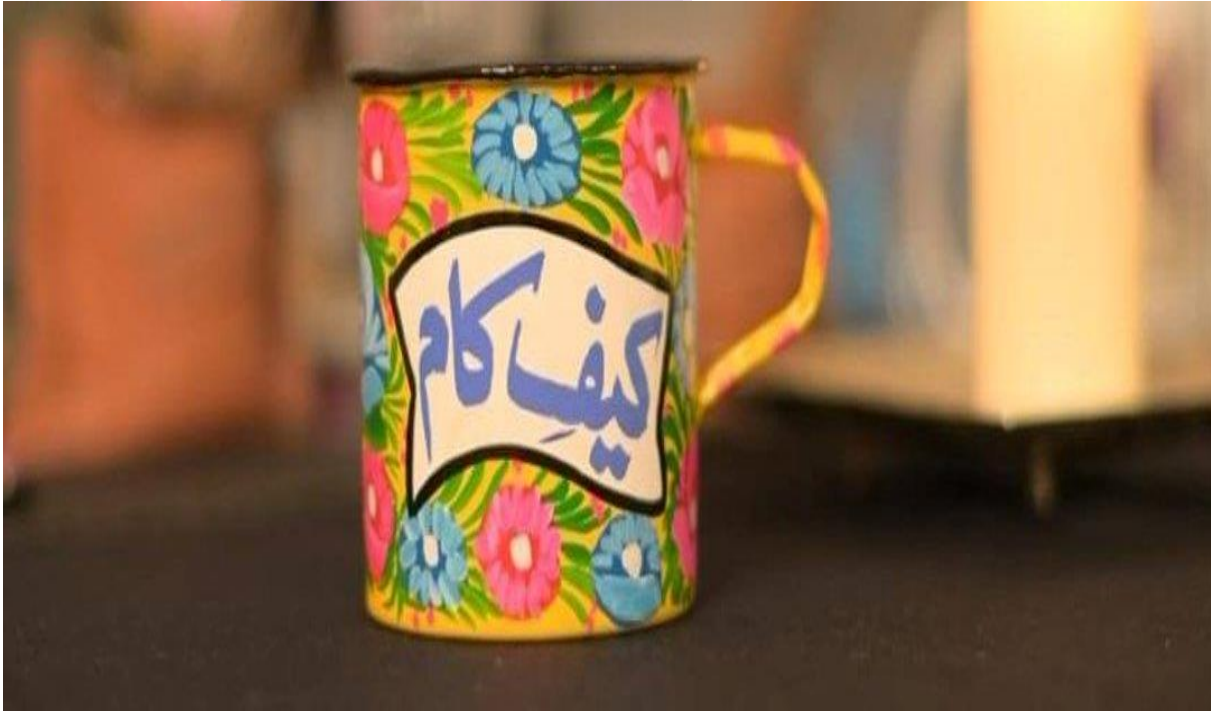
By

Dr.Rakhshinda Perveen

Founder Kafe Kaam

September 3,2022

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**A DIFFERENT TYPE OF RAPID ASSESSMENT
OF FLOODS 2022**

THROUGH THE INTERSECTIONALITY LENS

By

Dr. Rakhshinda Perveen

Founder Kafe Kaam

September 3, 2022



KAFE KAAM , Research & Advocacy Institute-a thoughtpreneurship initiative

An Award-winning Entrepreneurship Enabler. Started as a Co-Working space & remained so till June 2021 in an actual space. Due to the impact of COVID 19. the business model was realigned to the emerging needs and requirements. Now it is digital and offers its research and advocacy services.

Primarily it aims to contribute towards the legal & economic empowerment of women/Girls, GBV manifestations and its prevention, harmful cultural practices, Gender Equality in humanitarian settings and Mental Health & ensure Social Inclusion & Equality of Outcomes.

Recognition & Awards: It has been covered by media including BBC Urdu, VoA & received fellowship from Australian Government and Friedrich Naumann Foundation, Germany. It is non-funded.



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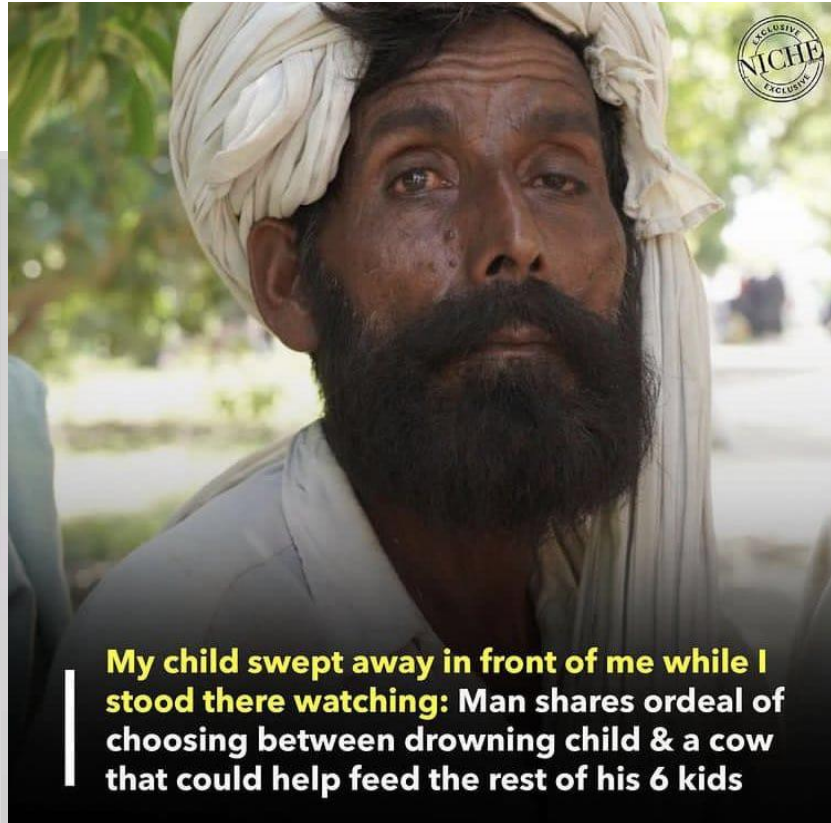


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1. Psychological First Aid in Disasters



A Definition of Psychological First Aid (PFA)?

PFA is **an initial disaster response intervention with the goal to promote safety, stabilize survivors of disasters and connect individuals to help and resources**. PFA is delivered to affected individuals by mental health professionals and other first responders¹.

The Purpose of PFA:

The purpose of PFA is to assess the immediate concerns and needs of an individual in the aftermath of a disaster, and not to provide on-site therapy.

THE CORE PRINCIPLES OF PSF

The core principles of psychological first aid are to promote:

1. **self-efficacy**
2. **Safety**
3. **hope**
4. **help**
5. **group efficacy**
6. **connectedness**
7. **calm**

²Psychological First Aid is **NOT**

- I. NOT Psychological debriefing
- II. NOT obtaining details of traumatic experiences and losses
- III. NOT treating
- IV. NOT labeling or diagnosing
- V. NOT counseling
- VI. NOT something that only professionals can do
NOT something that everybody who has been affected by an emergency will need

*It is not useful, and may be **harmful**, to **ask** a disaster survivor to **systematically recount their perceptions, thoughts, and emotional reactions during a recent stressful event.***

¹ <https://www.apa.org/practice/programs/dmhi/psychological-first-aid#:~:text=What%20is%20Psychological%20First%20Aid,professionals%20and%20other%20first%20responders.>

² Psychological First Aid: Field workers Guide. Dr. Vinod Singaravelu MBBS, MRCPsych. Oxford, UK

**WHERE THE PFA IS DELIVERED IN A DISASTER?
PFA is designed for delivery in diverse settings.**

You can provide PFA in:

shelters,
field hospitals,
camps,
acute care facilities (emergency departments),
respite centers
for
first responders or other relief workers, crisis hotlines, feeding locations, family reception
and
assistance centers, homes, businesses, schools, evacuation centers
and other community settings.

Ideally try to provide PFA where you can have some **privacy to talk** with the person when appropriate. Privacy is essential for confidentiality and to respect the person's dignity, for those who have been exposed to certain types of crisis events such as sexual violence.

OBSERVATIONS

PFA:MISSING

PFA remains not only sidelined but usually an Unanswered are of intervention in any humanitarian setting here and so is the case in the ongoing disaster.

The questionable quality of so many "clinical psychologists," bigots within the community of some renowned and highly qualified aka foreign trained psychiatrists and by and large unethical practices within the sector of medical education and the realm of practices of faith-based leaders, community gate keepers, voluntary relief organizations and health services providers (all these are supposed to and can offer PFA) are adding to the long-lasting toxic outcomes of the current catastrophe.



2. Relief Work in Floods

ایران میں راشن میدان میں رکھ دیا گیا ہیں۔ کوئی بھی شخص اٹھا کر لے جاسکتا ہے۔ کسی پر پابندی نہیں ہے۔ نہ فوٹو سیشن یا سیلفی ہوگی۔ نہ رجسٹریشن نہ شناختی کارڈ اور نہ ہی سیاست ہوگی۔



All humanitarians and good-hearted people want to contribute towards relief services in the event of any disaster either by being directly involved or through making any donation. If you are directly involved in relief services or working with any volunteer group kindly ensure to add essential medicines, clean water and hygiene kits for women and girls.

Remember

WASH-Water, Sanitation And Hygiene

One of the first to be deployed in a sudden-onset emergency, including buckets, soap and water purification tablets, menstrual hygiene management items including multi-purpose cloth and pads. Items like whistles and torches address protection needs for the vulnerable.

Examples of Hygiene Kit items that can be included:

Toothbrush, toothpaste, a bar of soap, shampoo, conditioner, body lotion, shave gel, deodorant, comb, razor, lip balm, facecloth, bandages, hand sanitizer, tissues, nail clippers, hair ties, and feminine hygiene products (tampons and pads).

customize it according to the local culture & needs:

for instance, add Miswak, cotton rolls, bandages (for pads preparation), add prayer mat (plastic/washable/waterproof one), pampers (elderly & babies) etc.

Water & Sanitation for Emergency Shelters

Provide basic collection, storage, and treatment facilities for protected sources.

Prevent indiscriminate defecation through rapid provision of facilities.

Provide safe disposal of excreta and refuse, controlling rodents and pests.

And last but not least look at all the preparation while you are ready to offer the relief services with Empathy (do not confuse it or equate it with sympathy).³

OBSERVATIONS

Haphazard & Delayed : Relief Work in Floods

There is visible absence of central command and control and coordinated services to address the most urgent needs (food, clean drinking water, emergency shelter, medical care, and non-food-items) of the affected population.

³ <https://www.linkedin.com/feed/update/urn:li:activity:6970766139089965057/>

Public Health Interventions : 1. Insecticides(for bed nets and other items). 2. Water purifier. 3. Disinfectants.) : **Not Duly Highlighted**

It is hoped that all big charities & public sector organizations involved in relief services have assembled a list of the common health problems and are ensuring these key Public Health Interventions 1. Insecticides(for bed nets and other items). 2. Water purifier. 3. Disinfectants.

HEALTH NEEDS OF ADOLESCENT & YOUNG WOMEN & PREGNANT WOMEN NOT DULY HIGHLIGHTED & ADDRESSED.

TOTAL BLACKOUT ABOUT THE PLIGHT OF THE ELDERLY, PEOPLE WITH DISABILITIES AND TRANSGENDER POPULATION.

Social Media is more engaged in the publicity of rightful actions like distribution of menstrual pads and making it controversial. Distracting and agenda driven debate around patriarchal mindset at the moment are not alleviating the pain and suffering of those in need in the midst of this tragedy. More concentrated efforts are absent or weak in demanding the concerned UN agencies and the GoP to ensure availability of Hygiene kits and safe delivery services to those in need.

The National Flood Response Coordination Centre (NFRCC) was able to hold a briefing on Saturday, September 3, 2022, on the ongoing rescue and relief efforts and expressed resolve to fight the devastating floods together while urging the people to contribute to the effort. Absence of women representatives from rights-based forums and affected population (even as observers) is not only undesirable but reflects the priority of their (non) representation at such a significant coordination agency by the country.



Exceptions :

Different operations by Pakistan Army and aviation services are performing well.

Only few well reputed local charities for example AKHUWAT and EDHI are providing timely and well managed services through skilled volunteers.



3. Dowry Violence, Transactional & "Child Marriages"



Development means Better Life for all
photo by: Dr.Rakhshinda
A Village In Sindh following floods 2011

The existence and occurrence of Sexual and Gender Based Violence (SGBV) during the humanitarian settings is a bitter reality. The reported cases may not match the exact incidence (as happens in development scenarios).

While Rape, Gang Rape, Abduction and Sex for Food are known and easier to understand forms of SGBV in any emergency setting what very often flourishes in such scenarios and goes unnoticed as a form of VAWGC /SGBV is the Dowry Violence.

In the list of losses in the current ongoing catastrophe are included the dowry items and savings reserved for the weddings. The displaced people, out of distress, despair or cultural pressures try to make up the loss and ensure the preservation or restoration of their honour or pride by pushing their underage girls (daughters or sisters) into marriages.

Such an abuse of any child girl (child marriage is a misnomer) is a manifestation of the Dowry Violence. In the floods of 2010, many girls (underage included) were given into "Transactional Marriages) for getting rescued through any private transport like trucks from the flood affected areas.

OBSERVATIONS

If **specific gender issues and protection** issues of children and young girls are ignored the likelihood of SGBV, Dowry violence , CSAE , Forced Marriages and "child marriages" is very high.

National and Provincial Commissions of Women (women machineries) are nowhere in the picture. Similarly, any strong voice from any civil society forum with clout is yet to be on these issues.

