

Contextual analysis – Kilinochchi District

- Heavily affected by war, remains with war scars, even 10 years after end of the war
- Physical, social, economical and psychological issues exist
- Amidst suicide became a big threat. The rate increase over period. An average of over one attempt per day. Some instance..
 - ❑ *Four suicides just in one day on 01 Jan 2019*
 - ❑ *From Jan to March 2019, nine suicide attempted cases were referred to UNHD counselors in the Kilinochchi hospital. 03 of them were school going kids*
- Domestic violence, micro loans, insufficient or no family income, use of drugs and alcohol, loses of property or persons, extra marital affairs or sexual abuse, lack of awareness, and media exposure are common and interconnected reasons
- Treating only to mental health without counseling or resolving other underlying causes (livelihood)
- Shortage of technical personnel and other resources for hospitals and community to address psychosocial issues.



*“Don’t be a prisoner of your past but a pioneer of your future”
by Sandy Taylor*

Objective & time frame

Objective: To reduce psychological stress especially the attempt of suicide among the identified communities, and improve their resilience and empowerment

Time Frame: Initially one year,
March 2019 to March 2020



Strategy

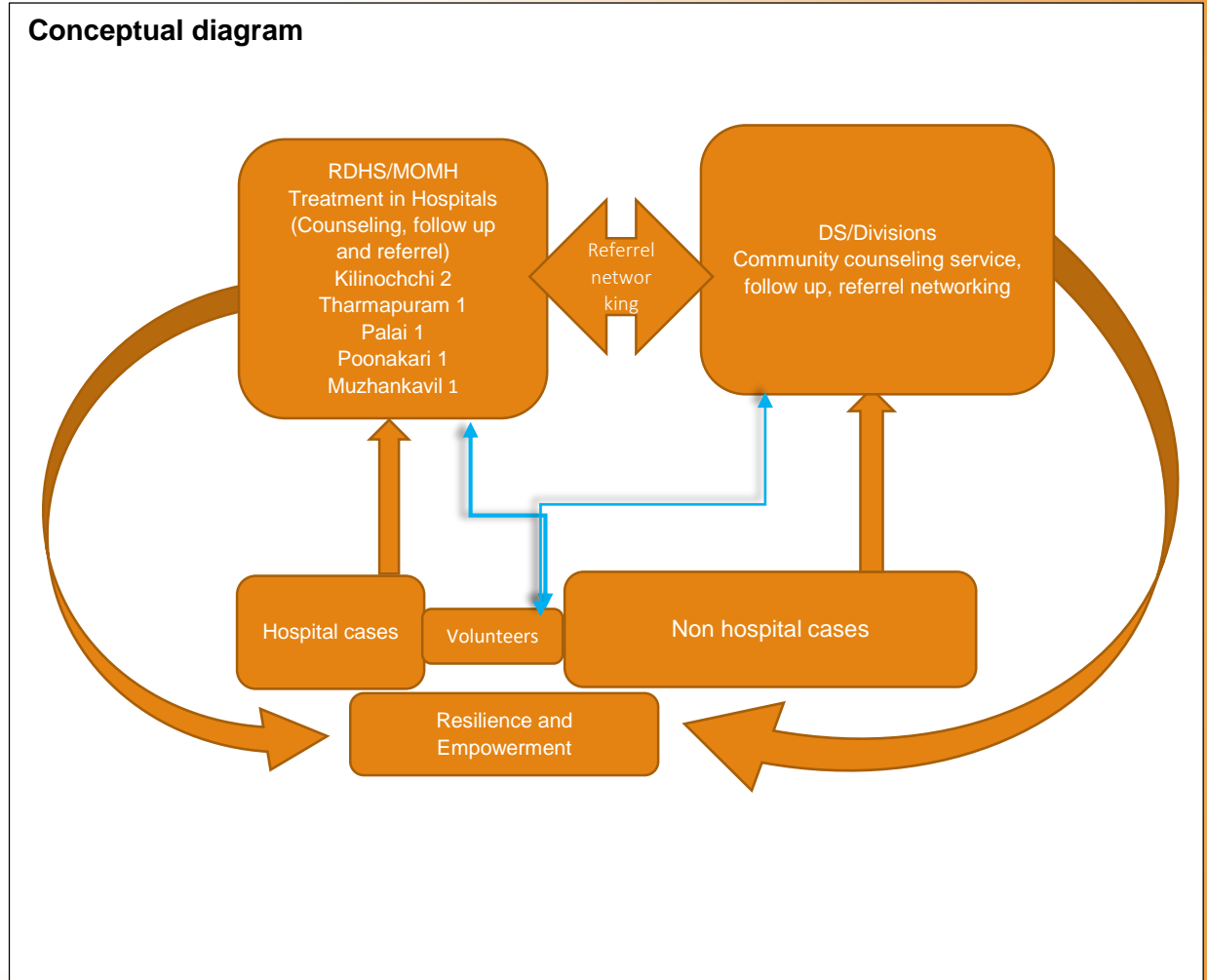
Community level approach – preventive

- Counseling and family support
- Referral and networking
- Educating community

Hospital level approach – curative

- Counseling and follow up
- Referral and networking

Volunteers from the community will function as change agents. They will maintain contact with all services and facilitate access



Activities

- Counseling at hospitals and communities
- Community assessment and improve living standards
- Assist function of civil societies' and collaborate
- Set up volunteers or facilitators support mechanism
- Establish referral and networking service
- Public education and Awareness creation
- Training for the community leaders to handle personnel having suicide thoughts
- Training for the counselors attached to the Govt/NGO sectors



Expected results

- Decline in the numbers of suicidal attempts
- There will no longer be chances for repeated attempts and thoughts for suicide
- Number of ways and means will be increased to protect people having suicidal thoughts
- Improvement in understanding and support among the families due to continuous guidance and counseling
- Improved interaction and involvement between family and society due to awareness on suicides
- Students will be able to pay attention on their goals and ambitions, and understand socio-cultural values
- Improved living standards

Supervision and Monitoring

Supervision:

- MOMH/RDHS for hospital counsellors
- District and Divisional Counselors for the Community
- Peer support

Monitoring:

- Monthly psychosocial forum
- Internal monitoring using tools



Budget



Budget Item	Cost
Direct Project Cost	
Salaries and related payment for the Project Staff (Coordinator, Counselors and Counseling Assistants)	5,520,000
Traveling of Project Staff	420,000
Satationery and communication	130,000
Training of Volunteers, Counselors attached to NGOs, Village leaders	239,000
Awareness Program	284,000
Communication Materials	85,000
Subtotal Direct Program Cost	6,678,000
Indirect Program Cost	
Office Supplies	116,000
Office maintenance	84,000
Subtotal Indirect Program Cost	200,000
Administration Charges (7.5%)	515,850
Total Budget without Organisation's Contribution	7,393,850
Organisation's Contribution	
Program implementation, donor relations and monitoring evaluation	1,500,000
Total Budget with Organisation's Contribution	8,893,850

About...





UNITED NETWORK

For Human Development

Assists to recognize the real needs

Bonds you to social services

Commences paths for your potentials

Designates you to help the people in need

Encourages innovation for social development



Mission

Sustainable holistic development

Vision

Self sustained life for all

Strategies

Social progress

Economic development

Environmental responsibility



The network is for supporting sustainable holistic development

Who we are:

- The Network for Human Development is a non-profitable organization that, aims to connect the underprivileged people who are struggling to have a decent and healthy life with the people and the organizations enriched with willingness, human, physical and financial resources and bring our pride back.

What do we do:

- The NHD will capitalize the modern networking facilities through the website, social media and bilateral, multilateral conversations. The website will be the prime platform intended to connect the needs and resources on a voluntary basis in order to provide a better life for all unfortunate men, women, children and elderly and alternatively abled people in Sri Lanka.

What you can do:

- All those who wish to support the network to improve the living standard of deprived people in Sri Lanka is appreciated to register, login and contribute to the initiatives through supporting the projects using their knowledge, skill, attitude, financial and material resources and spare time. The network will link the people in need with the public, private and humanitarian institutions that are aiming to develop the livelihood of the underprivileged.
- A high profiled coordination team of the network for human development will coordinate the initiatives and mobilize the resources at national level, while a well structured decentralized management team with sector specific experts will manage the project activities at district level.

FUNCTIONING MODEL OF THE SITE

The NHD will take advantage of the modern networking facilities through the website, social media and bilateral, multilateral conversations. The website will be the prime platform intended to connect the needs and resources on a voluntary basis in order to provide a better life for all unfortunate men, women, children and elderly and alternatively abled people in Sri Lanka.

There are three main pages in the portal to elaborate the needs, suitable interventions and resource pool.

1

Background and needs

Data and information that are uploaded through network will portray the current needs of people and resource gaps. A viewer can easily understand what, where and when to be done to benefit whom.

2

Strategic interventions

This page presents ongoing projects and activities and its impact.

3

Resource pool

Personal, organizational capacities, financial and material contributions committed by the members will be reflected in the resource pool,



TIMELINE

Key results of the network are defined per year for five years

2018

August to December

Establish network

- Setup the network and formal registration
- Promotion
- Conduct need assessments and launch a pilot integrated village empowerment project in one district

2019

January to December

Enhance operations

- Establish human resource for operation in 4 districts
- Implement four integrated village empowerment project in 4 districts
- Review and improvements
- Continue promotion of network

2020

January to December

Extend operations

- Joint implementation of four integrated village empowerment project 8 districts
- Review the projects and improve
- Continue promotion

2021

January to December

Expand projects

- Introduce diverse projects for economic development in all 8 districts
- Review of projects and improvement
- Continue promotion

2022

January to December

Environmental projects

- Initiate major environmental projects in 4 districts
- Review and improve
- Make the next five year plan



Our Core Teams

The Network is governed by a nine member Executive Committee (EXCO) elected from the General Body with life membership.

President, Secretary, Treasure and other six members hold the office of the EXCO.

The EXCO is supported with the Advisory Board also formed from the General Body.

In addition, working groups will be formed to guide the team based on the needs

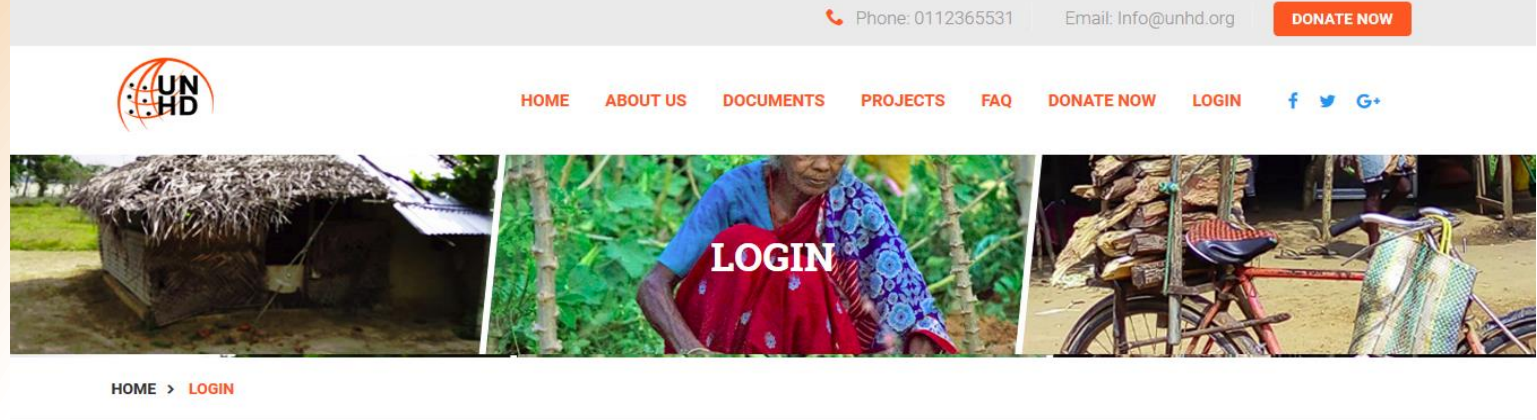


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<http://www.unhd.org/login>

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
USEFUL LINKS..

- ▶ [Valavansai.com](#)
- ▶ [Tamil Counselling.org](#)
- Sample Text
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RECENT POST

- Sample Text
March 14, 2017
- Sample Text
February 21, 2017
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January 15, 2017

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**THANK
YOU!**

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