



75 YEARS
1948 - 2023
A HUMANITARIAN STORY

ACTIVITY REPORT – MHPSS Department

DECEMBER 2023 - FEBRUARY 2024: CHILD SAFEGUARDING RISK ANALYSIS & CHILD PROTECTION

On the month of February 2023, a Child Safeguarding Risk Analysis exercise was conducted to identify and measure the level of child safeguarding risk. With information about this risk, the programs carried out by the Malaysian Red Crescent involving children can be strengthened and can reduce the high level of risk to children.

This exercise is conducted to identify how the program involved children. This training is also carried out to identify the childcare system available in the national association and to identify the level of risk when working or interacting with children. The training conducted involved employees and volunteers involved with DREF 2023/2024. Because the DREF program has a variety of activities involving children, employees and volunteers must have knowledge of childcare.

There is another child protection training that was conducted on 30th -31st December 3rd February and 17th February. This child protection refresher training is conducted to create awareness about the importance of child protection as well as sexual and gender-based violence. Based on the first exercise conducted, we found that the Ministry of Health has a high level of risk for child protection. This exercise is carried out to develop a planning plan to reduce the existing risks.

JANUARY 2024 - FEBRUARY 2024 (ONGOING): CARING FOR STAFF

A MHPSS session was conducted to give self-awareness and increase motivation for MRC staff. Since the staff are the mainstay of MRC, it is very important for them to take care of their mental health. This MHPSS session lasted for approximately 2 hours and various results were obtained by the MHPSS.

The activity carried out in the session was titled '**This is Me**' where all the staff got to know each other and build rapport with each other. They introduce themselves in a creative way by creating any object that reflects their personality. This way provides some structure to help them start the introduction process. In this way, they can know themselves and each other's personality in a relaxed way.

Each staff is given equal time and rights to talk about their personalities. At the end of the session, each staff is given time to give feedback about the session they have attended. A follow-up session will be conducted to explore more about the staff at MRC.

JANUARY 2024 : MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT ASSESSMENT WORKSHOP

An MHPSS Assessment workshop was conducted on 23-24th January which convened diverse participants to enhance understanding and capacity in addressing mental health and psychosocial needs during dengue outbreaks. Key objectives included identifying mental health needs, tailoring support services, preventing distress, strengthening resilience, reducing stigma, improving health outcomes, building capacity, and monitoring interventions.

Sessions encompassed MHPSS in Emergencies, Assessment Methods, Context Review, Psychological First Aid, Questionnaire Formulation, Simulation Exercises, and Assessment Planning. The workshop



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facilitated enhanced understanding, improved skills, strengthened collaboration, increased awareness of ethics, and provided practical insights through simulations. The workshop served as a valuable platform for building capacity and fostering collaboration, contributing to more effective responses to dengue outbreaks.

FEBRUARY 2024: MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT PROGRAM (SSK)

The MHPSS team conducted a psychosocial support activity for the children at Pangsapuri Seroja, Pangsapuri Subang Impian and Flora Damansara. The activity that was done was sand art activity where it helps children be creative, learn about textures, improve their hand skills, express feelings, concentrate better, feel relaxed, feel proud, and have fun with friends.

FEBRUARY 2024: MHPSS PROGRAM AT HEALTH CARNIVAL

The MHPSS department of MRC have been invited to conduct psychosocial activities to the students of SK Sri Layang and SMK Sri Layang in conjunction of Karnival Kesihatan, organised by Badan Kebajikan dan Amal (BAKIB). The carnival event was held at Institut Aminuddin Baki, Cawangan Genting Highlands on the 6th and 7th February 2024 and there was few health – related booths involved such as Blood Donation, Pap Smear Test, health exhibition and others.

During the event, the MHPSS team has implemented few activities for the students such as sand art therapy, colouring and drawing competition, Feelings Circle for high school students and creating posters. There were more than 150 students successfully participated in the activities conducted by the MHPSS team. The carnival event was successful and received positive feedback from the organiser, teachers and members of the public who were involved in the event.

FEBRUARY 2024: MENTAL HEALTH SYMPOSIUM

The MHPSS team was invited to be the speaker in the Mental Health Symposium organised by Amanie Care Foundation at Menara Tokio Marine on 17th February 2024. The symposium on mental health in the workplace convened stakeholders from various sectors to discuss the prevalence of mental health issues, effective strategies for promotion, breaking stigma, leadership's role, the connection between well-being and productivity, and the importance of collaboration. The symposium underscored the urgency of addressing mental health concerns in the workplace and highlighted the significance of proactive measures in fostering a supportive work environment.

The MHPSS team of MRC was given a slot to conduct self-care activities where the team provided a platform for participants to explore various strategies and techniques aimed at promoting self-care and enhancing mental health. Through presentation and interactive discussions, attendees gained valuable insights into the importance of self-care and practical ways to incorporate it into their daily lives.