#SAVEACHILD SAVETHENATION: A Mental Wellness Project for Children with Trauma

The wellness facilitators are continuously exploring ways to design and contextualize the intervention based on the needs and experience of the beneficiaries.

**Customizing the intervention to the unique experience of the beneficiaries**

Because of the proven healing power of nature, intervention sessions are done in the hospital’s adopted tree park, Aracnida.

**1. Connecting**

**2. Centring**

**3. Co-Creating**

**4. Clarifying**

**5. Cultivating**

**6. Concluding**

**Stage Process in Resilience-Focused Family Psychoeducation**

The BioPsychosocial intervention sessions for the families (36 families & 104 individuals) have the short-term goal of preventing depression, rage, anxiety, and possible suicide and the long-term goal of averting the lasting and cross-generational impact of experiencing trauma.

**After several sessions, the results show:**

**Quantitative Results:**

- **20%** higher than average Individual Resilience
- **23%** higher than average Family Resilience

**Qualitative Results:**

Positive observable changes in the beneficiaries:
- From being closed off to their emotions to being able to vent out and process their feelings
- From being burdened by their struggles to being able to enjoy themselves and relax
- From being avoidant in social interactions to being participative and active in group discussions

**36 Vessels of Hope** have been adopted.

Different units of Manila Doctors Hospital support the project by adopting Vessels of Hope and filling them up with spare change that when put together can fund the implementation of #SaveAChildSaveTheNation.