

# TRAUMA RELIEF PROGRAM IN PUEBLA

- FINAL REPORT -



Asociación Internacional  
por los Valores Humanos México - 2018



# TRAUMA RELIEF



AIVH  
MÉXICO

After two Earthquakes in September 2017, more than 12 thousands schools were damaged in the country.

Children are most affected by post Traumatic Stress disorder in natural or man made disasters.

Common symptoms include anxiety, panic attacks, insomnia and difficulty in learning.

Thanks to your generosity we could reach 2362 students!

# BENEFITED AREA



- In Puebla State there is a small town named Izúcar de Matamoros, it is located 10 km far from the second Earthquake epicenter.
- In Izúcar there was a public school for 2 thousand children from Kinder to High School named "Centro Escolar Lázaro Cárdenas".
- The school was completely destroyed by the earthquake, it was also a place known as a refuge in case of other disasters. This broke the emergency plan after the earthquake and left children without school.
- The ministry of Education is rebuilding the school and relocated children meanwhile.
- 



# ACTIVITIES

Planning January 19th to January 31th

Workshops February 2nd to March 23th  
14 workshops  
487 adults  
2,302 students from 7 to 17 years

Youth Empowerment Seminar

60 students that may be participating in the second Phase took the Youth Empowerment Seminar

# EXPENSES REPORT

• HUMAN RESOURCES	\$851.86 USD
• MATERIALS	\$200.43 USD
• TRANSPORTATION	\$652.35 USD
• FOOD	\$398.86 USD
<b>usTOTAL AMOUNT</b>	<b>\$ 2,103.50</b>

Additional resources AIVH used for Trauma Relief in Puebla and other states from September 2017 to March 2018 \$3,165.59 USD

Total Amount of benefitted population from September 2017 to March 2018 in Trauma Relief Programs 8745 people



# SCIENCE OF BREATH



- Stress and negative emotions trigger neurotransmitters which cloud thinking process, and highlight impulsive responses and instincts.
- Breathing techniques in stress and crisis situations allow the system to recover normal physiological metabolism and strengthen the ultimate conflict solution abilities regaining neuronal connection and reactivating pre frontal cortex activities like creativity, social interaction and access to memory.
- Learning simple breathing tools help victims of disaster regaining confidence and armonic social behavior restoring social tissue.



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Adolescent health brief

## Effects of the Youth Empowerment Seminar on Impulsive Behavior in Adolescents

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## Yoga for anxiety and depression

### Benefits of controlled breathing

A type of controlled breathing with roots in traditional yoga shows promise in providing relief for depression. The program, called Sudarshan Kriya yoga (SKY), involves several types of cyclical breathing patterns, ranging from slow and calming to rapid and stimulating, and is taught by the nonprofit Art of Living Foundation.

One study compared 30 minutes of SKY breathing, done six days a week, to bilateral electroconvulsive therapy and the tricyclic antidepressant imipramine in 45 people hospitalized for depression. After four weeks of treatment, 93% of those receiving electroconvulsive therapy, 73% of those taking imipramine, and 67% of those using the breathing technique had achieved remission.

HARVARD

# REDUCTION IN AGGRESSIVE TENDENCIES USING AIHV TECHNIQUES

## YES! reduces aggressive tendencies.

William C. Overfelt High School in San Jose, CA provided data showing **38% reduction in violent incidents, 28% reduction in disruptive behavior, 45% reduction in drug and alcohol use, and 45% reduction in suspension hours, over a two-year period of offering YES! for Schools.**

Students at a large High School in Milwaukee reported the following: **41% decrease in aggression and fighting, a 41% decrease in bullying behavior, and a 57% statistically significant decrease in anger<sup>1</sup>.**

## YES! students report increased growth mindset\* and decreased perceived stress.

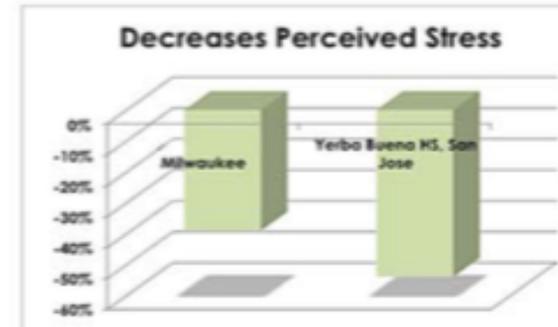


\*Research has shown that the mindsets that students hold about their intellectual ability can have a significant impact on their motivation and success in school. When students have a growth mindset, in which they believe that intelligence can be developed (for example through effort and instruction) they seek more learning goals and challenges, see effort as a positive behavior, are more resilient in the face of failure, and achieve higher academic

outcomes.

## What happens when YES! is in the building

When YES! entered East Side High School in Newark, NJ, in the spring of 2008, little more than 20% of ESH students were making **Adequate Yearly Performance**. At the end of 2013, it was **over 90%**. The number of students on **honor roll rocketed from less than 100 to over 500.**



## YES! is changing the way students, teachers, and schools are handling conflict.

Students and teachers report that they are **handling difficult issues together**, using breathwork, meditation, and YES! rather than pushing them out of sight with suspensions and detentions. As a result, the Talent Development program in Newark, NJ saw a **90% drop in formal disciplinary actions**. At Dodd Middle School in New York, the **entire school saw formal disciplinary actions drop by 64% over two years, and a 44% reduction in suspensions<sup>2</sup>.**

<sup>1</sup> Based on the Modified Aggression Scale, from the CDC's Violence Prevention Compendium of Assessment Tools. All

<sup>2</sup> Consistently, year-over-year.

**Your help and generosity  
has been very important  
for many people,  
THANK YOU FOR YOUR  
TRUST!**



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