

Earthquake Response in Jajarkot and Rukum West, Nepal- A Rapid Needs Assessment

TPO NEPAL IN PARTNERSHIP WITH UNICEF

EXECUTIVE BRIEF

On November 3, 2023, a 6.4 Richter scale earthquake with its epicenter in Ramidanda resulted in 153 fatalities and 364 injuries, affecting around 250,000 people, including 80,000 children. Nearly half of the casualties were children, who experienced fear, anxiety, and emotional distress. In response to this, TPO Nepal planned to conduct an assessment in the affected areas and developed a rapid assessment checklist to evaluate the mental health and psychosocial impacts of the affected population.

Later, an assessment was conducted between November 9 and 20, 2023, among 1500 individuals, employing the methodology of interviews, field observations, and a review of secondary data.

KEY FINDINGS



About 75% of the population (including women, children, and adolescents), experiencing distress, children are at risk of prolonged distress



About 30% of the population facing problems with access to food with access to food, 40% lacked access to protective shelters and 15% did not get essential health services



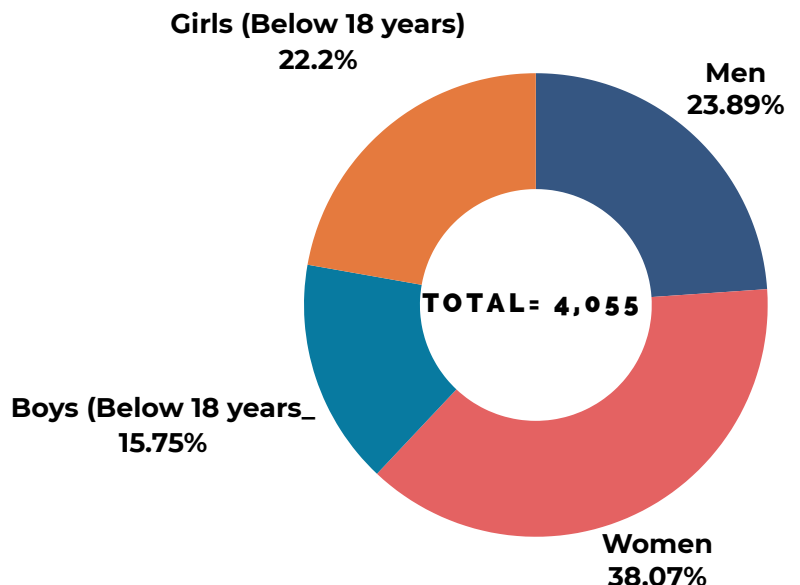
High risk of GBV, making it essential to implement prevention and risk mitigation programs



40% of local government authorities participating in the assessment impacted by the earthquake and service providers like health workers, and volunteers also in need of stress management sessions

PSYCHOSOCIAL SUPPORT PROVIDED BY TPO NEPAL IN SUPPORT WITH UNICEF

The MHPSS professionals deployed in the affected area conducted 162 sessions, including psychoeducation and stress management sessions, in communities, schools, and child-friendly spaces. TPO Nepal also provided psychological first aid to 2737 (Men=695 & Women=869; Boys=478 & Girls=695) affected individuals, and psychoeducation and stress management sessions to 1318 (Men=274 & Women=675; Boys=161 & Girls=208) individuals.

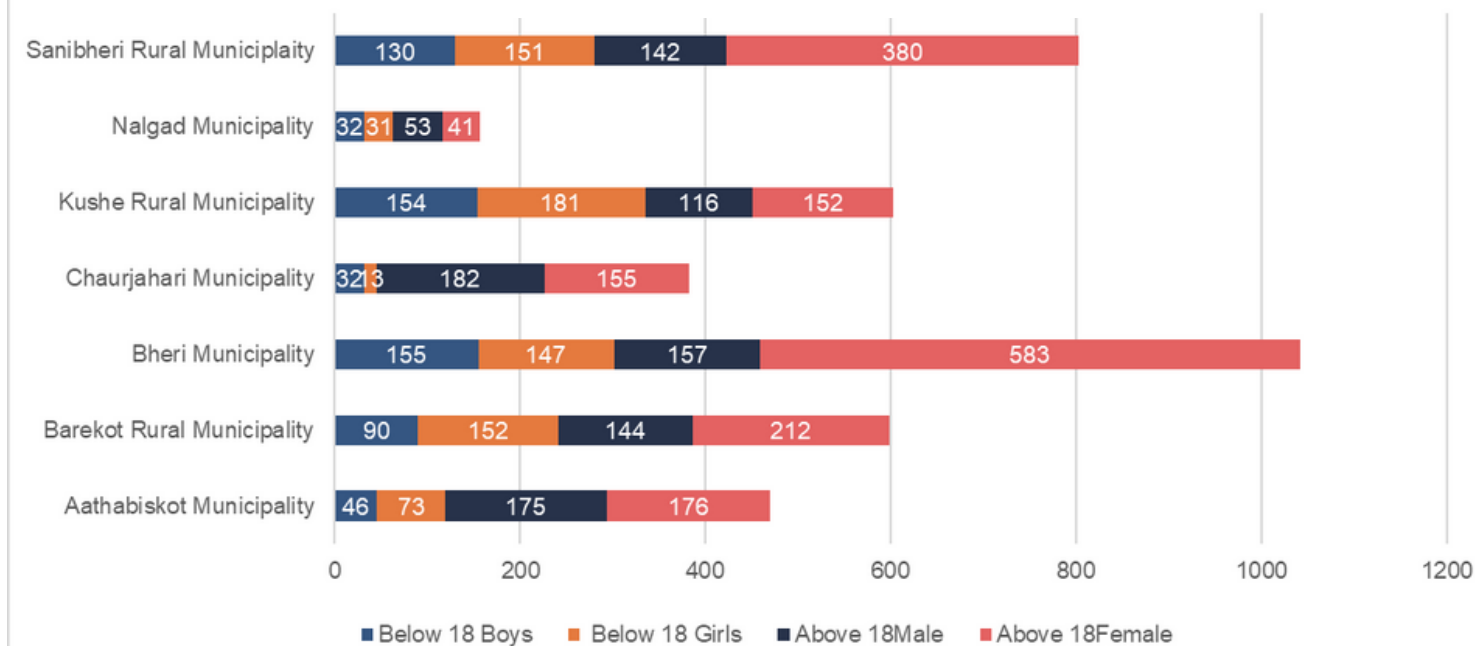


INDIVIDUAL COUNSELING SUPPORT



Apart from these, one-on-one psychosocial counseling was provided to 87 individuals through the trained psychosocial counselors who conducted their psychosocial assessment and helped them understand their feelings, navigate challenges, and develop coping strategies tailored to their specific needs.

DISAGGREGATION OF SERVICE PROVISION BY MUNICIPALITY



The earthquake had destroyed our house. Thinking about the incident, I felt devastated and had a fear and anxiety that I might die anytime soon. I used to wake up at night and constantly felt hopeless. Under such a situation, had TPO Nepal not put the bandages on our wound through emotional support, my problems would have been aggravated. TPO Nepal has done good work and provided us with the courage to face this situation.

-A beneficiary from Kushe-8, Jajarkot

I had not been able to sleep since the earthquake had occurred but after talking to the counselor, I felt relieved and was finally able to sleep.

-A beneficiary from Sanibheri-2, Rukum

When a disaster strikes a society, the physical infrastructure of the society collapses, but along with that, the existing social support system also collapses and becomes dysfunctional. The affected individuals then go into a state of shock and numbness. In this context, the principles of PFA—look, listen, and link—help individuals manage their stress and eventually become resilient. Furthermore, the sessions are conducted based on their age, gender, and other determinants, which also helps them feel connected with other affected individuals, and slowly, the support system starts building itself back.

-MHPSS Practitioner at TPO Nepal

ANNEXES



PFA Session with children



Group session with pregnant women and lactating mothers



Individual PFA session