

MEXICO'S EARTHQUAKE TRAUMA RELIEF PROGRAM

THE DISASTER



Mexico is one of the most seismically active regions in the world.

MEXICO 2018

On September 19th, 2017; on the 32th anniversary of the "**1985 quake**" that devastated México City. Two earthquakes struck México, leaving an immense devastation in five different states of the country: Chiapas, Oaxaca, Puebla, Morelos and México City. Causing hundreds of human casualties and thousands of homeless.

The earthquake is the most powerful to be measured in México since 1985. The devastation was spread throughout the Mexican southwest and according to México's National Center for Disaster Prevention, Cenapred, a major disaster declaration was activated in 699 communities, there was a Total damage report in 181,5679 577 homes, and 577 schools and 83 Health buildings collapsed or were significantly damaged.

Because of the tragedy, Mexican people came together to rescue victims and help each other. From the first moment the IAVH México team worked tirelessly to support and rebuild the lives of thousands of people.



Disaster itself is viewed in 4 different phases, The IAHV Trauma relief program is created following the internacional cycle of emergency management

Phase 3

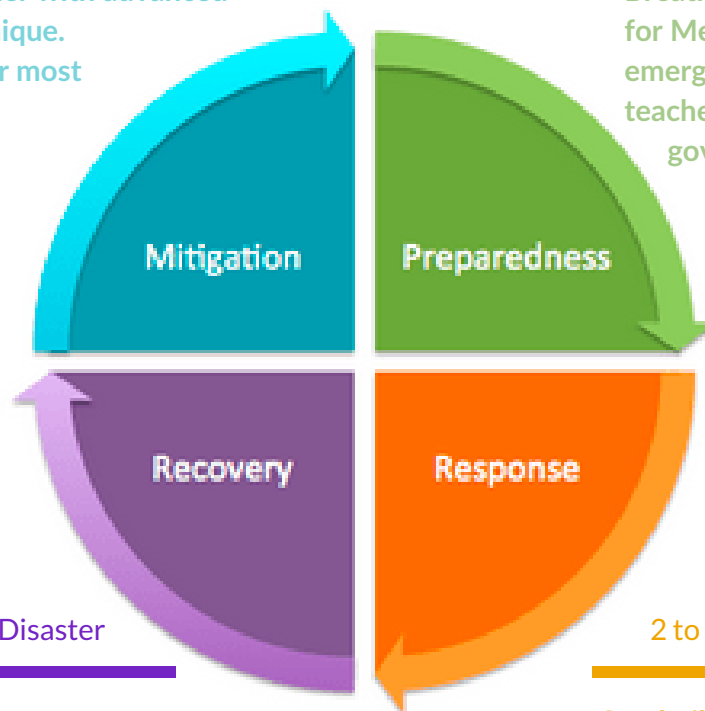
3 to 6 months after the disaster

- Attention and Prevention of Stress with advanced Breathing Techniques. (2-3 hour Workshop in Emergency shelters, Hospitals, Schools, Government institutions, etc.)
- Attention and prevention of Post Traumatic Stress disorder with advanced S.K.Y. Breathing Technique. (3-4 days Program for most affected communities)

Phase 4

6 months to 1 year after the disaster

- Attention and Prevention of Post Traumatic Stress disorder with advanced S.K.Y. Breathing Technique (3-4 days Program for most affected communities)
- TRAINING PROGRAM in advanced Breathing Techniques. (5 day program for Mental Health professionals, emergency first responders, School teachers and directors, youth leaders, government institutions, etc.)



Phase 2

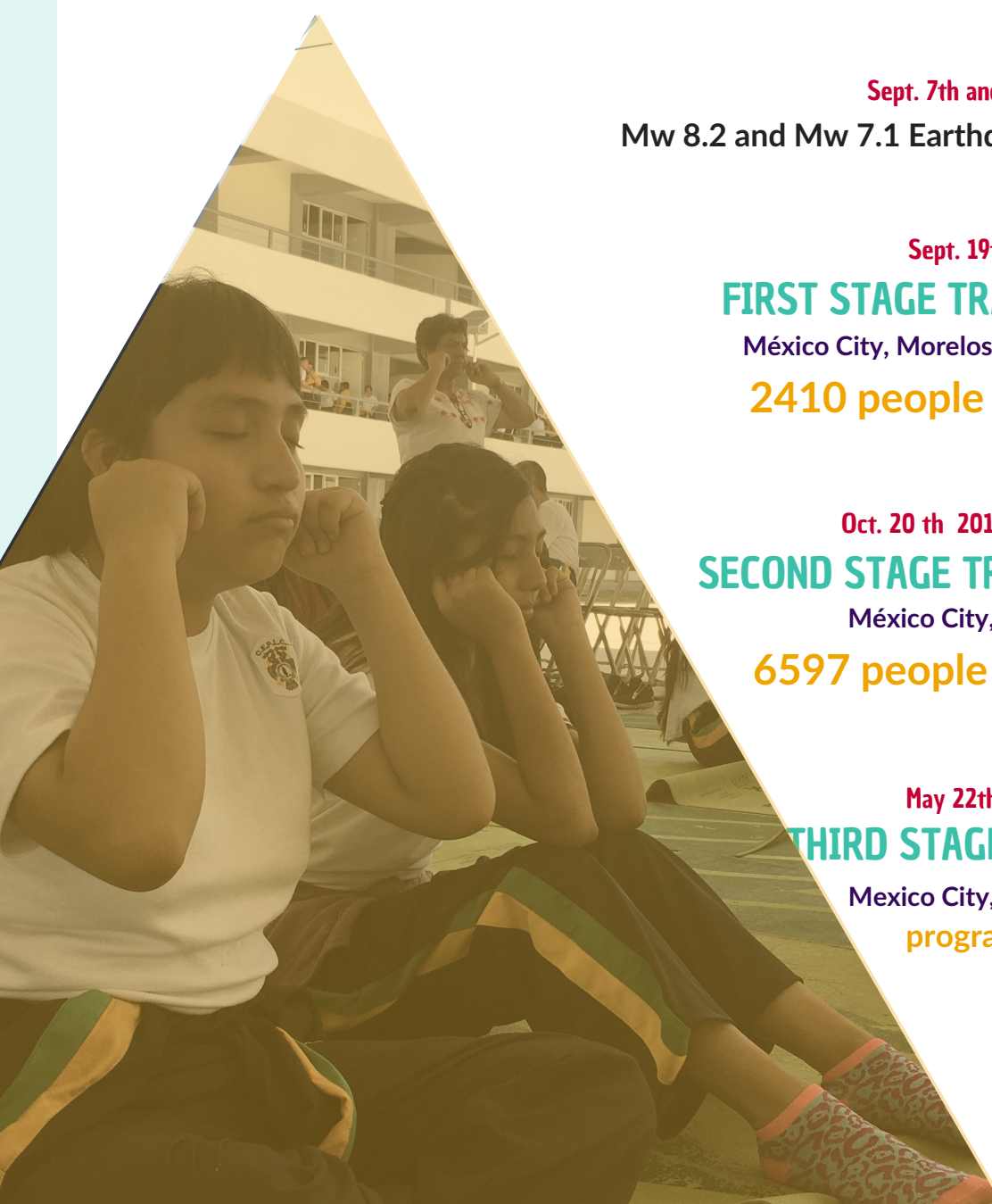
1 to 3 months after the Disaster

- Material Aid delivery.
- Attention and prevention of Stress with Advanced Breathing Techniques. (2-3 hours Workshop in Emergency shelters, Hospitals, Schools, Government institutions, etc.)
- Emergency first responders and Mental Health professionals Training in Basic Breathing Techniques. (2- 3 hours Workshop)

Phase 1

2 to 3 weeks after the Disaster

- Stockpiling of material aids
- Contact with government and other organizations.
- Attention and Prevention of Stress with basic Breathing Techniques. (20-30 min. Workshop for Emergency first responders such as paramedics, rescuers, firefighters, police, etc.)
- Attention and prevention of Stress with basic Breathing Techniques . (20-30 min. Workshop for Survivors of disaster and their family members, volunteers, etc.)



Sept. 7th and Sept. 19th 2017

Mw 8.2 and Mw 7.1 Earthquakes México

Sept. 19th to Oct. 19 2017

FIRST STAGE TRAUMA RELIEF

México City, Morelos, Puebla, Oaxaca

2410 people benefited

Oct. 20 th 2017 to May 22th 2018

SECOND STAGE TRAUMA RELIEF

México City, Morelos, Puebla

6597 people benefited

May 22th to 16th Nov. 2018

THIRD STAGE TRAUMA RELIEF

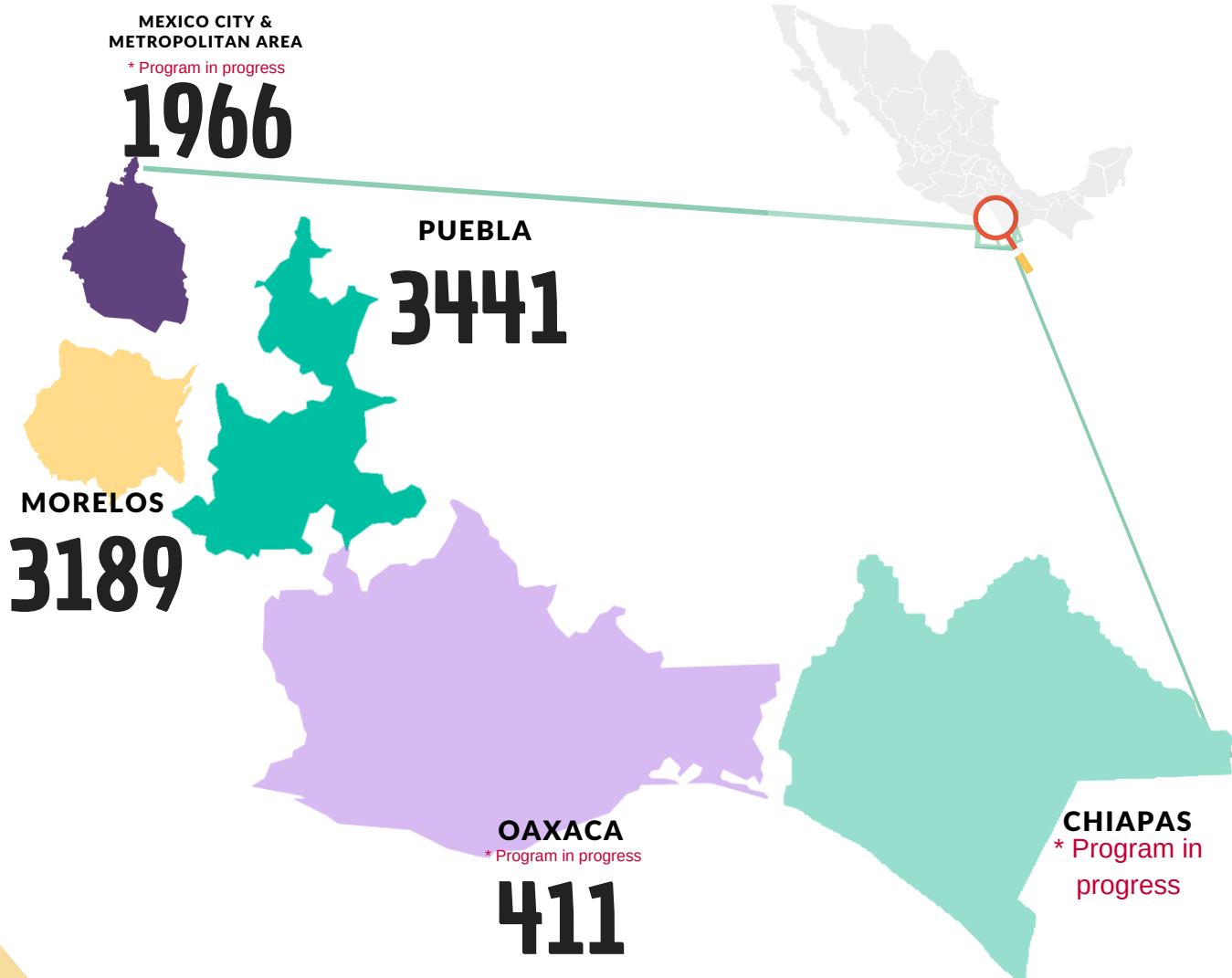
Mexico City, Oaxaca, Chiapas

program in progress

The Pan American Health Organization recommends breathing techniques as an effective intervention in psychological first aid. This is why the work of IAVH is vital to heal our country after the disaster.

Impact by State 1st and 2nd Stage

Including: Mexico City and Metropolitan Area, Morelos, Puebla, Chiapas and Oaxaca



Total amount of benefited population
from September 2017 to May 2018 in

Trauma Relief

PROGRAM

9007

people