

# PROJECT “FROM VULNERABILITY TO STRENGTH: A COMPREHENSIVE PROTECTION INITIATIVE”

## Comprehensive Protection and Support for Vulnerable Populations During the War



### ABOUT THE PROJECT

The project provides inclusive, sustainable and people-centered protection and support services, with integrated and long-term support focused on residents of frontline communities and the most vulnerable population groups, including people with disabilities, women in crisis situations, children, and others.

The initiative combines several areas of assistance into one integrated support system:

- psychosocial support through mobile teams
- individual social case management
- support for survivors of gender-based violence (GBV)
- multipurpose cash assistance for basic needs
- psychological support for children and parents
- rehabilitation support for children with visual and hearing impairments

Amid the full-scale war, millions of people in Ukraine continue to live under constant stress, loss, and uncertainty. For residents of frontline communities, access to basic services — including medical, social, and psychological support — is often limited or entirely unavailable. Ongoing hostilities continue to negatively affect humanitarian operations, especially in frontline areas.

Despite these challenges, as of the end of March 2025, 2.3 million people in Ukraine had received life-saving assistance from humanitarian partners of the United Nations Office for the Coordination of Humanitarian Affairs in Ukraine (OCHA Ukraine). However, due to funding cuts, many organizations have been forced to suspend critical programs, directly affecting access to services for the most vulnerable people.

In such conditions, it is essential not only to respond to urgent needs, but also to build comprehensive support that helps people not merely survive the crisis, but regain stability and resilience in their lives.

**To address these challenges, the project “From Vulnerability to Strength: A Comprehensive Protection Initiative” was implemented by CO “100% LIFE” in partnership with the NGO “Agency for Sustainable Development of the City” and the NGO “Ukrainian Smile,” with financial support from the Humanitarian Fund for Ukraine (UHF).**

### A COMPREHENSIVE APPROACH

**Rather than providing isolated services, the project applies an integrated support model in which each stage strengthens the next:**

- from initial needs identification and screening to long-term support, rehabilitation, and strengthening the resilience of families and communities. This approach enables not only crisis response, but also creates a foundation for long-term stabilization and recovery.

## MOBILE SOCIAL AND PSYCHOLOGICAL TEAMS

### “EMOTIONAL WELLBEING CANNOT BE EVACUATED”

Mobile teams provide access to psychosocial support for vulnerable populations, including in remote and hard-to-reach frontline communities.

- more than **2,700 people** reached through awareness activities
- more than **2,600 people** received psychosocial consultations and support
- **180 people** received support through case management
- more than **1,500 cash assistance payments** were delivered to support the most vulnerable households

For many residents, this was their first experience seeking psychological support.



### FULL CYCLE OF SUPPORT

- 1 individual case management and social support for vulnerable populations, including marginalized groups and children
- 2 prevention of gender-based violence (GBV) and comprehensive support for survivors
- 3 multipurpose cash assistance to cover basic needs of the most vulnerable households
- 4 humanitarian distribution of specialized dignity kits for GBV survivors
- 5 support for older people living alone in frontline communities



**AGENCY**  
for sustainable  
development  
of the city

Psychologist from a mobile team in Sumy region:

“Even a short meeting can bring relief and help a person feel heard”

A teenager after a consultation shared:

“For the first time, I was able to express what I had been holding inside”

One mother admitted:

“I had already started thinking that nobody cared about us anymore”

An elderly woman said:

“You are the first people who have visited us all this time”



# REHABILITATION SUPPORT FOR CHILDREN WITH HEARING AND VISUAL IMPAIRMENTS



Providing children with visual and hearing impairments with assistive technologies and rehabilitation tools:

- **25 children with visual impairments** received:
  - iPad tablets with the specialized Okolovision visual rehabilitation system
  - vision rehabilitation glasses
- **25 children with hearing impairments** received:
  - modern Oticon hearing aids with individualized fitting and rehabilitation follow-up
  - iPad tablets and assistive headphones to support the rehabilitation process



Olena Hazizova,  
Project Manager at CO "100% LIFE":

“It is important for us that children have access to modern rehabilitation tools, especially in frontline areas. These technologies support children’s development and help ensure access to essential rehabilitation services in areas most affected by the war.”

## THIS IS NOT ONE-TIME ASSISTANCE, BUT A FULL CYCLE OF SUPPORT:

→ DIAGNOSTICS → INDIVIDUALIZED REHABILITATION PROGRAMS →  
→ REHABILITATION  
→ FOLLOW-UP SUPPORT  
→ LONG-TERM MONITORING

### ADDITIONAL MATERIALS ABOUT THE PROJECT COMPONENTS (AVAILABLE IN UKRAINIAN)



[Emotional wellbeing cannot be evacuated”: specialists explain how mobile social and psychological teams work in Sumy and Kharkiv regions](#)



[When treatment looks like a game: how tablets help children restore vision in Sumy region](#)



[Modern hearing aids and rehabilitation support for children from frontline communities in Sumy region](#)



[Psychological support during the war: helping children experiencing severe stress in frontline communities](#)



[Suspilne feature about rehabilitation and treatment for children with visual impairments](#)



[When Treatment Feels Like Play: How Tablets Help Children Restore Their Vision in Sumy Region](#)



[How Communities Near the Frontline Are Rebuilding Not Only Infrastructure, but People](#)



[One Step from the Frontline: Assistance for 19,000 People in the Frontline Communities of Sumy and Kharkiv Regions](#)

# PSYCHOLOGICAL SUPPORT FOR CHILDREN AND PARENTS IN CRISIS SITUATIONS

Case management and psychological support for children experiencing high levels of stress in cooperation with specialists from the National Children's Specialized Hospital "Okhmatdyt." Positive Parenting Program.

Psychological support is primarily aimed at children experiencing high levels of distress who live in communities in Sumy and Kharkiv regions regularly affected by shelling.

- **15,000 children** underwent mental health screening
- 3,214 children received consultations from specialists of NCSH "Okhmatdyt"
- among them, **500 children** with severe distress received a full course of therapeutic support from Okhmatdyt specialists
- **132 trained mentor professionals** (representatives of 104 educational institutions, Inclusive Resource Centers, psychological centers, hospitals, etc.) were trained to work with children using MHPSS screening tools on the eKidz platform
- **502 parents** participated in information sessions within the Positive Parenting Program
- the **Telegram channel** "Parenting with a Smile" was launched: <https://t.me/BatkivstvoSmile> to support parents in developing positive parenting skills, coping strategies, and assisting children with psychosocial needs



Project psychologist:

“A psychologist cannot stop the war, but we can help a child cope better with difficulties and emotional distress.”



## CHILDREN'S STORIES

### “THIS CONCRETE SLAB WOULD HAVE FALLEN ON ME, ONTO MY BED”

A 12-year-old girl went to the bathroom during an air raid alert, and at that exact moment a Shahed drone hit her home. She was not physically injured, but she lost her sense of safety. She recalled with fear:

“If I hadn't left my room, that concrete slab would have fallen on me because it landed on my bed.”

A psychologist worked with the child to help her overcome stress and stabilize her emotional state. It was important to help her realize that the decision to go to the bathroom had actually saved her life. Gradually, the child began to regain a sense of safety.

Another child had suffered a severe leg burn even before the war and had undergone long-term rehabilitation to walk again. After experiencing the explosion, the fear became so overwhelming that the child stopped putting weight on the leg and refused to go to school. After more than 10 sessions with a psychologist, the child began walking again.

## FULL CYCLE OF SUPPORT

- reducing the long-term effects of traumatic experiences
- conducting distress screening for children using the [eKidz.eu](https://eKidz.eu) platform
- management of psychological support cases for children with high stress levels by psychologists from the National Children's Specialized Hospital "OHMATDYT"
- development of emotional intelligence and implementation of the "Positive Parenting" program — to support adults raising children in stressful conditions
- creation of the [Telegram channel](https://t.me/BatkivstvoSmile) "Parenting with a Smile"

## EVERY STORY MATTERS — BEHIND EVERY STATISTIC STANDS A REAL PERSON AND THEIR LIFE

### “IT FINALLY FELT LIKE MY CHILDREN AND I WERE NOT STRANGERS HERE AND NOT ALONE WITH OUR PROBLEMS”

Svitlana relocated from a frontline area together with her children and her elderly mother.

They had to leave their home, partially destroyed by shelling, where staying had become too dangerous. The family lost most of their belongings, clothing, household items, and educational materials for the children. Their new life in a safer community began without basic comforts and under constant anxiety about the future.

Svitlana noticed that her children's behavior changed after relocation: they became withdrawn, tense, cried more often, reacted strongly to loud or sudden sounds, and had trouble sleeping. She herself felt helpless and isolated.

Thanks to the mobile team, she received psychological support, consultations, and dignity kits. Psychologists helped her stabilize emotionally, while the children adapted to a new school environment.

“When you lose your home, your job, your friends, your neighbors, and arrive in a new unfamiliar place, the scariest feeling is having no support. Sometimes you just want someone to talk to, someone to share your pain with, but when you know nobody, it feels impossible. It's good that organizations and projects like this exist and provide what people need most — for both adults and children. We could discuss important issues and trust each other. I gained support and new connections. It finally felt like my children and I were not strangers here and not alone with our problems. We received both material and psychological support. Hope returned — and that became the most valuable thing for me”

### “IT WAS VERY DIFFICULT... SO MANY ISSUES CAME ALL AT ONCE, AND I DIDN'T KNOW WHERE TO START”

After forced displacement, an elderly man found himself overwhelmed by numerous urgent issues at once. Due to a Group I disability, even basic tasks — preparing documents, seeking assistance, arranging medical treatment — became extremely difficult.

A specialist from the mobile team supporting vulnerable populations began working with him. Together, they identified his needs, organized humanitarian assistance, initiated IDP registration procedures, established contact with social services, and arranged support in accessing specialists.

“It was very difficult for me to manage things on my own because too many problems appeared all at once, and I didn't know where to begin. This support was important because I realized there was someone who could guide me, accompany me, and simply treat me with dignity and understanding”

## OVERALL PROJECT IMPACT

- systemic access to life-saving services for people living in frontline and hard-to-reach communities where such support is often unavailable or limited
- reduced stress levels among children and adults
- helping people regain their ability to cope with difficult circumstances
- increased trust in specialists and willingness to seek help
- not one-time assistance, but continuous support — from first contact to stabilization
- a comprehensive approach combining social, psychological, and rehabilitation support helped not only stabilize people's conditions, but also strengthen the resilience of families and communities to overcome the consequences of war independently