



Integrated Approaches to Advancing Adolescents



Advancing Adolescents Approach

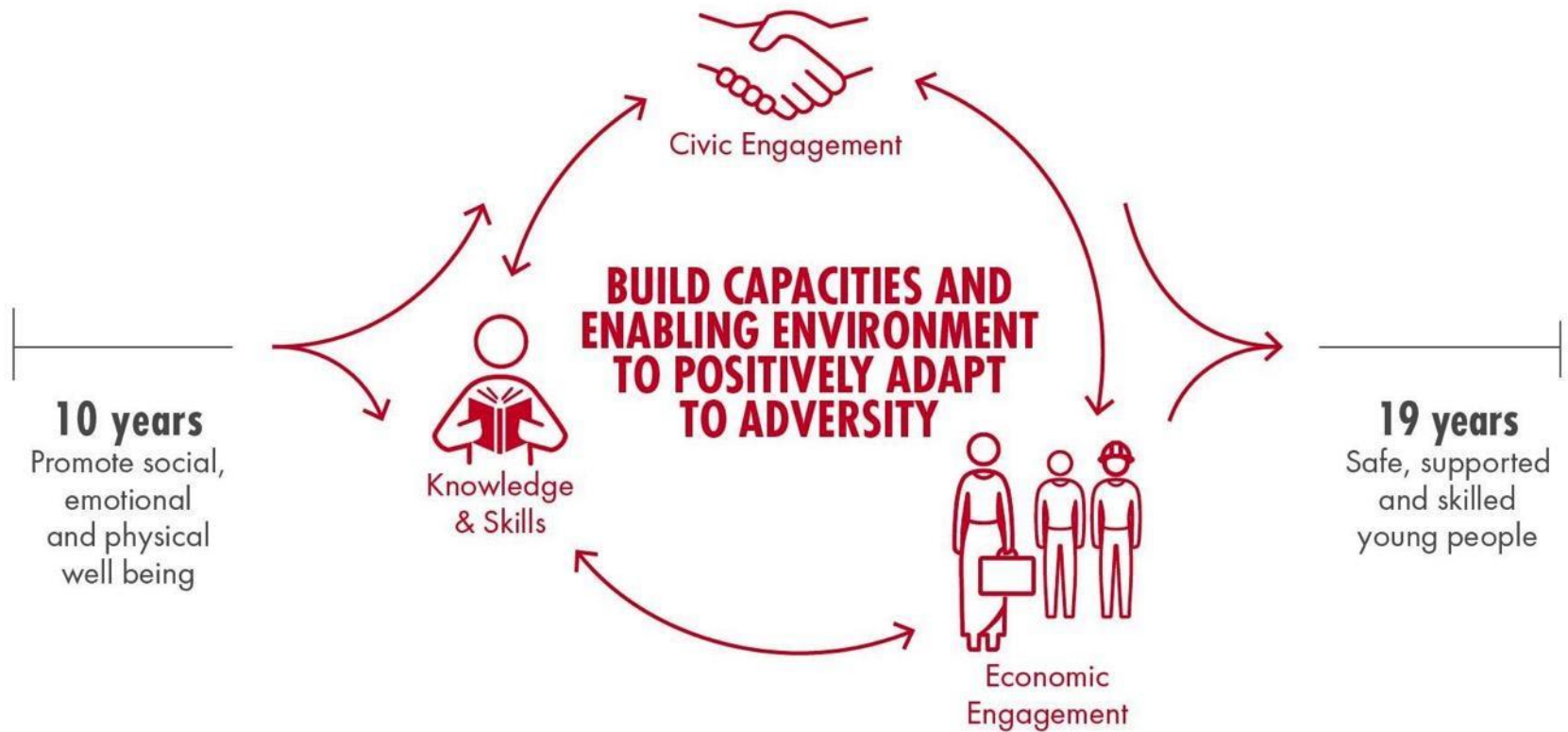
Scalable: in featuring structured activities, delivered by trained local volunteers, for 8 weeks, to groups of boys and girls (11-19 year old); implemented in Lebanon, Jordan, Iraq, Syria, Turkey for youth affected by the Syria crisis

Strategic: in focusing on adolescence, a key time for protecting the next generation and building its future

Inclusive: in serving both refugee & host communities

Pathways to Progress

Advancing Youth Development – A Systems Approach

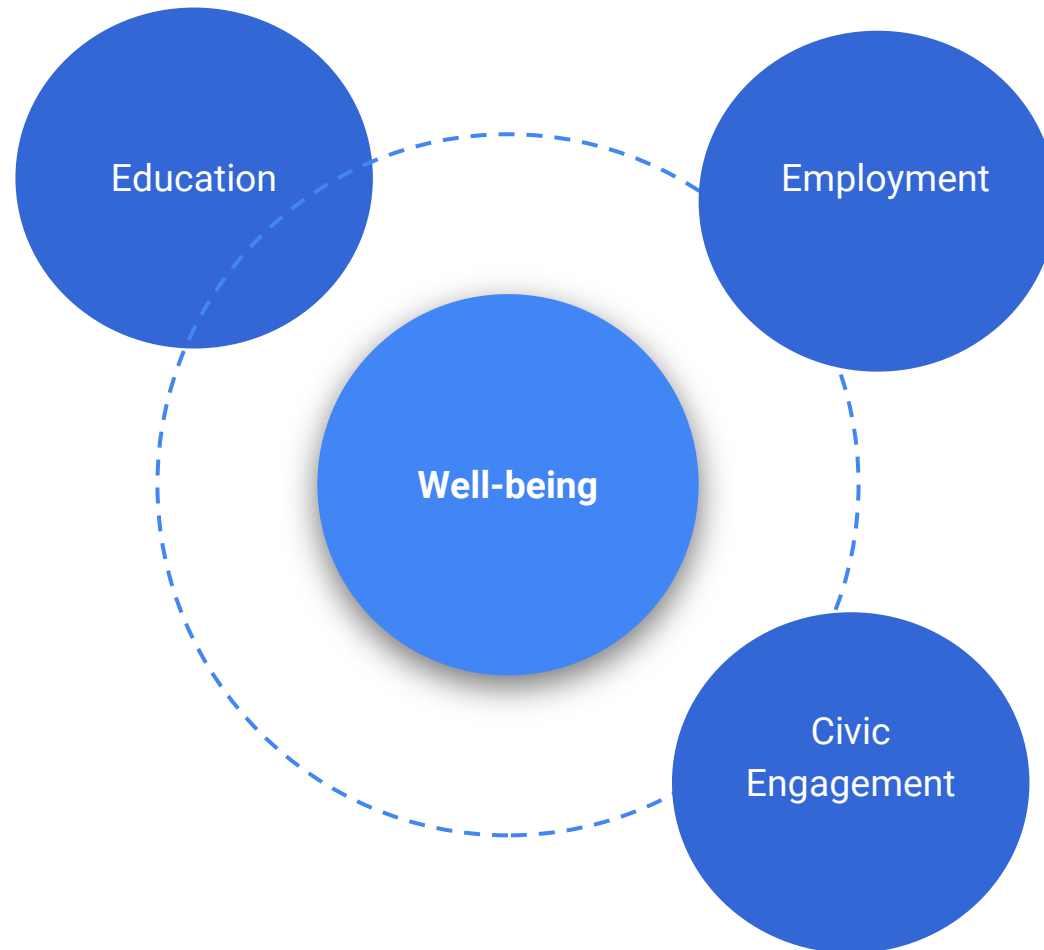


Theory of Change



When young people feel safe and supported they will be able to learn relevant knowledge and skills, and engage civically, peacefully and economically, enabling them to lead secure and productive lives.

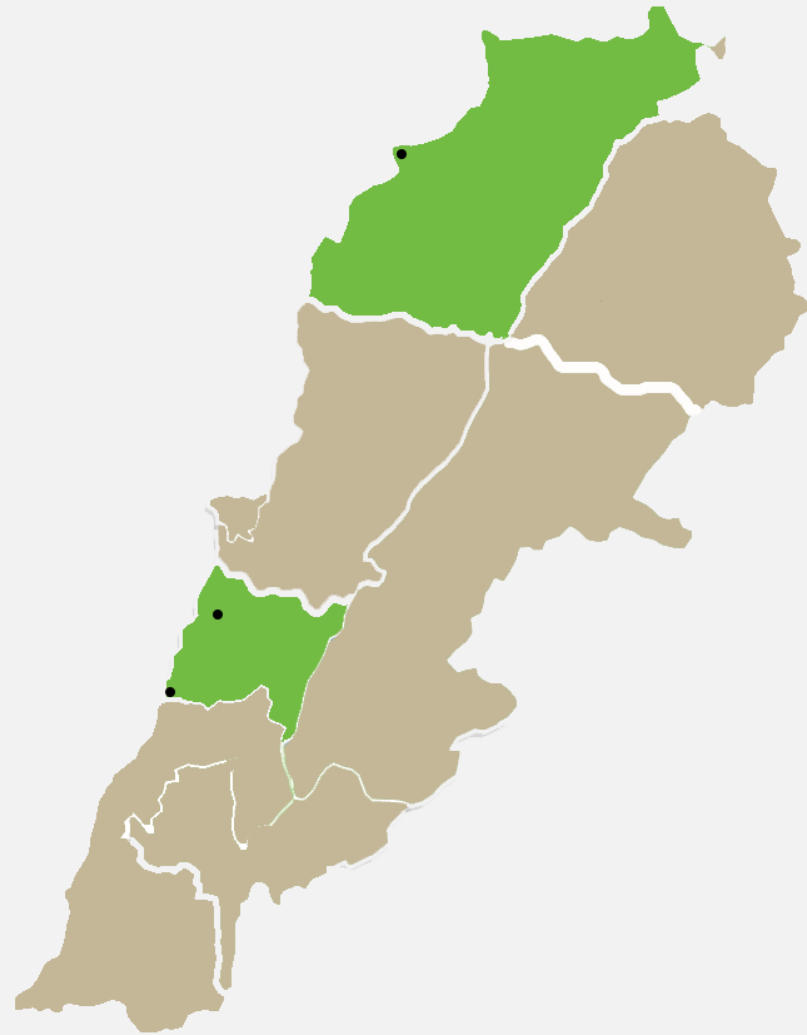
Mercy Corps holistic approach



Lebanon - Youth for Tomorrow

Program Objectives

- Improve the psychosocial wellbeing of youth
- Develop vocational and life skills of youth to increase their livelihood opportunities
- Build the capacity of local community based organizations to better serve the needs of youth



**Tripoli
Barja
Saida**

Expected Results

- **16,000** youth access social and recreational activities and have better vocational & life skills
- **4,000** adolescents understand labor market opportunities and develop their entrepreneurial skills
- **7,000** community members have increased knowledge about protection issues and services for adolescents and youth
- **6** CBOs have increased technical knowledge on adolescent protection and empowerment topics

Overcoming Challenges

- Length of humanitarian funding cycles
- Managing expectations around adolescent vocational training
- Labor laws
- Sustainability



Research Partnership

PROJECTS

Implementing Partner:

- Mercy Corps

Research Consortium:

- Rana Dajani (Hashemite University & We Love Reading, Jordan)
- Alastair Ager (Queen Margaret University, UK)
- Mark Eggerman & Catherine Panter-Brick (Yale University, US)



Research Approach

Independent evaluation team, Randomized trial (n=817)

Survey at three time points:

- T1 before program (baseline)
- T2 after program (10-weeks)
- T3 at follow-up (11 months)

Program goals: To alleviate profound stress, build resilience, create positive support networks and lastly feeling of safety and support.

Study goals: To achieve a robust evaluation of impacts on health.



What are the impacts on the body?

Research Results

Innovation: we measured the physiological signature of the Profound Stress Attunement approach Hair cortisol is a 'stress diary'

Community engagement is vital: We hired local hairdressers (male & female) to cut ~100 strands of hair and give youth a professional hair-cut

- We found lower cortisol levels, post-intervention
- An effective intervention will normalise cortisol production
Results under embargo for now.

