

April 10, 2006

Warmest greetings to our past and future supporters:

The vision of PsyCorps is a pioneering effort aimed at creating a global community of culturally indigenous psychological support teams that are prepared beforehand to respond to the acute and long-term psychological needs of disaster survivors, first responders, and caregivers.

With your generous contributions last year, we were able to go to Sri Lanka in June 2005 for our initial post-tsunami needs assessment. Since then we have been working with the NCEASL, a Sri Lankan non-government organization (NGO) towards developing the leadership, membership and infrastructure of this team. We are currently in the process of planning our return to Sri Lanka in June 2006 to complete our mission of setting up and training Sri Lanka's first culturally indigenous PsyCorps Psychological Support Team. This will assist that country in their continued relief and reconstruction efforts following the tsunami of December 2004.

As many of you are aware, there has existed an emerging, long-term effort in dealing with the psychosocial effects of death, injury, grief and loss that follow such a disaster. These effects persist in the days, weeks and months following the tsunami, after the initial stabilization of medical and social relief efforts were in place, and after the media attention tapered off. Unfortunately, the provision of psychological first aid has varied in its organization and effectiveness from region to region, often being reactive rather than proactive. We have been in close communication with Sri Lanka, and most caregivers involved in the post-tsunami reconstruction effort are physically and emotionally overwhelmed.

Psychological first aid and care for caregivers must be culturally sensitive to be the most effective. We realize that Western psychology must be locally interpreted to be relevant or appropriate in many regions of the world. While other relief organizations have provided outside mental health service to survivors and caregivers, it has been PsyCorps' mission all along to help the region create and develop its own Psychological Support Teams, with the belief that local people from a given region are the most effective providers of psychological first aid services and psychological support within their own culture.

- Our objective is for these psychological support teams to be set in place in this region; they are to be organized, prepared and able to maintain a presence to address the increasing psychological issues and posttraumatic problems stemming from the tsunami disaster relief and reconstruction work.

We are in need of funds for this crucial completion of the Sri Lanka PsyCorps Psychological Support Team, which will serve as a model for international replication in this geographic area.



Our proposed budget for a three-person Development and Training Team to return this June is as follows:

PsyCorps Sri Lanka	
PROJECT BUDGET (U.S. Dollar amounts)	
EXPENSES	
Personnel	
Team: FPFA Team Development/Trainers x 3 (Team development, FPFA course and training fee)	\$3,000.00
Non-Personnel	
Hotel Accommodations (1 rooms @ \$125 x 7 days)	\$ 875.00
Meals (3 travelers)	\$ 750.00
Internet Access (\$18/night, 7 nights)	\$ 150.00
Travel (\$2,500 ea./ airline ticket, 3 travelers)	\$7,500.00
Immunizations (3 travelers immunizations)	\$ 400.00
Travel Insurance (3 travelers)	\$ 375.00
<b>TOTAL PROJECT PSYCORPS SRI LANKA EXPENSE</b>	<b>\$13,050.00</b>

With your help, we can complete this mission of establishing our first international Psychological Support Team. Through your generosity, you are helping to restore hope in the lives of those impacted by the tsunami disaster. Thank you for being part of the healing process.

You may select one of our donation options shown below:

**Online Donation at:** [www.psy Corps.net](http://www.psy Corps.net)  
Secure online contribution.

**Donate by Mail:**  
Send a check to:

PsyCorps  
10330 Meridian Avenue North, Suite 380  
Seattle, WA 98133



**Corporate Gift Match:**

Many employers offer matching gift programs that will maximize the impact of your charitable contribution. Please let us know if your company participates in a matching gift program to extend the reach of your gift.

For more specific information or ideas about the vision and purpose of PsyCorps, please feel free to contact me at [ggoodwin@psycorps.us](mailto:ggoodwin@psycorps.us) or visit our website at [www.psycorps.net](http://www.psycorps.net).

Thank you for your support!

Glenn T. Goodwin, PhD, DABFE, DABPS, FABMPP  
President/Founder

PsyCorps is a 501 (c) 3 non-profit organization. Contributions are tax deductible to the fullest extent of the law.