

A group of children are sitting around a wooden table, focused on drawing on white paper. One child in a red hoodie is in the foreground, another with long dark hair is to the right, and a child with blonde hair in a ponytail is in the lower right. The table has markers and a woven placemat. The background shows a wooden chair and table.

# Traumatized Children: Building Trust

Ukrainian Children Living in  
Romanian Orphanages during  
the War in Their Home Country



# October 27 - November 9, 2022

## The Community Center/School and Orphanage in Medias/Prod, Romania



# Lark Eshleman, PhD, Creator of *Traumatized Children: Building Trust*©





My hosts, Ana and Aaron Stafford, work with YWAM (Youth with a Mission) driving me everywhere!



# Working with 26 children and teens, plus their teachers and caregivers

- Children and teens are between ages 5 and 18
- All from Ukraine, all speaking Russian
- Many also speak Ukrainian
- All learning both Romanian and English too!

# Children and teens grouped by age





Each child has her or his own collapsible, material box, now named and decorated. They use them to keep their materials and love having their own personal container, all thanks to your generosity!



# A few of the supplies that I brought from the U.S., with your donations of dollars or materials:

- ▶ Collapsible boxes for each child
- ▶ Balloons!
- ▶ Washable markers
- ▶ Ribbon!
- ▶ Colorful construction paper
- ▶ Floppy or rag dolls
- ▶ Blankets
- ▶ Books: *The Little Engine that Could*, "*How Garlic Became a Rose*," and "*Color Me Closer*" for each child and teen



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Your donations for our work together ...  
Meredith Jorgensen & WGAL too!  
Thank You All!







**Your giving is  
extraordinary!**





# Your gifts - tools for healing

**Ribbons for  
3-legged walk**

**Washable markers for  
drawing messages to  
each other - on each  
others' hands or arms.**

**Soft blankets for  
cuddling  
and comforting**

**Stuffed dolls to  
tell their stories  
and to care for**

**Story books for telling  
tales of compassion,  
of determination,  
and of learning to love and  
accept self and others**

# Highlights of the program: identifying unspoken feelings, and providing a safe space to express them:



"Outside feelings"



"Inside feelings"



# Opportunities and activities that encourage trust and togetherness



Therapeutic coloring in pairs

3-legged walking together using ribbons  
-- each child with a staff member



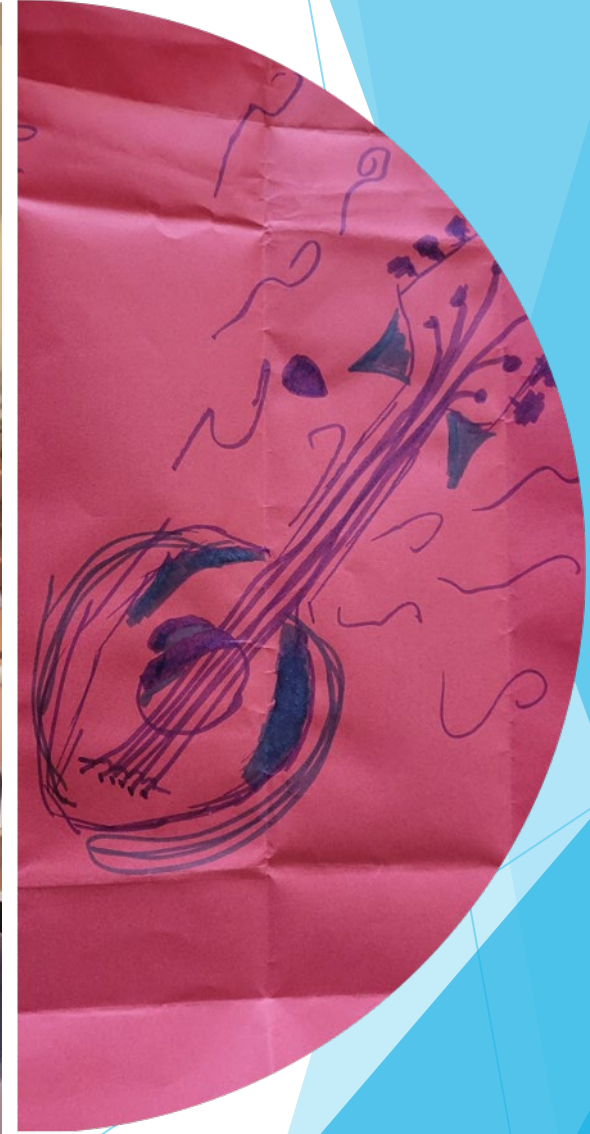
# Children hear stories...





## ... and tell their own

- ▶ often in drawings first, then to share with me or the group.
- ▶ *"The Brave Flower and the Gardener Story"* and *"Something I miss so much about home"*









And write messages to each other, in drawings or words on paper ...



... Or on our hands, wrists, and arms.

This one—"love"—was written in English by a young teen, very proud of knowing and correctly spelling the English word. I am very touched that he shared it with me.



## Teachers share their surprise ...

- ▶ that the children and teens laugh more than before,
- ▶ engage better in school and in play,
- ▶ and are overall more productive and enjoyable to be around!



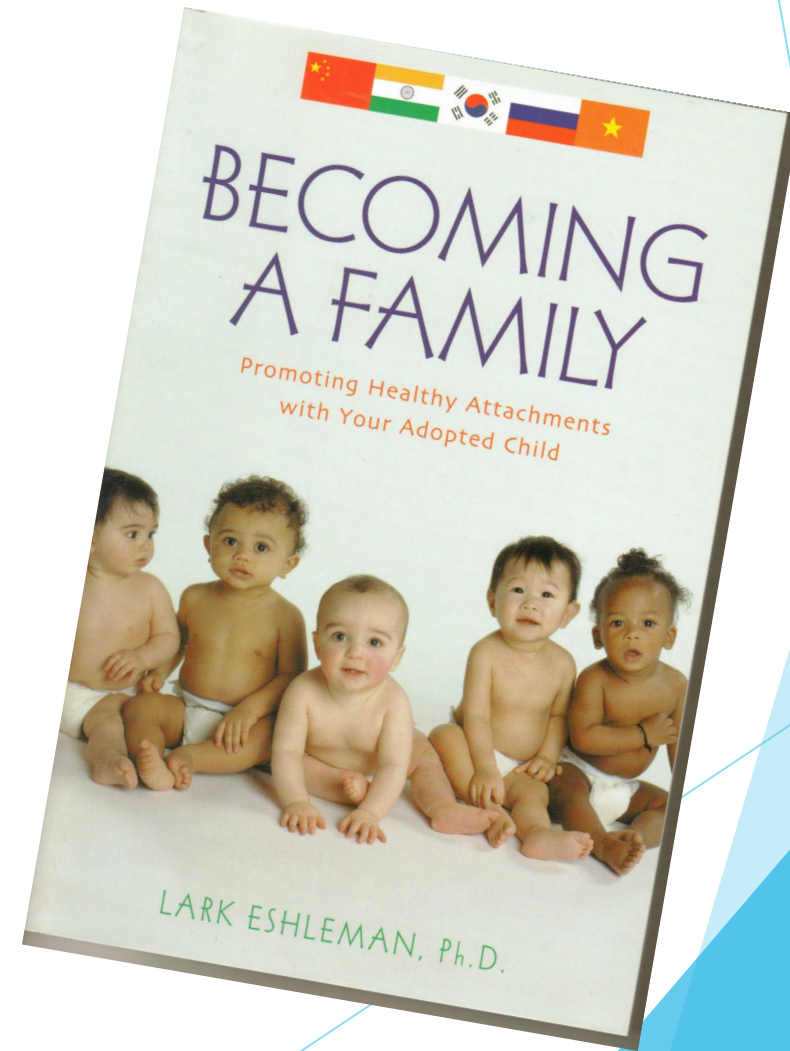
## Even in just 2 weeks ...

Adults working with or "parenting" these children and teens see positive changes in almost all of these brave youngsters who have lost so much during the war in Ukraine and their migration to Romania.



*“Here comes the sun”* drawing.

# My speaking engagement at "No Romanian Orphan" National Conference, with excellent translator.





# Such need, so much love



Much more to give...



... so hard to leave!

# Profound THANKS to so many!

- ▶ Especially, Kiwanis Club of Norlanco-Rheems, which sponsored a large number of children in the project.
- ▶ Rotary Club of Mount Joy, which also sponsored several children and teens.
- ▶ Trinity Lutheran Church of Lancaster which acted as fiduciary for the project and took no administrative fees.
- ▶ Individual supporters who gave of their hearts in money, time, and many materials.
- ▶ WGAL, Meredith Jorgensen and John Mason
- ▶ Special thanks to Linda Eberly and Ryan Rorabaugh.
- ▶ A list of donors will be available soon on [www.LarkEshleman.com](http://www.LarkEshleman.com)



# Next step? International Conference with year-long follow-up!

- ▶ When? Spring or Fall, 2023
- ▶ Where? Bucharest, Romania
- ▶ Audience? *Caregivers, teachers, mental health professionals, adoption workers, from any country hosting Ukrainian orphans*
- ▶ Sponsors? *IOM, WHO, and ?*
- ▶ Who benefits? *Children and Families around the World and everyone involved!*
- ▶ Check [WWW.LarkEshleman.com](http://WWW.LarkEshleman.com) for updates