

ECOCOMPLEX "PERLYNA DZVINKOVA": POSSIBILITIES OF CHILDREN-DISPLACEMENTS IN REHABILITATION AND RECOVERY

The full-scale war, which has been going on since February 2022, has made significant adjustments to the normal life of Ukrainians, which has led to the need to consider and search for new opportunities for providing health care services and organizing leisure time, psychological recovery for different categories of people. Children suffer the most from the impact of war, because they are very vulnerable and experiencing traumatic events during war can lead to serious psychological suffering.

The natural resources, including recreational and health, the available infrastructure of eco-complex "Perlyna Dzvinkova" of the Dzvinkove village, Kyiv region (Boyarska territorial community) were explored. The possibility of using this eco-complex and its adjacent territory as a health center for the rehabilitation needs of displaced children is substantiated. It was found that the area of the eco-complex has favorable natural resources and necessary infrastructure for the children's stay during the visit. This eco-complex provides the necessity for comfortable living, food, health and recreation for children. The main and specific features of psychotherapeutic work with children and adolescents as the main directions of the rehabilitation process were analyzed by authors.

The activities of the qualified staff of the "Questy Camp" children's camp and other participants of the charity program, which provide rest and rehabilitation for children of war, were analyzed. It was determined that the proposed range of events for children: various quests, outdoor activities, English language and acting lessons, various master classes are suitable for rehabilitative influence. It was indicated on the basis of practical experience that one of the most effective areas of psychological assistance in crisis situations are: therapy sessions with experienced psychologists, collective games, communication with animals, hippotherapy and horse riding, the opportunity to master the basics of sailing. The main consequences of the proposed services of each participant's of the charitable project in working with children affected by traumatic events are emphasized. It is summarized that as a result of various activities based on the ecocomplex "Perlyna Dzvinkova" and activities nearby, children's anxiety decreases, their psychological and emotional state raises, their attention improves, and their contact with each other also increases.

It was highlighted that ecocomplex "Perlyna Dzvinkova" with the available infrastructure and health complex can serve as a center for psychological and health rehabilitation of children. The obtained results allow us to state that the ecocomplex "Perlyna Dzvinkova" and the secondary participants of the project, who launched an initiative for the psychological rehabilitation of children aged 8 to 14 (who suffered from Russian aggression on the Ukraine's territory) will allow providing rehabilitation and health services in wartime and the post-war period for migrant children.

Keywords: ecocomplex, rehabilitation services, migrant children, psychological rehabilitation of children, health services.

Background

The full-scale war in Ukraine, which has been going on since February 24, 2022, has created an urgent need to consider and search for new opportunities to provide rehabilitation and recovery services, psychological recovery for various categories of people, with special attention to children. After all, children are very vulnerable, and experiencing traumatic events during the war can lead to serious psychological suffering and various cumulative consequences: sleep and nutrition disorders, aggression, withdrawal, loss of control, etc. According to official information, more than 1654 children have suffered in Ukraine as a result of the full-scale armed aggression of the Russian Federation. Of these, 510 children were killed and more than 1144 were injured of varying severity. Children in Donetsk, Kharkiv, Kherson, Kyiv, Zaporizhzhia, Mykolaiv, Dnipro, Chernihiv and Luhansk regions were most affected. Many children were forced to leave their places of residence. Children who have suffered as a result of Russian military aggression have an increased level of anxiety and many fears, which can have different manifestations.

The most important problem for migrant children is the difficulty of integration into a new social environment. It is the need to stabilize emotional state, overcome emotional exhaustion and frustration, return to the usual active way of life, establish communication and interaction with peers that are important aspects of psychological and rehabilitation assistance to children.

The issue of social and psychological rehabilitation of the individual, training of appropriate personnel to work with people who have been affected by the war and forced to leave their homes is mainly concerns with specialists of medicine, psychology and pedagogy fields. In this context, scientists have analyzed foreign models (Georgian, Dutch and American) of working with children exposed to the psychotraumatic influence of the war and identified the main factors of psychosocial rehabilitation of children and adolescents, which should be taken into account by practitioners in the field of support (Chuiko, 2017); was developed a model of psychological rehabilitation of primary school children who have been injured by war and have needs in psychological rehabilitation (Kovalchuk, 2022).

Normative-legal issues of organizing rehabilitation in the healthcare sector in Ukraine, innovative methods of therapy in physical and rehabilitation medicine are the subject of research by the team of the State Institution "Ukrainian Research Institute of Medical Rehabilitation and Resort Therapy of the Ministry of Health of" (Evidence-based physical ... a practical guide, 2023). Thorough research into aspects of the organization of psychological assistance to various segments of the population in order to overcome the consequences of psychological trauma, the main directions of socio-psychological support to victims of psychotraumatic events with the support of the OSCE Project Coordinator in Ukraine belongs to the team of authors of psychologists, therapists and social science specialists (Prorok, 2018).

Special attention of researchers is devoted to art therapy as an effective method of socio-psychological rehabilitation that helps solve mental health problems (Melnichenko, 2017; Babchenko, 2018) and its successful use as a resource for psychological harmonization of the individual, a positive influence on the psyche through art and artistic creativity, having a great impact on the child through impressions (Kulakova, & Kulakov, 2022).

Some local studies are devoted to the peculiarities of the work of children's health and recreation institutions during martial law and the factors that affect their functioning (Alekseenko, & Svatkov, 2023).

Despite the fact that many scholars have studied the psychological consequences of war and this area is interdisciplinary, today there is still a need for research that would reflect the consequences of war on the most vulnerable category – children and ways of rehabilitation, not only in the context of a set of direct methods, but also the principle of selecting comfortable areas with existing infrastructure on the basis of which such services will be provided.

It is the aspects of local research on the possibilities of choosing new locations that could serve as an alternative to the usual children's health care facilities for providing rehabilitation and psychological services that remain without the attention of researchers. Therefore, this issue at the local level requires further research.

The goal of the research is to investigate and justify the use of the "Perlyna Dzvinkova" ecocomplex and its adjacent territory as a center for the provision of psychological, rehabilitation and health services for displaced children in Kyiv region as one of the factors in the development of a center for rehabilitation and health services during the war and post-war period. Also to analyze the possibilities of providing a range of rehabilitation services to children affected by the war and suffered the military aggression of the Russian Federation.

Methodology

The source research method allowed to collect and process information on the available methods of rehabilitation in the study area, the impact of various health and rehabilitation services on improving the emotional state of children – forced migrants who suffered from Russian aggression. The method of analysis and synthesis provided a justification for the selected territory of the ecocomplex "Perlyna Dzvinkova" in Kyiv region and its adjacent territory (in terms of existing natural conditions and infrastructure) for rehabilitation and health improvement, selection of the necessary methods and measures to provide rehabilitation and health services to young visitors. The logical method and generalization made it possible to justify the correctness of the chosen territory for children to stay during the recovery period, to argue the feasibility of the proposed project methods and measures to improve the psychological state of children and the alternative of using such institutions for rehabilitation. The research was carried out in several stages: at the first stage, research preparation (direction of the problem); on the next – the primary information gathering; at the third stage – processing of the found information; at the last stage – analysis of the received information (results interpretation, formulation of the general conclusions of the research).

Results

Psychologists note that socio-psychological rehabilitation is important not only for the children and of internally displaced

persons, but also for the whole society. The majority of displaced children are psychologically unable to independently return to the system of social ties and norms of peaceful life on their own, so there is a need for specialized provision of social and psychological assistance.

Health services are services for the provision of preventive, therapeutic, rehabilitation care, accommodation, food, leisure and other services provided at a resort, in the medical and recreational area and in sanatorium organizations (Kravets, & Ryabev, 2017).

Rehabilitation is the socially necessary functional and social-labor recovery of patients and persons with disabilities, carried out through a comprehensive implementation of medical, psychological, pedagogical, professional, legal, government, social and other measures that can help return victims to normal life and work, according to their condition (Voropaev, & Yezhova, 2019). One of the goals of rehabilitation is to adapt to everyday life.

Rehabilitation is also one of the five strategies in the field of health care (Babov, 2023).

Considering that various psychological and rehabilitation practices are still being developed and implemented, psychologists have to overcome the challenge presented to them.

Psychological rehabilitation of children can be defined as a comprehensive approach to the process of restoring and maintaining children's psychological health, aimed at the ability to feel harmony in life, the ability to manage their emotions, gain self-confidence, and a sense of security of their self. In this vein, rehabilitation involves the intervention of experienced professionals, taking into account the nature and origin of the received injuries, the life history of each child and his or her environment.

One of the prerequisites for searching new locations to organize psychological recovery and rehabilitation for children who suffered from the consequences of the war is the reduction of the total number of children's health and recreation facilities. This trend is due to the partial temporary occupation of the coastal areas of the Black and Azov Seas (Kherson, Mykolaiv, Zaporizhzhia and Donetsk regions), the destruction of infrastructure and the impact of active hostilities in the northern and central regions of Ukraine (Kyiv, Kharkiv, Chernihiv, Zhytomyr and Sumy), a decrease in demand for children's health services through the departure of parents with children abroad and a decrease in the number of employees of health facilities.

One of these perspective areas where children will be provided with a comfortable stay, organization of psychological rehabilitation and receipt of all the necessary health and rehabilitation services can be the ecocomplex "Perlyna Dzvinkova", which is located in 35 km from the capital of Ukraine in Fastiv district (Boyarska territorial community). The favorable location of the ecocomplex makes it easy to get to. The road will take 25–30 minutes by car from Kyiv. The Dzvinkove village can be reached by public transport by suburban Kyiv bus #778 ("Kyiv – Yablunivka"), which runs hourly from the Nyky metro station.

The natural conditions of the complex's territory are favorable for therapeutic and health-improving effects: mild climate (temperate continental climate with sufficient moisture, enough warm summers and moderately cold winters), the presence of green areas (which provides a favorable microclimate) and the presence of the Irpin River. The average long-term air temperature is -3,5°C in

January and +20,3°C in July. Weather conditions are often variable, especially in winter. Even in cold January there are short-term periods of warming and thawing. Summer weather is hot with uneven rainfall. A month's worth of precipitation can fall in one rainfall. The terrain of the territory is flat, slightly undulating.

The Irpin River (a right tributary of the Dnipro) which was navigable in the times of Kyivan Rus, flows through Dzvinkove. Plants of oak, hornbeam, maple, birch, acacia and pine predominate among the flora. The complex has 350 species of park plants and its own source of drinking water.

There is a national-importance nature reserve called Dzvinkivskyi near the village and the ecocomplex "Perlyna Dzvinkova", which is subordinated to the Boyarka Forest Research Station. Its area is 700 hectares. The reserve protects unique highly productive pine plantations in the floodplain of the Irpin River (a well-preserved typical landscape of the southern Kyiv Polissia). The Dzvinkivskyi reserve contains the oldest pine forests in Kyiv region, which age is on average 150 years old. Among the animals there are moose, roe deer, foxes, wild pigs, hares, etc. (Forest reserve of public significance "Dzvinkivskyi", 2023; Dzvinkivskyi Reserve, 2023).

The specified natural conditions are favorable for the therapeutic and health effects: the mild climate of the area, the presence of green areas and the Irpin River (favorable microclimate of the area), the location of the Dzvinkivskyi Nature Reserve of national importance. The existing forests and air, combined with walking (terenkur) and hiking, have a powerful healing effect on the body.

In the summer of 2023, with the participation of the International Association of Charitable Organizations in cooperation with the ecocomplex "Perlyna Dzvinkova", the Questy Camp children's camp, certified psychologists of Ukraine, representatives of the juvenile police, the Yasnohorodka eco-park, and the Klondike equestrian club, an initiative was launched to provide psychological rehabilitation for children. The project targets children aged 8–14 who have been affected by the war (Project for the psychological rehabilitation of children, 2023). The course of recovery and rehabilitation is 10 days, 40 children are rehabilitated in one shift. In August 2023, psychological assistance and rehabilitation was provided to 120 children. The ecocomplex "Perlyna Dzvinkova" serves as the basis for accommodation, 4 meals a day, and psychological and recreational rehabilitation. A team of experienced psychologists is responsible for the psychological rehabilitation part of the project, and they also supervise

various activities, workshops, training, and games. The goal of this project is year-round functioning to to involve as many children as possible who need psychological help.

The "Perlyna Dzvinkova" ecocomplex has all the necessary infrastructure for young visitors. There are 15 two-story cottages on its territory with all amenities, each of which can accommodate from 4 to 6 people (Health ecocomplex "Perlyna Dzvinkova", 2023). The cottage usually accommodates 2 to 4 children with a curator. For a comfortable stay, children are accommodated by two people in a room with a private bathroom. The territory of the ecocomplex provides an opportunity for full meals during the entire stay of visitors, because there is a catering establishment (cafe). If the child has a special diet or certain peculiarities in nutrition, the menu will be adjusted for him or her. The restaurant's menu features dishes of traditional Ukrainian and European cuisine, prepared from organic products, with a focus on healthy eating.

The complex operates year-round and has a "Perlyna Life" health center on its territory, which specializes in the diagnosis of diseases, their prevention and therapy. The center works according to the methods of the Altimed medical clinic ("Altimed" Medical Center, 2023). The main technique used for diagnostics and therapy is frequency-wave therapy, which is based on electromagnetic vibrations. The body recovers without medication. The health center "Perlyna Life" offers visitors, and in particular children, the following health therapy courses, the causes of which could have been caused by the war: stressful situations and their consequences, treatment of the consequences of viral infections and inflammatory processes, chronic fatigue syndrome, restoration of the body's vital forces, normalization blood circulation of central and peripheral vessels, normalization of the functioning of the immune system under the supervision of a doctor (Health center "Perlyna Life", 2023). The service of comprehensive primary and routine diagnostics of all organs and body systems is worth highlighting separately. The specifics of this method of diagnosing the body and treatment are suitable for recovery not only for adults but also for children.

Considering that the complex operates year-round, among the additional opportunities (Table 1) for leisure and recreation on its territory, it is worth noting: the beach of the local reservoir, forest trails for cycling and hiking, fishing in the local pond, a swimming pool, an equipped children's area (trampoline, playground) and areas for playing table tennis and badminton, horse riding.

Table 1

Basic and additional services of the ecocomplex "Perlyna Dzvinkova"

Basic services	Additional services	Period of additional services provision	
		Autumn-winter	Spring-summer
<ul style="list-style-type: none"> • Accommodation • Nutrition • Work with psychologists • Camp stay program 	Diagnosis and treatment	•	•
	Use of the beach area (thalassotherapy, aerotherapy, heliotherapy)	-	•
	Swimming	-	•
	Bike rides	-	•
	Terencur	•	•
	Fishing	•	•
	Playground	•	•
	Horseback riding	•	•
	Active sports (badminton, table tennis)	-	•

In addition to the main place of residence and spending time and leisure, the children's quest camp "Questy Camp", which has been operating in the market of children's recreation services in our country for 6 years, is responsible for the full program in the project. It does not have a permanent place of accommodation, changing its location every time, choosing areas favorable for health and recreation. Since the summer of 2023, the ecocomplex "Perlyna Dzvinkova" (Children's camp "Questy Camp", 2023) has been chosen as the location for its activities. The format of the camp is family-friendly, so it focuses on small groups of children – from 25 to 50 people. A team of professionals and our own medical officer work with the displaced children during their stay in the camp. The displaced children are always under the close supervision of specialists who try not to leave them with "war traumas". The children are provided with a rich program that focuses on receiving positive emotions (thanks to quests, games, workshops, learning English and other forms of entertainment) and creating a friendly microclimate among children.

A team of certified Ukrainian psychologists is involved in direct work with displaced children, because they are the most important component of any social and psychological rehabilitation. Children of war are particularly vulnerable and need specialized, highly professional psychological support, so the selection of psychologists is treated with special care and requirements. Improving the functional and emotional state of each child became the main challenges for psychologists, which requires a comprehensive approach. As a result of working with psychologists, the children's sleep began to improve, their irritability decreased, and they began to show openness to each other and reveal their abilities.

"Klondike Equestrian Club" – one of the partners of the proposed project, is located in 15 km from the Kyiv city in the Zabirya village. Children are given the opportunity to take riding lessons and enjoy horseback riding in the picturesque nature of the forest or near the lake ("Klondike" Horse Club, 2023). Horses are known to have a positive effect on the human condition, both physical and psychological. Communication with horses and caring for these animals improves mood, relieves stress, which is significant among children of internally displaced persons. Therapy with the help of horses, and especially a ride on horseback, is useful for its load on almost all muscle groups, and this strengthens the body as a whole. Horseback riding has excellent therapeutic properties, improves children's mood, helps to forget what they experienced in the war for a while, and replenish their vitality. At the same time, children have a unique chance to get a lot of positive impressions and bright emotions. The advantages of this type of activity are that the child does not need special training, it is available for children from 4–6 years old, and it has a general positive effect on health.

The family ecopark "Yasnohorodka", which also joined the charity program to help children, is located in the Yasnohorodka village, Makarivsky district, Kyiv region, in 14,5 km from Dzvinkove. This is a family eco-park with the largest ostrich farm in Ukraine, which has more than 500 animals, located on 18 hectares of land. There is also a contact zoo ("Yasnohorodka" Family Eco Park, 2023) with a rather diverse world of animals: deer, Scottish cows, buffaloes, rabbits, pigs, goats, rams, and a poultry house (which includes a large number of chickens, turkeys, fighting

cocks and peacocks). Most animals can be hand-fed with special food, and communication with animals is also a therapy for children. Communication with animals helps to stabilize the child's emotional state, to socialize after a severe shock. In other words, such contact with animals has a positive effect on children who have experienced the impact of military actions, in particular in terms of improving emotional changes, reducing post-traumatic syndrome and depressive states.

Representatives of the juvenile police also join the team of psychologists and workers with children. These experts give instructions, explain and teach children: security measures in wartime, organizational and preventive measures regarding road safety in order to prevent injuries, inform about fire and mine safety, traps of fraudsters and intruders on the Internet, also remind about actions in case of an air alert. Informational and educational work is also carried out with knowledge of one's own rights, ways to overcome life's obstacles.

The last to join the project was the yacht club "Sailing Academy", whose office is located in Kyiv. The school of this academy offers training in the driving of various types of yachts (Yacht club "Sailing Academy", 2023). However, children are offered yacht trips with the opportunity to feel like a captain or a sailor for a few moments, the ability to control a real watercraft. Of course, this type of leisure organization is seasonal, possible only in the warm period of the year, and is aimed at getting new positive emotions and improving the emotional state.

Ecocomplex "Perlyna Dzvinkova" took on another function – providing children with comfortable buses that take children to the required locations and back. Therefore, we believe that this complex is a good alternative to the usual institutions of medical and recreational services during the war for the displaced children to provide comprehensive psychological rehabilitation services and the opportunity to improve their health.

Discussion and conclusions

Today the problem of recovery and rehabilitation of children affected by the war is acute in society, because it is important to return them to a normal and fulfilling life, to restore their physical and mental health. After all, prolonged stress can lead to undesirable short- and long-term consequences.

Considering the war in Ukraine, the large-scale destruction of both civilian infrastructure and healthcare facilities, the long-term occupation of populated areas, the growing need for treatment and recovery and rehabilitation, especially during the period of hostilities in Ukraine, the territory of the ecocomplex "Perlyna Dzvinkova" and its health center are considered promising for providing health and rehabilitation services to displaced children. Children living through the war in Ukraine have been traumatized and need help to overcome this. One of the measures to overcome the consequences is the provision of psychological assistance, which through a diversified range of services, helps to improve the psycho-emotional state of children.

The psychological rehabilitation of children affected by internal migration processes caused by the military aggression of the Russian Federation should be considered as an important component of personality development.

On the one hand, we see the prospects for further research in the possibility of involving other recreation centers and complexes located in favorable natural

conditions, as well as other leisure locations that will be useful for the rehabilitation of displaced children. And on the other hand, such institutions could become an alternative to the usual children's institutions of medical and health profile. It is worth noting that a program is being developed together with the representatives of the local authorities of the Boyar Territorial Community and the public for the further development of the territory, the construction of institutions for the rehabilitation and recreation of certain categories of citizens in the post-war period.

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ЕКОКОМПЛЕКС "ПЕРЛИНА ДЗВІНКОВА": МОЖЛИВОСТІ РЕАБІЛІТАЦІЇ ТА ОЗДОРОВЛЕННЯ ДІТЕЙ-ПЕРЕСЕЛЕНЦІВ

Повномасштабна війна, яка триває з 24 лютого 2022 року, внесла суттєві корективи у звичне життя українців. І це зумовлює актуальну потребу у розгляді та пошуку нових можливостей надання послуг оздоровлення й організації дозвілля, психологічного відновлення для різних категорій людей. Найбільше від впливу війни страждають діти, бо вони дуже вразливі, а переживання травматичних подій під час війни може привести до серйозних психологочних страждань та різних накопичувальних наслідків.

Методично стаття базується на використанні методів аналізу й синтезу, логічного методу та узагальнення, джерелознавчого, що дозволили дослідити природні ресурси, у тому числі рекреаційні та оздоровчі, наявну інфраструктуру екомокомплексу "Перлина Дзвінкова" села Дзвінкове Київської області, Боярської територіальної громади. На основі отриманої інформації обґрунтовано можливість використання цього екомокомплексу та прилеглої до нього території як оздоровчого центру для потреб реабілітації дітей-переселенців. Виявлено, що досліджувана територія екомокомплексу має сприятливі природні ресурси й необхідну інфраструктуру для передування дітей під час заїзду. З'ясовано, що цей екомокомплекс забезпечує потребу в комфортному проживанні, харчуванні, оздоровленні та проведенні дозвілля для дітей. Авторами проаналізовано основні та специфічні особливості психотерапевтичної роботи з дітьми та підлітками як основних напрямів реабілітаційного процесу.

Проаналізовано діяльність кваліфікованого персоналу дитячого табору "Questy Camp" та інших учасників благодійної програми, які забезпечують відпочинок і реабілітацію дітей війни. Визначено, що запропонований асортимент проведення заходів для дітей (різноманітні квести, активності на сеікому повітрі, уроки англійської мови й акторської майстерності, різні майстер-класи) підходять для реабілітаційного впливу. На основі практичного досвіду зазначено, що одними із найрезультативніших напрямів психологічної допомоги у кризових ситуаціях виступають: сеанси терапії з досвідченими психологами, колективні ігри, спілкування із театринами, іпотерапія та кінні прогулянки, можливість опановувати азы вітрильного спорту. Підкреслено основні наслідки запропонованих послуг кожного з учасників благодійного проекту в роботі з дітьми, що постраждали внаслідок траumatичних подій.

Резюмовано, що в результаті проведення різних занять на базі екокомплексу "Перлина Дзвінкова" та заходів поблизу неї у дітей знижується тривожність, покращується психологічний та емоційний стан, поліпшується увага, зростає контактність один із одним тощо.

Висвітлено, що екокомплекс "Перлина Дзвінкова" із наявною інфраструктурою та оздоровчим комплексом можуть служити центром психологічної та оздоровчої реабілітації дітей. Отримані результати дозволяють стверджувати, що екокомплекс "Перлина Дзвінкова" та допоміжні учасники проекту, які започаткували ініціативу щодо психологічної реабілітації дітей віком від 8 до 14 років, які постраждали від російської агресії на території України, дозволяють надавати реабілітаційно-оздоровчі послуги у весняний і післявесняний період для дітей-переселенців.

Ключові слова: Екокомплекс, реабілітаційні послуги, діти – вимушенні переселенці, психологічна реабілітація дітей, оздоровчі послуги.

Автори заявляють про відсутність конфлікту інтересів. Спонсори не брали участі в розробленні дослідження; у зборі, аналізі чи інтерпретації даних; у написанні рукопису; в рішенні про публікацію результатів.

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