

JUZOOR FOR HEALTH AND SOCIAL DEVELOPMENT

CEASEFIRE & RECOVERY PLAN

Gaza Strip, February 2025



After 15 months of relentless emergency response efforts – marked by immense humanitarian challenges, the loss of our staff members, and witnessing the unfolding of genocide and catastrophe – Juzoor welcomes the recently enacted ceasefire in the Gaza Strip. Our calls to the international community and humanitarian organizations for a ceasefire and humanitarian corridor have been crucial, and we remain steadfast in our commitment to supporting the people of Gaza and to providing life-saving aid and essential support to those in need.

Since October 2023, Juzoor for Health and Social Development has been actively working on the ground in Gaza, overseeing over 300,000 IDPs under its care and operating more than 90 medical points and shelters across the Gaza Strip over the course of its humanitarian response. In the past 15 months, Juzoor has delivered integrated health, medical, and mental health and psychosocial support services, alongside essential supplies such as food, water, hygiene kits, medications, and emergency items.

Juzoor's healthcare team - comprising doctors, nurses, midwives, mental health specialists, and other professionals - has offered a wide range of services, including child healthcare, communicable disease management, mental health support, reproductive health, non-communicable disease treatment, and trauma care. Our team has reached up to 400 medical and non-medical staff operating across our nutrition centers, community health centers, and medical points throughout the Gaza Strip. This includes specialized teams in nutrition, MHPSS, and maternal health, with the notable midwifery team comprising 30 midwives.

With extensive local expertise, deep-rooted experience, and a strong network of human resources – particularly in the North of Gaza – Juzoor is strategically positioned to navigate this ceasefire period and beyond, forging a path toward recovery and long-term resilience.

Juzoor's priorities during this period lie in the following areas:

- Humanitarian Development Nexus
- Primary Health Care & Protection of the Most Vulnerable
- Community Health Programs
- Capacity Building & Training
- Advocacy & Policy Development
- Rehabilitation of Health Infrastructure
- Building Resilience of Health Staff & Workforce

Response Plan

Health Service Delivery

Juzoor will continue to operate under an emergency humanitarian mode. The needs are still very vast and crucial. With the destruction of the region's infrastructure, the dismantling of its health system and the cumulative exposure to scarcities and bombardments, the people of Gaza are now more vulnerable than ever. Many have moved across the Strip this past week, with many others returning to the remains of their homes in areas that are uninhabitable and lack all necessities of life. In response, Juzoor is reinforcing and expanding its emergency primary care services to all communities as follows:

Community Health Centers

Juzoor's five community health centers in Gaza City and North Gaza will be rehabilitated and continue its operations. As part of our ongoing response, we are committed to upgrading and expanding these centers to include 3 centers in south Gaza, with the goal of establishing a total of **8** community health centers across all Gaza Strip Governorates to meet the escalating healthcare needs. Each Juzoor community health center will serve surrounding communities and shelters by mobile team using the facilities available in the medical points.

These centers will provide a comprehensive range of critical services, including:

- Trauma and Emergency Health Services
    - Wound and burn care and dressings
    - Administering injections
    - Providing treatment for injuries and accidents
    - Other surgical and medical emergencies
- Management of Non-Communicable Diseases (NCDs)
    - The services will include screening for NCDs such as hypertension, diabetes, and asthma, management of complications, treatment, and follow up. The services will also include lifestyle modification guidance to ensure a comprehensive approach to the management of non-communicable diseases.

- Management of Communicable Diseases
    - These services will include the identification, diagnosis, reporting and management of communicable diseases such as respiratory and skin diseases, meningitis, and gastrointestinal diseases, among others.
- Maternal, Sexual, and Reproductive Health Services, including:
    - Preconception care
    - Antenatal care
    - Postnatal care
    - Post-abortion care
    - STI treatment and prevention
    - Menstrual health and hygiene
    - Family planning services
- Child Health Services
    - This will include monitoring of early childhood development, treatment of infectious diseases and their nutritional status.
- Elderly Care
    - These services include the provision of the health of the older population, ensuring management of non-communicable diseases, ensuring the provision of medications and assistive devices
- Rehabilitation & Physiotherapy Services
    - These services include assessments, sessions, referrals to specialists, and assistive device provision
- Provision of Essential Medications
    - This will ensure that all community health centers are equipped with the essential package of medications for the targeted communities.
    - Participation in Routine Immunizations and Vaccinations campaigns in needed communities based in coordination with MOH and UNRWA. This will include ensuring a cold chain supply and the allocation of specific storage facilities for vaccines
- Referrals
    - Juzoor will build on existing relationships with functional hospitals and establish new memorandums of understanding with other functional health facilities responsible to refer advanced cases to their facilities.

Each center will also have a **high-impact team** of specialized doctors. These centers become specialized centers in the afternoon, providing advanced interventions for more complex health needs with specialized doctors in gynecology, dermatology, etc.

Each community health center will be staffed with a dedicated multidisciplinary team, including:

- **3** doctors
- **3** nurses
- **1** lab technician
- **1** midwife
- **1** physiotherapist
- **1** psychosocial worker
- **5** community health workers
- **1** clerk

Each center will be fully equipped with:

- Examination tools: stethoscopes, otolaryngoscopy, oximeters, sphygmomanometers, ultrasound machines, CBC analyzers, ECG machines, thermometers, and urine analysis kits, etc.
- Medical disposables: including gloves, needles, syringes, test tubes, gauze, tongue depressors, urine cups, etc.
- Furniture and other devices

Nutrition Centers

Juzoor's 10 nutrition centers will remain fully operational, ensuring sustained support for children under five as well as pregnant and breastfeeding women. These centers will continue to conduct vital activities, including:

- Malnutrition screening using MUAC measurements for children under 5 and PBW
- Treatment for MAM and SAM (without complications) for children under five
- Nutritional support for malnourished pregnant and breastfeeding women through high-energy biscuits
- Referral of SAM cases with complications to hospitals and stabilization centers
- Provision of essential nutritional supplements, including RUTF, LNS-SQ/MQ, and food parcels
- Expansion of the screening nutritional program to include all children below 12 years, and older people
- Preventive nutritional deficiencies by blanket nutrient distribution
- Introducing routine Hemoglobin examination for children and both pregnant and lactating women
- Seeking support with special nutrition problems as KPU and coeliac diseases
- Nutrition awareness by mobile nutrition health education team

Each nutrition center will be staffed with:

- **2** nurses
- **3** nutritionists
- **5** CHWs
- **2** psychosocial workers
- **1** clerk

Mobile Medical Caravans & Teams

Juzoor plans to deploy medical caravans to form clinics in **three locations across Gaza City and the North** where there is limited access to healthcare and where our community health centers can't reach. Each clinic will comprise of three medical caravans that will be complemented by surrounding medical tents to form a primary healthcare hub to deliver essential medical services to affected communities, including all those offered by community health centers:

- Trauma and Emergency Health Services
- Management of Non-Communicable Diseases
- Treatment of Communicable Diseases
- Maternal, Sexual, and Reproductive Health Services
- Child Health Services
- Elderly Care
- Rehabilitation Services
- Provision of Essential Medications
- Routine Immunizations and Vaccinations
- Referrals

Juzoor will also deploy medical mobile teams composed of a doctor, nurse, community health worker, and a midwife, that will provide on-site medical care to underserved areas and will also rotate around our community health centers and medical caravans, ensuring broader access to essential healthcare services.

2. Community Health Programs

Juzoor, through its trained network of community health workers, will continue to implement targeted community health initiatives to ensure access to mental health and psychosocial support, public health education, and disease prevention efforts. These include:

Community-based MHPSS Program

Juzoor has an extensive team of MHPSS specialists, counselors, psychosocial experts, and trained volunteers who will continue to rotate and offer MHPSS to all groups in communities, and will expand to cover age-specific interventions such as:

- Psychological first aid (PFA)
- Identification & sensitization of cases for referrals
- Group counseling
- Trauma and grief interventions
- Support for anxiety, depression, and mental disorders
- Teaching emotional regulation techniques
- Building resilience
- Therapy through drama, music, and arts approaches

Public Health Awareness & Education

- Infection prevention and control (IPC) education
- Prevention of communicable & non-communicable diseases
- Positive parenting and discipline education
- Maternal and adolescent health awareness
- GBV awareness & education
- Early childhood development programs
- Nutrition and dietary education
- Child protection
- Pre-marriage awareness
- Mental health awareness

GBV Prevention and Response

- Detection, identification & referral of GBV cases
- Formation of protection committees
- MHPSS counseling & support

Community-based Rehabilitation

- Train and deploy rehabilitation workers for providing care and long-term support for amputees and those with disabilities
- Provide physiotherapy, assistive devices, and medical follow-up for mobility and pain management
- Offer mental health and psychosocial support for survivors, caregivers, and rehabilitation workers
- Engage communities and grassroots organizations to promote inclusion and rehabilitation awareness
- Strengthen local capacity through training, international collaboration, and emergency preparedness

- Establish peer-support networks, family support initiatives, and community-based support groups to foster resilience

Orphans & Unaccompanied Children

- Identifying and training caregivers to provide stable, nurturing environments for orphaned and unaccompanied children.
- Ensuring children receive emotional support, daily care, and a sense of family structure.
- Strengthening the capacity of psychosocial support workers in Psychological First Aid (PFA) to address immediate emotional distress.
- Providing structured mental health interventions, including trauma-informed therapy and resilience-building activities.
- Establishing safe spaces where children can express emotions and engage in healing activities.
- Providing shelter, nutrition, and healthcare for unaccompanied children.

Community-led Initiatives

- Empowering communities to take lead in public health awareness issues
- Supporting community members to take an active role in identifying and addressing public health challenges.
- Training adolescents, youth, and other community groups to become health advocates, equipping them with skills in health promotion, risk communication, and advocacy to spread awareness effectively.
- Encouraging long-term community ownership of health initiatives to ensure sustainability.

Emergency Helpline (#40)

- Ensuring the continued provision and expansion of 24/7 urgent support by delivering medical, psychological, and social assistance
- Connecting individuals with critical healthcare services, mental health support, and protection resources
- Addressing critical needs through a coordinated referral system
- Ensuring timely interventions, especially for high-risk cases such as survivors of violence, individuals with urgent medical needs, and unaccompanied children
- Raising awareness about the helpline's services through public campaigns and outreach efforts
- Using data insights to improve response mechanisms and advocate for better support systems
- Monitoring trends in emergency calls to identify emerging needs and gaps in service provision

3. Capacity Building & Training

Given the severe disruption of education and training over the past 15 months, Juzoor is committed to strengthening the healthcare workforce and community capacity through specialized training programs. Juzoor looks to reestablish its training centers & relicense its faculty and instructors to offer the following capacity building programs:

Emergency & Critical Care Training

- BLS (Basic Life Support)
- ACLS (Advanced Cardiovascular Life Support)
- First Aid
- ALSO/BLSO (Advanced Life Support in Obstetrics/Basic Life Support in Obstetrics)
- Trauma Training

Infection Control & Public Health

- IPC (Infection Prevention and Control)
- Nutrition
- SRH Indicator Training
- Nutrition in emergencies
- NCDs in emergencies
- Adolescents in emergencies

MHPSS

- MhGAP
    - mhGAP is WHO's action plan to scale up services for mental, neurological and substance use disorders for countries especially with low and lower middle incomes. The priority conditions addressed by mhGAP are: depression, schizophrenia and other psychotic disorders, suicide, epilepsy, dementia, disorders due to use of alcohol, disorders due to use of illicit drugs, and mental disorders in children. The mhGAP package consists of interventions for prevention and management for each of these priority conditions
- I Support My Friend
    - This training equips participants with the knowledge and skills to provide emotional and psychological support to friends dealing with stress and life challenges. It emphasizes active listening, empathy, and healthy emotional support without causing psychological strain on the supporter
- EASE Training (Early Adolescent Skills for Emotions)
    - A training program developed by the World Health Organization (WHO) to help adolescents manage negative emotions and psychological stress. It focuses on developing coping skills, improving mental well-being, and enhancing resilience. The program consists of seven sessions for children aged 10-15 and three sessions for caregivers to foster a supportive family environment

- Problem Management Plus (PM+)
    - A psychosocial support program designed for individuals experiencing mild to moderate mental distress due to stress or trauma. It includes strategies for problem-solving, relaxation, and adapting to daily challenges to enhance emotional well-being
- Helping the Helpers
    - Helping The Helpers mission is to dispel the stigma and myths regarding PTSD. Helping the Helpers provides awareness and education programs that not only include coping strategies and support for first responders, allied front-line professionals and their families who are impacted by or at risk for psychological workplace injuries such as PTSD / OSI but also offer a safe place for them to share lived experiences and realize peer support
- Psychological First Aid
    - This course aims to equip lay persons and community health workers with the tools to appropriately respond to individuals experiencing psychological distress secondary to crisis situations.
- Emotional Regulation Intervention
    - This course teaches what emotional regulation is and introduces classroom strategies and interventions that can be used to support children's well-being. Understand what can happen when children cannot regulate effectively and how to identify it.
- Suicide & Self-Injury Prevention
    - This course provides guided information to counselors on early identification of self-injury and suicide among adolescents and youth. The course provides techniques for dealing with sensitive cases and provides the needed interventions to prevent suicide.

Maternal, Newborn, & Child Health

- Essential Care for Babies
- Helping Babies Breathe
- Midwifery Training
- Preconception Care
- Helping Mothers Survive
- Kangaroo Care Training

GBV & Protection

- Clinical Management of Rape

Rehabilitation & Specialized Care

- Physical Therapy and Rehabilitation
- Integrating Psychosocial Support & Community-Based Rehabilitation
- Strengthening Capacity & Assistive Technology Use

4. Strengthening Health Infrastructure

- Setting up three field hospitals specializing in maternal and child health in collaboration with GazaHOPES to enhance emergency and routine care services
- Continuing and scaling up maternity clinics to improve access to maternal and newborn healthcare
- Collaborating with partners to develop an organizational and national health information system for improved data collection, patient management, and service coordination

5. Provision of Supplies & Aid

Juzoor will continue to provide essential supplies and aid to affected communities, including but not limited to:

- Winterization kits
- Dignity kits
- Hygiene kits
- Food parcels
- Emergency kits
- NFI items
- Midwifery kits
- Postpartum kits
- Newborn/baby kits
- Recreational kits
- Nutrition supplements
- Medications

6. Research, Advocacy & Policy Development

- Conducting assessments on vulnerable groups and healthcare needs
- Researching the long-term health impacts of the genocide
- Advocating for vulnerable groups and sustained humanitarian interventions