

MENTAL HEALTH AND PSYCHOSOCIAL WELLBEING PROGRAMME

3rd January-December 2018

Team members

Francis Okot Oyat

Mary Kampogo

Yvonne Oyella

Paul Nkata

Suubi Akula

Gato

Genevieve Forget

Lydia

Anthony Ochora



To provide proper treatment and care for people affected by Psychological and psychosocial issues to improve their functionality

To fundraise and mobilize resources for program development

To promote resilience and self reliance through building personal and social-economic resources for forced migrants to enable them lead dignified lives

To influence policy and practice through research and advocacy at national and global level so as to make priority the mental health and psychosocial wellbeing of forced migrants.

To strengthen community and national structures through training and capacity building to support the protection and reduce vulnerability of forced migrants

Summary of the presentation

- Attended to 620 forced migrants
- 5 group therapy run
- Supported 23 Stakeholders training
- 12 capacity building session for support groups
- 13 capacity building session for staffs
- 9 Psychoeducation session

Objective One

To provide proper treatment and care for people affected by Psychological and psychosocial issues to improve their functionality

Clients Seen By Session Type

Session type	Frequency	Percent
Individual	515	83.1
Family	86	13.9
Couple	15	2.4
Household	4	0.6
Total	620	100

Target 436

Number of Clients seen by Gender

Gender	Frequency	Percent
Female	325	63.1
Male	184	35.7
GNC	6	1.2
Total	515	100.0

Clients' Country of Origin

COR	FREQUENCY	PERCENT
DRC	358	69.5
BUR	70	13.6
SSUD	59	11.5
RWA	13	2.5
ERI	8	1.6
SUD	4	0.7
ETH	3	0.6
TOTAL	515	100.0

Number of Sessions

Number of session	Frequency	Percent
First	327	63.4
Second	101	20
Third	43	8.3
Fourth	19	3.7
Fifth	13	2.4
Sixth	4	0.7
Seventh	3	0.6
Eighth	5	0.9
Total	515	100

Psychosocial Issues Presented by Clients

Psychosocial Issues	Number	Percent
Medical/Physical health	284	31.7
Livelihoods/Income	139	15.6
Housing	119	13.3
Food	83	9.3
Resettlement	70	7.9
Parenting	49	5.6
Insecurity	42	4.8
Education	41	4.7
Disagreements/Conflicts	28	3.2
Social isolation	25	2.0
Relationship Problem	18	1.9

Mental Health Issues Presented by Clients

Mental Health Issues		
	Number	Percent
Distress	207	32
Depression	135	20
PTSD	135	20
Anxiety	78	12
Grief	62	9
Suicidal Ideation	23	3.1
Sexual dysfunction	9	1.4
Psychosomatic disorder	8	1.2
Drug and Alcohol Abuse	7	1.1
Psychosis	1	0.2
Total	665	100

Disaggregation by vulnerability

Vulnerability	Number	Percent
Torture Survivors	232	44
SGBV	113	21
Single Mother	83	16
Children Below 17	24	5
Single Father	19	4
Living positives with HIV	19	4
Elderly	18	3
Survival Sex Worker	13	2
PWDs	5	1
Unaccompanied Minor	3	1
Total	529	100

Children's Corner

GENDER	
F	118
M	83
TOTAL	201

From play, children master certain skills that help them deal with their emotions

Play environment provide for children both cognitive, emotional and social growth

Referrals

Referrals	Clients	Feedback
Inter-Aid	59	30 got support, 9 not received, 20 no feedback
Lacor	59	All were attended to
ACTV	46	40 recieved medications, 6 waiting feedback
Naguru	17	Received medicines
JRS	28	All cases listened and received food support
Police	3	Waiting feedback
Mulago	7	Was attended to
A2J	16	Attended to by the Officers
Gender	9	Screened for further support
UNHCR	8	Acknowledged receipt of clients
OPM	2	Gave feedback
KCCA	8	5 got treatment, 3 no feedback
Butabika	3	All received treatment
CORSU	01	Client attended to
House of Zakat	1	Client advised
Total	267	267 (53%) out of the total number of client received were referred. 226. 85% (226) gave feedback from different service providers referred to

Group therapy

- Five therapy groups running benefiting 59 individuals
- Two group terminated, two group still running
- Group 1=11 members Group 2=12members
- Group 3=12 Members Group 4=12 Members
- Group 5 = 12 members

Outcomes.

- Depressive symptoms reduced for 70% of clients from severe to mild
- Recognised symptoms of depression
- Bonding of the members as they appreciated meeting new friends

Burden Reduction

Yes	Somehow	No	No response
100(30.5%)	115(35.1%)	85(25.9%)	28(8.5%)

Reflective responses

Hope for the future is restored

- Begun to sleep
- Gained hope
- Reduced anger
- Positive view for future
- Understood effects of PTSD
- Gained calmness
- Peaceful in mind
- Started eating
- Improved health
- Happy again
- Improved personal hygiene

❖ Need for money and livelihood to visualize the future

Not sure yet

328(65%) rated their burden while 187(35%) did not rate their burden

I am a 21 years refugee from Burundi. I came to RLP in 2016. My father and brother were killed and my other siblings scattered away. I was helped by a friend to escape the attack and when I arrived in Uganda, I worked as a house maid with a family that took me up.

I used to experience night mares and I could scream at night which made the family members to ridicule me a lot. The family head (man) also started making sexual advances to me which traumatized me the more.

When I reported to RLP, I was received by a counsellor who took me through individual counselling and after that, I was given transport to travel back to Ndejje because I used to foot to look for help in Kampala. After the third session with the counsellor, I was assessed and the counsellor told me that I would join a therapy group because I was having severe depression.

In September 2016, the counsellor took me to Refugee and Hope where I stayed for 9 months since my foster family had started to reject me from coming for the counselling sessions. I continued to have counseling sessions in RLP as well as Refugee and Hope. While at Refugee and Hope, I learned English language which enabled me to enroll for catering, tailoring and computer trainings.

“Today, I am happy because I have completely recovered from depression and I have healed from the grief of my family members. I am happy because I graduated in 2017 and Refugee and Hope has supported me with house rent of four months and 100,000/= for up keep. I also heavily indebted for the support RLP offered by connecting me to Windle Trust Uganda where I got a scholarship to study Bachelor’s degree in Economics at Bugema University in 2018”. Thank you so much RLP for supporting a poor and needy person like me. Please continue with the kind heart!

I am a 21 years old refugee girl from Burundi and I live in Uganda. In 2016, I was raped and I conceived. This made me so depressed and I attempted on several occasions to commit suicide. So because of all these, my family rejected me and threw me out of the home making me homeless. So I was directed to Refugee Law Project by a friend.

When I arrived here in Refugee Law Project, I was counselled well and immediately taken to Refugee and Hope. From Refugee and Hope, I learned English skills. I also received counselling and ANC until I gave birth in 2017 from the shelter.

“Today, I am happy because I have recovered from depression; I do not contemplate committing suicide. I am so happy because my parents have accepted me back home with my baby. Thank you so much Refugee Law Project for the good work you have done in my life. I can’t forget you and I promise to help work hard to help all the youths in the world.

Objective Two

To promote resilience and self reliance through building personal and social-economic resources for forced migrants to enable them lead dignified lives

Mentoring Support Groups

PWDs support group

Engagement focuses on:

- a) Registration for the association
- b) Profiling PWDs
- c) Commemoration of International day of the PWDs
- d) Sensitisation on the CRPD by PWDs
- e) Capacity building for PWDs members
- f) Child friendly space as part of International Day for Persons with Disabilities (IDPD) for Children with Disabilities

Outcomes

- Increased awareness on rights of children with disabilities by the parents and caregivers
- Improved self-esteem and confidence for children with disabilities.

Mentoring Support Groups

Team Engagement with support groups

- Had a breakfast discussion with caretakers from support group: Angels, AMREV, MOH, Children-focal point persons, LWH, ASSOFRA, Youth/Rendezvous, Torture survivors, and the Elderly.

Outcomes

- Awareness about DAC raised
- Reflection on different vulnerable children within refugee community; children born out of rape, children out of school, child mothers, and children with disability, unaccompanied children, and children on streets and orphaned children.
- Able to reflect on the way forward to protect children and ensure they get equal opportunities

Mentoring Support Groups

- Discussed with ASSOFRA executive committee on how VSLA should not undermine the peer support.

Rendezvous Refugee youth group

- ❑ Together with Rendezvous, we join Ministry of health and other partners in commemorating world mental health day under the theme: “Young People and Mental Health in a Changing World at Kyambogo university.
- **Outcomes**
- Youth were able to perform skits at Kyambogo University
- And created awareness about refugees youth group and their activities

Mentoring Support Groups

Engagement with AREPU

- Commemoration of international day of the elderly person on 1st October theme: 'Celebrating Older Human Right Champions' Celebrations was on Thursday 4th October 2018.
- The commemoration was done within the community-St. Peters Nsambya Kevin near AREPU offices

Outcomes

- OPM- In-charge of Community Services representing commissioner
- Leaders from other support groups
- 58 individuals attended, 9 RLP staff were present, representing 5 programs

Mentoring Support Groups Cont'

Survivors of torture

- Capacity building – undertaken through Anti-torture act 2012 regulations
- Commemoration of Un day in support of torture victims
- Networking with other support groups in commemorating 26th June
- Different support group leaders actively mobilized their group members for the camp
- Psycho education with Torture survivors on depression and group on suicide prevention day.

Outcomes

Understood different mental health and psychosocial challenges

Understood ways of recognizing suicidal tendencies & how to respond

Support groups in the field Offices

- ❑ We supported and initiated 14 new support groups
 - 3 in Kiryandongo, 5 in Adjumani, 3 in Lamwo and 3 in Yumbe
 - Had follow up meeting with groups
 - Training workshops conducted for each of the group

Outcome

- Helped staff understand why we do support groups
- Clients come together and get to know each other as people who are undergoing treatment together
- peaceful coexistence between hosts and refugees enhanced

Objective Three

To strengthen community and national structures through training and capacity building to support the protection and reduce vulnerability of forced migrants from falling into further harm

Duty Bearers Training

734 UGABAG have gained knowledge on how trauma and PTSD affect documentation and investigation during the training on the international protocol on investigation and documentation of sexual violence in conflict at Peace support center at Singo.

144 UPDF officers given knowledge on Understanding Mental health in forced migrants context

20 Media (Journalist) were taken through understanding Forced migration and trauma: Consideration when interviewing refugees during the media expo challenge 2018 in Kampala.

Duty Bearers Training

- Increased knowledge of 272 police officers on Understanding Mental health in forced Migration and self-care
- 113 Prison officers gained knowledge on Understanding Mental health in the context of forced migrants
- 137 Health Workers knowledge on Understanding Mental health in forced migrant's context improved
- 33 Community Interpreters taken through Understanding Mental health, Community interpretation and self-care.

Duty Bearers' Training Cont'

Outcomes

- Offered counseling to three journalist (1M, 2F)
- Able to differentiate between mental health and mental health challenges
- Sharing practical examples – relating to their experiences at work
- Participants recognized the importance of understanding their own mental health as key in understanding others emotions
- How to respond to forced migrants needs in an understanding way
- Use of audio video aid appealed to participants' emotions and enhanced learning

Capacity building for Clients

- ❑ Trained Four support group members in peer support and psychological first aid skills to equip members in skills of peer to peer support benefiting 129 in Kiryandongo, Lamwo and Adjumani
- ❑ group in Palabek refugee settlement on VSLA and how VSLA can undermined peer and mutual support

Outcome

- -129 members of support groups gained knowledge and skills in identifying and responding to emotional needs of members

Target 10 and 9 Psychoeducation sessions conducted

- 57 EFA learners (level3) were provided with information on Understanding emotional trauma and psychological trauma
- 2 mental health psycho education sessions with 106 EFA learners which included 51 females and 55males
- Psycho education session with Torture Survivors association on Anti-torture act 2012 regulations 30
- Psychoeducation session with Survivors of torture on Suicide prevention 23
- Held a psycho education session with staff on suicide prevention International day for prevention of suicide
- 3 Psychoeducation session with the youths on Mental health benefiting 48 youth

Psychoeducation sessions Outcome

- Learnt how to help a person with emotional and psychological trauma
- Understood what emotional and psychological trauma means
- Responses from learners portrayed a better understanding of mental health
- We received clients that sought counselling
- Staff appreciated the fact that suicide is a mental health problem and people who present with suicidal tendencies need more care.

13 Capacity building for staffs benefiting 140 individuals

Training staff on Mental Health and psychological First Aid (46 staff and 21 Interns) in Kiryandongo, Adjumani and Lamwo

A team member attended a training for caregivers on managing and handling vulnerable children with trauma: focus was on trauma and PTSD

27 staffs trained on the Anti-Torture Regulations in Kampala

16 (8M, 8F) RLP staffs from Kampala and field offices trained in child protection and child safeguarding 26th and 27th September 2018 at RLP conference room

Two programme staffs completed a 5 day's training of Monitoring and Evaluation conducted by Grants Unit

Capacity building for staffs

Outcomes

- Improved our children corner
- Gained knowledge on different therapy for children
- Learnt about the impacts of trauma on child development
- Increase knowledge on mental health, PFA skills and counselling skills
- Staff Enhanced staff's awareness of vicarious trauma and facilitate reflection on self care and peer support
- Enhanced confidence of staff in responding to the psychosocial needs of clients on a daily basis

Objective Four

To influence policy and practice through research and advocacy at national and global levels so as to make priority the mental health and psychosocial wellbeing of forced migrants

Working Group

❑ **CAT: Coalition Against Torture**

- Attended a consultative workshop on Rights to Rehabilitation of Torture Victims: Standard and Indicators
- Attended 16 CAT meeting both preparatory meeting and CAT evaluation meeting for the commemoration of the UN day in support of survivors of torture activities 2018
- **Outcomes**

Joint advocacy on fighting torture

Working Groups

Child Protection working group under MGLSD

- Two experienced National Trainers were outsourced from MGLSD experts, who trained staffs on Child safeguarding
- 3 meetings

Outcome

- The training increased staff's knowledge in child safeguarding

PSN Working Group under UNHCR

- ❑ Attended an interagency protection meeting at UNHCR Main issue discussed: SGBV in the settlements especially in women and girls, 3PSN Joint meeting
- Prevalence of survival sex and sexual abuse due to livelihood needs
- Way forward
- Organizations working in the settlements should train in life skills and financial skills

New support groups in Adjumani, Lamwo and Kiryandongo to incorporate SGBV int

Advocacy and networking

- ❑ Presentation during the 2ND Regional conference on psychosocial support for refugees-Hidden wounds
- ❑ On 27th, participated in the partners meeting at ACTV to reflect about feedback on referrals to ACTV

Advocacy and Networking Cont'

- ❑ Had a meeting with a team from UCU; composed of lecturers and students who wanted to learn more about RLP.
- **Outcome**
- Some students were interested in joining RLP for internship
- The coordinator of the Internship programme at UCU acknowledged having understood RLP work more
- One student coming to join the team in January

Cont..

- ❑ Two team members attended 2018 annual Uganda counsellors association conference under the theme: Building resilience for counselees' sustainable well-being and made a presentation **“When will I heal from my wounds depicting resilience factor in forced migration”**

Outcomes

understand the important of self care

Building Resilience, Self Discovery

Strengthened working relationship with the national counselor's body

- ❑ Participated in the development of Women Empowerment & Leadership Training Curriculum Workshop on 24th -25th for UN WOMEN Project

Outcome

Draft curriculum for two modules were submitted to A2J (Advocacy and Conflict and forced Migration)

Cont..

☐ Attended AITJ 8 and supported in providing first aid and psychological first aid during the Institute, 2 clients given psychological first aid, 34 participants also received first aid

18 Participated in providing psychological first aid during the Memory dialogue

Cont...

- ❑ Attended first Annual Disability Right Conference organized by School of Law as part of the 50 years' celebrations under the theme "Disability Rights in Uganda: Perceptions, Progress, Challenges and the way forward" at Makerere University main hall

Outcomes

We got a lot of materials that shall be shared with the PWDs group

Widened our advocacy network on pushing for Disability rights

International day commemoration

- 21st June 2018 we organised a Psycho medical and legal Camp ACTV, HRCU, Interaid, JRS, Refugee and Hope, OPM, Simba FM, Top Television, Naguru Hospital, AAR, Bukedde Newspaper and RLP thematic program .

Outcomes

- 24 male and 32 females benefited from Legal Advice. 163 female and 71 male benefited from medical support provided by AAR and Naguru hospital, 76 benefited from cancer screening, 55 female and 21 male benefited from Psychological support
- Referrals pathways strengthened

International day commemoration

- ❑ We join other coalition members in the community dialogue at Kitintale KCCA ground under the theme: Rehabilitate survivors, bring perpetrators to account
- ❑ 26th June 2018 we join Coalition Against Torture, UHRC, UNOCHR in commemorated UN International day in support of victims of torture, under the theme “Rehabilitate survivors, bring perpetrators to account”

Outcomes

- Strengthened referrals network
- We distributed 225 fact sheets on Anti-torture law 2012
- Awareness created on torture issues
- RLP was highly appreciated for supporting CAT activities and broad engagement with the media, which widened visibility

International day commemoration

- ❑ International Mental Health Day, the team organized psychoeducation with Survivors of torture and talked about Suicide and its preventions
- ❑ International Day of the Elderly on October 1st, we celebrated on the 4th in conjunction with AREPU
- ❑ international Day for Persons with Disabilities 2018. The National celebrations were held in Nakaseke district under the theme: ‘Empowering persons with disabilities and ensuring inclusiveness and equality in Uganda’ and the team organized a mini commemoration with PWD at RLP.

Outcomes

awareness on issues affecting persons with disabilities and in particular refugees with disabilities

Articles and talk shows

- ❑ Had an hour TV talk show on torture-25th June 2018. Thanks to Moses who arranged everything
- ❑ Had a TV talk show on disability and inclusiveness on 3rd Dec
- ❑ Wrote a statement for the UN Day against torture with the title: Re-thinking rehabilitation and support for survivors and Victims of Torture.
- ❑ Wrote a press statement for IDPD. Thanks to Prof Chris
- ❑ Wrote an article on *Growing up as a young refugee; the complexities of mental health among refugee youth in Uganda* to commemorate Uganda's World Mental Health Day spearheaded by Ministry of Health.
- ❑ Joint press statement with CAT was published on the new vision on 26th June 2018

Objective 5: To fundraise and
mobilize resources for program
development

Fundraising and Program Development

- Developed the training guide for mental health and psychological first aid guide
- Worked on Trigger and Depression brochures and sent to Media for social change for final formatting and design.
- ❑ Guideline for working with support groups is at the final stage
- ❑ Program is working on RLP Child Protection Policy-with support from CTJG and A2J . It will facilitate our full engagement with children.
- ❑ Working on Psycho education guidelines

Fundraising

- UNVFVT Proposal for 2019 and we have the funding
- Together with ACTV we had an extensive donor meeting with partners of DIGNITY International providing specialized and non specialized services for survivors of torture. Agreed to come up with a 6 months pilot project

Lessons identified

- Continued training and psycho education is necessary for people to understand mental health and psychosocial needs
- Working together as programmes enables us achieve more

2019 in Focus

- Comprehensive psychological first aids workshops for staff
- Capacity building for both clients and staff in psychosocial support
- Operationalising support group working guidelines across all groups and offices
- Self-care for all staffs especially those who work directly with clients
- Liaise with all programmes and office staff to strengthen the Psychosocial support component
- Working with children and caretakers
- Rolling our child safeguarding POLICY
- Up scale fundraising and networking

Thank you!