



ANNUAL REPORT **2021**

Fondation d'Harcourt

TABLE OF CONTENTS



02 **Message from our managing director**

04 **About us**

05 **Why mental health matters**

06 **Mission**

07 **Our approach**

08 **The value of partnership**

10 **Our work**

42 **2021 At glance**

MESSAGE FROM OUR MANAGING DIRECTOR

Dear Partners and Friends,

If COVID-19 shook our lives in 2020, forcing us to stop and reflect on our needs and priorities, then the past year has shown us the first long-term effects of the pandemic and revealed the incredible resilience of our partners around the world. And while challenges remain, together we continue to do our very best to support people living with mental health conditions along with their families, community, and project staff.

In 2021, we sought to keep learning and growing by broadening our knowledge and experience, reflecting on our successes and failures, and looking for new ways to achieve our mission more effectively. As travel remained limited, we missed the chance to personally meet with our partners and the people we support. However, we turned that obstacle into an opportunity, using digital tools to maintain more frequent contact. Daily online meetings and check-ins brought us even closer to the organizations we support, granting us better insight into each partner's challenges and operations, and ultimately strengthening our relationship and projects' effectiveness.



On several occasions, we were able to further our know-how by attending training and supervision sessions carried out by many of our partners. Although just one component of our projects, training and supervision are at the core of providing quality mental health care services. Our direct participation allowed us to better understand diverse approaches to mental health care and how our partner organizations value their human resources. Most of the training sessions included on-the-job supervision, enabling trainees to put what they had learned into practice. In the long term, this approach improves services and provides ongoing sustainability. Moreover, supervision is essential to promoting staff's wellbeing, reducing burnout and turnover, and ensuring the continuity of quality care.

Throughout last year, we shared our scope of work with other potential donors and stakeholders, increasing aid for three of our partners from other family foundations. We also participated in two major events, the Global Mental Health Summit, "Mind Our Rights, Now," and WHO Mental Health Forum, "Time to Act," which featured our supported projects, Step-by-Step in Lebanon and QualityRights in Ghana.

Years ago, when Fondation d'Harcourt decided to invest in mental health to improve the lives of people suffering from disorders, we never imagined that one of the most neglected issues in public health would eventually become a top agenda item for many. While much remains to be done, the pandemic raised awareness about mental health issues on a global scale, garnering more attention from governments, international agencies, and private donors.

Personal stories, diverse perspectives, positive strides, and even setbacks come to life in the pages of our 2021 Annual Report. Together, they highlight the significant progress our partners have made and Fondation d'Harcourt has had the privilege to support. Our gratitude goes out to each and every one of them for their tireless and inspirational work in the field of mental health.

We look forward to deepening our impact even further in 2022 and providing quality services to more people in need. We will do so in the spirit of partnership, which now more than ever, is the key to achieving our mission.

Gaia Mountati d'Harcourt
Managing Director

ABOUT US

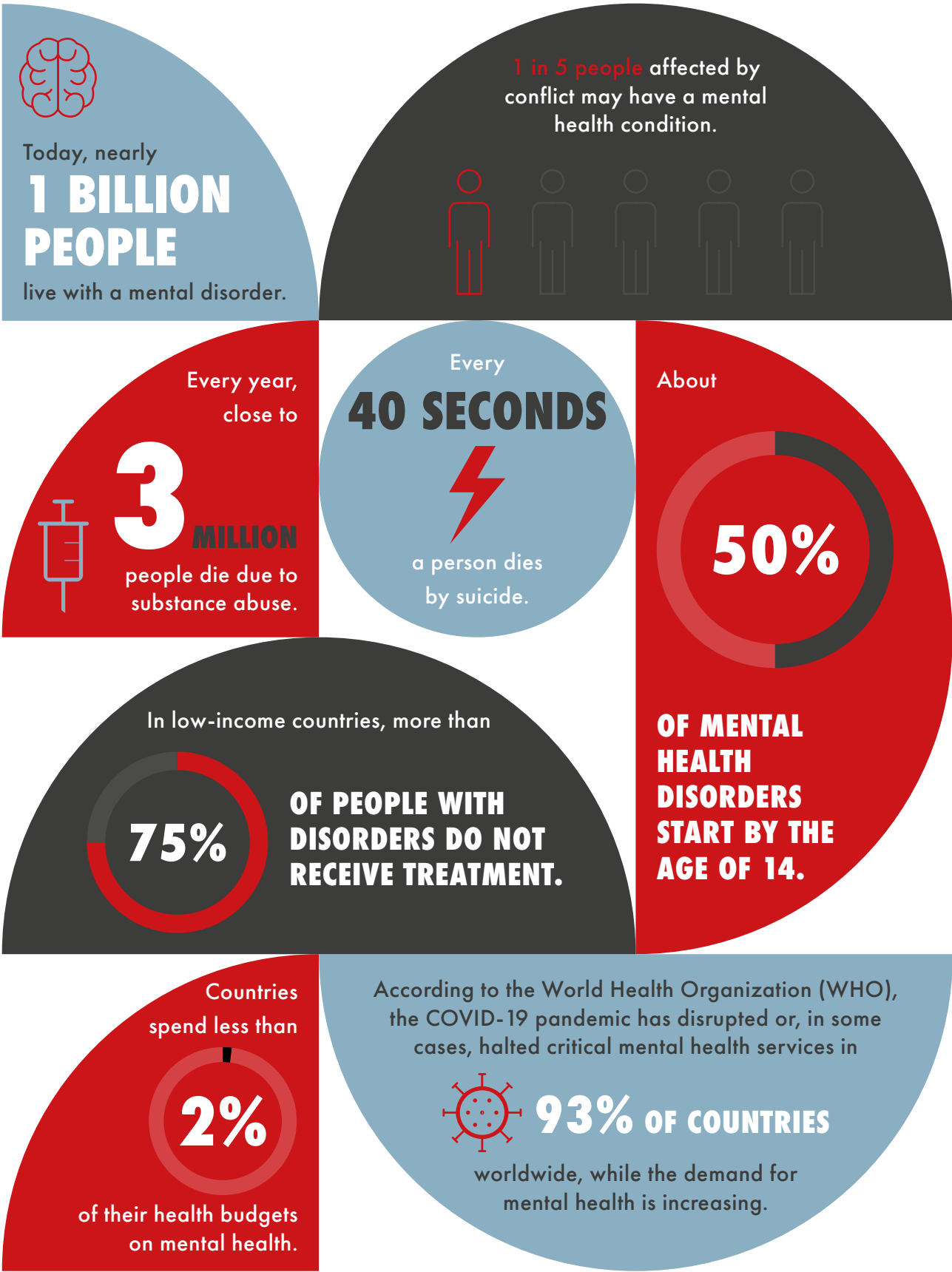
What is not easily seen is often not easily addressed. This is the case when we think about a person's intangible needs. The need to feel cared for, to feel safe, the need for stability and dignity, among others, are crucial to an individual's overall sense of mental wellbeing and the roots that nourish a healthy life. Yet, because these needs exist

under the surface, mental health is one of the most neglected global issues of our time.

Since 2005, Fondation d'Harcourt and its partners have been working together to make a tangible difference, raising awareness and providing quality services in mental health.



WHY MENTAL HEALTH MATTERS



MISSION

Our mission is to improve the lives of people struggling with mental illness and their families. Our holistic approach helps them unlock their full potential, function in society, and give something back

to their communities. As certain social conditions increase the risk of mental illness, we also work towards prevention by providing psychosocial support to those who are most vulnerable.



OUR APPROACH

At Fondation d’Harcourt, we believe our mission can be achieved by establishing partnerships with organizations that provide interventions centered on mental health and psychosocial support. Through a human rights-based approach, we and our partners promote the prevention of mental

disorders, especially for vulnerable groups, and provide quality community-based mental health care and specialized services. To facilitate recovery, we also foster the empowerment and inclusion of people living with mental health conditions as well as their families and caregivers.



THE VALUE OF PARTNERSHIP

Learning, growing, and making a difference together

Becoming a trusted partner and strengthening our collaboration with organizations is an ongoing process that requires time and a two-way dialogue. Over the years, we have learned that a shared vision is crucial to establishing a partnership, but growing together and overcoming challenges along the path towards our mutual goal is what forges an effective and lasting relationship. Both professional and personal, we believe in partnerships rooted in transparency, trust, and engagement, ownership, equity, joint learning enabling us to truly make a difference in people's lives.

At Fondation d'Harcourt we seek to understand the context and culture of each organization and country of operation, stay engaged in all phases of a project, and most importantly, dedicate time to getting to know people and listening to personal stories from staff and users, their families and communities. In doing so, we've deepened our relationships with our partners and seen first-hand the incredible value and potential each organization has to offer.

We've also learned that one size doesn't fit all. All of our partners vary in structure and competence, in strengths and difficulties, capacity and resources. And yet, while each one is unique, they have an essential and valuable asset in common: human capital.



Every person contributes to the whole. Together, they spark real change. That is why we support partners who invest in capacity building and sharing, which we believe is essential to providing effective mental health services. By focusing on quality rather than quantity, we have encouraged organizations like CVT in Uganda, Fundatia Inocenti in Romania, and Fracarita in Rwanda to dedicate time to programming and provide vital resources for their staff.

Partnership also means sharing experience and know-how. That is what we try to do participating in steering committees and discussions, inspiring organizations to look beyond their project. We promote collaboration with other partners and stakeholders including universities and public institutions and advocate for evidence-based programs like Fundatia Inocenti's in Romania, which expanded its mental health literacy program by scaling up its network of mental health institutions.

Throughout 2021, we saw how our flexible approach toward supporting partners was critical to developing projects based on actual needs and individual situations, allowing them to realize their full potential and overcome hurdles as they arose. In particular, this flexibility is what made it feasible for WHO to continue its work amid civil, political,

and economic turmoil in Lebanon and successfully implement its digital intervention to reach depressed end-users. It also made it possible for WHO to put Ghana on a sustainable path toward establishing rights and recovery-oriented mental health services.

Flexibility also gave other partners such as Fondazione di Liegro, AVSI, Soleterre, Fracarita, Children Action, Centre de la Roseraie, and FREP, more leeway to deal with changing circumstances during the pandemic emergency, and then adapt and grow their services into a long-term support plan.

While some organizations or projects already have a solid structure, others need to be supported with a more comprehensive approach. For example, in partnership with Mission Bambini, we brought the idea of a therapeutic community for adolescents to life, clearly defining its purpose, identity, and rehabilitative treatment model.

Last but not least, our partnerships focus on sustainable solutions which are fundamental to the long-term impact of each project and the organization itself. By bolstering longevity, capacity building and sharing, we empower our partners to support people and communities in need over time, giving everyone a better chance for a thriving future.



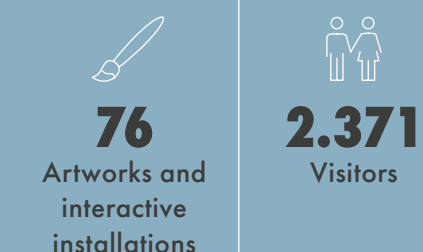
CHILDREN ACTION

Suicide prevention for adolescents - ARTOPIE

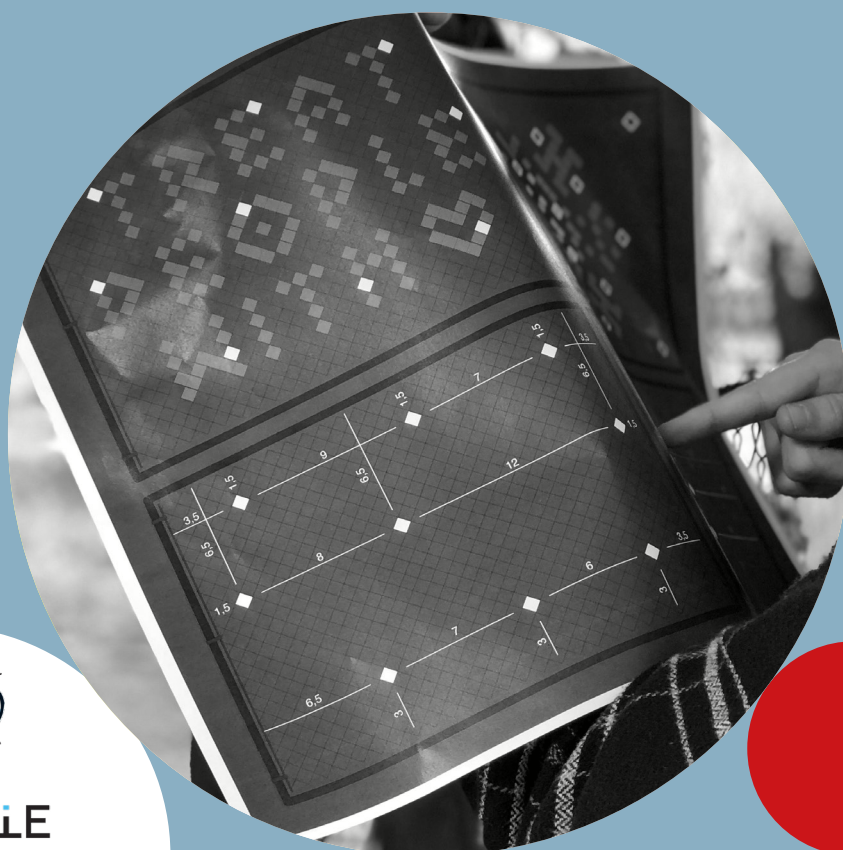
By the numbers



Artopie's Labyrinthe Ado-Les-Sens



Since 2018, Fondation d'Harcourt has partnered closely with Children Action to provide ongoing support to youth at risk of suicide. Combining art, culture, and care, Artopie, a dynamic project developed in collaboration with the University Hospitals of Geneva (HUG), has organized approximately 100 unique activities for patients at HUG's Child and Adolescent Psychiatry Service (SPEA), including workshops in music, dance, and art as well as field trips to Geneva's cultural institutions and events. Through these tailor-made experiences, teens strengthened their social and interpersonal skills and rediscovered the pleasure of creativity and learning. In July 2021, the Artopie project was taken over by HUG and incorporated into the Maison de l'enfant et de l'adolescent (MEA), a center of excellence interlinking healthcare and cultural activities for children and youth.



SPOTLIGHT

Artopie featured in Labyrinthe "Ado-Les-Sens":

In June of 2021, Artopie featured artwork created by HUG's adolescents at the **Labyrinthe "Ado-Les-Sens"** in Geneva's Parc La Grange. Focused on raising awareness about teen suicide, the installation used art as a medium to encourage dialogue on prevention and communication in a fun and interactive way.

As part of the project, youth from the Child and Adolescent Psychiatry Service participated in a series of workshops with two local artists, Ygrek and Jazi. To begin, they learned about their careers and artistic style and experimented with each artist's technique. Then, they created their own contributions for the installation. With Ygrek, an urban typographer, they crafted a mesh grid that he transformed into a pixel frame. Under Jazi's mentorship, they sketched portraits and spray-painted a magnificent collective fresco.

A valuable and enriching experience, the **Labyrinthe "Ado-Les-Sens"** fueled creativity and collaboration through the discovery of artistic expression. The event also fulfilled Artopie's objective of raising community awareness around the problem of youth suicide while strengthening ties with the city.

View the project:
[Labyrinthe ado-les-sens](#)





LA ROSERAIE

Finding their way: mental health support for refugees and migrants

By the numbers



88

People received individual psychological support



131

People attended group therapy



65

People attended health workshops



63

People participated in therapeutic walks



15

Art therapy sessions



14

Partners

Since 2019, our partnership with the Roseraie Centre in Geneva has extended a welcoming space and vital services to migrants and refugees in Switzerland. Orientation sessions and social activities help introduce them to their new home and navigate the health system while also forging new acquaintances. In addition to offering assistance with everyday challenges, accessing resources, and building a supportive network, the Roseraie Centre provides psychological support to those struggling with mental health conditions and a referral pathway for specialized care when vulnerable cases are detected. In 2021, the program helped destigmatize mental health issues and promote positive ways migrants can boost their well-being.

CENTRE DE LA ROSERAIE

Atelier santé: discussion autour de la santé et les émotions

Activité en présentiel
plus d'informations sur notre site
www.centre-roseraie.ch

SPOTLIGHT

Carole's Story: Tailoring a new future

Carole, a young woman from Colombia, came to the Centre de la Roseraie to seek help for chronic pain following a car accident in which she lost her older sister and suffered serious injuries compromising her health and mobility. Carole showed symptoms of post-traumatic stress in addition to severe physical health problems and was in an extremely precarious situation.

Thanks to the project, Carole began taking part in discussion groups where she shared her experiences and participated in anti-stress walks and art therapy sessions. She also received psychotherapeutic treatment for her symptoms of post-traumatic stress and was referred to a specialist

for appropriate medical care for her health problems. Due to her unstable economic and social situation, Carole was also provided with socio-administrative support to meet her basic needs.

Today, Carole no longer suffers from post-traumatic stress symptoms and can activate tools and behaviors that help her cope with the aftermath of the accident. She notes that she now has the information needed to take better care of herself, maintain balance, and manage moments of crisis.

Thanks to the network of partner organizations at the Centre de la Roseraie, Carole also learned the profession of tailoring and works as a seamstress. She currently teaches tailoring skills to other migrants at the center, a personal triumph and a valuable way to give back to the community.





Fondation pour la Recherche en Périnatalité

Supporting parents in perinatal mental health

By the numbers



40

"welcoming times" held



73

Parent-child dyads supported



1

Multi-disciplinary team involved

Over the past two years, our project with the Fondation Recherche Périnatalité (FREP) has offered support to new parents and pregnant women at the CAP Association in Geneva. A safe place to ask questions, voice concerns, and simply be heard, its weekly welcoming sessions (or "cocooning") are held by a team of midwives and psychologists specialized in perinatal care and child development. By uniting their expertise, professionals provide comprehensive and practical assistance to parents and moms-to-be, helping soothe worries and address feelings of fatigue and overwhelm often tied to early parenthood. Through its empathetic and pragmatic approach, FREP and CAP have given mothers and fathers the courage, patience, knowledge, and tenderness they need to raise their children with serenity.



SPOTLIGHT

A multidisciplinary approach for more holistic care

Every Thursday afternoon, a midwife and a psychologist specializing in child development and perinatal care welcome young parents and pregnant women into the CAP Association. Not only do the weekly sessions provide vital support and reassurance to families during a challenging period, but they also enhance the professionals' collaboration and deepen their appreciation for each other's work.

"These Thursday afternoon meetings have transformed us," the psychologists say. "First of all, the collaboration between the midwives and psychologists has taught us so much and instilled a deep mutual respect for our skills and complementary qualities. As psychologists and psychiatrists, we admire how the midwives or psychometricians approach the baby and young parents and enter

into close physical contact with the family. Their pragmatic approach, which aims to provide concrete and immediate help, is very supportive and mobilizing."

"As midwives, we are impressed by the specificity of the psychologists' viewpoint, how they listen to words and what is expressed in terms of suffering, often only half-spoken, which guides what can be said in return. Their way with words touches people, helping them live things differently and find alternatives to situations that can sometimes be overwhelming for young parents."

Testimonial:

"Thank you for welcoming me! Sometimes you feel alone with your baby during these long days... A kind look, a listening ear, and very good advice is a breath of fresh air for a new mother like me who is looking for her bearings and who is distressed by this new life."

- A mom



FONDATION
RECHERCHE
PÉRINATALITÉ



FRACARITA BELGIUM

Improving mental health care in the Great Lakes Region

By the numbers



5

Psychiatric nurses
became Coaches



252

Psychiatric nurses
trained and
supervised by
Coaches



10%

Increase in
monitoring of
nurses' skills
compared to 2018



9.679

Patients with
mental illness
received support



15%

Increase in patients'
quality of life since 2018

In 2017, Fondation d'Harcourt united with Fracarita Belgium to address the mental health crisis in Africa's Great Lakes region where people with severe mental health conditions continued to suffer untreated. Our joint project has improved the quality of professional care and mental health services by increasing capacity sharing and strengthening the competencies of personnel, particularly nurses and pharmacists, in five hospitals across the region. Based on a three-pronged intervention approach, participants bolster their nursing knowledge as well as practical and interpersonal skills through ongoing supervision, intervention (peer discussion, support, and intervention), and one-on-one coaching.



SPOTLIGHT

A diversified approach to improving mental health care

The Fracarita Belgium project leverages three techniques - supervision, intervention, and coaching - to promote learning and professional growth of psychiatric nurses, directly improving the quality of patient care as well as collaboration between colleagues and hospitals.

Supervision is a reflection-based, learning-oriented conversation with Coaches and usually takes place one-on-one or in small groups. The goal is for Coaches to become aware of their thoughts, feelings, expectations, norms,

and values, and how they determine actions in the workplace. Supervisors also help Coaches assess their level of theoretical knowledge and address areas needing improvement. In this way, they can optimize their professional competencies and enrich their relationships with both colleagues and patients.

During intervention sessions, difficult cases and professional dilemmas are discussed and analyzed in a large group. Diverse opinions and experiences are shared by participants, broadening everyone's perspective and bolstering effectiveness in individual workplaces. Often an incident that has happened in one hospital becomes a tangible example for another, helping shed light on solutions that can be emulated.

fracarita
BELGIUM





Coaching, on the other hand, focuses on all aspects of the individual including their personal traits and professional conduct and cultivates positive expectations and approaches to patient care. Results-oriented, it helps motivate Coaches and provides valuable tools for facing everyday challenges in the workplace, empowering leadership and constructive change.

Sharing experiences and reflecting on coaching behavior promotes, and even accelerates, learning in practice. Coaches find their work less stressful if they can share their experiences and hear that their colleagues are facing similar situations. They gain a better understanding of themselves and their self-efficacy increases. They learn to set boundaries more easily and to manage conflict and the emotions associated with it. This greater capacity for reflection is, in turn, linked to stronger skills in other aspects of professional behavior,

such as a more thorough assessment of moral dilemmas. Reflection is also linked to improved communication skills, such as the ability to connect better with patients and their families.

Testimonial:

"I believe that the three forces - collaboration, hope, and creativity - help to form a multidisciplinary team in a country where there are few resources. Thanks to the intervention and supervision, I feel stronger as a Coach for my colleagues. I have learned to deal with difficult situations and I know now that I am not alone... Coaching has allowed our team to focus interventions on the person (the patient), where the patient is a partner. In other words, we have learned to put them at the center of their care with their own participation."

- Coach Jean Marie Vianney Basabose - CHNP Goma - RD Congo



AVSI

Increasing access and promoting recovery - CARE

By the numbers



1.835
Community providers participated in training on mhGAP via IVR



5.537
People received psychosocial support through home visits



1.176
Patients benefited from psychological support



359
People who recovered from mental illness found a job



12.757
Family and community members involved in mental health awareness activities

Cultural beliefs and stigma, as well as untreated mental health issues, have contributed to the suffering of many people in Rwanda. Thanks to the CARE project run by our partner AVSI, a community-based approach strengthens the resilience of people living with mental health and their families. Through an Innovative Training System (IVR), Community providers learn how to identify people with mental health conditions through MhGAP and assist them in getting the treatment, rehabilitation, and support they need for long-term recovery. Referrals to the health center and hospitals are made for the most vulnerable cases. Community awareness activities also help promote better understanding and sensitivity towards people with mental illness.



SPOTLIGHT

Bertha's story: A glimmer of hope thanks to the CARE project

Bertha lives with her husband, children, and a grandson in the small village of Kajevuba in Nyanza district and suffers from psychosis. Four unique perspectives intertwine to tell her story, a story of hope and renewal.

Bertha:

"I was abused by my family and neighbors because of my mental illness. I spent nine years wandering the streets when I had a husband and children. When I returned home, my husband beat me and my children were ashamed. Everywhere, I was called "the madwoman." One day I met Jeanne. She came to visit us several times at home and she advised my husband to take me to the health center. Thanks to Jeanne, I take medicine at the Hanika Health Center and I feel better. My relationship with my husband and children has improved. I am also

part of a psychoeducational group where I can get information about my illness and the importance of taking my medication properly. Today, I can take care of my housework and the fieldwork. I feel happy because I have regained my value within my family."

Jeanne, AVSI Community Provider:

"After being trained by AVSI in the field of mental health, I was able to help people with mental health problems, including Bertha. I went to visit her family as I knew she'd had mental health issues for several years. I also knew that her husband took her to traditional healers instead of treating her at the health center. I advised her husband to have her treated at the health center. It was not easy but he finally agreed. From then on, Bertha began medical treatment at the Hanika Health Center. Following my family visits and the advice I gave to Bertha's family, she accessed health care. Now she is fine. I am very happy and I feel proud."



Pascaline, Bertha's daughter:

"I was 11 when my mother fell ill. At that time, my brothers and I felt ashamed because at school the other children laughed at us saying that our mother was crazy. All the years that mom lived on the streets I was desperate. Then we met Jeanne. She taught us to stop stigmatizing our mother and to take care of her, making sure she takes her medications correctly and keeps her medical appointments. Now I am part of a savings and credit group for family members of people with mental health problems. With that credit, I run a small vegetable business which allows me to pay the expenses for my mother's care and helps with my family's expenses. Today I've found my mother and I'm happy!"

Francine, Hanika Health Center care provider:

"I was trained on mhGAP thanks to the CARE project. This helped me a lot because I was able to improve my knowledge of mental health and my skills in caring for people with mental health problems who sought my services. This is the case of Bertha, who I follow today. She is taking her medications well and I see a great improvement in her. This is also due to the close collaboration with Community providers and not health workers in her village. Seeing the improvement in the health conditions of people who come to me with mental health problems makes me feel useful, capable, and proud".





WHO

Promoting human rights and recovery for people with mental illness

By the numbers*



40.100
People registered
for the WHO
QualityRights
e-training course



25.150
People initiated
the course



20.540
People received the
WHO certificate

* data from April 2022

In 2018, Fondation d'Harcourt teamed up with the World Health Organization (WHO) to promote human rights and mental health recovery through an innovative e-training program in Ghana. Since then, thousands of stakeholders have improved their knowledge about mental health issues, learned new treatment skills and approaches to recovery-oriented care, and received coaching on practices and behavioral methods that respect the dignity and rights of people living with mental health conditions. The self-paced, 16-hour interactive course features videos, audio recordings, discussion forums, fact sheets, and peer learning and coaching sessions. Upon completion, participants receive a certificate and are recognized as a coach by WHO.



SPOTLIGHT

Leveraging social media for Ghana's QualityRights campaign

A third of Ghana's population relies on social media as their news source, making it an effective mode of transmitting information and raising awareness for the QualityRights (QR) initiative. To build a foundation for the digital outreach, a new QR website was developed and a social media company specializing in health communication was engaged to help with strategy and scale up capacity.

First, a Search Engine Optimization drive was implemented to drive more traffic to the QualityRights website and Google Ads were employed to encourage sign-ups for the e-training course and increase visibility. Two e-newsletters were then designed and sent to verified email accounts, sharing overviews on the QualityRights project and inviting volunteers to link to the e-training platform. Another strategy was to use SMS messages to reach out to people directly. A year into the campaign, the team had sent over 5.700 text messages to verified phone numbers, most of whom eventually signed up for the online training program.

Finally, QR's social media campaign adopted several strategies to ensure

smooth and effective outreach. For example, top social media influencers and bloggers with a large following in Ghana became "Digital Angels" and posted stories about QR on their blogs and social channels at no charge. A one-minute video featuring impactful messages about QualityRights was also read by well-known personalities in Ghanaian society. This was important, as it associated these prominent figures with the QR campaign, driving huge awareness among the populace.

During the Covid-19 pandemic, WHO Ghana bolstered its efforts to reach the throngs of people turning to social media. Tailored messages were crafted to engage particular institutions, professional bodies, and diverse demographics. In addition, local partners were trained to build and update their social media platforms and link them to the QR platform to boost the campaign's presence and increase flow to the website.

The ultimate objective of the social media campaign was to create greater visibility for QR and reach 20% completion of the e-training course. Social media played an integral role in this, helping people understand QualityRights and its role in protecting, promoting, and respecting people with psychosocial, intellectual, and cognitive disabilities, as well as increasing sign-ups for the e-training certification program.





Center of Victims of Torture

Trauma rehabilitation for victims of war crimes

By the numbers



384

Participants attended community sensitizations



68

Psychosocial counselors received training and supervision



366

Participants screened for CVT mental health services



244

People completed the group counseling cycle and received follow up assessment

Over the past four years, our partnership with CVT has provided critical mental health trauma rehabilitation to torture and war victims of the Lord's Resistance Army conflict in northern Uganda. Through a ten-week session, participants receive individual and group counseling as they engage in a therapeutic journey designed to improve their coping mechanisms and emotional regulation, regain trust, and process traumatic events to grieve loss. At the program's end, they find the strength and wellbeing needed to reconnect with themselves, their families, and the community. CVT also focuses on building capacity in the region through ongoing intensive training for mental health counselors as well as a mentorship program for graduate students of psychology in partnership with Makerere University in Kampala.



SPOTLIGHT

The Tree of Life: the power of storytelling

Session number nine, which is often referred to as the "Tree of Life," is the most transformative and memorable experience in CVT's therapeutic journey. During this powerful storytelling activity, the tree is used as a metaphor to cultivate self-reflection and understanding. The CVT counselor starts by showing a picture of a tree with falling leaves and cut branches, which symbolizes loss or physical injuries, pieces of us that may feel like they're missing. However, the tree's roots are not broken and a small flower bud is beginning to grow. These elements represent strength and rebirth.

Through facilitated discussion, the analogy encourages participants to reflect on their lives and focus on areas where they are strong like the roots of the tree. Answers may

include family or relatives, God and spirituality, or any other sources of strength. Attention is then called to the "fruits" of the tree, which symbolize what each person sees as their contribution to the world, such as relationships or work.

After moving through the "Tree of Life" exercise, participants set a future goal that will add to their continual growth. Members of the group share their objectives, describing how it will be fulfilling for themselves and their community, and talk about the small steps they can take to achieve even larger goals over time.

The "Tree of Life" exercise promotes each client's rediscovery of their self-worth as human beings and fosters resilience and dignity. In light of all their struggles, they realize they are still proud members of their community and have the need, rights, and resources to pursue happiness, which is ultimately rooted in themselves.



The
CENTER for
VICTIMS of
TORTURE



WHO

E-mental health intervention for depression – Step-by-Step

By the numbers



5

Full-time e-helpers



435

People with depressive symptoms supported



107

People completed the intervention



1

Social media campaign

The National Mental Health Program (NMHP) Lebanon and WHO have successfully launched a minimally guided digital self-help intervention for depression called Step-by-Step (SbS). Step-by-Step is a 5-week program that uses a narrated story to teach skills and techniques for coping with symptoms of depression. Guidance and motivation are provided remotely (e.g., through phone calls or messages), during weekly support contacts by trained non-specialists called “e-helpers.” Fondation d’Harcourt has supported the project from its early development through initial pilot research and randomized control trial testing to evaluate the efficacy and cost-effectiveness of the intervention. Following the positive results, in 2021 the team began the implementation of SbS nationwide.



SPOTLIGHT

Against all odds: the successful implementation of Step-by-Step in Lebanon

The team in Lebanon had to deal with many adversities during the implementation of SbS nationally. The COVID-19 pandemic, Beirut blast, economic crisis, and political unrest created a challenging context, requiring the team to constantly adapt and respond flexibly. On top of those issues, Lebanon also experienced regular electricity cuts, poor phone and internet access, road closures, and fuel shortages.

To deal with the multiple crises, the team had to come up with new ways to continue offering the SbS service, enacting contingency measures such as the acquisition of an emergency generator and the improvement of remote working conditions. When the situation led to a high turnover of volunteer e-helpers, the program was switched to a paid model to provide them with economic stability and ensure their wellbeing, as well as the quality of mental health services provided.

Across Lebanon, the worsening situation also led to more complex issues noted by e-helpers during the support calls. In addition to an increase in the severity of mental health problems, they also reported a rise in people’s social and economic worries, such as unemployment, grief and loss (death/breakups/divorce), family problems,

and health conditions including chronic illness. E-helpers also encountered an increased rate of high-risk cases, for example, people potentially at risk of self-harm or suicide. To assist them in dealing with the growing number of complex situations, the team provided regular supervision and referral systems to bolster the e-helpers’ training and ability to handle vulnerable cases. A flexible and supportive environment including an open-door policy, peer support culture, team activities, and self-care sessions, as well as policies offering mental health days, also ensured their mental health and wellbeing.

Despite all these challenges, SbS has been successfully implemented in Lebanon and, to date, has helped hundreds of people with symptoms of depression, demonstrating the viability of running a digital intervention tool on a nationwide scale, even in contexts affected by multiple adversities.

Testimonials:

“I want to thank you. The program was very helpful despite the difficult situation I was going through. Even now when I feel stressed, I still use the techniques. I derived power from the character and the e-helper explained all the activities. She was so sweet.”

- SbS Participant

“With all that’s happening in the country, a laugh from a user or any simple indicator of progress can switch up my whole day. I am grateful for my users and the good they let me do.”

- SbS E-helper



FUNDATIA INOCENTI

Improving the wellbeing of children and adolescents

By the numbers



182

Hospitalized children and teenagers received psychosocial support



22

Family members of hospitalized patients received counseling



92

Mental Health Literacy sessions



591

Students and 20 teachers at 7 high schools attended MH literacy sessions



47.665

People reached via the online campaign



71.500

Adolescents in Romania received handouts on mental health

"Inocenti Journey for Wellbeing" was launched by Fundatia Inocenti in collaboration with Fondation d'Harcourt in 2018. Its overall objective is to help raise awareness and prevent mental illness, promote mental health care, and provide psychosocial support for children and teenagers living with mental health conditions. At the Pediatric Psychiatric Clinic in Cluj-Napoca, specialized interventions such as individual and group counseling, art therapy, play therapy, and occupational therapy aim to improve the wellbeing of young patients. Family members also receive counseling to help them cope with the challenges of their child's mental illness. A mental health literacy program has been facilitated to provide mental health awareness in high schools in collaboration with the University of Psychology of Cluj.

SPOTLIGHT

A bridge to mental health: putting tools and information in the hands of youth

The Mental Health Literacy Program is a vibrant program of Fundatia Inocenti - Romanian Children's Relief. High school students and teachers in the cities of Cluj-Napoca and Bistrita learn about adolescence and its challenges, factors that influence mental health, emotions and their role, anxiety, and depression, but also resilience and healthy strategies that can help them cope with difficult times.

Maturing can be a challenging process for adolescents, but one that can be naturally and confidently bridged, provided they are correctly informed and guided towards the support they need. The Mental Health Literacy Program has aimed to be one such source of support, especially during the pandemic. The program takes place over six weeks and offers an array of resources, including mental health information handouts covering six topics: depression, social anxiety disorder, generalized anxiety

disorder, specific phobias, attention deficit and hyperactivity disorder, and anger and frustration management.

Fundatia Inocenti's project has also extended its wings beyond mental health sessions. On Mental Health Day in October, it ran an online mental health awareness campaign, #IMakeTheDifference, in which the six handouts were posted in audio format on Spotify, Apple Podcast, and YouTube platforms.

As part of the program, an art exhibition was organized in the Visual Arts High School in Cluj-Napoca in which students were invited to create artwork on different mental health topics. Additionally, in the summer of 2021, Fundatia Inocenti released a presentation video for the **Mental Health Literacy** sessions with the slogan: "Help us fight the mental health stigma!"

Testimonial:

"It was very beneficial. I learned a lot of new things and I discovered myself. I really appreciated the attitude with which the psychologists approached the topics and the way they understood our experiences."

- Student



MISSION BAMBINI

Omada Adolescent Neuropsychiatric Residential Community

By the numbers



10

Adolescent girls
supported



26

Family members
participated



1

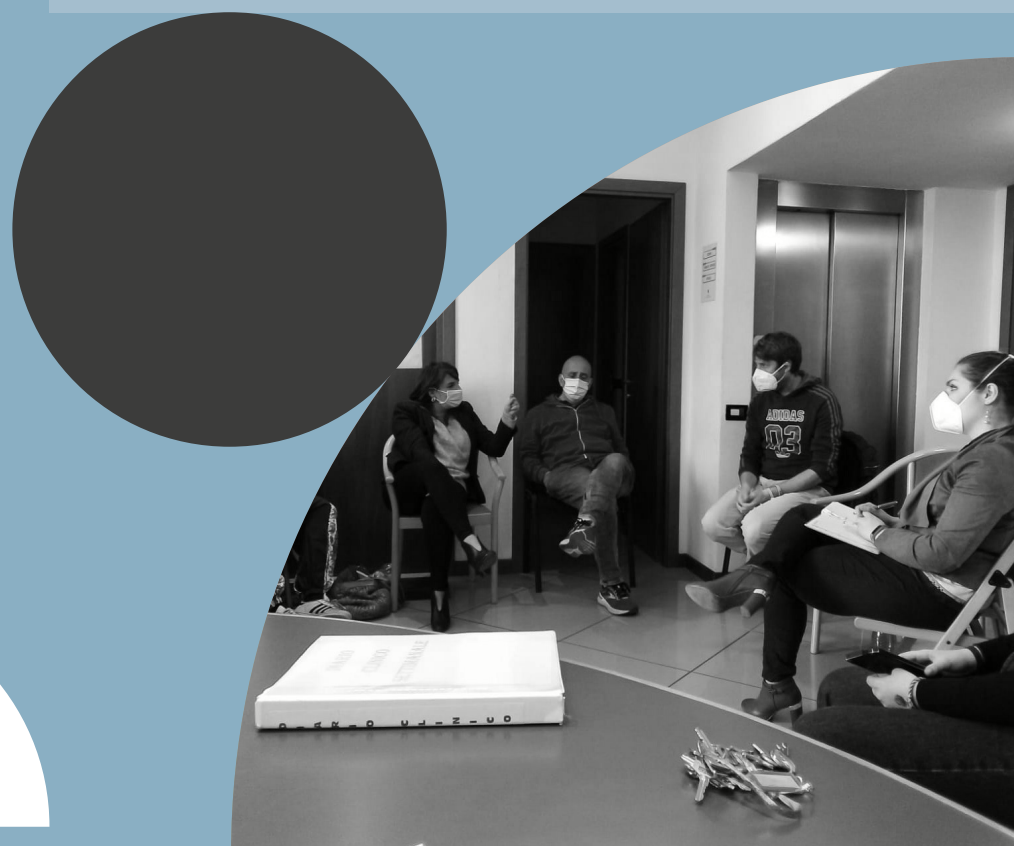
Multidisciplinary
team involved



5

Public territorial
services involved

Over the past four years, we have collaborated closely with Mission Bambini to improve the quality of life for girls admitted to the Omada Adolescent Neuropsychiatric Residential Community in Milan, Italy. Accommodating 10 adolescent girls affected by mood and personality disorders, Omada's multidisciplinary team provides a long-term plan and holistic services encompassing psychiatric, psychological, emotional, educational, and nutritional support tailored to meet each patient's specific needs. Activities such as art, theater, and music as well as physical and scholastic exercises elicit new emotional and behavioral approaches and encourage self-reflection, aiding in their recovery. Families and local health authorities are involved in all phases of the rehabilitation process and parents benefit from Omada's supportive environment where challenges, advice, and best practices can be shared.



SPOTLIGHT

Forging alliances: the importance of engaging families in long-term recovery

When girls affected by mental disorders reach adolescence, their families may face a very challenging period full of conflict and suffering. Acute episodes and risk-taking behavior often lead to emergency room visits, interventions by public health officials, and hospitalization. In this challenging time, it's crucial that family members feel heard and can share their points of view and experiences, including the suffering the situation has caused them.

At Omada, the family is a fundamental player in the therapeutic process and is recognized as a central figure - by right and by duty - in the minor's development. For this reason, the Community encourages the continuous involvement of family members in the various phases of the Therapeutic Rehabilitation Project (PTR) and support system, both individually and in groups.

The Omada clinical and rehabilitation team engages parents through diverse strategies and methods aimed at laying the foundation of an important therapeutic alliance and analyzing the relational and communicative dynamics within the family context. Monthly meetings are organized to allow families to share their feelings, ask questions, and raise doubts and are a safe place for them to express their "sense of guilt" in a supportive context.

Parents often appear suspicious of this completely new situation or want to transfer the "problem," which has made them feel powerless and defeated, to the Community. However, it is essential they take an active part in Omada's treatment process and their daughter's ongoing therapeutic-rehabilitation program. At the same time, they also need to experience the "relief" of separation and the total delegation to others, especially during the first month of insertion into the Community in which familial contact is only allowed weekly by telephone.

Approximately 50% of minors return home after leaving the Community. Therefore, in addition to the girls' rehabilitation path, families are encouraged to chart a course of awareness which helps establish a new relational balance.



FONDAZIONE INTERNAZIONALE DON LUIGI DI LIEGRO

**Empowering people with
mental illness**

By the numbers



71

People attended
the annual course
on mental health



62

People
participated in art
therapy workshops



22

Volunteers
involved



9

Art
workshops

Since 2014, Fondation d'Harcourt has continued its impactful collaboration with the Fondazione di Liegro, raising awareness about mental health and creating an empowering network and support community for people living with mental health conditions and their families. Trained volunteers act as bridges to the local health system and services and host creative workshops on art, theater, music, and photography aimed at bringing out each participant's talent and potential. Fondazione di Liegro also coordinates self-help groups to help families dispel loneliness and share their experiences with others.



SPOTLIGHT

Act it out: fostering self-esteem and creating community through theater

The Theatre Workshop creates opportunities for volunteers and people with mental health conditions to meet, fostering integration and personal growth. In this context, participants finally have the opportunity to experience an environment different than the therapeutic setting and connect with others in similar circumstances.

A protected and inspiring space, the Theatre Workshop encourages participants to truly express themselves and discover their potential through art. All this is made possible by activities designed to stimulate creativity and build relationships such as physical training, improvisation, exploration, and communication. Sometimes, a movement exercise or creative writing is enough to transform how people see themselves: as individuals rich in resources and abilities, and not only the bearers of a disability.

The pandemic put obstacles in the way of the Theatre Workshop, but it never came to a complete halt. During the first lockdown, meetings took place online. Participants were

able to share their feelings about the health emergency and how their daily lives had changed. This created a supportive context for individuals to share their emotions and retain a sense of closeness with others and gave rise to the idea of a final performance about life during Covid-19.

When the Theatre Workshop returned to meet in person in 2021, we worked to ensure that it signaled a resumption of daily life. Unfortunately, we were unable to perform the usual end-of-year show with the public in the hall, but the setback sparked the idea to make a video. **"Everything will be alright"** was a new way of performing for our participants, who acted out a series of scenes from everyday life during the pandemic that spectators could easily identify with.

Creative material for performances is always written and developed by the participants themselves: it is precisely that blend of diverse experiences that makes it unique. For the person who has written a "beautiful thing," it is important to know that it will be performed in front of others who will then have the opportunity to appreciate it and view them in a different light. By fostering self-esteem and gratification, the experience boosts confidence and has an important therapeutic value. To quote one of the Theatre Workshop participants, "Theater is not life, but it helps us to live."



COVID Emergency Fund Projects

FONDAZIONE SOLETERRE

Promoting mental health during the Covid pandemic

By the numbers



87

Psychologists involved in 14 regions + 7 psychologists in hospital



86

Patients in hospital received psychological support (601 sessions)



534

Psychological support sessions for health care operators



524

Total patients in care



1.909

Remote interviews



1.686

In-person interviews



2

Ongoing research projects

In Italy, both the health and psychological toll of the pandemic became evident early on. To provide critical support for those directly affected, Fondation d'Harcourt joined forces with Fondazione Soleterre. From a team of 15 psychologists at the I.R.C.C.S. Policlinico San Matteo Hospital in Pavia, the initiative grew to cover the entire Italian territory. Staffed by a team of professional psychologists and psychotherapists, the Covid-19 National Psychological Support Network assessed the psychological state of patients through a series of encounters, clinical assessments, follow-up treatment, and referrals. The free service had significant positive impacts on the psycho-emotional state of patients, reducing levels of post-traumatic stress disorder, anxiety, and depression.

SPOTLIGHT

Soleterre's effective model for mental health intervention goes national

Created by a group of clinical psychologists at Fondazione Soleterre, the Therapeutic Mental Health Assessment intervention model (TMHA) provides support to patients, family members, doctors, and nurses affected by Covid-19. TMHA starts from the assumption that during the pandemic, the entire population was potentially affected by disorders related to life events and stressful conditions.

The model is based on the administration of two clinical tests during the first phase of intervention: the Post Traumatic Stress Disorder (PTSD) test and the Level 1 Transversal Symptoms scale. During this phase, the clinical assessment allows the therapist to investigate the traumatic events experienced by patients and their psycho-emotional state. The in-depth analysis helps lay the groundwork for the next five meetings focused on psychological support and builds effective and personalized treatment plans.

Clinical studies have confirmed that the Therapeutic Model is a fundamental tool in identifying the trauma and discomfort experienced by patients and demonstrates how psychological support has a real impact on the psycho-emotional state of patients, reducing the levels of post-traumatic stress disorder, anxiety, and depression.



soleterre



COVID Emergency Fund Projects

CBM Italia

Supporting the mental wellbeing of health workers affected by the Covid pandemic

By the numbers



15

Health personnel received individual psychological support



44

Health personnel received psychoeducation



105

Health personnel were provided psychological group support



20

Health personnel were trained in emotional management



20

Health coordinators strengthened their organizational management skills

In 2021, we furthered our partnership with CBM Italia and MultiVersa in support of frontline workers at Milan's Humanitas S.Pio X Hospital. "YOU TREAT, I LISTEN" built resilience at both the individual and organizational level through a three-tiered approach that included one-on-one and group psychoeducation sessions, psychological support, and training. Encompassing more than 200 health and administrative personnel, the project helped staff discover and rediscover their resilience, alleviate stress, and develop skills for coping under pressure. By recognizing their commonality and finding the freedom to express themselves, participants overcame challenges and restored a healthier work-life balance, even under unprecedented circumstances.



SPOTLIGHT

Finding a new way forward during Covid-19

Anna, Intensive Care Unit Coordinator:

"In a time of emergency such as the pandemic, psychological support allowed me to stop for a moment and take time to realize what was happening, what I could do, and who I was able to be. First, I realized that I was not alone, and this helped me grow both professionally and personally. The supportive context allowed me to express myself and gave me the strength and enthusiasm to better coordinate the team I manage.

The psychological support also included sharing moments with coordinators from other units in the hospital, which rarely happens during the workday because the ICU is an inaccessible place. These moments made me feel part of a group and

no longer just the coordinator. My colleagues and I needed a welcoming environment not made of walls. It gave us the opportunity to express our emotions. We learned that it takes time to be able to share one's feelings and that it is important to be listened to and engage with others. At the same time, we realized that everyone was coping with the situation and expressing their resilience in different ways.

I am aware that nothing will ever be the same again because the pandemic has changed us. But psychological support changed us too, helping us discover how much strength, courage, and resilience we have. It is a path that should continue because it has created strong bonds between colleagues and made us realize that we shouldn't be afraid of moments of crisis or moments of joy. On the contrary, we should learn to express ourselves freely, even our saddest emotions."

Watch the interview:

YOU TREAT, I LISTEN



COVID Emergency Fund Projects

AVSI

Cultivate relationships at distance - CURE

By the numbers



186

Families supported



206

Children and adolescents accompanied



30

Educators and health workers trained

In partnership with Fondation d'Harcourt, AVSI's project provided critical psychosocial support for vulnerable families in Milan coping with difficulties arising from isolation, quarantine, and economic crisis during the Covid-19 pandemic. Aimed at strengthening creating a support network to help families and contribute to their wellbeing, CURE provided educators and health workers with training in resilience-building, trauma, and psychological issues. Parents and children were offered a safe outlet to share their challenges and received emotional, psychological, material, and economic support.



SPOTLIGHT

When relationships mean change and growth for everyone

Telling the story of change means recognizing all the steps that contributed to it, including the identification of reliable partners, such as the cooperative and the Associazione Resilience, and the tools necessary to build perseverance amongst parents, children, and operators.

To best accompany families and children, an expert team from the Associazione Resilience supported educators both professionally and emotionally, individually and as a team.

"We were trained on how care changes in the face of a major emergency. There was a great deal of focus on trauma, the psychological consequences of the emergency, the various indicators of distress, resilience, and parental support. The collaborative atmosphere engaged us on two levels: human and professional. We had already worked together, but this path generated more strength in the group's potential."

Through their training and ongoing monitoring sessions, operators were able to best support families and provide tangible solutions to meet their emerging needs. They helped minors acclimate to school and establish constructive friendships and boosted their individual skills to enhance their self-esteem and potential. Once a relationship of trust had been established, many young people opened up about themselves and their difficulties relating to others. Through their positive growth, change also spread to the family, improving harmony and well-being at home.

Not all fragilities were overcome, but the lessons learned were certainly a turning point for all, providing an opportunity to share and compare their work as well as training on how to "stay" next to families in difficulty and face future challenges.

"I am no longer concerned with the thought, 'let's go back to the normality of before,' as we now have the capacity to move forward. We learned that we are, we can, and we have the resources to make a difference in the community."

2021 AT GLANCE



Fondation d'Harcourt is a private non-profit Swiss foundation in accordance with art. 80 and the Swiss Civil Code with headquarters

in Geneva. It is supervised by the Swiss Federal Supervisory Authority for Foundations.

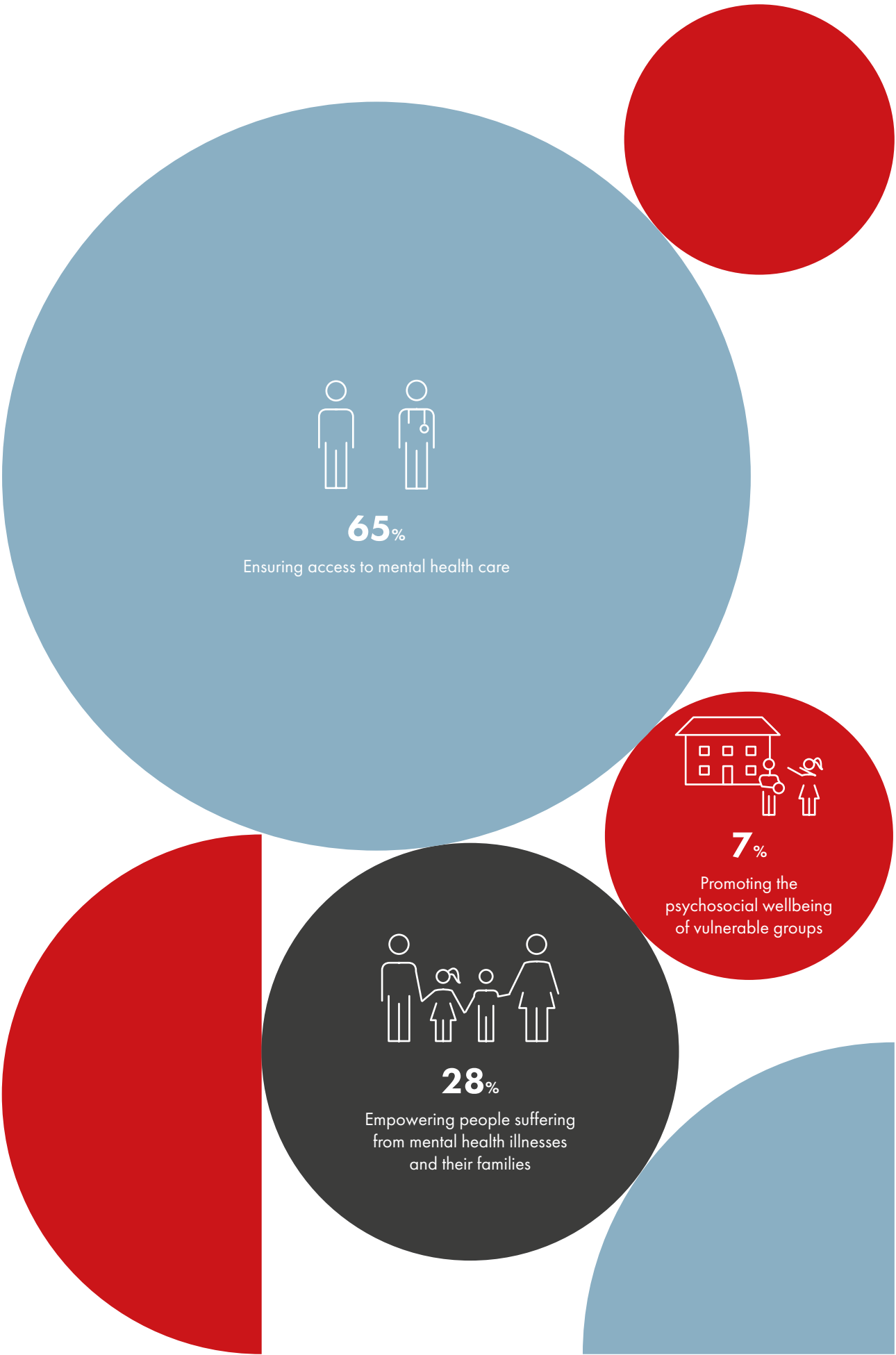


Photo credit

Cover @ Fundatia Inocenti	Pag. 20 @ Francesco Pistilli/AVSI
Cover @ Joost Van Heesvelde	Pag. 22 @ Francesco Pistilli/AVSI
Table of contents @ Joost Van Heesvelde	Pag. 23 @ Francesco Pistilli/AVSI
Pag. 2 @ FdH	Pag. 24 @ Quality Rights Ghana
Pag. 4 @ Joost Van Heesvelde	Pag. 26 @ CVT
Pag. 6 @ Fondazione di Liegro	Pag. 27 @ National Mental Health
Pag. 8 @ Joost Van Heesvelde	Programme – MoPH Lebanon
Pag. 10 @ Children Action	Pag. 30 @ Fundatia Inocenti
Pag. 11 @ Children Action	Pag. 32 @ Mission Bambini
Pag. 12 @ CdR	Pag. 34 @ Fondazione di Liegro
Pag. 13 @ CdR	Pag. 37 @ Margherita Dametti
Pag. 14 @ FREP	Pag. 38 @ CBM Italia
Pag. 16-17- 18 @ Joost Van Heesvelde	Pag. 40 @ Luigi Baldelli/AVSI

Income and expenditures/financial data

Fondation d’Harcourt makes substantial grants every year from its endowment funds and donations. A total of 14 long-term partnerships are currently active with multi-year contracts. All operational costs are covered by the foundation’s endowment.

Board members

President: Fabio Montauti d’Harcourt
Vice-President: Yves Chevrier
Members: Claude Fayolle, Luca Tenchio, Thea Montauti d’Harcourt

Management Team

Managing Director: Gaia Montauti d’Harcourt
Partnership Officer: Sara Pedersini

Financial audit

Brunner et Associates SA - Société Fiduciaire Geneva, Switzerland

Annual Report 2021

This Annual Report was prepared by Gaia Montauti d’Harcourt and Sara Pedersini in collaboration with our partners.
Edited and designed by www.blossom.it

Head office

Fondation d’Harcourt, Place Ruth-BÖSINGER 6, 1201, Geneva, Switzerland
Tel: 41.71.600.23
Email: info@fondationdharcourt.ch
www.fondationdharcourt.org

How to support us

[Via online donations and Paypal](#)
By bank transfer:
Bank account holder: Fondation d’Harcourt
Bank: UBS Genève, 1211 Genève 2
IBAN: CH830024024028998530H
BIC: UBSWCHZH80A

