



ANNUAL REPORT **2018**

Fondation d'Harcourt

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MANAGING DIRECTOR

Dear Partners and Friends,

In 2018 we gave particular attention to projects focused on maternal mental health, child and adolescent mental health. We understood that prevention is a key factor and we look forward to continue working with people living in the most adverse conditions. We also increased and diversified the number of partners we are collaborating with and We look forward to partnering with more high-quality mental health organizations and building strong relationships with key mental health stakeholders. During this year Fondation d'Harcourt has been promoting and facilitating technological initiatives such as the e-training initiative in Lebanon and Ghana. We believe it is essential to find solutions that can be contextualized geographically. In 2018 we also strengthened the relationships with our local partners, increasing the frequency with which we met and shared experiences. Communication with our patterns has become more of a daily occurrence, eliminating the need to wait for quarterly report updates. This helps us grow and learn more efficiently as an organization.



In 2019 we look forward to:

- Incorporating a more scientific and structured approach.
- Proposing a toolkit consisting of potential indicators.
- Gathering qualitative information on barriers and lessons learned.

Gaia Mountati d'Harcourt

Managing Director

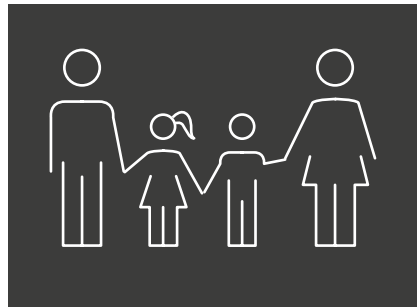
MISSION

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. Given that 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.

		
		
Promoting the psychosocial wellbeing of vulnerable groups	Ensuring access to mental health care	Empowering people suffering from mental illnesses and their families

MENTAL HEALTH

Health is a state of complete physical, mental, and social wellbeing. Mental health conditions contribute to poor health outcomes, premature death, human rights violations, and global and national economic loss. More than 80% of people experiencing mental health conditions, including individuals experiencing neurological and substance use disorders, are without any form of quality, affordable mental health care.

- Mental health conditions account for:
- 1 in 5 years lived with disability globally
 - Around 800,000 deaths per year
 - More than US\$ 1 trillion per year in economic loss*
 - However, mental health remains a neglected part of global efforts to improve health.

2018 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.

Projects	12
Countries	10
Partners	13



2014 → 2019



Togo

Project Achievements

- **3,035** patients visited at the clinic
- **61** patients hospitalized
- **322** psychological consultations
- **74** patients oriented towards rehabilitation services

Paul-Louis Renée Mental Health Center

The Center, run by the Institut des Soeurs Hospitalières de Notre Dame de Compassion (ISHNDC) and supported by AKT, was designed to improve mental health care by training mental health staff and by developing an awareness within the community to address the stigma associated with mental illness. Over the course of the project the Center had the opportunity of undergoing several staff trainings overseen by Dr. Julian Eaton, British psychiatrist and Senior Mental Health Advisor for CBM. During 2018 Dr. Eaton, guided participants through a step-by-step management process for challenging and aggressive behavior, emphasizing a gradual approach aimed at avoiding and reducing violence. Further trainings were carried out by Sister Marie Viviane, psychiatric nurse and Director of the Center together with Professor Dassa, one of Togo's three psychiatrists.

In addition to the health care provided at the Center, staff were also proactive in developing rehabilitation services such as gardening for recovering patients and social work to address problems in the community. Our support for the project concluded in March 2019, but we are confident that the sustainability plan we identified in 2017 will allow the center to continue its work. The sustainability plan included the expansion of the health center in order to hospitalize more people allowing the income of the center to increase. Work started in 2018 and inauguration is planned for September 2019. Moreover annual supervision and training led by Dr. Eaton will be granted for another 2 years. Other trainings and supervisions will continue to be conducted by local experts.



SPOTLIGHT

Featured Story: Jay's Fight Against Substance Abuse

Jay, 24, holds an Advanced Vocational Diploma in management but his substance abuse had hindered him from reaching his potential. When Jay arrived at the Paul-Louis Renée Mental Health Center in 2014, he was tense and nervous. He maintained a confrontational relationship with his parents and showed evidence of psychotic tendencies such as auditory hallucinations. The mental health team at the Paul-Louis Renée Center designed a multi-fronted treatment including cognitive behavior therapy, motivational therapy, and family therapy, to help Jay. Thanks to the dedication of the Paul-Louis Renée Center team and their approach, Jay was able to rebuild his relationship with his parents, develop his self-esteem, and was discharged at the end of January 2018. He has said that he has felt better ever since.





2015 → 2020



Lebanon

Project Achievements

- **1** planning meeting
- **2** community meetings
- **1** e-helper training for 6 e-helpers
- **157** participants recruited for feasibility RCT
- **5,000** people expected to benefit from the project within a few years of its completion
- **1** app created



E-mental health Lebanon “Step-by-Step”

Step-by-Step, is an electronic mental health intervention whose goal is to reduce the mental health treatment gap for Lebanese, Syrian, and Palestinian communities living in Lebanon. Proposed as part of a stepped care system, the project could increase accessibility to evidence-based care in the future through the use of smartphones in Lebanon. Conceived by WHO in collaboration with the Lebanese Ministry of Public Health, it uses a narrative approach, in which an illustrated character tells her or his story of recovery. Through the narratives the user of the intervention learns key therapeutic components including behavioral activation, stress management, strengthening social support, and relapse prevention. The intervention is minimally guided over email or telephone, whereby participants will receive weekly support by trained non-specialists called “e-helpers” who are supervised by a clinical psychologist. Each weekly session lasts between 15 to 30 minutes during which the user learns key therapeutic practices including behavioral activation and stress management.

Objectives reached for phase 1 included the adaption of a fully working and culturally sensitive English and Arabic version of Step-by-Step, feasibility testing, and an assessment of participant outcomes through a pilot study. Results showed a statistically significant symptom improvement among participants who completed the intervention but also helped to re-design the platform to make it more appealing. A feasibility (pilot) randomized controlled trial RCT has then been conducted in Lebanon to test effectiveness and cost-effectiveness of the intervention platform. A revised e-helper training took place in September 2018, to learn about the project, the role of e-helpers, Step-by-Step content and managing high-risk situations. Following this feasibility study, in 2019 pilot and definitive randomized control trials will be used to test the efficacy of an app version of the intervention among Syrian refugees in Lebanon.

SPOTLIGHT

Featured Story: Layla’s experience as a Step-by-Step e-helper

For the majority of her life, Layla thought she would become a medical doctor. However, over time, her interest in mental health grew from the desire to understand people’s motives, deepest fears, and to help them overcome their traumas and psychological scars. Her interest was further strengthened having been witness to the suffering of Syrians refugees in her own country. She took on several roles in the field of psychosocial support, one of which was a part-time e-helper with the “Step-by-Step” project in Lebanon.

“Although I have only 15-20 minutes to spend with each user per week, I could build the needed trust with each one of them and get in touch with their deepest and sincerest aspects of their lives. Through our weekly contact, I could feel how they all share a desperate need to be validated and understood. Nothing can be more positive than helping a young unemployed Palestinian user regain his self-confidence to apply for jobs and end up receiving a job offer from a company which he really wanted to join,” Layla remarked. She also commented on the clinical supervision she has been receiving on weekly basis in the step-by-step program. This support has allowed her to widen her knowledge and develop her skills to better serve her community as well as achieve her long term goals in the field of mental health. Layla believes the project has provided her with necessary technical skills and she has decided to pursue studies in clinical psychology.





2016 → 2018



Burundi

Project Achievements

- **488** patients and family members benefited from individual and family therapy
- **10** trainings on the implementation of maternal mental health services
- **218** women benefited from psycho education or psychotherapy
- **976** patients participated in 6 mental health sensitizations

Building capacity and implementing mental health services

From 2016 to 2018, Fondation d'Harcourt supported the Peter. C. Alderman Foundation (PCAF) in developing mental health services with Village Health Works at the VHW clinic in Kigutu, Burundi. The VHW clinic delivers services to treat infectious disease, noncommunicable disease and also provides pediatric, and maternal health care to a catchment area of approximately 200,000 people. PCAF built on existing facilities by pulling together a multidisciplinary mental health team, training and supervising them to increase patient screening and recruitment. In 2018 after a needs assessment carried out at the community level showed that the most reported mental health condition during pregnancy was depression, and due to the ongoing construction of a women's health pavilion at the VHW clinic, PCAF and Village Health Works decided to invest more specifically in maternal mental health. As a result, PCAF provided VHW with a maternal mental health training to illustrate and practice their proposed stepped care model, already used in Uganda. The training, focused on the screening and follow up of depression in pregnant women. In 2019, FdH will directly partner with VHW to expand the care team's knowledge and capacity, to develop local referral networks, and to integrate psychosocial support and mental health care into other aspects of service delivery.

June 10-13th PCAF/HealthRight International, Kigutu, Burundi

Meeting with PCAF and Village Health Works, local partner of PCAF. - Attended a training provided by PCAF to VHWs on maternal mental health to illustrate and practice PCAF's stepped care model, already used in Uganda. The training focused on the screening and follow up of depression in pregnant women. Psychoeducation tools to provide psychosocial support through individual and group therapy were also discussed along with monitoring and evaluation processes to improve outcomes and impact. After the training, the team initiated a systematic screening at the clinic during antenatal care days.

Rebuild. Recover. Thrive.
Peter C. Alderman
FOUNDATION

SPOTLIGHT

Featured Story: NJ's Recovery at the Village Health Works Clinic

NJ was known in his community as a "madman." He walked around naked often becoming aggressive with his neighbors. After losing his job due to his health situation, his family brought him to the Kamenge Neuro-Psychiatric Center, in Bujumbura, for treatment. When he arrived, he appeared to be in an agitated and aggressive state. Over time, he repeatedly relapsed and his family could no longer afford treatment. Community Health Workers (CHWs) brought him to the Village Health Works Clinic in Kigutu where a mental health physician diagnosed him with bi-polar disorder and treated him with chlorpromazine injection. He was admitted to the clinic for two weeks, but after that period was discharged and followed at home by a CHW. NJ responded well to the medication and benefited from group therapy. His family also received support. He continues to take medication and his health has significantly improved. After almost one year of intensive treatment and follow up, NJ is now able to participate in social and self-care activities. He has become one of the biggest proponents of the mental health programs in the community.





2017 → 2019



Uganda

Project Achievements

- **6,773** perinatal women screened for depression at ANC
- **1,645** perinatal women receive psychoeducation
- **98%** women enrolled in the stepped care model
- **83%** women enrolled in the stepped care model have increased functioning
- **13,318** people sensitized on maternal mental health

Maternal Mental Health

One in four women worldwide develop perinatal depression with higher rates observed in conflict-affected populations. Women with perinatal depression are at higher risk of obstetric complications, pre-term labor, suicide, and their babies are at higher risk of pre-term birth, low birth weight, malnutrition, poor breastfeeding practices, childhood disease, and missed immunizations. The Maternal Mental Health intervention aims to help prevent these adverse reproductive and childhood outcomes by intervening on women's mental ill health while she is still pregnant. The intervention's strategy is to reduce maternal depression and improve maternal functioning through a stepped-care model that utilizes evidence-based and context appropriate therapies. The stepped-care model also ensures that services can be sustainably integrated into the existing maternal and child health care systems. The intervention begins with the prenatal visit where all women are screened for depression. If they screen positively, they undergo psycho-education to learn about the causes of depression, its symptoms, and simple self-care techniques that help alleviate symptoms. Patients who are still symptomatic after two weeks are referred to Interpersonal therapy groups (IPT-G). Finally, if IPT-G fails to relieve depressive symptoms, patients are referred to clinicians for specialized management. The project originally implemented only in the Soroti District, has been extended to Kitgum, Lamwo, and Lira. In 2018 as an additional step in the MMH stepped care model, the Self Help+ approach for the refugee community was included in Lamwo (and potentially in Dokolo or Lira in 2019). SH+ targets psychological distress and relies on nonmental health professionals for delivery of service.

July 15-17, PCAF/Healthrights, Gulu and Kitgum, Uganda - Attended health education, screening, psychoeducation and therapy sessions carried out by PCAF for the Maternal Mental Health program.

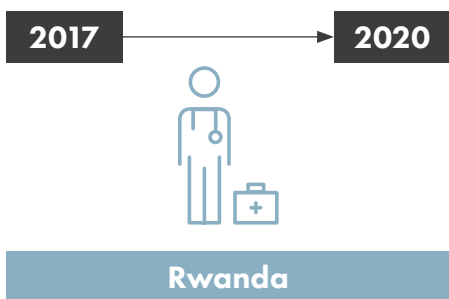
Rebuild. Recover. Thrive.
Peter C. Alderman
FOUNDATION

SPOTLIGHT

Featured Story: Doreen's struggle to overcome depression during pregnancy

After the loss of her husband, Doreen began living with her late husband's brother, but was soon neglected and left with 7 children to care for. Many times she and her children had to spend days and nights without food. When Doreen arrived at the Antenatal Clinic in Lira in June 2018, she was 7 months pregnant and looked very weak and malnourished. She attended a health talk carried out by the staff at PCAF who later screened her. Once she was diagnosed with depression, PCAF clinicians took a holistic approach to alleviating her suffering and addressed her situation from multiple angles. Doreen received psychoeducation on the causes of depression, how to manage symptoms, and where to seek help when symptoms persisted. The sessions created confidence in her and encouraged her to attend future sessions. She also received individual counseling which strengthened her problem solving skills through role playing techniques. Great hope has been created by the power of the home visits conducted by the PCAF team. They have mainly helped in improving the relationship between Doreen and her husband. In a period of one month Doreen's depression symptoms have significantly reduced and she is looking forward to giving birth and taking care of her new child.





Project Achievements

- **5** regional coached nurses (of the 5 regional mental health hospitals) trained-on-the job
- **7,364** residential mental health patients improved their quality of life
- **1st** (two week) regional training of the trainer session of 5 coaches
- **1** regional supervision of the 5 regional psychiatric hospitals



Improving mental health care in the Great Lakes Region

Fracarita Belgium has been working in mental health for over a century providing mental health care in psychiatric facilities around the world. This project aims at improving the quality of professional mental health care services by enhancing the competencies of personnel, particularly nurses and pharmacists, in five psychiatric hospitals in Rwanda, Burundi, Tanzania, and the DRC. Two 10 day training sessions are organized every year at the Caraes Neuropsychiatric Hospital in Ndera, Rwanda to train carefully selected nurses from each of the five centers. After the trainings, the selected nurses act as full-time coaches to provide training to other nurses at their respective centers. Coaches are regularly supervised by local and international experts. In order to build competencies among pharmacists within the network's hospitals, in 2019 annual regional training sessions were carried out by an international expert pharmacist who also provides on-the-job supervision. Lastly, a regional instrument monitoring the quality of mental health patients, mental health care, and nurse performance continues to be developed and improved. Collectively, these actions aim to improve the quality of life of mental health patients by offering the highest possible quality of mental health care.

June 13-15th, Fracarita, Kigali, Rwanda –

Attended a training held by Belgian psychiatric nurse and expert trainer Veronique for the regional coaches from Rwanda/Burundi, DRC, and Tanzania. Veronique addressed topics including patient data collection, psycho-education, and schizophrenia. Most of her interventions were followed by an InterVision activity, in which coaches brainstormed alternative courses of action and subsequently formulated one or two recommendations. The exchange and synthesis of practical experiences were key elements of these training sessions. The regional coaches were actively engaged and provided valuable contributions to the sessions.

SPOTLIGHT

Featured Story: William - Becoming an Effective Caregiver

Since 2009, William Maganga has been working in the Saint Cornelius Mental Health Center in Tanzania, one of the 5 regional hospitals involved in the Fracarita project we support. He started his professional life as a general nurse, and worked for several years as a psychiatric nurse in the mental health department of the hospital in Dodoma. After being given the new title of "coach," he received intensive on the job training on specific mental health topics and on coaching techniques. Through the trainings, he passes on this acquired technical knowledge to other nurses and staff in order to improve workplace attitudes. William told us that, "providing quality mental health care to the patients should never be a routine...We, as coaches, got insight into the fact that knowledge, skills, and attitude are all part of being a good care provider. I now try to educate my colleagues on these findings." William is convinced that this approach has already improved the quality of the care the Center provides in Kasaka.





2018

2020



Uganda

Project Achievements

- **24** clinical supervision sessions for mental health staff at 11 partner organizations
- **16** community sensitization activities conducted
- **281** clients provided with group and/ or individual psychotherapy
- **126 3- and 6-month** follow-up assessments to clients administered
- **10** clinical trainings for CVT counseling staff and partners' staff
- **153** clinical supervision sessions for CVT's psychosocial counsellors
- **5** trainings for 68 staff of partner organizations



The
CENTER for
VICTIMS of
TORTURE

Mental Health Trauma Rehabilitation for Ugandan Victims of War Crimes

The Center for Victims of Torture (CVT) has been working in northern Uganda since 2009 to provide specialized mental health trauma rehabilitation to torture and war trauma survivors. CVT's approach is based on the three-stage Trauma Therapy Model which seeks to improve the mental health of patients through group counseling and individual therapy as necessary. The aim of this project is two-fold, providing direct mental health services for survivors of trauma and building the capacity of service providers in mental health. These efforts have helped individuals suffering from the effects of torture and trauma to rebuild their lives with dignity and have enabled them to contribute effectively to their families and communities. Moreover the capacity building approach allows mental health care providers to better understand, identify, support, and treat these survivors. In 2018, CVT administered 3 month and 6 month follow-up assessments to clients undergoing counseling services. All 262 clients showed improvement in at least one area of psychological symptoms or behavioral problems assessment. All clients also reported satisfaction with CVT services or expressed a positive impact on their lives as a result of those services.

July 9-13th, CVT, Gulu, Uganda - Meeting with the team of psychosocial counsellors who expressed their challenges, but also their passion and commitment for what they consider to be "more than a job." - Meeting with former CVT clients, (individuals who have participated in CVT's mental health counselling) who mentioned how much the group therapy has helped them to begin living again.

SPOTLIGHT

Featured Story: Kizito Expands his Expertise Through CVT Trainings

Kizito has been practicing in the field of clinical psychology for 12 years. Early in his career, he developed a deep compassion for people who suffer helplessly at the hands of fellow human beings. He has only been working for CVT since 2017, but has consistently received clinical capacity building through their trainings and clinical supervision since 2009. These trainings allowed him to develop a strong hands-on competence in conducting clinical assessments, developing and facilitating treatments, and in the management of various mental health conditions. He has also strengthened his ability to conduct capacity building trainings and as a result, is able to pass on his knowledge and skills to others in a way that ensures sustainability in the delivery of quality psychological service. Kizito spoke highly of the CVT supervisors stating that he appreciated their continued support during moments when he felt discouraged and that they were always, "experienced, talented, and motivated."





2018

2020



Italy

Project Achievements

- **8** adolescents with neuropsychiatric disorders supported by OMADA
- **20** family members involved in parent support groups
- **1** small renovation to adequate the center (several infrastructural improvements)
- **1** monthly training and supervision of the multi-disciplinary team



Omada Adolescent Neuropsychiatric Residential Community

The Omada Adolescent Neuropsychiatric Residential Community works to improve the quality of life for 10 girls ages 12 to 17 by incorporating psychosocial needs into quality clinical service delivery. A highly qualified multidisciplinary team collaborates with families and local public services in order to provide all the necessary psychiatric, psychological, emotional, scholastic and nutritional support an adolescent requires. In order to ensure therapeutic consistency and improve long-term results in youth affected by psychotic disorders, an individual plan for each girl is designed to support them in the transition from childhood-specific neuropsychiatric services to services for adults. Families are also involved with the aim of allowing parents to exchange best practices and their challenges, to establish clearer dialogue with their daughters, and to better understanding the home lives of the girls.

November 9, Mission Bambini, Milan, Italy - Meeting with Mission Bambini and the local partner Associazione Gruppo Betania (AGB) to get updates on project activities and to discuss the preparation of a video on the OMADA project.

SPOTLIGHT

Featured Story: Emanuela's Recovery Path

Emanuela is a young girl who joined the Omada therapeutic and residential community in 2018. She comes from a broken family with an unfortunate history of mental health affecting her maternal grandmother, her mother, and her sister. During her adolescence, Emanuela started behaving in risky ways which led to her removal from her family and placement in an educational community. Under great emotional stress, after attempting to jump out of a window, she was hospitalized and placed on medication. After a year at Omada, Emanuela showed substantial improvement. With the dedicated support of Omada's multi-disciplinary team, she established strong relationships with the staff and other girls living in the community and showed a decrease in her symptoms. She was dismissed from the therapeutic community with a different diagnosis than she entered with and is currently back in school. She receives educational support as well as weekly psychological care and participates in recreational and rehabilitation activities. Omada's holistic approach, which carefully took into consideration and involved Emanuela's mother, made it possible for her to slowly regain a sense of balance in her life.





2017 → 2018



Italy

Project Achievements

- **1** course on "Adolescence and mental health: the challenge of prevention" for 90 people
- **2** themed courses
- **74** people attending art therapy laboratories
- **35** volunteers involved in activities
- **35** students participating in peer education in 2 schools
- **1** orientation and social support service
- **1** mental health website



An Empowering and Educational Mental Health Network

Since 2014, in an effort to raise awareness about mental health and create a proper community based network for those suffering from mental health issues, Fondazione di Liegro offers activities such as art therapy workshops, self-help groups for parents, and assistance to volunteer supporters who act as a bridge to local health resources. Art therapy enhances individual autonomy and helps each patient rediscover his or her skills and potential, eventually easing their reintegration into society. Self-help groups, a key component of this project, allow families to dispel loneliness and reduce stigma by sharing their experiences with others facing similar difficulties. In 2017, Fondazione di Liegro realized how adolescence is a particularly sensitive time and is often the point at which mental health issues arise. They decided to focus the annual course on adolescence and included peer education sessions in schools within the existing project. After partaking in sensitization sessions with a psychologist, a group of students is identified and familiarized with the various issues surrounding mental health and on the kinds of support available with the idea to become peer counselors to share information and influence peers's knowledge, attitudes and behaviors. The students who participated in the project have matured and have become much more aware of issues that involve them such as smoking cannabis, alcohol, and bullying. Their behavior has also changed; they are more autonomous, freer, and less influenced by negative stimuli that can arise from within a group of peers. For psychologists and teachers the outcome of the past two years has been positive.

March 6-7, 2018 Fondazione di Liegro, Rome, Italy

Visited 2 secondary schools:

- Spoke with students participating in peer education activities. They described this as a positive experience that helped them grow and feel more confident.
- Meeting with the teachers and directors. They stressed the importance for adolescents to be heard and to have more guidance. They also discussed their difficult relationships with the parents of students who are not as involved in school activities.
- Meeting with the parents self-help group. It was a very touching experience listening to the parents of patients share how they are facing these difficulties and how they have become stronger.
- Participated in one of the thematic seminars organized by FdL: "Dopo di noi- After us." The seminar described the challenges faced by the parents of patients in providing a safe future for their sons and daughters once they have passed.

SPOTLIGHT

Featured Story: Aurora - "A person wants to be listed to, not treated"

Aurora is a high school student involved in "peer education," a component of the project undertaken by Fondazione di Liegro in collaboration with the mental health department of ASL Roma 1 and two Roman high schools. She explained, "If you want to advertise [psychological services], you have to say: there is a place where we listen to you. It's very different, because a person wants to be listened to, not treated." Overcoming the discomfort that you live with in adolescence is easier if your peers are properly trained and can refer you to identified teachers or an expert psychologist present at school. They become your support system, offering you a space to share your experience.





2017 → 2020



Romania

Project Achievements

- **390** hospitalized children and teenagers received psychosocial support
- **90** individual and group social support sessions with parents of the children and adolescents
- **31** meetings with staff
- **653** students sensitized through mental health awareness sessions
- **8** murals painted within the clinic

Improving quality of life and wellbeing at the Clinic of Pediatric Psychiatry and Addiction

This project aims to ensure a more holistic care for children and teenagers hospitalized for diagnosis and treatment at the Child and Adolescent Psychiatry and Addiction Clinic in ClujNapoca. Patients' needs are considered from a holistic perspective, taking into account both a medical approach as well as a psychological, emotional, and social one. An essential part of the project includes daily sessions of psycho-social support for hospitalized children and teenagers, for three hours a day. This support combines art therapy, individual and group counseling, recreational and occupational therapy. In 2018 the structure of the daily activities were changed to better fit the needs and preferences of the children. Indoor and outdoor activities were organized with the goal of teaching children efficient communication providing a large variety of interaction contexts where they can exercising empathy, introspection, and openness to new experiences. Collaboration between the Clinic's medical staff and Inocenti Psychologists has been strengthened by including both groups in regular meetings concerning the Clinic's patients. The clinic environment has also been also improved. The therapeutic murals mentioned in last year's report were painted by two artists from the Anouk Foundation during the Spring. Several of the murals tell stories that promote healthy living and encourage interaction creating a more relaxed atmosphere for patients, families, and caregivers. Finally, in an effort to sensitize the Cluij community on mental health, during the autumn of 2018 Inocenti's psychologists held sessions on mental health in 4 schools. After the sessions, the schools requested that a special workshop on mental health for teachers be carried out during the following year.

Fundația **inocenti**
Romanian Children's Relief



April 23-25, 2018 Anouk Foundation and Fundatia Inocenti, Cluj, Romania - Meeting with project staff and clinical team to discuss the challenges and the success of the project. In particular we spoke with the Director of the Clinic and with Dr. Radu, a psychiatrist of the Clinic who believed and pushed for the project since the beginning. - Spent time at the Clinic during the psychosocial activities carried out by Fundatia. - Meeting with the artists from Anouk Foundation. They explained to us how they succeeded to involve doctors and patients while painting the walls of the psychiatric hospital. - Meeting with the Dean of the Psychology Faculty to exchange views on the work carried out by the psychology students within the Fundatia project. We also discussed possible future collaborations such as the mental health sensitization sessions to be carried out at school level.

April 23-25, 2018 Anouk Foundation and Fundatia Inocenti, Cluj, Romania –

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SPOTLIGHT

Foundation Featured Story: Ana's road to recovery

From a young age Ana struggled with anger management often displaying aggression and an inability to follow rules. When her father left her and her mother, Ana's behavioural issues worsened. Her mother was forced to quit her job in order to care for Ana full time. In 2018 she was further diagnosed with bipolar disorder and conversion disorder, making regular school attendance exceptionally difficult. As a result, she was admitted to the Clinic of Pediatric Psychiatry and Addiction where our partner Fundatia provides psychosocial support. Fundatia's staff support Ana on a daily basis and have established a trustworthy relationship with both Ana and her mother. They conduct in-person counseling on an as needed basis and work with the medical team to provide the most holistic support. Ana's family has also benefited from counseling by the Clinic's psychologist on subjects including coping with Ana's emotional difficulties and strategies to implement during challenging situations. She is currently on psychiatric treatment but the relationships fostered by Fundatia allowed Ana to be reintegrate into the school system after she was discharged from the Clinic.





2018 → 2020



Ghana

Project Achievements

- 1 planning meeting
- 1 stakeholder consultation
- 8 regular project implementation meetings
- 1 QualityRights Ghana webpage and social media promotional campaign

Promoting recovery and respect for human rights for people with mental health conditions through an e-training course

Slated to end in 2020, we continue to support the World Health Organization (WHO) in a project that uses an e-training foundation course to provide coaching on mental health, human rights, and recovery. The course promotes practices that respect the dignity and rights of people using mental health services in order to change attitudes among an estimated 5,000 stakeholders. A key feature of this project is that it harnesses the disseminating properties of new and innovative technologies to strengthen knowledge and skills in the areas of human rights and recovery. An assessment of quality care and human rights will be carried out to evaluate the impact of the project in Pantang Hospital, one of the three public psychiatric hospitals in Ghana. The project started in late 2018. An official planning meeting was held in September to brainstorm core activities, budget, and implementation. The meeting brought together 100 stakeholders in order to maximize impact and nationwide reach. The official launch of the project is planned for February 2019.

September 18-20th, WHO, Accra, Ghana - Attended a two day planning meeting with key local partners to brainstorm the core activities, budget, and implementation of the project. - Attended a one-day stakeholder consultation that brought together around 100 representatives from various government sectors and civil society. The purpose was to encourage wide stakeholder engagement in the project at an early stage to ensure maximum impact and reach nationwide.

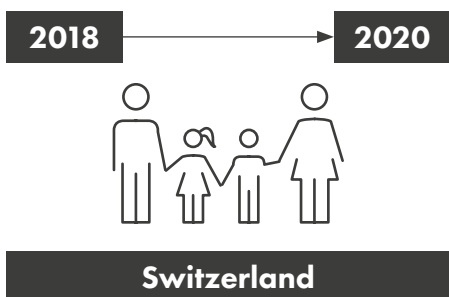


SPOTLIGHT

Featured Story: Tavi - Promoting the Rights of Persons Living with Psychosocial Disabilities

The QualityRights initiative has been a great opportunity for Tavi, a Ghanaian girl living with bi-polar disorder, to learn more about and intensify her advocacy for the rights of persons living with psychosocial disabilities. "Since I attended the training on QualityRight my professional life has changed...anything I am going to do with my service user, I first think of the service user's right so that peace prevails between me and my service user at all times" Tavi stated. QualityRights has also had an impact on her family and community after having shared her personal experiences with them. Her family now lives in a new kind of harmony without worrying how they will be perceived by the community as a result of Tavi's mental health. She explained, "QualityRight has really brought a total happiness into my family and community at large. Nobody stigmatizes me any longer because I even spend sometimes with some few community members in educating them on the right for persons living with psychosocial disabilities."





Project Achievements

- Festival Animatou 2018: **8** youths attended the event
- Visit and creative workshop at the Ethnographic Museum of Geneva (MEG): **10** youths attended the event



Suicide prevention and treatment for adolescents and young adults

Arthopie, is an innovative project that aims to help youth ages 13 to 25 in distress or at risk of suicide at the Unité de Crise Malatavie and at the Unité d'hospitalisation du Service de Psychiatrie. Through social and cultural activities within and outside the hospital, the project combines art with care to support adolescents facing mental health disorders and to destigmatize suicide within the community. To improve adherence to treatment and care, the project includes workshops on music, dance, theater, and photography. Young adults partaking in the project also have an opportunity to express themselves through unique activities such as textile, digital, and literary arts. External collaborations developed outside the hospital facilitate festival, museum, and gallery visits as well as trips to specialized schools and universities. The project officially started its activities in September 2018. Participants were able to attend a screening of a selection of seven short films, and a youth vote for the best short within the Festival Animatou. Project staff also organized a visit to part of the exhibition "Africa, the religions of ecstasy" followed by a creative workshop where participants created small divinatory objects, charms, and gri-gris. The exhibition presented different divination practices and illustrated how these practices responded to an individual problem. Many other activities are planned for 2019.

SPOTLIGHT

Featured Testimonials: Artopie - A holistic approach to supporting youth at risk of suicide

Youth testimonials from their visit of the creative workshop at the Geneva Museum of Ethnography (MEG) "I really liked this activity, a mix of manual and theoretical activity. It allowed me to concentrate and take out my creativity. Continue on this path. " "This activity was rather pleasant, especially the workshop, I want to remake the experience! Apart from that I want to thank the nurses for taking care of me, they deserve to be more valued, here, a big thank you!





2014 → 2018



Switzerland

Project Achievements

- **136** minors benefited from FARO's psychosocial support
- **3** primary aid reception centers involved and supported
- **19** minors received psychological support
- **10** trainings on FARO psychosocial model carried out

Providing psychosocial support to unaccompanied migrant minors

Minors who are pulled from their familiar surroundings and who may have undergone the trauma of a strenuous migration require a sense of safety and the possibility of speaking about their traumatic experience. The FARO project provides psycho-social and psychological support to unaccompanied migrant minors and children in three primary aid centers in Sicily. Each child receives individual and tailored psychological support and the most vulnerable cases are referred to public health services. The minors are introduced to the Italian context through several psychosocial activities such as sports, library visits, and Italian language classes in small groups organized by mother tongue English, French or Arabic speakers. Finally, the most suitable school or training program is identified for each child. As per our suggestion, an internal evaluation was conducted to assess the impact of the project. 34 minors participated in the evaluation which showed improvements, most significantly in the minors' coping resources, symptoms remission, and capacity to design a life project. In 2018 the project included psychosocial and psychological support to families with children in Sicily and support to those in transit to Ventimiglia. The FARO psychosocial model was well recognized at the national level and Terre des Hommes was called to conduct trainings on this model in different regions of Italy.

SPOTLIGHT

Featured Story: Overcoming Trauma - Shipwreck and Loss

M. and J. are two women from Cameroon and Nigeria. They landed in Pozzallo by boat exceptionally vulnerable after having lost their children during a shipwreck during their journey. While the body of J.'s two-year-old son was discovered and a small ceremony was celebrated at the dock, M.'s daughter was never found. Considering the status of the women, Terre des Hommes asked for their transfer from the Poazzallo hotspot to the primary aid center to guarantee case management by a Terre des Hommes psychologist. The condition of M. appeared to be very serious. She felt guilty for her daughter's death, lacked an appetite and had continuous flashbacks of the shipwreck preventing her from sleep. With the support of TdH team she found a safe place along with people who could care for and console her. Despite such a supportive atmosphere, she escaped from the primary aid center after three weeks of threatening suicide. However, a Terre des Hommes psychologist was able to contact her by phone and provide psychological support to help her overcoming her trauma.





2017 → 2019



Bolivia

Project Achievements

- **88** health professionals trained on mental health
- **35** community social promoters trained on mental health
- **170** pregnant women and mothers received individual counselling and follow up
- **134** teachers trained on early detection
- **1,079** children sensitized on child protection
- **101** vulnerable children attended ludotherapy sessions



Maternal and child mental health – El Taypi

The project is located in La Paz and Chuquisaca, where Caritas Arquidiocesana and Aninakuna, two local partners of CBM Italia Onlus, have developed a community-based approach to take care of pregnant women affected by psychiatric disorders and psychosocial problems. Social promoters trained by health professionals offer specific training on maternal mental health for mothers as well as individual and group counselling. The project in La Paz also runs an awareness campaign aimed at sensitizing community members on issues of mental health and contributes to the prevention of mental disorders in children through processes of early detection, diagnosis, and therapy. More specifically, teachers receive training to identify vulnerable cases and appropriate referral pathways for children in need. Within schools, children are sensitized on child protection and the most vulnerable children take part in ludotherapy sessions while their parents participate in awareness workshops to understand how to face the potential challenges ahead.

SPOTLIGHT

Featured Story: Nataly's Newfound Confidence

Those close to Nataly would describe her as dynamic, sociable, and talented. She has a passion for music and takes part in a local musical group as a singer. Nataly's life however, took an unexpected turn at the age of 17 when she became pregnant. When her grades began to suffer and she began to isolate herself, school staff connected her with CBM's Mental Health Program "El Taypi" in the city of La Paz, Bolivia. The program has helped Nataly to improve her confidence and self-esteem as a new mother and to educate her on pre and post-pregnancy care. She expressed that her close bond with Paola, one of the social promoters, allowed her to feel strong and important. With Paola's help, she has learned to be more attentive to herself and has learned the importance of the bond between mother and child.





Switzerland

Project Achievements

- **600** people sensitized on health issues
- **30** people involved in weekly support group (groupes de parole)
- **95** people received psychological support
- **30** public and private mental health stakeholders involved

Retrouver la voix/voie

The Roseraie Center, based in Geneva, is a unique place to prevent the social exclusion and vulnerability of refugees and migrants regardless of their status of origin. This project's objective is to promote the de-stigmatization of mental disorders through group therapy, seminars, and workshops on global health. The psychosocial approach proposed by the project aims to inform migrants of their capacity to use their resources to develop their full potential as well as to facilitate integration in the community. The project also provides screening to detect early psychiatric disorders. For those with specific needs, individual psychological support is offered for free, and for the most vulnerable cases, referrals to specialized hospitals and institutions are available. Additionally, the project will create a network of public and private partnerships specialized in the sector to better care for people suffering from mental health disorders and create a clear referral pathway for recovery. The project will start in January 2019.



EVENTS ATTENDED

On Mental Health

mhGAP forum- 11 and 12 October 2018, Geneva

The tenth annual "mhGAP Forum," attended by more than 200 participants, marked the launch of The Lancet Commission on Global Mental Health and Sustainable Development, a comprehensive synthesis of knowledge on mental health, designed to catalyze worldwide action. The report is the outcome of three years of dedicated efforts by a group of 28 Commissioners bringing together considerable expertise in diverse scientific and policy disciplines, as well as lived experience of mental health problems. The report demonstrates comprehensively the existing global mental health gap, the continuing rise of social determinants such as climate change, and the burden of an increase in mental and substance use disorders by nearly 50% in the past 25 years. These disorders now account for one in every ten years of lost health globally. Across the life course there are two main surges: there is a peak of mental and substance disorders in young people, with mental health problems forming the leading killer in young adults globally, and a rise in dementia among the ageing population. The Commission proposes that the global mental health agenda should be expanded from a focus on reducing the treatment gap to improving the mental health of whole populations; essentially reducing the global burden of mental disorders by addressing gaps in prevention and quality of care. The Commission outlines a blueprint for action to promote mental wellbeing, prevent mental health problems, and enable recovery from mental disorders. The Commission is available at www.globalmentalhealthcommission.org. We are pleased to mention that two of the projects Fondation d'Harcourt is currently supporting in collaboration with WHO were presented at the forum: "QualityRights" in Ghana and "Step by Step" in Lebanon.

1. "QualityRights" in Ghana is part of WHO's global initiative to improve quality of care and promote the rights of people with mental health conditions, intellectual and cognitive disabilities. Over the course of 3 years, it aims to strategically roll out an e-training programme with online coaching on mental health, human rights and recovery. This foundational course provided to key mental health stakeholders, including service providers, seeks to promote attitudes and practices that respect dignity and rights as well as promote holistic, person-centered, recovery-oriented care.
2. "Step-by-Step" is a self-guided technological intervention for depression implemented by WHO in collaboration with the Lebanese Ministry of Public Health. The intervention uses an illustrated narrative approach and is mainly based on behavioral activation with additional therapeutic techniques such as slow breathing for stress management, positive self-talk, and relapse prevention. The intervention was shown to the participants and a recently published concept paper on Step-by-Step was handed out at a workstation during the reception.

On Philanthropy

November 28 - December 1, 2018 UBS Global Philanthropy Forum, St. Moritz, Switzerland
The yearly UBS Global Philanthropy Forum, attended by Gaia Montauti d'Harcourt and titled "Collaborating for Change" reflected on how collaboration can enable significant progress as we seek to address the world's most pressing challenges. Multi-stakeholder engagement and the role of philanthropy as a key pillar to support the developments of civil society were discussed in addition to the establishment of a clear vision, approach, and strategy for effective and efficient philanthropy. During the Forum Gaia was interviewed on the work of the Foundation and her role as a philanthropist.

2018 could be considered a landmark year in the field of global mental health (GMH).

Over the past year several markers collectively reflect crucial developments as well as increased momentum for GMH. Among those most notable:

1. The Global Ministerial Mental Health Summit, UK Department of Health and Social Care in collaboration with OECD and WHO, London (9-10 October 2018). This event "convened political leaders, innovators, advocates and civil society groups from around the world to share learning and experiences on the most effective approaches to mental health and psychosocial support...586 delegates from 61 countries attended the event. 106 of these were from Ministries of Health in 47 countries. Delegates took part in the multiple work streams designed to produce recommendations for a Global Declaration on Achieving Equality for Mental Health... The Global Declaration encourages action on addressing the burden on mental disorders and documents the commitments of political leaders for more coordinated promotion and prevention approaches, resource provision and allocation, addressing discrimination and stigma, empowering people and communities and focusing on innovative, data-driven and evidence-based solutions." *
2. Global Mental Health: Growth and Direction GMH has contributed to making the mental health and wellbeing of populations a primary global concern for the first time. It has brought together often divergent academic fields and traditional practices to impact the quality of life of people around the world through evidence and values-based action. In particular, there has been progress in the broader conceptualization of mental health and acknowledging its many determinants. We have also seen expansion in the role of those with lived experience and the development of psychological interventions that are culturally-sensitive, scalable, and deliverable by supervised non-specialists. *Global Mental Health – What's Up?, Kelly O'Donnell, PsyD, Julian Eaton, and Michèle Lewis O'Donnell, Psy
3. Blue Print Group for Global Mental Health (formed July 2018). Funded by the Wellcome Trust and coordinated by United for Global Mental Health, this is the first global alliance of actors in GMH with common policy objectives and a clear advocacy and communications strategy. The working group meets regularly via telephone and in person quarterly. They produce a monthly newsletter as well as Policy Briefs as part of their advocacy strategy. BPG is comprised of over 200 members who are representatives of governments, international organizations, NGOs, academia, and the private sector. "[It] was formed to encourage greater global collaboration on mental health advocacy and communications and to enable anyone with a professional interest in mental health and/or in health policy to have a means to link up with others who share this interest. This next GMH phase, Generation 2.0, is increasingly 'human.' It is about investing in our common humanity, our human family. It is people committed to people in order to resolutely make healthy lives—including mental health--and wellbeing for all a reality. It is everyone's responsibility."



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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 Associes SA - Société Fiduciaire Geneva, Switzerland

Annual Report 2018

This Annual Report was prepared by Gaia Montauti d’Harcourt and Sara Pedersini
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