

ANNUAL REPORT 2015

GIVING VALUE TO INTANGIBLE NEEDS



Fondation d'Harcourt

ANNUAL REPORT 2015

GIVING VALUE TO INTANGIBLE NEEDS

Dear Partners and Friends,

It is with great pleasure that we enclose the 2015 annual report of Fondation d'Harcourt, its first ever.

The foundation began its work in 1964 by supporting individuals in financial need who were usually referred to us by friends or social services in Switzerland. When I took over the presidency, we expanded our work beyond Switzerland and decided to concentrate on an area about which we cared deeply. This was a major transformation in both focus and strategy.

We began by examining our achievements, looking at lessons learned, and casting about for best practices by other organizations, realizing that financial help to get people's lives back on track was not enough. Something was missing. We came to understand that poverty – fueled by socio-economic issues, unemployment and lack of education – and mental disorders feed into each other in a vicious circle.

Recognizing that mental health is among the most neglected areas in global health was a harsh awakening given that, at some point in life, one in four of us is likely to be touched by this issue, directly or indirectly. As a result, in 2006 we shifted our support to the mental health and psychosocial activities outlined in this report.

This annual report underscores the revitalized and deepening impact of Fondation d'Harcourt's work not only on the lives of affected individuals but also on their families and communities. This impact would have been impossible without our exceptional partners on the ground, with whom we share financial resources but most of all a true partnership that begins with strategy and follows through to results.

A handwritten signature in dark ink, appearing to read 'F. Montauti', with a stylized flourish at the end.

Fabio Montauti d'Harcourt
President of Fondation d'Harcourt

TABLE OF CONTENTS

8	Why does mental health matter?
10	Mission and Strategy
12	The Early Days... from 2006 to 2014
20	What is happening now?

WHY DOES MENTAL HEALTH MATTER?

More than 450 million people around the world suffer from a mental illness. At any moment, each of us could become one of the one in four people who experience a mental disorder. It is a major invisible burden on all societies but ironically it is also one of the most neglected global health issues of our time.

Depression is the third leading contributor to the global burden of disease. Yet today, less than USD 2 per person is spent on mental health globally each year; in low-income countries that figure falls to under USD 0.25 a year. Clearly promotion and provision of mental health services are not yet priorities for many private and institutional donors.

The impacts of such a gap are great: in low- and middle-income countries 76% to 85% of people with a severe mental disorder receive no treatment; even in high-income countries that figure can reach 50%. The lack of specialized resources implies that almost half the world's population lives where, on average, a single psychiatrist services 200,000 people or more.

Because of the stigma attached to mental illness, people affected by mental disorders are sometimes denied basic rights such as food, the right to work, access to education and proper housing. In many countries they are held in degrading psychiatric institutions, or in spiritual healing centers where they are chained to a tree for an indefinite period of time while their families pray to cast out the "evil spirits".

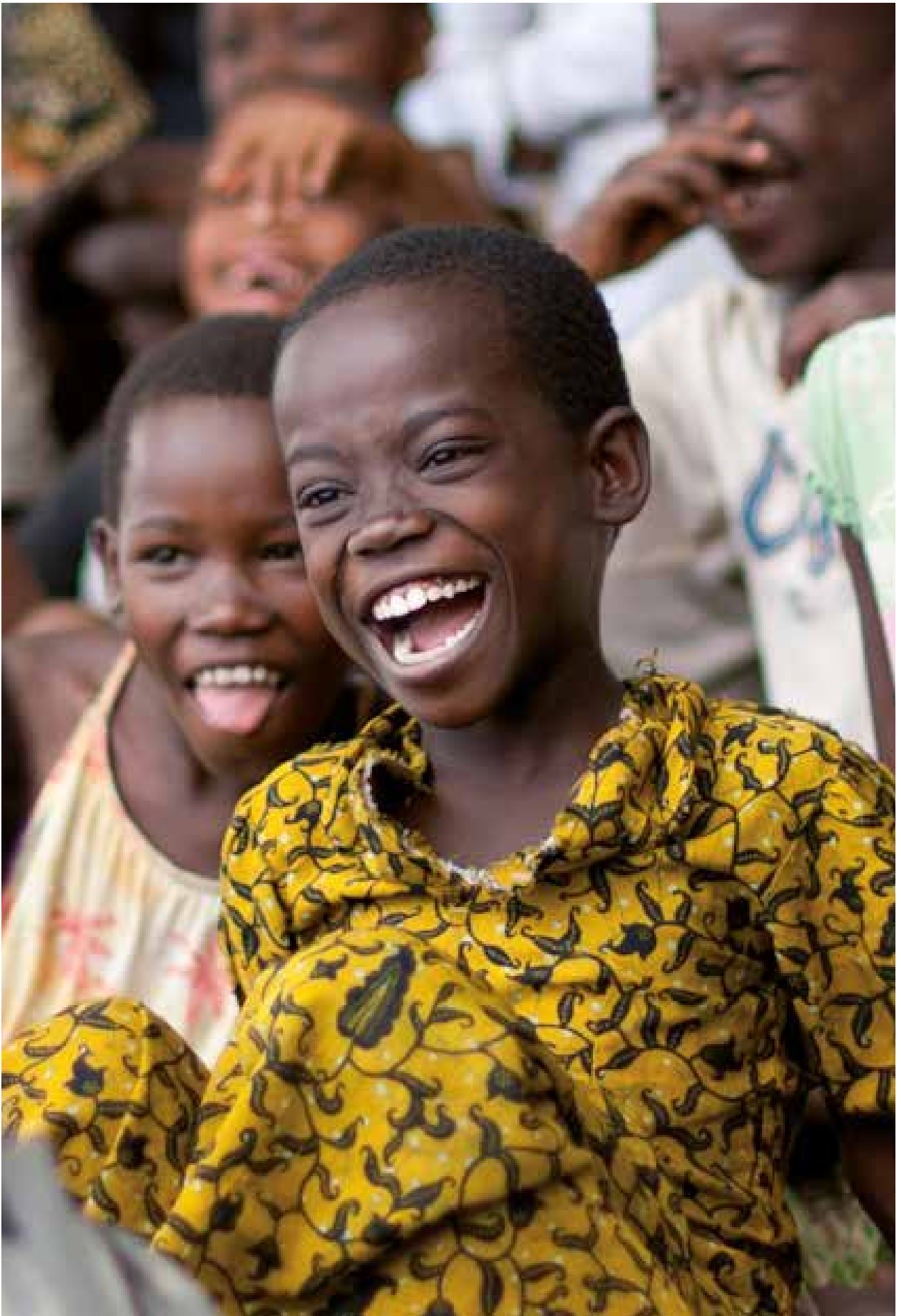
As a consequence, they often live in extreme poverty which, in turn, undermines their ability to gain access to appropriate care, integrate into society and recover from their illness. Exposure to traumatic events, conflicts and natural disasters can also have immediate and long-term impacts on the psychosocial wellbeing of the populations affected.

At Fondation d'Harcourt we are deeply committed to promoting and investing in mental health in order to restore the dignity and improve the lives of people with mental illness, their families and their communities.



Mental health or psychological wellbeing is an integral part of an individual's capacity to lead a fulfilling life, including the ability to form and maintain relationships, to study, work or pursue leisure interests, and to make day-to-day decisions about education, employment, housing or other choices.

WHO



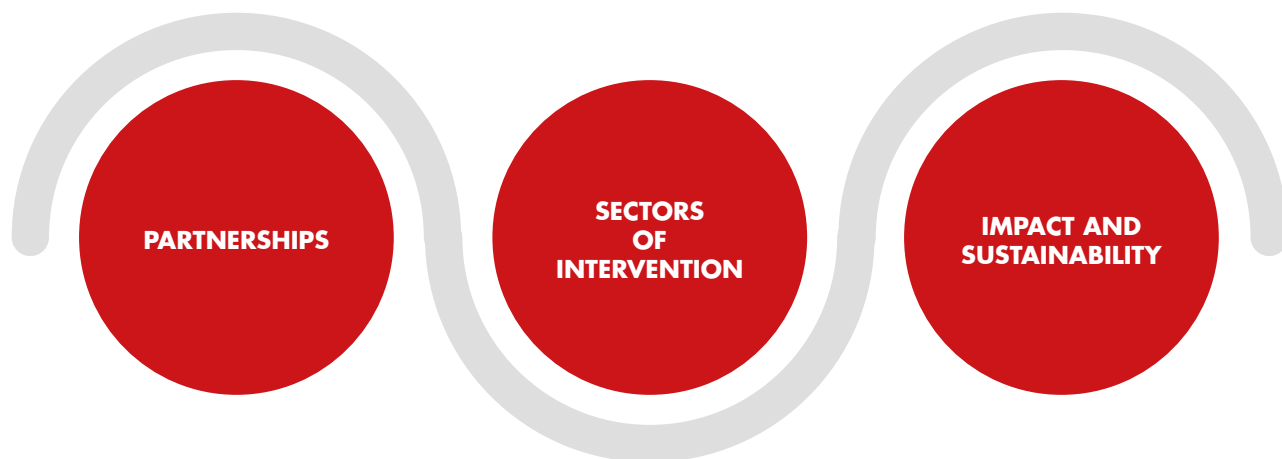
Children playing at MEO Center, Bujumbura, Burundi.

MISSION AND STRATEGY

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 psycho-social support to those who are most vulnerable.

Strategy



Partnerships

Fondation d'Harcourt provides grants to organizations with specific expertise in mental health or psycho-social support to implement projects on the ground. Our partnership vision goes beyond financial resources: we see it as a personal relationship, which provides for ongoing learning. Regular steering committees allow us to take part in major management decisions and bring our contacts, skills and knowledge to the table. This collaboration facilitates open and critical dialogue with our partners as well as joint reflection on innovative approaches to improve our work.

Sectors of intervention

In order to achieve our mission we support direct services in the following areas:



Ensuring access to mental health care:

- By supporting mental health facilities
- By training primary mental health care staff
- Through community outreach programs
- Through better referral systems.



Empowering people suffering from mental illnesses and their families:

- By raising awareness about mental health issues
- By establishing specific support groups
- By facilitating education and vocational training
- Through targeted recreational activities that promote social reintegration.



Promoting the psycho-social wellbeing of vulnerable groups:

- Through individual support by qualified social workers and psychologists
- By promoting psycho-social and sensitization activities for individuals, families and communities.

Impact and Sustainability

Although mental wellbeing is difficult to evaluate, measuring the impact of our actions is essential to us. To this end we work closely with our partners from the very start of a project to develop the relevant indicators, objectives and outcomes we want to achieve.

Throughout a project's implementation we constantly monitor progress of activities through regular field visits and participation in quarterly steering committee meetings.



A photograph of a garden scene. In the foreground, there's a bed of dark brown soil with several small green seedlings. Behind it, a white plastic tray holds more seedlings. To the left, a metal stand holds several pots and trays of plants. The background is a lush green garden with various plants and a white plastic chair. A large red circle is overlaid on the center of the image, containing white text. There are also other semi-transparent circles in shades of blue and grey.

**THE EARLY
DAYS...
FROM 2006
TO 2014**

The last decade has been instrumental in getting Fondation d'Harcourt to where it is today. In 2006, the Fondation underwent a major realignment in focus and work on the ground. One year later in 2007, partnerships with implementing organizations were launched in an effort to develop mental health and psychosocial support projects lasting 3-5 years.

The following are highlights of these early projects.

HEALING THE WAR 2007

PARTNER :
**International Organization
for Migration (IOM) and the Italian
Ministry of Foreign Affairs**

SWITZERLAND
10-12 DECEMBER 2007

When the Fondation shifted its focus to mental health, it concluded that the fastest way to become operational would be to learn from and build upon the expertise of major stakeholders. This led to supporting Healing the War 2007, a three-day conference organized by IOM to encourage discussion around the 'demedicalization' of psychosocial approaches and promote an individual-centered methodology in interventions focused on conflict-affected populations.

This conference encouraged the Fondation to support the DARI project in Lebanon, with its useful combination of mental health services and non-medical psychosocial support.

DARI: RECREATIONAL AND COUNSELLING CENTER FOR FAMILIES

PARTNER :
**International Organization
for Migration (IOM)**

LEBANON
APRIL 2008 - DECEMBER 2012

The DARI center provided direct assistance and capacity building for psychosocial support of children and families affected by conflict and displacement in the Baalbeck region. It enhanced community life and helped strengthen the expertise of Lebanese professionals, improving their ability to address local psychological needs.

Once Fondation d'Harcourt concluded its support, the project was taken over by the Italian Ministry of Foreign Affairs.



Recreational Activities at the DARI Center, Lebanon.

STRENGTHENING THE MENTAL HEALTH SYSTEM OF BENIN

PARTNER :
Saint Camille de Lellis

BENIN
OCTOBER 2009- SEPTEMBER 2011

In Benin, a country with few psychiatrists, primary mental health care staff is essential. For this project we supported the training of 86 primary health care workers (including general practitioners, nurses, midwives and community health workers) in mental health care. This allowed them to diagnose, treat and refer people with mild to severe mental disorders.

By the second year, some 500,000 people had benefitted directly from this initiative. Since then, many more patients have been treated as a result of the project's extensive capacity-building activities.

REHABILITATION, SOCIAL AND PROFESSIONAL INCLUSION FOR MENTALLY ILL WOMEN AND THEIR CHILDREN

PARTNER :
**Associazione Cooperanti
Ticinesi e Associati**

IVORY COAST
SEPTEMBER 2009 - AUGUST 2012

The Belleville Center was set up to help mentally ill women, often held in chains on village outskirts or imprisoned in their basements, find a way back into society. Belleville offered 60 women shelter, medical and psychological treatment, as well as tailored vocational training. A daycare and educational space was set up for their children, with emphasis on their psychological and educational wellbeing.

In 2012 project support was taken over by other donors.

SCALING UP CARE FOR PEOPLE WITH MENTAL, NEUROLOGICAL AND SUBSTANCE USE DISORDERS IN ETHIOPIA

PARTNER :
**World Health Organization
(WHO)**

ETHIOPIA
OCTOBER 2010 - APRIL 2013

The aim of this project was to pilot MhGap, the World Health Organization's action plan for people suffering from mental disorders in low- and middle-income African countries. WHO's MhGap Program seeks to bridge the gap between what is required for treatment of priority mental health disorders and what is actually available. It does this by training non-specialized health workers in four mental conditions. About 800 people suffering from mental, neurological and substance use disorders were assessed and treated under this program in Ethiopia. However, as in Benin, the more profound outcome of this project was the capacity building in mental health care that allowed the number of patients receiving treatment to increase each year.

According to the current national plan, the scaling up of mental health services will continue over the next 12 years. In fact, all regions of Ethiopia will be involved and over 300 non-specialized health workers will receive training in mental health.



Woman attending a vocational training at the Belleville Center in Ivory Coast.

HELPING MENTALLY CHALLENGED YOUTH CREATE A NEW LIFE PLAN

PARTNER :
Hôpitaux Universitaires de Genève (HUG)

SWITZERLAND
JULY 2011- JULY 2013

To help mentally ill young people develop a life plan, FdH funded a Job Coach position in the Geneva hospital's outpatient unit for young adults with psychiatric disorders (JADE). Encouraged to complete their education or begin vocational training, some 26 young people demonstrated significant progress towards rehabilitation.

The program has then been taken over by the Geneva Cantonal Hospital.

PROTECTING THE RIGHTS OF PERSONS WITH MENTAL DISABILITIES

PARTNER :
Human Rights Watch (HRW)

GHANA
MAY 2012 - DECEMBER 2012

In Ghana, mentally ill individuals have traditionally been victims of human rights violations. The project focused on research and advocacy around violations in psychiatric institutions and prayer camps (spiritual healing centers in which patients are chained to a tree for an indefinite period while their families pray to cast out evil spirits). The project aimed to align treatment of the mentally ill with international human rights law.

In 2015, the Committee on the Rights of the Child (CRC) made several strong recommendations for Ghana based on the findings of HRW's report. CRC members were visibly moved after hearing about the abuse and neglect of children in psychiatric hospitals and prayer camps.

EDUCATION AND DEVELOPMENT- LEBANON FOR ALL

PARTNER :
AVSI Foundation

LEBANON
AUGUST 2012 - JULY 2013

In collaboration with La Libanaise, a women's association, 300 children received psychosocial support through educational and recreational activities. Children and families, in particular Syrian refugees in Marj el Khokh camp, were supported by a social worker and a psychologist.

The project continues thanks to the support of other private donors.



Recreational Activities for Syrian children in Marj el Khokh, a refugee camp in Lebanon.

Nome: WALLY



Cogname: TANKO



**WHAT IS
HAPPENING
NOW?**

REBUILDING LIVES IN A NEW CONTEXT



In 2014, Switzerland has received almost 24,000 asylum applications. The vast majority of them have suffered war, trauma, torture, threats, violence and/or persecutions. For them, integration is not an easy process; recovering from traumatic experiences takes a long time and requires ongoing -specialized treatment.

Fondation d'Harcourt supports the Association Appartenances in the running of a safe place where migrants, war and torture victims can share experiences with one another.

Therapeutic group sessions are made up of 5-20 people and are managed by a multidisciplinary team that includes a psychiatrist, a psychologist and a physiotherapist. These sessions provide an alternative to individual therapy and their aim is to allow participants to establish relationships and regain confidence in others.

PARTNER:
Appartenances
SWITZERLAND



"When I arrived in Switzerland, even though I felt I was in a safe place, I continued to have flashbacks and suffered from insomnia. I had difficulties integrating into my new country. Participating in a Bosnian women's group helped me to overcome my loneliness and to trust other people."

Alina
44 years old

PROJECT HIGHLIGHTS:

20 PROFESSIONALS INVOLVED:



psychiatrics



psychologists



social
workers



physiotherapists



community
interpreters



100 WOMEN, MEN AND CHILDREN

attending the therapeutic groups (5-15 people each)



120

group sessions held



600

physiotherapy sessions carried out



7 THERAPEUTIC GROUPS

Mothers and Children Group, Bosnian Women Group, Yoga Group, Mindfulness Group, Body Group for Migrant Women, Therapeutic Group for Victims of Political Violence – Diwan, Ethnopsychiatry oriented treatment.



CULTURE: A KEY FACTOR

When people migrate, they inevitably encounter an unfamiliar culture with values, prohibitions, taboos, rules and logic that are different from their own. It is therefore important to take these cultural differences into account.

A number of approaches – social, psychological and cultural – have emerged in recent decades that treat individuals in their entirety.

These holistic approaches have a variety of names, including ethno-psychiatry, cross-cultural therapy, transcultural clinic or psychiatry. Their techniques and theories may differ but their aim remains the same: to deal with a person's multiple dimensions. This allows culture to improve relationships and become an interpersonal tool rather than be seen as an obstacle.

These approaches have also helped migrants integrate, encouraging deeper mutual understanding of cultural differences, of course, but especially of cultural similarities. This simplifies communication and understanding among people who might otherwise have little in common.



A therapy session involving the patient, the psychiatrist (psychotherapist) and the interpreter at Appartenances (Consultation Psychothérapeutique pour Migrant-e-s).

A HOLIDAY VILLAGE FOR HOMELESS



The city of Geneva has generously allowed Carrefour Rue, a Fondation d'Harcourt partner, to use a green field on the outskirts of the city for its "Hameau des Cheminaux", also known as the Club Med for the homeless.

The Fondation has supported this project for several years because it believes that people living in disadvantaged socioeconomic conditions have the same right to holidays and rest as everyone else and that their mental wellbeing requires, among other things, taking a break from daily routine and being able to relax.

The Hameau, easily reachable by public transport, contains several decorated and renovated caravans that are used as workshops and entertainment areas. Guests are allowed to stay for a few days during which they can take part in different recreational activities and help prepare food.

Experiencing positive social relationships is a meaningful way to restore trust and rebuild feelings, especially for those who have been forgotten and marginalized by society.

PARTNER:
Carrefour-Rue
SWITZERLAND



"The Hameau is where we go on holiday and never run out of things to do. We play cards, checkers, soccer, or watch movies at the "Cinema Paradiso". There is something fun or relaxing for everyone. For once in my life I can get my mind off my daily problems such as where I will be able to sleep, eat or shower. It makes me want to get up in the morning, and to change my life."

P.B
60 years old

PROJECT HIGHLIGHTS:

RECREATIONAL ACTIVITIES:



Cinema



Gardening



Card and ball games



Pizza night



Artistic workshops



6-7

homeless supported per week



2,800

people attended recreational activities



5,000 LUNCHES AND 1,400 BREAKFAST

prepared for homeless



100

volunteers involved



A view of the Hameau de Chemineaux, Geneva.

HEALING EMOTIONAL WOUNDS



Recent studies estimate the prevalence of PTSD symptoms at 54%-74% and depression symptoms at 45%-67% in Uganda, a country that has weathered a 20-year civil conflict, considered one of the world's worst.

More than 1.8 million people were displaced internally and exposed to extreme traumatic experiences including rape, torture, mutilation, abduction and destruction of property.

Today, long after the conflict has ended, many Ugandans with PTSD and depression face challenges in returning to normal life, caring for their families or living productively.

Yet psychiatric care is limited to cities, so the most vulnerable, who often live in northern rural areas, lack access to treatment.

The Peter C. Alderman Foundation has developed a public-private partnership with the government to establish four mental health teams in the district level hospitals of Gulu, Arua, Kitgum and Soroti.

Because many traumatized individuals in remote areas are unable to reach these clinics, Fondation d'Harcourt supports regular outreaches by a multidisciplinary team and trusted community mobilizers who help identify, contact and treat patients at home. Group and individual therapy are available, depending on specific circumstances. PCAF's Group Support Psychotherapy intervention and arewas developed locally through formative research and are evaluated using randomized controlled trials (in press, findings published in The Lancet, 2015).

PARTNER:
**Peter C. Alderman
Foundaton (PCAF)**

UGANDA



"I was the only survivor, among 25, of an attack by the Lord's Resistance Army. After that I faced several physical and emotional problems and was no longer able to take care of my family. Through PCAF's personal and family counselling I regained hope for the future. Now I can work and finally enjoy spending time with my family."

O.S.
48 years old

PROJECT HIGHLIGHTS:



7,393

patients receiving
follow up visits
by social workers

15

outreach areas
involved in the
project

200

outreach
visits
carried out



4

public mental
health clinics



14,248

people attended
health talks



As of June 30,
2015,

3,021

patients had
received
treatment
at PCAF clinics
and outreaches.



POST TRAUMATIC STRESS DISORDER- PTSD

In the aftermath of life-threatening trauma, some people may recover with the support of family and friends while others may develop an illness we call post-traumatic stress disorder. Trauma can be the result of natural disasters, conflicts, terrorist attacks, serious accidents, or physical and sexual assaults and can last a lifetime if appropriate support is not available.

When faced with acute or life-threatening trauma, not everyone is able to recover and some people fall ill with post-traumatic stress disorder, or PTSD. This illness can be the result of a range of traumatic experiences including severe accidents, assault, terrorism, war or natural disaster. There is hope of recovery for those who benefit from appropriate support but for others, the illness can last a lifetime.

People who suffer from PTSD often relive their trauma through nightmares and flashbacks; they generally have difficulty sleeping, suicidal thoughts and tendencies toward anger and violence. Additional disorders such as depression, substance abuse and cognitive problems may develop at the same time.

Post-traumatic stress disorder symptoms can be severe enough to significantly impair a person's ability to function in daily life and affect his or her relationships. It is therefore important to support people with PTSD with proper psychotherapy and medication.

Treatment options for traumatic disorders are scarcer in low-income countries, where fewer than 10% of victims have access to mental health care because of lack of resources.

According to the World Health Organization, in Sub-Saharan Africa, more people suffer from PTSD and traumatic depression than from HIV/AIDS and TB combined.



Therapy being given to outreach patient at her home in Northern Uganda.

A SPECIALIZED MENTAL HEALTH CENTER IN TOGO



Togo has a population of 6.6 million people but only three psychiatrists to cope with the entire population's mental health needs. Mental health is being sidelined by national health authorities and the people's attitude towards mental illness remains strongly rooted in traditional beliefs.

Fondation d'Harcourt provides support to the Swiss association AKT, which runs the Paul Louis-Renée Center in Lomé. The Center is an outpatient clinic with a neuropsychiatric ward and qualified primary healthcare personnel; it is designed to provide mentally ill people with access to specialized treatment based on a holistic approach.

Unfortunately, treating people is not enough in a country where the stigma surrounding mental health can threaten their human rights. For this reason the Center undertakes regular awareness campaigns that target the local population in an effort to eradicate traditional beliefs associated with mental illness.

PARTNER:
**Aide Katihoé Togo
(AKT)**



"A 30-year-old woman had been a victim of a sexual aggression by her neighbor. When she came to the medical center she suffered from a post-traumatic stress disorder that prevented her from living her daily life. We offered her medical and psychological treatment and today she can take care of her family and can go back to work."

Sister Marie Vivienne
psychiatric nurse

PROJECT HIGHLIGHTS:

REGULAR

education and training for psychiatric nurses



2

psychiatric consultation rooms



4

intensive care rooms



1

laboratory



1

pharmacy



12

permanent
staff



1

general
consultation room

WEEKLY

supervision and follow up
by a psychiatrist



Sister Marie- Viviane at the Paul Louis-Renée Center giving advices to the wife of a mentally ill patient.

MEO CENTER:

HELPING A COMMUNITY TO REBUILT ITS FUTURE



Cibitoke was severely affected during Burundi's civil war and today remains one of Bujumbura's poorest neighborhoods. AVSI, one of the Foundation's major partners, runs the MEO Lino Lava Center, an educational and recreational facility for the most vulnerable children and their families.

The Fondation decided to build on AVSI's experience and achievement by strengthening the psychosocial development of children through the simple daily activities like after school dance and music classes and reading courses at the library. The Fondation believes that giving every child the best possible start in life will help him or her overcome difficulties in life and diminish the risk of exposure to a mental illness.

Today the Center has a psychologist and several social workers who support children and their parents with regular home visits and therapy sessions. While healthcare and educational support are mainly for children, the Center has also become a hub for the entire community, helping strengthen the overall capacity of families to respond to their children's needs. Mothers are trained in child-caring and take part in activities that enhance their own personal dignity; they volunteer at the center by preparing food for the children, but also take courses in literacy and credit and savings, which empower them to start small income-generating activities.

PARTNER:
AVSI Foundation

BURUNDI



"Alfonsine, a 12-year-old girl, has been suffering from neglect since she was a baby and this situation has affected her deeply. We were able to identify the best hospital to get her the most adequate treatment and thanks to individual and family counselling with the psychologist, Alfonsine is now back in school."

Edward
Social worker at MEO Center

PROJECT HIGHLIGHTS:

ACTIVITIES:



Positive parenting
sessions



Recreational activities
(40 young people involved
in theatre)



After-school
classes



Alphabetization and saving
groups for adults, payment
of health insurance



416

children followed up
by the psychologist



180

parents attended
alphabetization course



6,600

indirect
beneficiaries



800

children/families
supported



12

associations (300 adults)
trained in saving groups



Recreational activities at the MEO Center.

PROMOTING RESILIENCE IN RWANDA



PARTNER:
AVSI Foundation

RWANDA



Despite its impressive economic growth, Rwanda remains one of the world's poorest countries, especially in rural areas. Families and communities still suffer from the consequences of the 1994 genocide that left the country with virtually no infrastructure and with an impoverished, wounded and traumatized population.

In this fragile context Fondation d'Harcourt supports AVSI in setting up three socio-educational centers as safe environments for children and their families, replicating the experience carried out in Burundi with the MEO Center.

Within the centers, children enjoy recreational and educational activities as well as individual and group counseling sessions to assess and improve their psycho-emotional wellbeing. Children affected by psychological problems take part in play therapy sessions with a psychologist who helps them express their feelings and address their condition.

Younger children, formerly left alone all day while their parents worked in the fields, can now attend daycare in the centers. This allows them to interact with other children and be looked after in a safe place where they can draw, play and learn to count. Mothers, quick to seize the importance of these daycare centers, have volunteered their services and taken over the centers' management.

The centers also offer activities for the entire family, such as positive parenting, nutrition and literacy courses, all within the framework of a holistic approach to psychosocial support.

"Every week I come to the Urubohero group because I consider it my second home, where I meet friends and share my experiences and difficulties. While making mats and baskets we discuss our personal problems and give each other advice on how to cope with them."

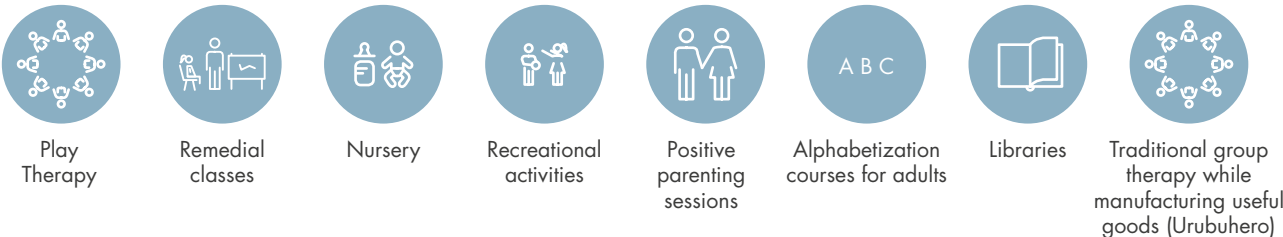
Jeanne d'Arc
27 years old



Children playing at the socio – educational center in Gatsibo District.

PROJECT HIGHLIGHTS:

ACTIVITIES:



174

between social workers and parents receive specific training



3,000

indirect beneficiaries



347

children followed up by the psychologist with play therapy



406

women involved in 14 Urubhero groups



560 CHILDREN/2,800 FAMILIES

supported



Women participating to the Urubhero Group in Gicumbi District.

BUILDING A NETWORK FOR MENTAL HEALTH



Italy closed down its asylums in 1978 and since then, the lack and complexity of alternative solutions for family members of mentally ill patients has posed significant problems for caretakers and their mental wellbeing. Looking after someone suffering from a mental disorder can be extraordinarily challenging.

In an effort to provide mental health patients and their families with a robust support network, Fondation d'Harcourt has started collaborating with Fondazione di Liegro in Rome, which provides a range of activities for patients, their families and the community at large.

Patients may join art therapy workshops, which facilitate their social reintegration. Self-help groups, a key component of this project, allow families to dispel loneliness and stigma by sharing their experiences with others facing similar difficulties. Family members and others interested in mental health are encouraged to take part in a course that raises their awareness and teaches them to directly address the issue of mental health.

Those who complete the training course can be involved as volunteers in any art therapy workshop. They can also work in local mental health services to help rehabilitate patients or on support phone lines that provide guidance and orientation in mental health.

PARTNER:
Fondazione Di Liegro
ITALY



"Throughout the course my wife and I shared difficulties we've faced in taking care of our own child who suffers from mental disorders. We understood that mental illness is something that can affect everyone and we found a place where we could share our experience without feeling stigmatized."

Giacomo and Marina
53 and 49 years old



Art therapy workshops (photography, cooking and sailing).

PROJECT HIGHLIGHTS:

ART THERAPY WORKSHOPS:



theater



music



photography



cooking



sailing



300

people participating to
the annual training course



62

volunteers involved
in all activities



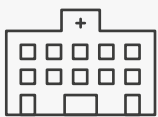
32

family members involved
in self-help groups



44

patients attending
workshops



4/5 LOCAL HEALTH AUTHORITIES

collaborating in the project



FAMILY SUPPORT- A VITAL COMPONENT OF THE RECOVERY PROCESS

After the closure of asylums in many countries, families faced the lonely burden of caring for their loved ones at home. They received little information, training or emotional support for their newfound caretaker role.

This often had a ripple effect on families as tensions and stressful situations escalated. In fact, the development of mental illness in a relative is not unusual in such circumstances and it is not surprising that isolation, stigma and discrimination should affect them as well.

Recent science has provided evidence that family interventions, when supported, can improve a person's mental health as well as the family's wellbeing, delaying and even preventing relapse in a relative with mental illness.

This acknowledgement has led to the growth of family self-help groups whose members can share their concerns and experiences, better understand their loved one's illness and treatment, and receive adequate support to address the needs of their sick relative. This method has proven to be an empowering experience with far-reaching, positive effects.

REGAINING HOPE AFTER A DIFFICULT JOURNEY (FARO)



Italy is one of Europe's major destinations for migrants, many of whom come from war-torn regions and face long and arduous journeys before reaching Sicily. Among the most vulnerable are unaccompanied minors.

These minors leave home with great expectations but once they land in Italy their dreams are put on hold as they are left for months in overcrowded and weakly structured primary aid centers.

Fondation d'Harcourt promotes FARO, a project implemented by Terre des Hommes Italy that provides psychological support in three primary aid centers in the Province of Syracuse. Through FARO, each child has access to individual counseling with a psychologist. Sessions are organized according to a child's specific needs and the most vulnerable are referred to public health services.

In case of a shipwreck FARO supply survivor children with ad hoc first emergency psychological support.

Psychosocial and recreational activities led by a sociologist are also part of the aid centers' daily routines. These activities help young people rediscover their own internal resources and better adapt to a new reality for which they have come unprepared.

Activities at the centers now include: one to one meeting with psychologist, psychological support through group activities, Italian language courses, geographical and orienteering laboratories, library, psycho-social workshops, musical support, recreational laboratories, ...

PARTNER:
**Terre des Hommes
Italia onlus**

ITALY



"At the Center we are left alone with our fears and hopes. We always look forward to our meetings with TdH's team because it is the only moment when we can share our challenges and learn how to cope with this new life. We trust Lilian (the psychologist) and Lorena (the sociologist) because they help us overcome our trauma through counselling and psychosocial activities."

Mohamed
17 years old



A father and his daughter arriving from Syria at Siracusa Harbor.

PROJECT HIGHLIGHTS:

3 PROFESSIONALS INVOLVED IN THE FIELD



psychologist



Arab-speaking linguistic and
cultural mediator



sociologist

+ external supervision by Center Franz Fanon, an international recognized center specialized in ethno psychiatry



40 OPERATORS

from Public Health Authorities and centers trained on FARO methodology



140 UNACCOMPANIED MINORS

received ad hoc psychological support



800 UNACCOMPANIED MINORS

supported in the identified centers



Individual counseling session at one of the primary aid center in Siracusa.

PROMOTING CHILDREN'S WELL-BEING THROUGH A HOLISTIC APPROACH (PREAVENIR)



Despite its strong growth in recent years, Romania remains one of Europe's poorest countries, with almost a third of the population living below the poverty line, especially in Oltenia, a region where the effects of unemployment, lack of education and scarce health services are extremely evident.

Children are among the most vulnerable; many are left behind by parents migrating to other countries in search of better job opportunities and risk being exposed to abuse, neglect, exploitation and trafficking.

Fondation d'Harcourt and Terre des Hommes Lausanne are collaborating to provide grants to several schools for psychosocial support services to children in need and promoting a safe and healthy environment.

The most affected children are treated by a psychologist during counseling sessions.

The Fondation also supports "Take over day" during which, once a year, children are able to take over their dream job for a day, working alongside mentors and professionals. This extraordinary initiative helps strengthen their self-esteem and encourages them to aspire to something beyond what they know.

PARTNER:
Terre des Hommes
ROMANIA



"My child was suffering from dysfunctional behavior and faced challenges when dealing with other children and adults. Today, thanks to psychological counselling and psychosocial activities I have seen great improvements. I have also learned how to better understand his needs and how to find positive ways to interact with him."

**A Mother
in the Podari Community**

PROJECT HIGHLIGHTS:



2.798

children supported and their families and communities



186

children involved in Takeover day



2

Integrated Self-Help Grants

10

Self-Help Grants



940

professional involved families



Summer activities in Sadov, Romania.

GLINA EDUCATIONAL CENTER:



PARTNER:
Fundatia Inocenti
ROMANIA

A SAFE PLACE FOR CHILDREN AND A POINT OF REFERENCE FOR THE COMMUNITY

In the suburb of Glina, an extremely disadvantaged area of Bucharest (Romania), tough living conditions and unemployment often lead to psychological vulnerabilities. These place children and their families in dire need of the kind of support that will allow them to grow their potential and generate change.

Fondation d'Harcourt has been supporting the Glina Educational Center, a facility managed by the Innocenti Foundation, since September 2013. The Center offers local children a safe place to study, play, and get the help they need from a social worker or a psychologist. The project uses a comprehensive approach that focuses on the child, the child's family and the community at large. Parents and relatives take part in activities designed to improve their parenting skills and create a healthier and more balanced environment in which their children can develop.



"At the Glina Educational Center each child is followed by a teacher, a psychologist and a social worker who helps them to overcome difficulties they daily face in the family environment. Vulnerable children are also supported in their educational path and are involved in recreational activities to learn how to grow in a safe and healthy environment. Families are of course involved in this process because their role is essential to the development of the child."

Valentina Marighescu
Director Glina Education Center



Catalin, a 10 years old boy participating to recreational activities at the Glina Educational Center.

PROJECT HIGHLIGHTS:

TYPES OF RECREATIONAL ACTIVITIES:



recreational
activities



school
support



individual and group
psychological counselling



25 CHILDREN
and their families supported



25 CHILDREN
visited/assisted by the psychologist



4 PARENTS
working as volunteers at the center and
20 parents involved in project activities



110
Beneficiaries involved



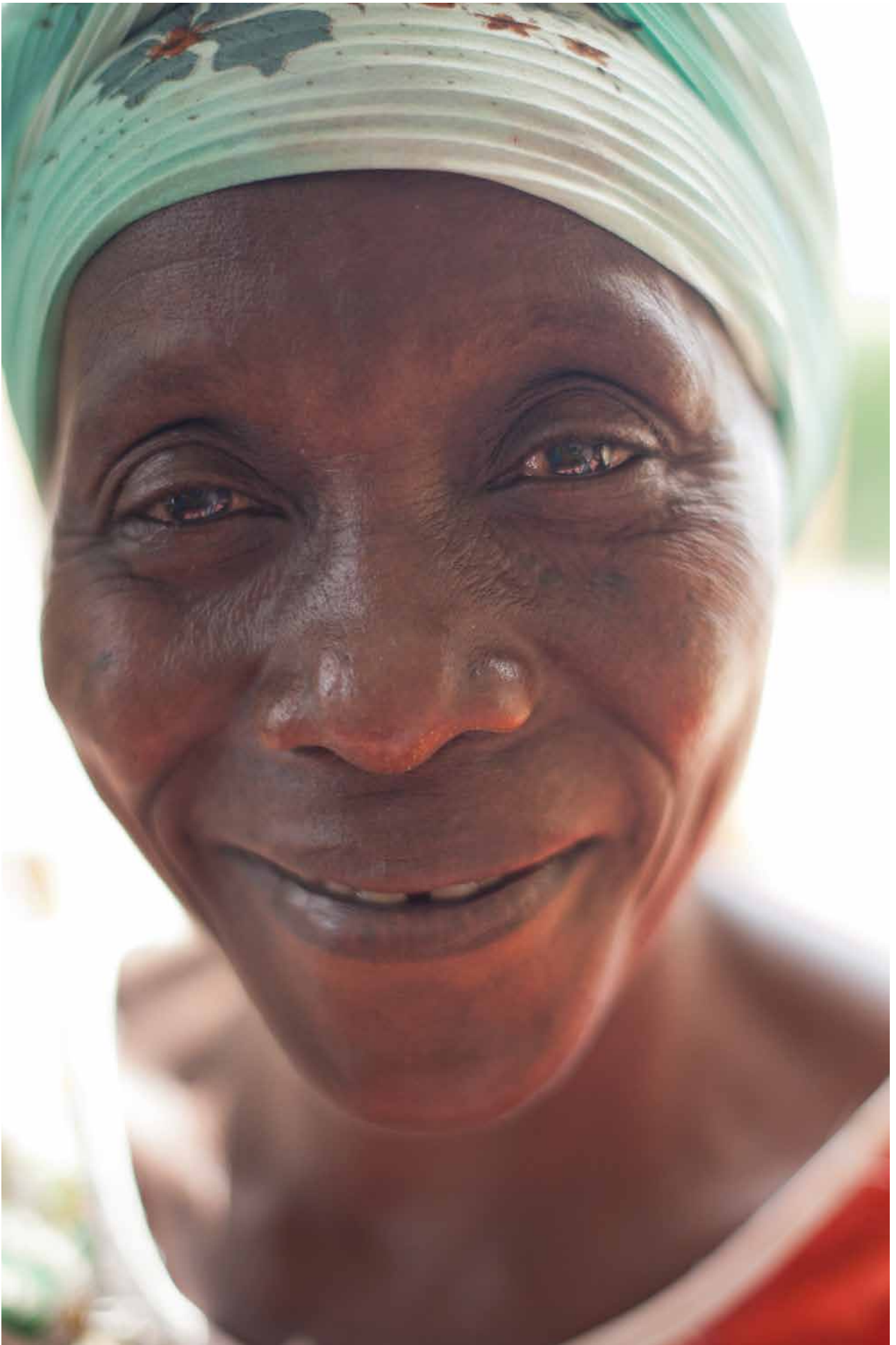
10 PERMANENT VOLUNTEERS
involved in the project



Children celebrating the second anniversary of the Education Support Center Inocenti.

**“The goal
(of recovery)
is to become
the unique,
awesome, never
to be repeated
human being
that we were
called to be.”**

Patricia E. Deegan



BOARD MEMBERS

President:	Fabio Montauti d'Harcourt
Vice-President:	Yves Chevrier
Members:	Claude Fayolle Luca Tenchio Thea Montauti d'Harcourt
Audit:	Fiduciaire Nouvelle
Managing Director:	Gaia Montauti d'Harcourt

Fondation d'Harcourt is a swiss private non-profit family foundation according to art.80 of Swiss Law. It is supervised by the "Autorité de Surveillance des Fondations".

ANNUAL REPORT 2015

This Annual Report was prepared by Gaia Montauti d'Harcourt, with the support of Sara Pedersini and Yves Margarita

Graphic design and Layout: blossoming.it

Editor/Editing: Leyla Alyanak

Print/Printing: blossoming.it

Source of Images/Photos:

Cover:

© Brett Morton

© Cedric Vincensini

© Yves Leresche

© François Struzik

Layout:

P. 9 © Brett Morton

P. 12-13 © Cedric Vincensini

P. 15 © Fondation d'Harcourt

P. 17 © ACTA

P. 19 © AVSI Foundation

P. 20-21 © François Struzik

P. 23 © Yves Leresche

P. 25 © Cedric Vincensini

P. 27 © Alison Wright

P. 29 © Matteo Frascini Koffi

P. 31 © Brett Morton

P. 32-33 © Brett Morton © Laura Gabrici

P. 34 © Fondazione di Liegro

P. 36-37 © François Struzik © François Struzik

P. 39 © Tdh/Olivier Batiste

P. 40-41 © Fundația Inocenți

P. 43 © Brett Morton

HEAD OFFICE

CONTACT

Tel: 41.71.600.23

Email: info@fondationdharcourt.ch

www.fondationdharcourt.org

INCOME AND EXPENDITURES/FINANCIAL DATA

Fondation d'Harcourt makes substantial grants every year based on the revenues of its own endowment and eventual donations. A total of 10 long-term partnership are now running, with multi-year contracts. All costs of structure are covered by its endowment.

In 2015 Foundation d'Harcourt has revised its policy and guidelines for the selection of the partners and has adopted a selective procedure that is available online at <http://www.fondationdharcourt.org/how-to-apply>.

TO SUPPORT US

Titulaire: Fondation d'Harcourt

Banque: UBS Genève, 1211 Genève 2

IBAN: CH830024024028998530H

BIC: UBSWCHZH80A

We would like to express our gratitude to our partners, without whom nothing of this would be possible.

Thanks to their passion and dedication, we are impacting the lives of hundreds of thousands of people.

THANK YOU!



