



ANNUAL REPORT 2022

Fondation d'Harcourt

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MESSAGE FROM OUR MANAGING DIRECTOR

Dear partners and friends,

As we reflect on 2022, we acknowledge a year filled with challenges and growth that shaped us personally and professionally. A year in which we witnessed a significant shift in understanding and awareness surrounding mental health, with a rise in conversations centred around mental wellbeing and the urgent need for prevention and access to comprehensive services.

Fondation d'Harcourt has risen to the challenge and embraced partnerships to make significant strides in improving the lives of every individual we have encountered.

This report is filled with compelling stories of hope, resilience, and transformation, showcasing the profound impact of our collective efforts on the people and communities we have had the privilege to serve. Within these pages, you will gain insight into the various programs and initiatives we have implemented. From awareness sensitizations and community outreach to counselling services and capacity-building workshops, we have worked tirelessly to address the diverse needs of those living with mental health conditions and their loved ones.

Our partnerships have been instrumental in propelling our mission forward. By collaborating closely with a range of organizations, each bringing their unique expertise and perspectives to the table, we have leveraged the collective strengths of these alliances to maximize our impact.

As we venture into 2023, we reaffirm our commitment to prioritize mental health and ensure that everyone has access to the care they need. We are not just funders and partners, but also individuals who deeply, passionately, and profoundly care about the wellbeing of our colleagues, partners, and communities.

We extend our heartfelt gratitude to our incredible partners for their dedication and commitment to joining us on this transformative and inspiring path.

Stay tuned to the Foundation's social media channels for more information and updates.

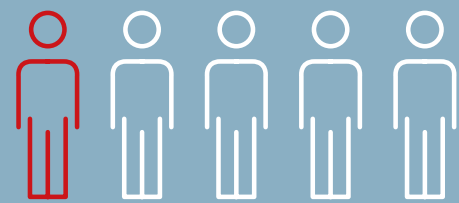


WHY MENTAL HEALTH MATTERS



1 IN 8 PEOPLE

live with a mental health condition



1 IN 5 PEOPLE

in settings affected by a conflict have a mental disorder



Every year, close to
3 MILLION PEOPLE
die due to substance abuse

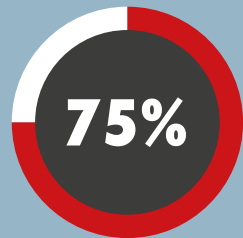
People with severe mental health conditions die
10 TO 20
years earlier than the general population



Suicide accounts for
1 IN 100
deaths globally

5 TO 1
benefit-to-cost ratio for scaling up treatment
for depression and anxiety

In low-income countries, more than

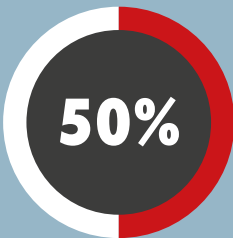


OF PEOPLE WITH DISORDERS DO NOT RECEIVE TREATMENT.



ON AVERAGE,
2% of health budgets go to mental health, while depression and anxiety cost the global economy US\$1 trillion each year.

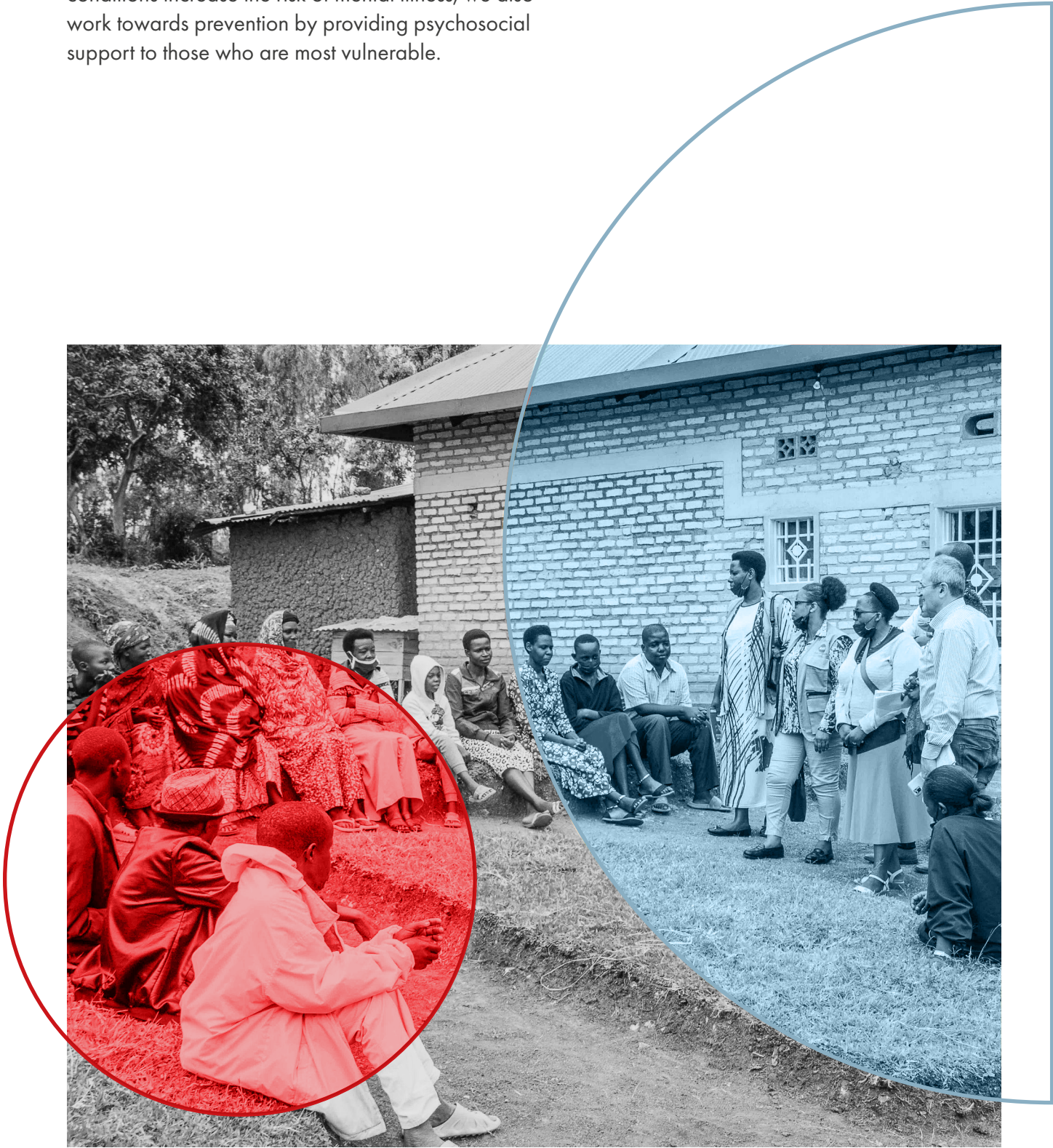
Approximately



OF MENTAL HEALTH DISORDERS START BY THE AGE OF 14.

OUR 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

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



PROMOTING THE PSYCHOSOCIAL WELLBEING OF VULNERABLE GROUPS

By raising awareness and understanding about mental health issues.

Through targeted psychosocial interventions for vulnerable groups across their lifespan.

ENSURING ACCESS TO MENTAL HEALTH CARE

By supporting mental health facilities and community-based services.

By training primary mental health care staff, specialists, and non-specialist providers.

Through community outreach programs.

Through better referral systems.



EMPOWERING PEOPLE SUFFERING FROM MENTAL ILLNESSES AND THEIR FAMILIES

By raising understanding about mental health issues.

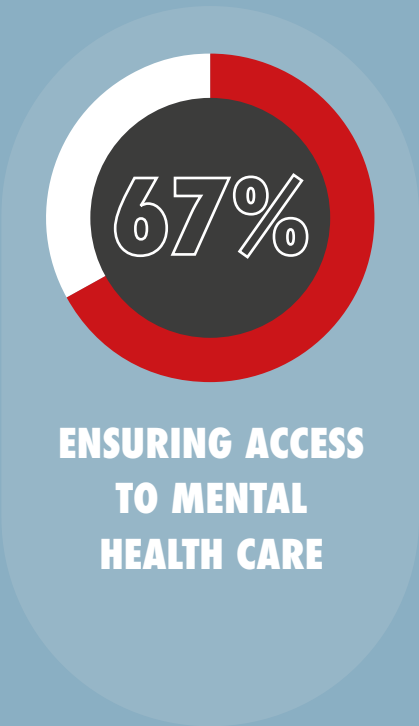
By establishing and strengthening self-help and peer groups.

By promoting psychosocial rehabilitation interventions.

2022 AT A GLANCE



ROMANIA
ITALY
SWITZERLAND
LEBANON
KENYA
UGANDA
RWANDA
GHANA





BY THE NUMBERS



521

Students in 7 classes involved in the program



52

Teachers trained in disability inclusivity



2,938

Community members sensitized

YOUTH FIRST KENYA

A recent survey indicates that over two-fifths of Kenyan adolescents have experienced a mental health problem in the past 12 months, and one in six adolescents has reported an increase in at least one emotional or behavioural problem during the pandemic. This included anxiety and stress, feeling sad or depressed, problems concentrating, or feeling lonely or isolated.

To respond to this need and provide access to services, our partner CBM Global represented by CBM Ireland, in collaboration with Basic Needs Kenya, the Ministry of Education, and Corstone, set up Youth First Kenya, an evidence-based resilience school program that seeks to build social and emotional assets and improve students' ability to face challenges, bounce back from adversity, and thrive.

The three-year program uses a learnercentred approach, whereby a select number of schoolteachers are trained as facilitators and provide resilience sessions. During the sessions, youth can freely discuss different topics affecting their lives and learn how coping skills, character strengths, and positive self-regard can help overcome their respective challenges. The sessions also address ways adolescents interact with their families and the wider community, helping them cultivate social resilience.

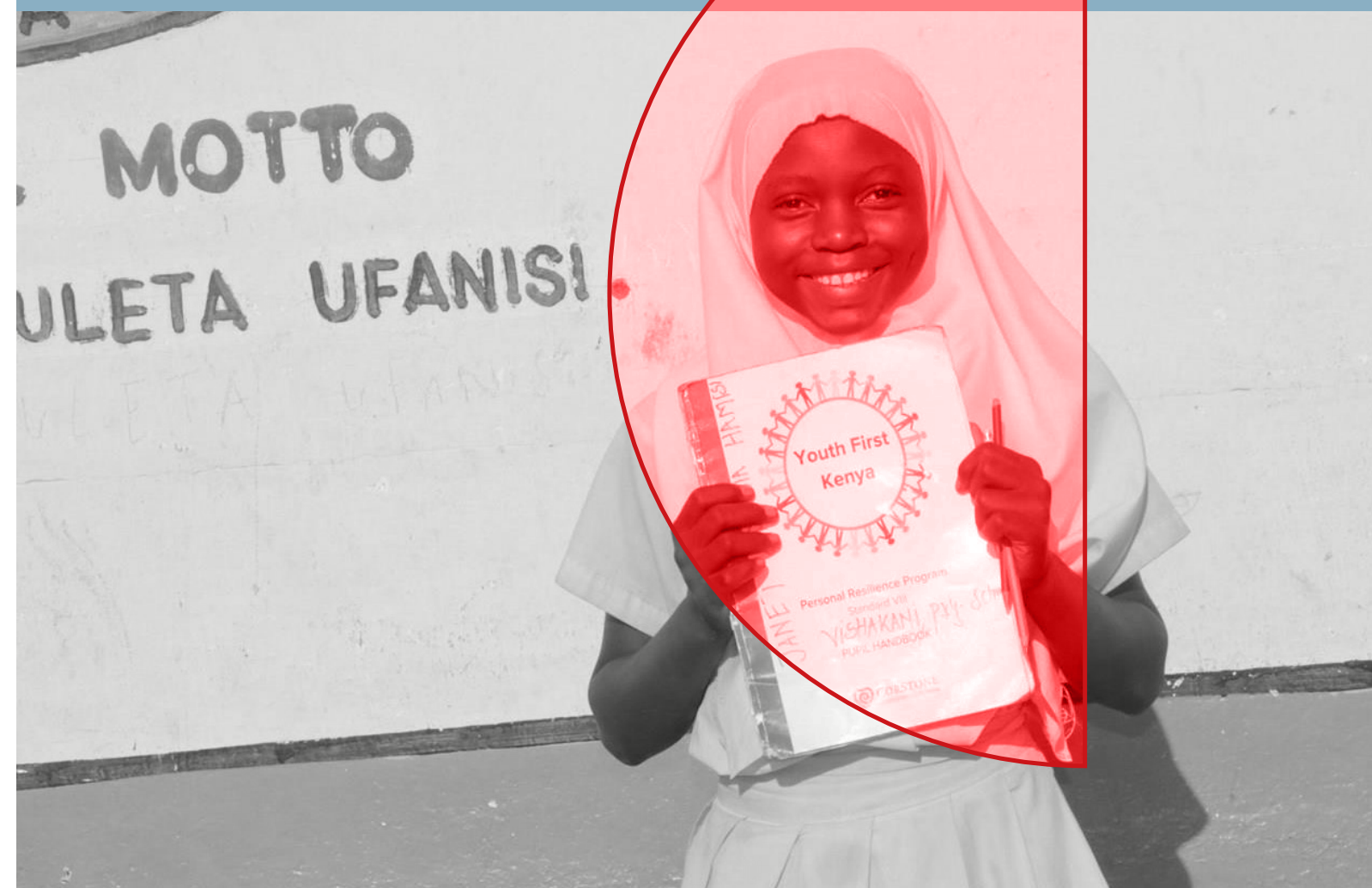
STORY

Ajira's dream

Ajira is only 13 years old, but she has already decided that her goal in life is to become a doctor so she can help sick people.

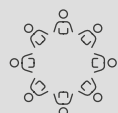
"I look back at the struggles we recently faced as a family as my parents grappled with medical bills for my younger brother, who suffers from a heart condition. We often went hungry and lacked essential items for school, as most of the family's resources went towards his treatment. Because of our situation, I have to help my mother with housework and have less time to study.

Through Youth First Kenya, I've developed skills that allow me to find practical solutions to balancing my schoolwork and chores, and I've discovered benefit finding, which is all about finding positive attributes in challenging situations. Now I don't waste time feeling sorry for myself, but dedicate my time to completing my homework and chores. Plus, the character strengths I have built, such as love of learning and hope, enable me to keep up with my studies because I know that's the only way to achieve my goal of becoming a doctor."





BY THE NUMBERS



1

Sensitization event on mental health



4

Trainings on mental health for educators



140

Family members attended the psychological support service



25

Minors participated in art therapy workshops

TAKE CARE OF ME

In Italy, one in eight children lives in absolute poverty. The Covid-19 emergency made the situation even more dramatic for children in poor families or minors housed in communities.

The goal of this 4-year project implemented by Fondazione Francesca Rava and its local partner, Tempo per l'Infanzia, is to activate interventions for minors in a state of social marginalization, distress, and fragility, as well as their families.

Based in the northern area of Milan, one of Italy's most populated cities with the highest concentration of foreign families, the project provides psychosocial and therapeutic/psychological support at the Tempo per l'Infanzia day centre. Art therapy workshops for children are offered along with active and mindful mental health parenting courses. One-off support bonuses for young families also help meet their food and caregiving costs.

As the classroom is an essential part of children's lives, sensitization initiatives on mental health are held in 12 schools by trained educators of Fondazione Rava and teachers are educated on the prevention of mental health disorders.



20 anni in Italia, 65 nel mondo

SPOTLIGHT

Helping children explore diversity and uniqueness

Equipped with resources and tools shared by Professor Mantegazza and child psychologist, Dr. Lavinia Cesareo, we held an educational workshop in fifth-grade classes.

To capture students' attention, we began with a simple technique focused on their favourite colours, food and character traits. Then, we read the short story "The Sentinel" by Fredric Brown, which teaches children how everything is relative depending on your point of view. Before finishing the book, we asked the students to draw the monster in the story. Then we read the ending, revealing that the monster was a person.

This moment of sharing helped the children understand the meaning of the tale: that we are all the same (we are all human beings), but at the same time, we have characteristics, tastes, opinions, and a body that makes us different and unique (some people like red, some like yellow; some prefer ice cream, and some like pizza).

All the monsters were then added to a class poster where we drew a planet. In the middle, we put the real monster: a person with a heart of stone and a brain of brick, who is unable to think on their own and only follows the masses.

In one class, a child's monster was a man and he had written words like stupid, loser, bully, dumb, mistake. He told us the person in his drawing behaves badly because his head tells him to do so, but that he doesn't want to act that way.

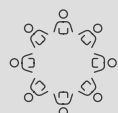
The teacher noted that recently the student had been behaving aggressively towards his classmates and school staff. For everyone, hearing the boy's words was very powerful and important, as it revealed his deep discomfort. Thanks to the activity, the teacher took steps to help him deal with his distress.

Antonella, Jessica, Irene and Chiara, educators at Fondazione Rava





BY THE NUMBERS



38

Welcoming sessions held



64

Parent-child dyads supported



6

Families received support via a new telephone hotline



FONDATION
RECHERCHE
PÉRINATALITÉ

SUPPORTING PARENTS IN PERINATAL MENTAL HEALTH

One of the most delicate periods for a woman is when she becomes a mother. Contrasting feelings and emotions can increase vulnerability and profoundly affect expecting mothers and couples.

Our partner Fondation Recherche Périnatalité, through l'Association CAP Cooconing, supports and welcomes mothers into a soothing environment where they can spend time with their children and share concerns and needs on early care or parenting.

A multidisciplinary team consisting of a midwife and a psychologist, or a child psychiatrist specialized in development, provides support on perinatal, emotional and developmental issues. Fathers are also welcome to participate.

These welcoming moments, or "cocooning" sessions, also serve as an opportunity for mothers needing emotional health support to receive individual counselling whilst their child plays in a safe environment under the attentive gaze of the CAP team. In 2022 a telephone hotline was set up to expand CAP's support services.

STORY

A welcoming space to start breathing again

I discovered CAP when my baby was six weeks old. My gynaecologist saw me on the verge of collapse and recommended it to me.

I attended their "cocooning" sessions every two weeks for about five months, and I didn't miss a single one! I was so impressed by the way I was welcomed that I brought a friend with me who had given birth around the same time.

My baby cried all the time. We knew he wasn't well but didn't understand why. I stopped breastfeeding because Mathieu refused to eat. I was trying to pump breast milk and take care of him at the same time.

Because Mathieu suffered from infant torticollis, we went to physiotherapy check-ups and osteopathy, but his condition was worsening. Everything was getting out of hand, and nothing was going right. I didn't know how to end the downward spiral. My husband was often away for work, and I was experiencing a sense of failure and loneliness.

CAP gave me the chance to see that I was not alone, that other parents were facing the same challenges, and I could do something about it. I could talk about my feelings with other mothers, open up, and share.

I felt extremely supported by the CAP professionals, which allowed me to empty my heart, ask questions, and get suggestions on how to cope with this new reality. A midwife from CAP even came to my home and was very supportive.

As the weeks passed, Mathieu was still writhing and crying a lot. The CAP team encouraged me to talk to my paediatrician because they saw how difficult it was for Mathieu to take his bottle. That's how we discovered Mathieu had an intolerance to cow milk! I finally confirmed my intuition that something was wrong thanks to CAP's support. I felt listened to and understood.

The situation gradually improved, but I was experiencing depression and decided to start counselling. I am certain that CAP prevented me from falling into severe depression. My spouse was happy and relieved that I had found this space for myself.

Since then, I have shared my experience with all of my friends. I realize how lucky I was to have access to this welcoming place. I met other mothers and our children continue to grow and play together today.

CAP was a place that helped me breathe again.

"Un couple au CapCooing"

<https://www.caperinatal.net/vid%C3%A9o-temps-d-acueil>





BY THE NUMBERS



264

Hospitalized children and teenagers received psychosocial support



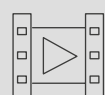
60

Mental Health Literacy sessions



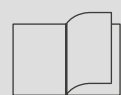
416

Students received psychoeducation



110,000

People reached through online campaign



13,000

Adolescents in Romania received handouts on mental health

Fundația **inocenti**
Romanian Children's Relief

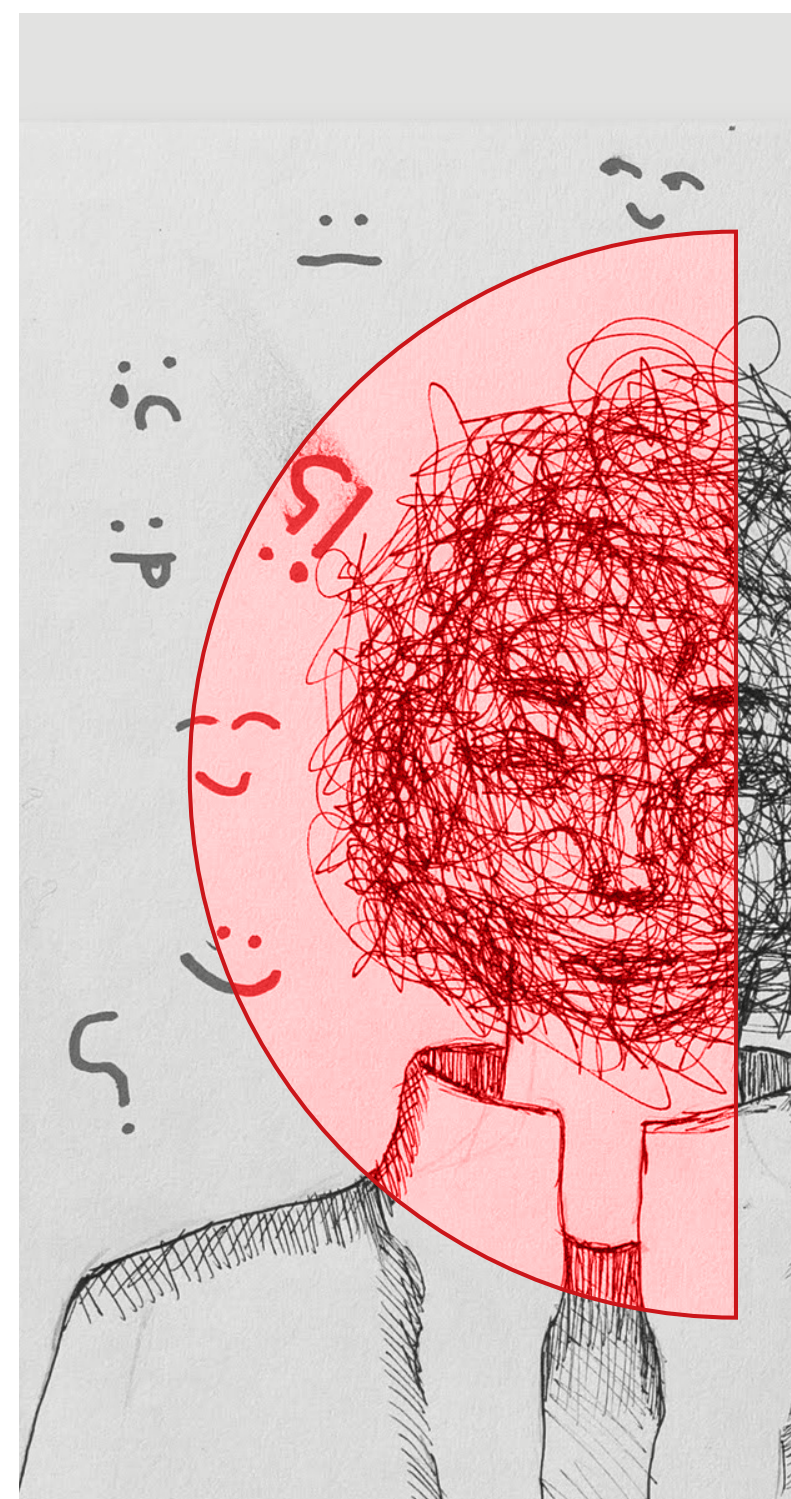
IMPROVING THE WELLBEING OF CHILDREN AND ADOLESCENTS

About 50% of mental illnesses start in adolescence, and most disorders remain undiagnosed and untreated. The pandemic has further increased psychological challenges for youth, exacerbating fears, anxiety and depression as well as interpersonal difficulties and loneliness.

Fundația Inocenti's aim is twofold: to promote mental health in high schools through a mental health literacy program, and to integrate psychosocial interventions with treatment to ensure proper mental health care for children and teenagers hospitalized at the Child and Adolescent Psychiatry and Addiction Clinic in Cluj-Napoca.

The Mental Health Literacy program, in collaboration with the Faculty of Psychology and Educational Sciences and Cluj County School Inspectorate, creates a safe environment in which adolescents can discuss changes, emotions, and challenges specific to their age with specialists. In particular, it helps develop resilience through awareness of available internal and external resources and provides psychoeducational resources for teens that include information on the most commonly addressed mental health topics: ADHD, generalized anxiety, social anxiety, depression, specific phobias, anger and frustration management, and body image.

Experienced clinical psychologists and a team of psychology students from the Babeș-Bolyai University support the medical staff at the Child and Adolescent Psychiatry and Addiction Clinic, providing individual and group counselling, art therapy, play therapy, occupational therapy and sensitization activities geared towards helping children identify feelings and concerns related to their illness and potential coping mechanisms. Families are also supported in understanding the needs and challenges of their children.



SPOTLIGHT

Art exhibition "Shades of mental health"

To raise community awareness about the importance of mental health, our partner Fundația Inocenti organized the #IMakeTheDifference (#EuFacDiferenta) art exhibition. The annual exhibit features artwork by students from the Romulus Ladea High School of Visual Arts in Cluj-Napoca who participated in Fundația's Mental Health Literacy program.

In 2022, 38 pieces of art were exhibited between June 7-17 at the Art Department of Octavian Goga Cluj-Napoca County Library. The theme, "Shades of Mental Health," illustrated how people perceive experiences differently, and how everyone can make a difference through their unique individuality.

More than 200 high school students, teachers, youth and adults from the community visited the art show. During the exhibition, 100 mental health informational handouts were distributed on subjects like depression, anxiety, ADHD and anger management. Developed by specialists, these materials support teenagers, parents and mental health professionals with information on prevalent mental health topics and aim to reduce stigma and create learning opportunities focused on the prevention and treatment of mental disorders.

An online show was also set up reaching more than 18,000 people.

Watch this great video about the exhibition [EuFacDiferenta2022](#)



BY THE NUMBERS



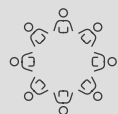
3,300

People sensitized
on mental health



146

VHTs, 166 duty bearers and
24 health workers trained



1,533

People received counselling



489

People supported



HEALTHY MINDS, GOOD LIVES

WIC MA YOT KWO MABER

Two decades of conflict and violence in Northern Uganda have left its communities vulnerable to severe mental health issues. Twenty years later, people continue to be affected and must travel long distances to access mental health care, which is non-existent in their communities.

Through a three-year project, our partner Network for Africa, in collaboration with BNUU, aims to improve community mental health services in Lapono and Adilang sub-counties in Agago, a remote and neglected district.

Community outreach raises awareness about mental illness, including its signs and symptoms. This approach, combined with training on mhGAP for duty-bearers and village health teams (VHT), increases knowledge about mental health in the local community. Monthly clinics offer counselling and mental health education at local centres where health workers trained in mhGAP provide quality care and treatment. Home visits ensure post-treatment follow up and provide counselling for caregivers.

SPOTLIGHT

The importance of home visits in the recovery process

Regular home visits are a fundamental component of the Healthy Minds, Good Lives project, improving care services by assessing familial situations, strengthening family care systems, ensuring adherence to drug treatment plans, and providing psychoeducation activities.

Francis, a mental health counsellor for BNUU, states: "As a counsellor, I play a huge role in home visits. I start by identifying service users that need to be visited in collaboration with health workers, caregivers, and community members like the Village Health Teams.

During home visits, I have seen that drug adherence is linked to strong family care systems, nutrition support, continued psychoeducation, and close follow up. Most service users eat once a day, so I provide information on proper nutrition, and when necessary, make appropriate referrals for nutrition support.

Non-adherence can also be attributed to other factors such as lack of understanding on how to take medicine and its benefits; side effects in form of allergic reactions; use of multiple drugs simultaneously, and alcohol abuse. I provide psychoeducation on the importance of following drug regimens regularly and their impact. I also help the service user develop social and emotional skills to lead a happy, healthy, and fulfilled life, cope, and build resilience.

I realize that stigma and discrimination against people with mental health conditions is still common. Some clients are denied ownership, use, and control of family land and assets. My role is

to advocate for inclusion of people with mental health conditions and raise awareness about their rights.

This work has taught me diverse skills in mental health service provision, especially counselling skills, health education, working with groups, and community engagement. I'm glad to see that my continuous support has impacted beneficiaries in terms of their recovery and promoted a change in community perception thanks to a better understanding of mental health."





BY THE NUMBERS

HOSPITAL LEVEL

11
Psychologists and
psychotherapists involved

522
Patient interviews

2
Ongoing research projects

NATIONAL LEVEL

90
Psychologists and 2
psychiatrists involved

242
Patients in care

1,436
Individual interviews

199
Group discussions

260
Calls received at the
national switchboard

soleterre

PROVIDING PSYCHOLOGICAL SUPPORT

The pandemic strongly impacted the lives of many people who struggled to cope with social and emotional challenges and uncertainty surrounding the future.

Through this initiative, our partner Soleterre continues to respond to emerging needs by providing psychological support.

The project takes two major courses of action: at the San Matteo Hospital in Pavia, Soleterre provides intensive psychological support to medical staff, patients, and relatives affected by Covid-19. On a national level, a network of psychologists trained by Soleterre offers psychological support to individuals in collaboration with local stakeholders.

An important component of the project includes scientific research on three aspects: investigating the consequences of Covid on patients and health personnel; the psychological ramifications of Covid-19; and the effectiveness of psychological support. Research is carried out in partnership with the Policlinico San Matteo, the University of Pavia, La Sapienza University in Rome and the Order of Psychologists.



STORY

Improving wellbeing through psychological support

Maria, a nurse in the Cardiac Rehabilitation department at the San Matteo Hospital in Pavia, has been married to Andrea for eight years. Together, they have a 7-year-old son.

Before the Covid outbreak, they had considered separating, but during lockdown they decided to make their relationship work. In February of 2022, Andrea became ill and was no longer self-sufficient.

Between long work shifts and looking after their child, Maria was unable to give Andrea the care he needed. Following a lengthy hospital stay, he went to live with his parents. This complicated situation became worse when Andrea's parents made Maria feel guilty for not taking care of her husband.

Maria felt helpless and was afraid of not being a good mother. She started having difficulty sleeping and lost weight. When her emotional struggles started to impact her son's wellbeing, she moved in with her parents to get support.

Overwhelmed by her struggles, Maria decided to take advantage of the psychological services offered by Soleterre. Through the ongoing support of a dedicated and professional psychologist over 13 sessions, Maria learned how to manage her anxiety and stress. She overcame her guilt and shame and learned strategies to cope with situations that had previously blocked her.

Maria is now recovering and enjoys cooking again as well as outdoor activities with her son and dinner with friends. Her recovery has also improved the family's situation as a whole. She takes care of Andrea and their son has a supportive home where he can share his emotions about his father's health.



BY THE NUMBERS



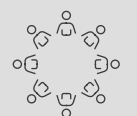
970

Community providers have received a follow up MhGAP training via IVR



6,900

People received psychosocial support



17,987

People sensitized on mental health awareness

INCREASING ACCESS AND PROMOTING RECOVERY - CARE

Despite the significant progress made in Rwanda through the decentralization and integration of mental health services across the national health system, the majority of services are still provided in mental health facilities located far away from communities.

Fondazione AVSI's project aims to enhance the resilience of people affected by mental health issues and their families through a community-based approach. Monthly awareness-raising and anti-stigma sensitizations provide people with mental health conditions and their families a deeper understanding of mental illness.

Community providers are trained using an innovative training system (IVR). The training enables them to identify service users and help them access their local health centre where mental health workers offer quality care and referral if needed. Self-help groups for service users are set up so members can share their experiences and psychoeducation is offered by community providers in collaboration with health workers.

Community providers carry out home visits and deliver vital support to people with disorders throughout their recovery process, which includes socio-reintegration in the job market.



STORY

A community approach comes full circle

Jean, a married father of seven children, lives in Mataba, a small village in the North Province of Rwanda. In his thirties, Jean developed diverse mental health symptoms and was brought to the NDERA neuropsychiatric hospital to be treated. Following his improvement, he returned home but was unable to follow the treatments prescribed by the hospital.

When Jean's situation worsened, his neighbours believed he was a victim of witchcraft. He and his family members were stigmatized and their income decreased, making it difficult to survive.

The situation changed when our partner AVSI began sensitization sessions on mental health in Jean's village, and a community provider trained by AVSI brought Jean to the health facility where he received a consultation and restarted treatment.

With access to mental health care, Jean gradually improved. Follow-up home visits by the community provider and participation in psychoeducational groups helped Jean understand the importance of keeping medical appointments and taking medication regularly.

Today, Jean can go to the health facility on his own and take care of his family. He's involved in agricultural and breeding activities and actively participates in a savings and credit group set up by AVSI. His family has also blossomed thanks to the psychosocial support and counselling they've received from community providers.

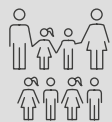
Jean, now an elected member of the committee of the National Council of Disabled People at the MUNYINYA cell, positively contributes to his community by sharing his story with others who suffer from mental health problems.



People for development



BY THE NUMBERS



310

People attended community sensitizations and radio broadcasts



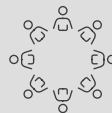
124

Psychosocial counsellors received training and supervision



277

People screened for CVT mental health services



185

Completed the group counselling cycle

TRAUMA REHABILITATION FOR VICTIMS OF WAR CRIMES

The effects of torture, forced conscription and sexual slavery perpetrated during the Lord's Resistance Army conflict in northern Uganda ended over a decade ago, but continues to impact individuals and communities today. Psychological repercussions remain unaddressed for most survivors.

Fondation d'Harcourt is partnering with The Center for Victims of Torture (CVT) to provide specialized mental health trauma rehabilitation to torture and war trauma survivors in Gulu District. CVT's approach is based on the Trauma Therapy Model, which seeks to improve patients' mental health through group counselling and, if necessary, individual therapy.

The program goal is twofold, providing both direct mental health services for survivors and capacity building in mental health delivery for service providers. In 2022, in collaboration with the University of Makerere, a certification program awarded diplomas to mental health workers who completed the training curriculum and various supervision sessions.

SPOTLIGHT

Building capacity in trauma rehabilitation services

One of the added values of CVT's work is strengthening the capacity of mental health service providers to improve trauma rehabilitation in Uganda.

In collaboration with the Makerere University School of Psychology, CVT developed training courses in Trauma Counselling at both Certificate (one year) and Diploma (two years) levels to increase the competence and capacity of professional counsellors and psychologists working in North Uganda.

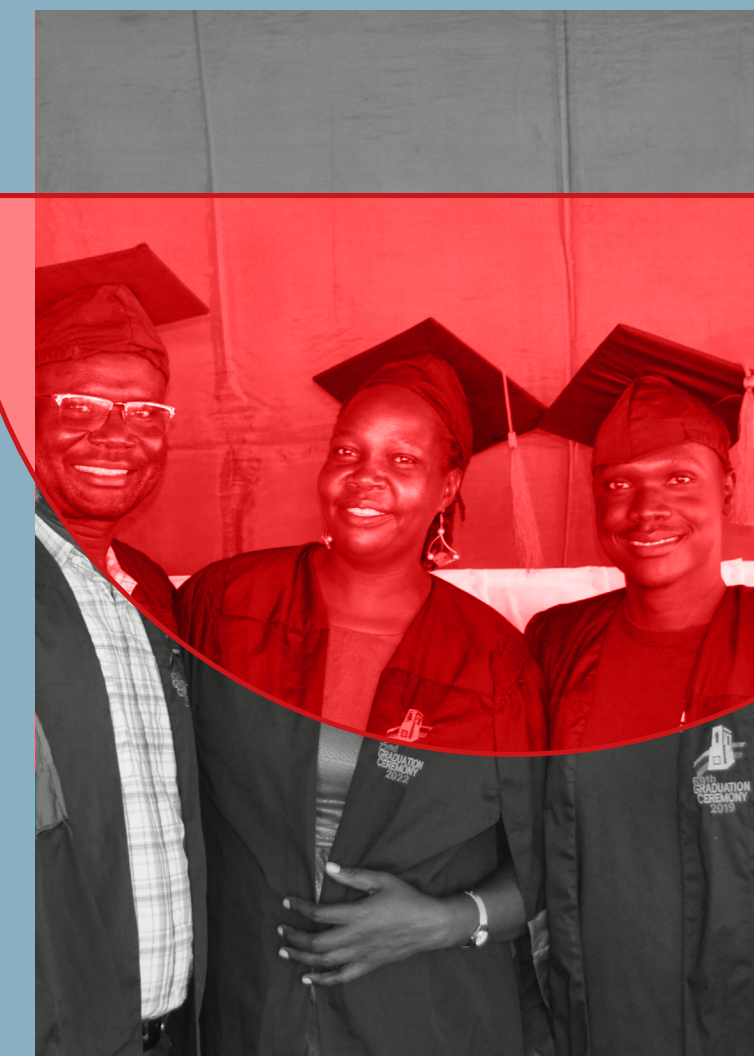
The curriculum seeks to move beyond case management to a trauma-focused therapeutic healing approach, which requires in-depth training and skills to be effective. Divided into modules, the program contains theoretical and practical elements as well as on-going clinical supervision.

Upon completion of the course, participants understand the effects of trauma and torture; properly assess and develop a needs-based individual treatment plan; apply clinical decision-making skills and a user-centred approach to healing objectives; build bonds and an effective therapeutic relationship with the service user; and implement trauma-specific interventions based on an integrative therapeutic approach.

To obtain the certificate or diploma, a rigorous evaluation is conducted in the following areas: conduct, clinical skills, ethics and professionalism, individual counselling, cultural competencies and supervision, and training skills.

From 2018 to 2022, 33 counsellors concluded the Certificate Course and 19 Counsellors achieved the Diploma Level. On May 2022, CVT awarded 9 counsellors with Diplomas in Trauma Counselling accredited by the Makerere School of Psychology.

This program has also been funded by the Trust Fund for Victims (TFV) of the International Criminal Court (ICC).



The
CENTER for
VICTIMS of
TORTURE



BY THE NUMBERS



16

Adolescent girls and their families supported



400

Neuropsychiatric consultations



24

Clinical and socio-educational operators



5

Individual and 6 group psychosocial rehabilitation interventions per week

OMADA

ADOLESCENT NEUROPSYCHIATRIC RESIDENTIAL COMMUNITY

Adolescence is a delicate and complex time where conflict-ridden families, peer-to-peer interactions, internet or substance abuse addiction, and performance pressure may contribute to the development of mental health disorders. The pandemic further impacted the psychosocial wellbeing of adolescents as it forced them into isolation, resulting in increased cases of depression, anxiety, loneliness, self-harm and suicide attempts.

Our partnership with Omada provides qualitative clinical programs aimed at improving the quality of life for ten girls ages 12-17 suffering from mood and personality disorders.

A multi-disciplinary team, which includes professionals specialized in dynamic psychotherapy, cognitive behaviour and mentalization-based treatment (MBT), creates therapeutic and rehabilitative programs tailored to each adolescent and provides them with psychological, emotional, scholastic and nutritional support.

In all phases of the process, this holistic approach involves the adolescents' families, which is key to healing, and the local health authorities, which ensures the therapeutic continuity of the adolescents' psycho-physical and social wellbeing.

SPOTLIGHT

CANS – a multi-purpose tool to assess the needs and strengths of adolescents

One of the most valid resources currently employed in child neuropsychiatry services is CANS - Child and Adolescents Needs and Strengths Scale - which Omada has adopted.

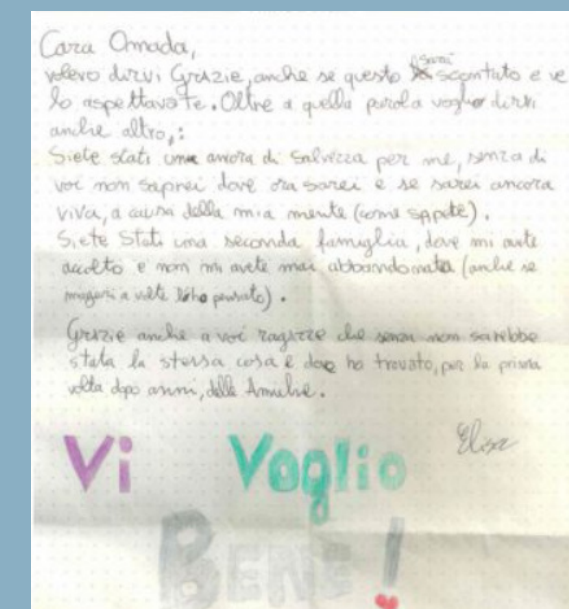
This tool has been designed to integrate information gathered during the assessment process and reflect the shared and comprehensive vision of diverse stakeholders such as the Service System, minors, and their families.

CANS shifts the focus away from the more traditional view of care, which is based on deficiencies, towards a new and constructive view founded on strengths and needs.

It assesses multiple factors, each designed to be sensitive to contextual and cultural attributes, and therefore, respectful of the adolescent's and family's values. Item scores do not represent the severity of the need, but rather, the necessity for clinical activation with greater or lesser intensity and potential priorities for clinical action.

"Making those particular needs and strengths explicit is the most dedicated and complex step and allows the transformation of scores into design actions modulated over time. As knowledge of the clinical situation improves, needs and strengths normally increase. However, some needs may fail to change, and should not interfere, for example, with the decision regarding the patient's discharge."

Omada chose to use CANS because it clarifies decision-making processes where operators of different disciplines have diverse roles and need to dialogue with one other. Given its complexity, Omada participates in ongoing training and supervision to combine observational and practical plans.



For more info on CANS please visit
www.tcomitalia.com/
or www.tcomengland.org/



BY THE NUMBERS



5

Psychiatric nurses trained as coaches



297

Psychiatric nurses trained and supervised by coaches



156,711

Patients with mental illness supported

IMPROVING MENTAL HEALTH CARE IN THE GREAT LAKES REGION

Lack of infrastructure, shortage of qualified mental health providers, and stigma affects mental health care in the Great Lakes Region of Africa.

To improve care and treatment, our partner Fracarita Belgium has created a regional network involving hospitals from Rwanda, Burundi, RDC and Tanzania focused on improving the quality of mental health care by enriching the competencies of psychiatric nurses.

Carefully selected nurses from each hospital or centre are trained as coaches at the Caraes Neuropsychiatric Hospital in Ndera by Rwandan and national and international mental health experts. Acting as full-time coaches, they also provide on-the-job training to other nurses.

The coaching system enhances nursing knowledge, skills and attitudes, while supervision and intervision on-the-job (peer-supervision) ensures quality of care among staff. These actions ultimately aim to improve the quality of life of people living with a mental health condition by offering the best possible mental health care.

SPOTLIGHT

Coaching: a vital tool for improving care

According to a recent study by the American Journal of Public Health, up to 1.8 million Congolese women have been raped at least once in their lifetime.

The psychological and physical consequences can have long-term effects. Women who have been raped may present themselves in very distressed and confused conditions and are more likely to suffer from depression and post-traumatic stress, excessive alcohol consumption, and behavioural problems such as self-harm and other aggressive behaviour, as well as suicide.

A raped woman is often rejected in her local community and risks living on the margins of society because of shame, dishonour, guilt and social pressure. Mothers who live with the constant memory of the assault struggle to establish a stable relationship with the child born from rape and it is difficult for these children, often called "children of the snake," to find belonging in their community.

To provide psychological assistance to women who have been abused, a 24/7 Psychiatric Emergency unit has been set up in SOSAME Psychiatric center in Bukavu.

Francisco Habamungu, a psychiatric nurse and coach trained through the project, runs a global therapeutic framework for SOSAME's multidisciplinary team. He conducts intervision and supervision, which he learned during his training with Fracarita Belgium. He also organizes debriefing and self-care sessions for staff with a psychologist so they can share their feelings, emotions and challenges.

Francisco trains his colleagues on how to properly welcome women and their families in crisis to the emergency room; checks that guidelines are developed and available to the entire emergency team; and ensures that confidentiality is maintained. In collaboration with his colleagues, he is creating a protocol for the provision of ongoing quality care and psychoeducation for victims of rape and their family members.





BY THE NUMBERS



6

Full time e-helpers



871

People with depressive symptoms in Lebanon reached



220

Users completed the intervention

E-MENTAL HEALTH INTERVENTION FOR DEPRESSION – STEP BY STEP

Lebanon's health system struggles to provide affordable health care to its diverse population. In fact, only 10% of people get the quality mental health care they need.

WHO and the Ministry of Public Health in Lebanon strive to provide both Lebanese nationals and refugees in Lebanon with access to treatment for depression through digital technology.

Step by Step is an app which provides its users with a five-session, evidence-based psychological therapy, with or without weekly telephone or text support from a trained non-specialist called an "e-helper."

Users can choose a digital character who shares their story of recovery from depression and teaches them skills and strategies via interactive tasks and motivational messages. With support from Fondation d'Harcourt, the app has been designed, culturally adapted, and tested in a small-scale trial with positive results.

The project was expanded to a full-scale randomised controlled trial, training more e-helpers and recruiting more refugee and Lebanese participants to fully understand the intervention's potential. Step by Step is currently implemented as a national service in Lebanon, increasing access to evidence-based mental health care for people suffering from depression.



SPOTLIGHT

Examining the effects of Step by Step

The new WHO digital mental health intervention for depression, Step by Step, was evaluated in a randomized controlled trial in Lebanon. The study was able to rapidly fulfil recruitment quotas during the COVID-19 pandemic, demonstrating the value of digital health tools when physical distancing is required. Despite some limitations, the study found that the guided Step by Step health intervention was effective in reducing the mental health problems of people living in Lebanon.

Moderate-to-significant effects on depression were found during post-treatment and at the 3-month follow-up. The intervention

also had a notable influence on impaired functioning, anxiety, post-traumatic stress, wellbeing and personal problems, and showed response and remission rates of considerable clinical relevance.

This study is the first to show how digital health care supported by human helpers can contribute to the mental health of people in communities lacking resources and exposed to adversity.

Read more on [*Guided digital health intervention for depression in Lebanon: randomise trial*](#)

Why choose Step By Step?



It's effective and tested internationally



It's confidential



It's available in English and Arabic



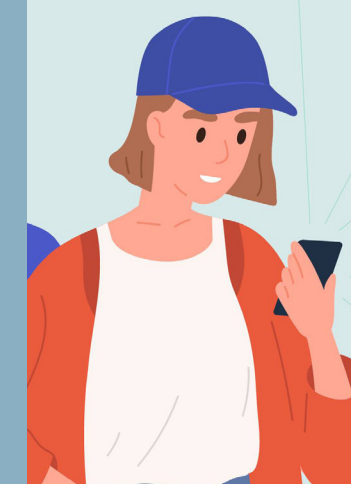
You can proceed at your own pace



You can access it from anywhere in Lebanon



It's FREE





BY THE NUMBERS



44,566

People registered for the WHO QualityRights e-training course



38,536

People initiated the course



22,698

People received the WHO certificate



World Health Organization

PROMOTING HUMAN RIGHTS AND RECOVERY FOR PEOPLE WITH MENTAL ILLNESS

In recent years, the government of Ghana has taken positive steps to improve the situation faced by 2.8 million people with mental health conditions and psychosocial disabilities in the country.

With support from Fondation d'Harcourt, the World Health Organization (WHO) and its partners, including the Mental Health Authority of Ghana, offer an e-training course and online coaching on mental health, human rights, and recovery to strategically build capacity and change the attitudes of a wide range of national stakeholders. The project harnesses innovative technologies to strengthen knowledge and skills and to scale up the intervention nationally.

An assessment of quality care and human rights was carried out to evaluate the impact of the project in Pantang Hospital, one of three public psychiatric hospitals in Ghana. In 2022, several research papers and evaluations of the QualityRights Initiative in Ghana were published in scientific journals. Preliminary results of randomized control trials with staff from the three major psychiatric hospitals were also published in March 2023.

[Discover more about WHO's QualityRights initiative.](#)

[Sign up for the QualityRights e-training.](#)

SPOTLIGHT

Changing attitude: a new approach to human rights and mental health recovery

"I am so grateful to QualityRights Ghana for introducing the e-training, which has had a tremendous effect on me. It has helped me better understand my mental health condition and overcome the complexes that were hanging over me.

I now live life one step at a time, continuously boosting my level of confidence, striving to understand others, and asserting my rights as a mental health services user. All of this has culminated in the improvement of my recent academic performance and professional and social achievements. God's blessings and more to this great family!"

Mariama Issifu
(Service User - Bolgatanga)

"The QualityRights e-training has been an eye-opener. There were so many subtle forms of inappropriate use of my authority as a doctor that I became more aware of. This training has shown me that, despite inadequate resources, we can collectively improve mental health care services simply by acknowledging and treating persons living with such conditions with respect and dignity, just as we would want to be treated ourselves. It has been my best training thus far, and as I tell my colleagues, I am a stout advocate for QualityRights."

Dr. Ramata Seidu
Resident in Psychiatry

[Scientific articles published on the QualityRights Initiative](#)

[Quality of care and respect of human rights in mental health services in four West African Countries-ADDENDUM](#)

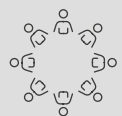
[A nationwide evaluation study of the quality of care and respects of human rights in mental health facilities in Ghana: results from the WHO QualityRights initiative](#)

["Attitudes towards persons with mental health conditions and psychosocial disabilities as rights holders in Ghana: a World Health Organization study".](#)





BY THE NUMBERS



106

People attended the annual course on mental health



12

Events held to sensitize people on mental health issues



62

People participated in 5 art therapy workshops



40

Volunteers involved



20

Families engaged in self-help groups



200

People contacted through SOSS

EMPOWERING PEOPLE WITH MENTAL ILLNESS

Since the closure of mental asylums in Italy, the lack of alternative solutions for the families of mentally ill patients has posed significant problems, taking a toll on their mental wellbeing.

Together with Fondazione di Liegro, we aim to raise awareness about mental health, empower families, and promote inclusion and recovery of people living with a mental health condition in the Rome metropolitan area.

Family members and community volunteers are encouraged to take part in a one-year mental health course, which also provides coaching on how to overcome difficulties linked to their caregiving role. Self-help groups, a key component of this project, help dispel loneliness and reduce stigma by providing a space for families to share their experiences with others in similar situations.

Family members living with a mental health condition take part in art therapy workshops to enhance individual autonomy and rediscover their skills and potential, eventually easing their reintegration into society.

In 2022, Fondazione di Liegro started a theory of change process which helps to clarify areas of intervention and identifies a mid-term strategy.

SPOTLIGHT

Self-Help Group for families of persons living with mental illness

Living with a loved one who suffers from a mental health problem can have a serious impact on the lives of family members.

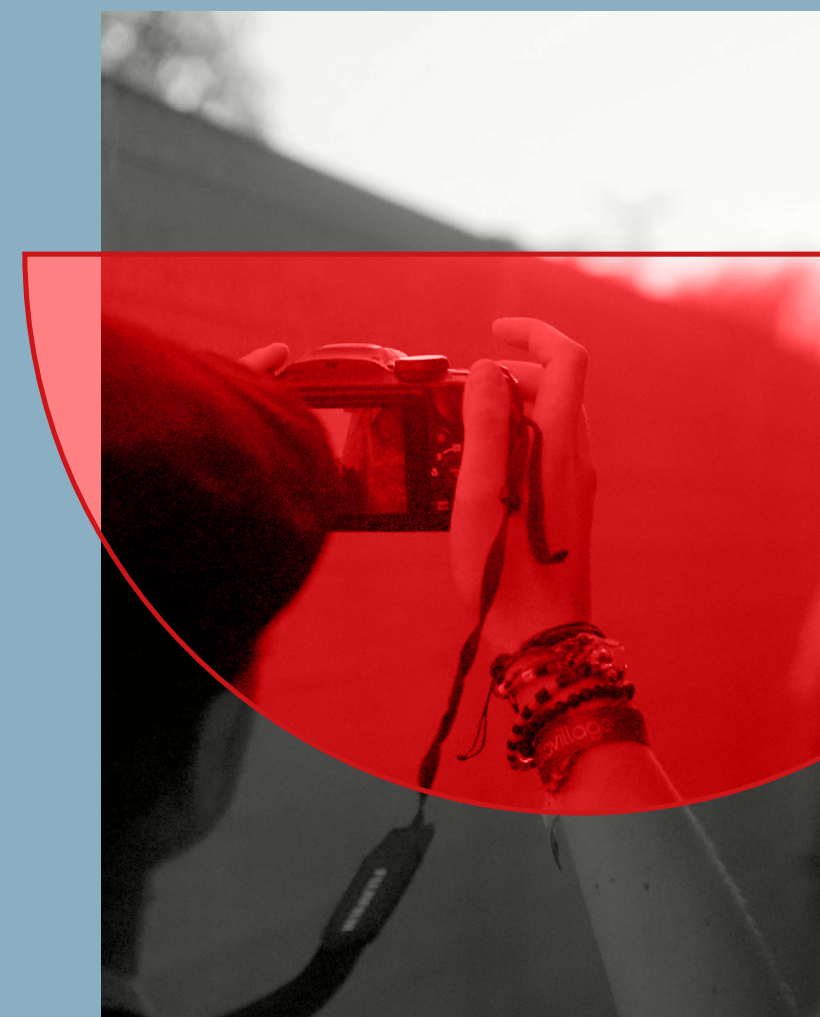
The self-help group created by our partner Fondazione di Liegro offers families a network of support. The group, which includes approximately 20 members, meets weekly and is run by the families themselves, who regularly decide on what to discuss.

By sharing their experiences, participants discover individual resources that are often overlooked because of the challenging dynamics at home. Being heard, becoming more aware of their loved one's psychiatric distress, and exchanging information about useful tools and services are key topics of focus in group discussions.

Living with a person suffering from a mental health condition can lead to loneliness and fatigue. A family's loved one often spends the majority of time at home and may not have the opportunity to work or have a social life. Finding ways for them to connect and engage is essential. As mental health centres are often stigmatized, services offered by local associations, such as the art therapy workshop organized by Fondazione di Liegro, are vital for boosting self-esteem and creating moments for socialization.

Families often face challenges when dealing with different service providers and professionals in charge of treatment plans. A supportive network that fosters communication between the service user, family member, professionals and facilities, and that shares the same priorities for the patient's wellbeing - namely autonomy, social relationships, and responsibility - facilitates the rehabilitative process while providing crucial support.

To help guide communication and explore specific issues more in-depth, supervision is provided once a month by Dr. Paolotti, a psychiatrist and psychotherapist with extensive experience in the field of psychiatric and psychosocial rehabilitation.



2022 EVENTS

Giving Women Conference, October 6th

On 6th October, Fondation d'Harcourt supported the 10th annual conference of Giving Women, an association that seeks to build a community of informed women philanthropists and make a meaningful difference in the lives of women and girls in need.

Entitled, "Mental health. Not just a first world problem. How can we act?", the conference painted a picture of girls' and women's mental health in vulnerable communities. Attended by more than 200 participants both in Geneva and online, the conference featured more than 30 speakers organized into six panels and was a safe place to exchange knowledge, reflect on solutions, and discuss actions.

Dr. Pamela Y. Collins, the keynote speaker, took the participants on a journey through the lifecycle of a woman, illustrating the biological, social and economic reasons girls and women are more likely to suffer from mental issues than men, especially in vulnerable communities where more than 85% have no access to adequate treatment, and stigmatization and isolation are decisive factors.

Our Managing Director, Gaia Montauti d'Harcourt, moderated the panel, "The wisdom of those with lived experience." During the discussion, Hauwa Ojeifo (founder of *She Writes Woman* in Nigeria), Charlene Sunkel (founder of *Global Mental Health Peer Network* in South Africa), and Kamala Poudel (program officer at *KOSHISH* in Nepal), shared their experience and the empowerment of giving a voice to personal stories. It was inspiring to hear how they are making an impact on access to quality treatments and the

reduction of stigma and isolation, firstly in their communities, and then in wider society.

We are grateful to Giving Women for including us in this incredible initiative. We share Charlene's hope of a world where people can thrive despite their mental health conditions, a world that is possible only if they are meaningfully and authentically included, allowing them to claim their life back.

To watch the full Giving Women conference, please click [here](#).



Mental Health Forum 2022

The annual Mental Health Forum organized by WHO fosters productive dialogue and learning aimed at advancing the global mental health agenda.

The focus for this year's Forum was transformation along three pathways: deepening the value of and commitment to mental health; reshaping environments that influence mental health; and strengthening systems that care for mental health.

A session featuring the launch of the 2022 World Mental Health Report showcased recent examples of good practices around the world and gave voice to people's lived experiences, highlighting why and where change is most needed and how it can best be achieved.

The forum also presented the release of the Lancet Commission on Ending Stigma and Discrimination in mental health. Presented by Prof. Sir Graham Thornicroft and Charlene Sunkel, the report highlighted the many consequences of stigma and discrimination and what actions can be taken.

During the session, "Scaling up quality mental health services," the Step by Step project implemented in Lebanon by WHO, Fondation D'Harcourt's partner since 2015, demonstrated in-depth evidence of the role scalable psychological interventions play in addressing the mental health treatment gap.

Global Mental Health Summit, October 13-14th

The fourth edition of the Global Mental Health Summit held in Rome on 13th and 14th October 2022 was attended by 52 delegations from all over the world, including Fondation d'Harcourt.

The Summit highlighted the importance of a community-focused approach to mental health: a multi-sectoral, whole-of-society strategy that requires proximity, responsiveness, stakeholder involvement, and a holistic, person-centred, rights-based approach. An essential and valuable contribution to designing policies, laws and services can also be offered by people with lived experience.

Last but not least, the need for a skilled, capable and motivated workforce was recommended. This can include non-specialists, as they play a fundamental role in promoting mental health through scalable interventions, particularly in contexts with scarce financial resources or difficulty recruiting healthcare personnel.

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.

INCOME AND EXPENDITURES/FINANCIAL DATA

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ANNUAL REPORT 2022

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