

ANNUAL REVIEW 2021



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FAMILY REHABILITATION CENTRE

FRC's Presence in 2021

9 Districts

18 DSDs

72 GNDs



Key Achievements for the year 2021

- Provision of Psychosocial support services

999 Clients

5,699
counselling
Sessions

1,811 medical
Sessions

1,095
physiotherapy
sessions





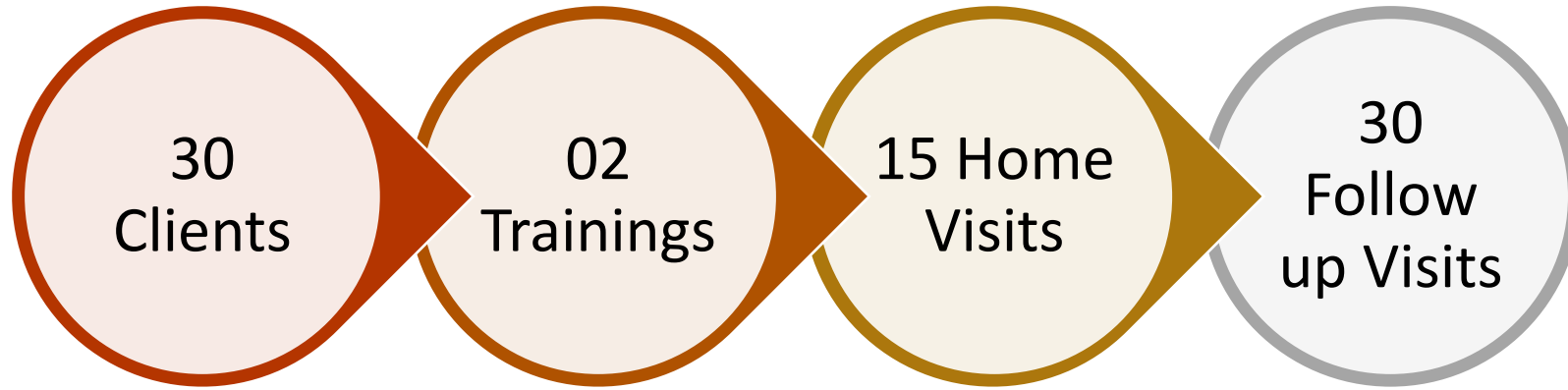
Outcome

- 75% of the clients have attended 9 or more counselling sessions. An average of 9 sessions was provided per client during the service provision process. The clients have attended regular sessions and have shown an increase in their adaptive functioning and a significant change in their distress.
- There was a significant change and improvement in the somatic complaints from the intake to end of services of the clients with those who have received medical and physiotherapy support services along with counselling services.
- Female clients have attended more group counselling sessions than male clients. It was observed that there has been an increase in resilience within the female clients during the service provision and nearly 60% of females who attended group sessions started engaging in community level activities and actively participating in community development. It was reported during the follow up sessions that some of the clients have started engaging with Community Based Organizations within their local communities.

“I felt lonely, isolated and had negative thoughts about society. Now I am more connected with society and associate with community members. I feel like I got another chance at life with the help of counselling”

(FRC Client, Mullaitivu District)

- Livelihood support services and training programs

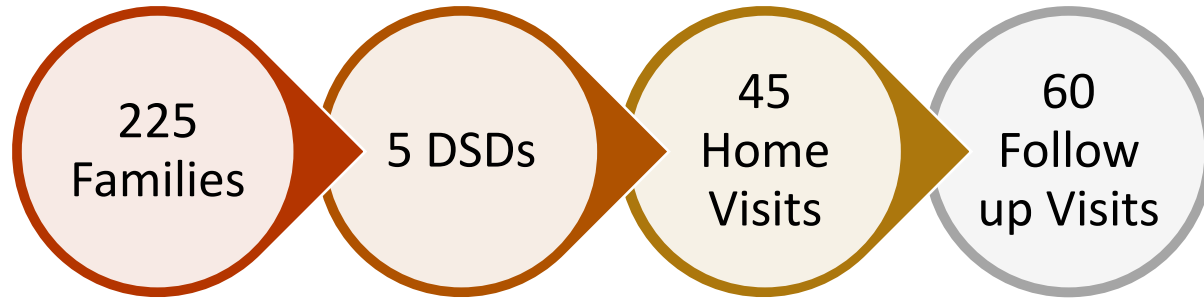




Outcome

- 4.3% clients from the total clients, who received direct counselling services from FRC, are involved with income-generating activities through FRC's livelihood support services.
- Livelihood beneficiaries have improved their livelihood skills and knowledge. FRC noticed that savings and money management have become routine practices in their lives.
- Some livelihood beneficiaries have developed well with the livelihood assistance they have received for example, in the Kumulamunai village, a beneficiary received 06 goats as livelihood support. Towards end of project the beneficiary through the profits have purchased a cattle and now continues to do both the goat rearing and cattle rearing
- In the GRLAC meetings several members have mentioned that, as per their observations, due to the livelihood assistance to women and their income, the violence against them have been reduced. (Muthayankattu and Vithiyapuram GRLACs)

Distribution of emergency relief support and safety equipment



Community level awareness programs and Door-to-door awareness campaign

10 Community Awareness

03 Awareness Campaigns

Reached to 404 Community members





- Capacity enhancement initiatives for government and relevant stakeholders



07 training programs for stakeholders

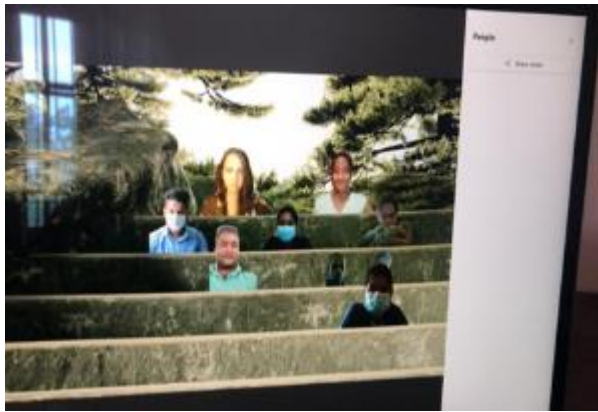
04 training programs for university graduates





- FRC's Support Initiatives for Staff

FRC has conducted **08** training programmes for staff members in the **09** centers





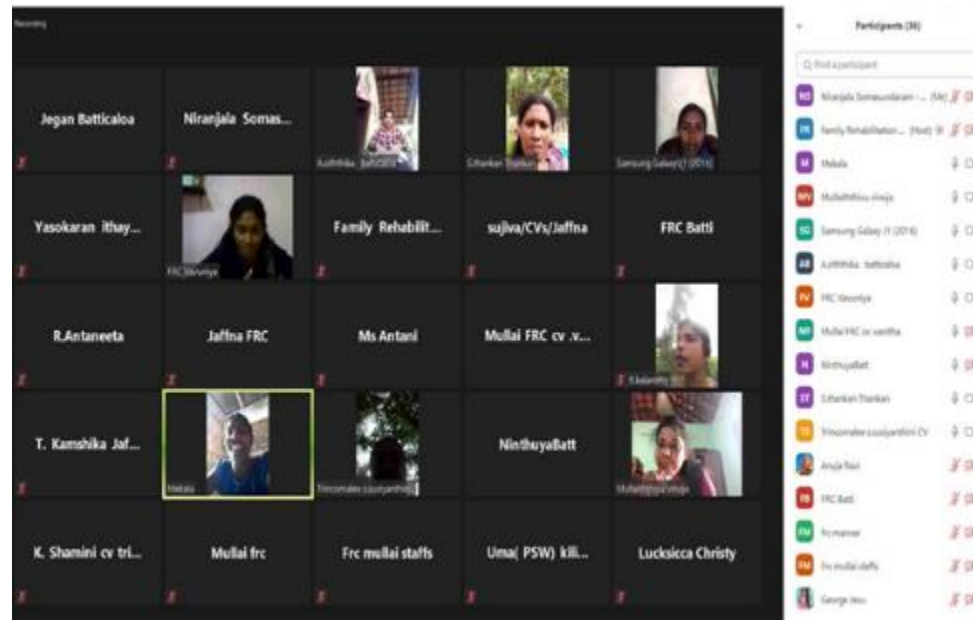
- Developed a Remote psychosocial support guideline to support the clients during lockdown
- Provided remote psychosocial support services (Check in Call sessions) for FRC clients

Table 1: Details of Check-in call sessions			
District/ Region	Total Ongoing Clients	# of Clients responded	% (responded clients from the total ongoing clients)
North	274	197	71.9
East	132	106	80.3
North Western	51	26	51.0

Details of Clients contacted during lockdown

- Marking the UN International Day in Support of Victims of Torture, 26th June 2021

FRC organized and conducted a training program for the Community Volunteers virtually. A total of 37 participants attended the training program from 7 FRC district centres. The program covered specific details regarding what is torture, types of torture and impact of torture, available services for torture survivors



- Other Significant Events

- New year celebrations in FRC Centres



- Experience sharing session on Gender Based Violence was held on 28th May 2021



- Meeting with government stakeholders



- Monitoring Visits



Summary of Project Updates

Completed Projects

No	Project Name	Donor	Project Period	Working Districts
1	Rehabilitation Services for people affected by violence related trauma (RESPECT)	Global Communities via TAF	1 st January 2021 – 30 th May 2022	Jaffna, Kurunegala, Trincomalee
2	Service Provision for Mental Health Counselling Awareness for MAG Staff	Mines Advisory Group (MAG)	December 2021 – March 2022	MAG Staff (Northern Province and Colombo)
3	"HoliSTic seRvices and advocacy to mltigate Violence Related Trauma in the Mullaitivu District"	UNOPS	11 th February 2022 – 11 th August 2022	Mullaitivu
4	Psycho-social awareness raising and support for communities affected by the 2019 Easter Sunday attacks in the areas of Negombo and Batticaloa	British Asian Trust	August 2020 – July 2022	Batticaloa
5	Increasing and Improving access to Trauma –Informed care , Aiding Efforts Towards reconciliation-II (INITIATE-II)	GIZ	May 2020 – November 2021	Jaffna, Kilinochchi, Kurunegala, Trincomalee, Batticaloa
6	Provision of livelihood support as an integral part of psychosocial healing for people affected by conflict/ structural violence related trauma, in the Northern Province (NP) of Sri Lanka - Phase II	NTT	June 2020 – August 2021	Mullaitivu
7	Covid-19 Rapid Response Micro Grant	IRCT	Nov 2020 – March 2021	Colombo, Mannar and Vavuniya
8	Strengthening Counter Trafficking Efforts (SCOUT) in Sri Lanka	IOM	February 2019 – January 2021	Vavuniya

Ongoing Projects

1	Improving access to survivors of GBV care, Aiding efforts Towards Gender Equality	MSI – IDEA	16 th August 2021 – 31 st December 2022	Mannar
2	Local initiative to address GBV and Human Trafficking	The Resilience Fund (The Global Initiative Against Transnational Organized Crime)	December 2021 – January 2023	Mullaithivu
3	Mitigation of negative impact due to economic crisis through MHPSS in the Northern Province and Padaviya of Sri Lanka	Global Communities	15 th July 2022 – 14 th July 2023	Anuradhapua, Jaffna, Kilinochchi, Mullaitivu, and Vavuniya
4	Service Provision for Mental Health Counselling Awareness for MAG Staff (Phase II)	Mines Advisory Group (MAG)	April – December 2022	MAG Staff (Northern Province)
5	Strengthening government and CSO capacity to combat TIP and create greater impact (IMPACT)	International Organization for Migration (IOM)	July 2022 – December 2024	Vavuniya
	“Strengthening pandemic response and supporting vulnerable communities in overcoming the impact of COVID 19”	Neelan Thiruchelvam Trust (NTT)	August 2022 – January 2023	Mullaithivu

Challenges

- The travel restrictions and lockdown imposed by the government due to the pandemic situation in April, May, July and August 2021 had affected the field level activities and the face to face counseling sessions. Fuel crisis further escalated the situation.
- The government request to convert project funds to COVID 19 relief was a hurdle the organization faced during this period. However in discussions with the government officers and through some other donations we were able to overcome the issue.
- Inability to make positive changes in clients' immediate environment leading to issues not being addressed efficiently (including lack of services for GBV clients, livelihood support, Impact of the System)
- Lack of service providers in some districts (eg. Mullaitivu)
- Lack of livelihood opportunities and lack of capital to start a business
- Increased community and government official meetings leading to disruption of work

- While conducting the check-in calls, PSWs found it difficult to contact clients who didn't have access to phones or means of being contacted.
- Dropout of clients (receiving counseling) due to various reasons: Commuting out for work, unable to travel to our centers due to the distance etc
- Lack of legal documents leading to corruption, sexual exploitation and personal distress
- Increased suicides leading to adverse social disturbances
- Delays of donors in finalizing approved contracts
- Lack of Funding on MHPSS Services



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