

HATEYMALO (ACCOMPANIMENT) PROGRAM FOR THE FAMILIES OF THE MISSING IN NEPAL

**Yubaraj Adhikari
Program Responsible**

Wednesday, 03 September 2014



ICRC

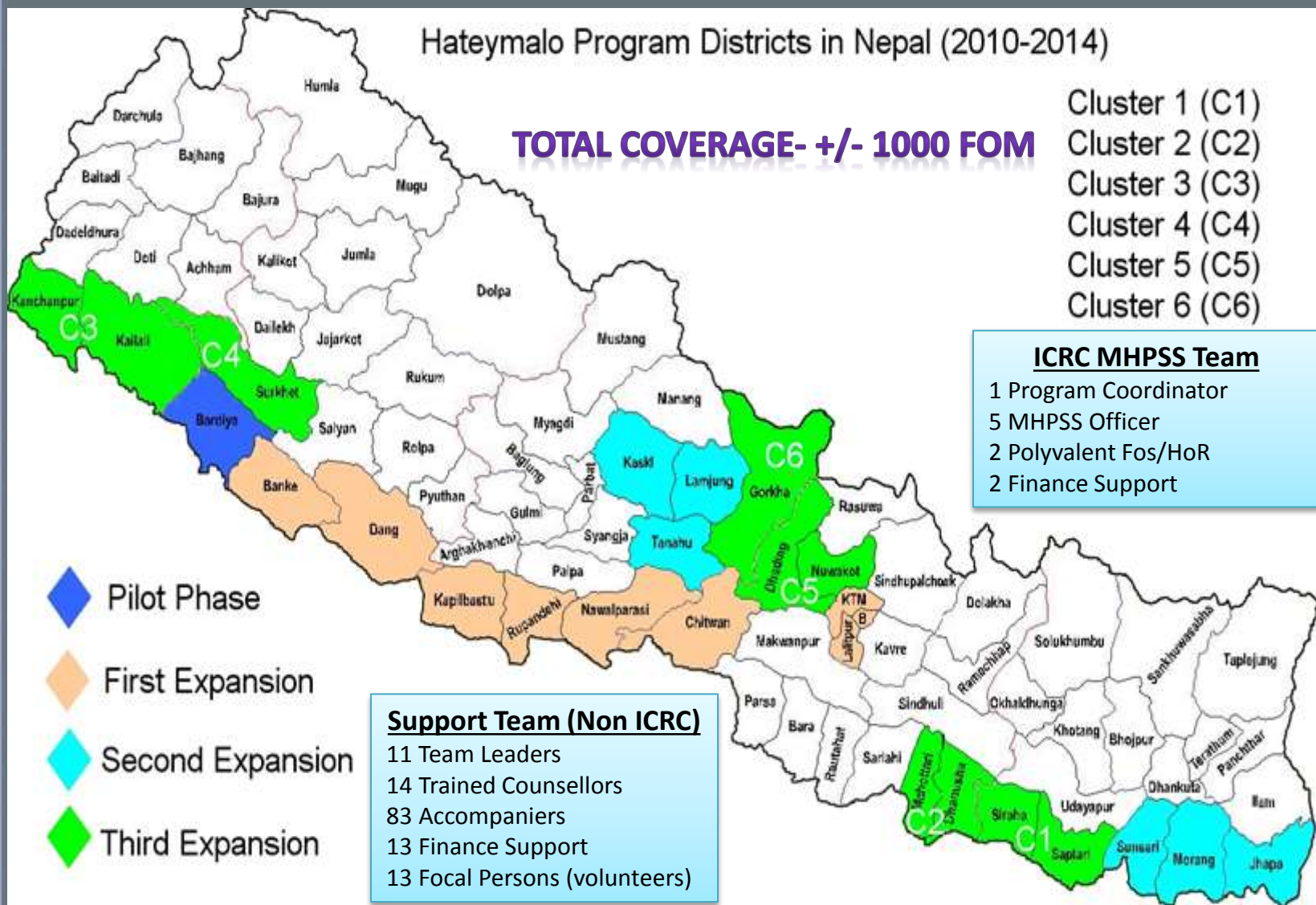
PRESENTATION OUTLINE

- Overview
- Assessment
- Design
- Program Implementation
- Monitoring and Supervision
- Review and Evaluation



ICRC

ACCOMPANIMENT (HATEYMALO) PROGRAM IN NEPAL



ASSESSMENT

- TWO FOLD APPROACH (6 MONTHS)
 - First three months
 - Needs assessment - 2008
 - Contextualised needs
 - FGD with the FoM (wives, mother, fathers)
 - Existing resources (Govt. & Non-Govt.) at district level
 - Assessment of possible partnership
 - Additional three months
 - Formation of partnership
 - Partnership indicators
 - Memorandum of understanding
 - Recruitment of Hateymalo team
 - Orientation and briefing on accompaniment concept
 - Psychosocial wellbeing assessment
 - Household level needs assessment

Needs of the Families of Missing, Nepal

- role changes in family
- family disputes
- Discrimination to the daughter in law
- Family dysfunction

- Stigma
- discrimination
- Pressure to be widows
- Accusations of being sexual predators
- Sexual harassments
- Social isolation

- Death rituals
- Religious beliefs
- Cultural norms for widows

Difficulties at the family level

Difficulties at the social, community level

Spiritual cultural difficulties

Mental Health and Psychological difficulties

Families of the Missing Persons in Nepal

Right to know

Economic Difficulties

Admin & Legal difficulties

Ambiguous loss, Anxiety, depression, impaired decision making, isolation, psychosomatic problems, anger, hopelessness, helplessness, Severe depression, Psychosis, Suicidal ideation

- don't know whereabouts
- seeking an answer
- difficulties for searching an answer

- The bread earner is missing
- Lost money in search
- Financial difficulties
- Need to have a new bread earner
- education for children

- Legal status of missing person (declaration of absence)
- Lack of citizenship, marriage certificate, birth certificate, land papers etc



ICRC

Needs of the Families of Missing, Nepal

- role changes in family
- family disputes
- Discrimination to the daughter in law
- Family dysfunction

- Stigma
- discrimination
- Pressure to be widows
- Accusations of being sexual predators
- Sexual harassments
- Social isolation

- Death rituals
- Religious beliefs
- Cultural norms for widows

Difficulties at the family level

Difficulties at the social, community level

Spiritual cultural difficulties

Mental Health and Psychological difficulties

Families of the Missing Persons in Nepal

Right to know

Economic Difficulties

Admin & Legal difficulties

Ambiguous loss, Anxiety, depression, impaired decision making, isolation, psychosomatic problems, anger, hopelessness, helplessness, Severe depression, Psychosis, Suicidal ideation

- don't know whereabouts
- seeking an answer
- difficulties for searching an answer

- The bread earner is missing
- Lost money in search
- Financial difficulties
- Need to have a new bread earner
- education for children

- Legal status of missing person (declaration of absence)
- Lack of citizenship, marriage certificate, birth certificate, land papers etc



ICRC

Needs of the Families of Missing, Nepal

- role changes in family
- family disputes
- Discrimination to the daughter in law
- Family dysfunction

- Stigma
- discrimination
- Pressure to be widows
- Accusations of being sexual predators
- Sexual harassments
- Social isolation

- Death rituals
- Religious beliefs
- Cultural norms for widows

Difficulties
at the family
level

**Difficulties
at the
social,
community
level**

Spiritual
cultural
difficulties

Mental Health
and
Psychological
difficulties

**Families of the
Missing
Persons in
Nepal**

**Right to
know**

**Economic
Difficulties**

**Admin &
Legal
difficulties**

Ambiguous loss, Anxiety, depression, impaired decision making, isolation, psychosomatic problems, anger, hopelessness, helplessness, Severe depression, Psychosis, Suicidal ideation

- don't know whereabouts
- seeking an answer
- difficulties for searching an answer

- The bread earner is missing
- Lost money in search
- Financial difficulties
- Need to have a new bread earner
- education for children

- Legal status of missing person (declaration of absence)
- Lack of citizenship, marriage certificate, birth certificate, land papers etc



ICRC

PROGRAM DESIGN

- Needs vs. Resources
- Available Interventions
- Gap Analysis
- ICRC Mandate
- Added value
- Strategy

PROGRAM OBJECTIVE

The debilitating consequences of ambiguous loss due to the disappearances are mitigated in FoM and their functionality is increased (through the provision of MHPSS & Protection support, i.e. answers about fate of the missing, psychological, socio-cultural, economic, and legal/administrative support)

PROGRAM STRATEGY

1. TECHNICAL AND FINANCIAL SUPPORT

2. CAPACITY BUILDING:

- Training of Grass-root volunteers from FoM (in partnership with local NGO/National Society) to address the multi-faceted needs
- Raising awareness of other local level stakeholders on issues of FoM

3. NETWORKING/MOBILIZATION:

- Forming partnerships
- Forming & mobilisation of solidarity networks (mobilizing local resources, referrals)

HATEYMALO (ACCOMPANIMENT) PROGRAM IN NEPAL

Under the direct supervision of

DHoD (PROTECTION COORDINATOR)

KAT PROT

PROTECTION ASPECTS

- Lobby, advocacy and persuasion at national level (Authorities, Ministries, I/NGOs, NHRC)
- Intervention on individual cases
- Empowering Family associations
- Compilation and consolidation of data on interim relief, legal, admin, and economic issues (PROT 5)
- Coordinate with NRCS about RFL/missing program

**HEAD OF THE
REGIONS/ FOS**

- Follow up of government support and economic situation of the families
- Dissemination of the right to know ; follow-ups of legal and administrative issues (support groups and family visits)
- Follow up of the cases through additional information received from various resources
- Facilitate the family visits to the gravesites
- Mobilisation/support the Family Association
- Assist to mark the Int. day of the disappearance
- Support NRCS for RFL/missing program

ACCOMPANERS

- Accompaniment to FoM on obtaining governmental support (relief, scholarships, allowances, social security etc.)
- Mobilisation of resources (children's education)
- Facilitate and accompany the families for administrative processes at local level
- Education/orientation on legal/administrative matters to the families

**C
o
o
r
d
i
n
a
t
i
o
n**

MHPSS ASPECTS

- Specialised care, support and referral support to severe mental health and psychological cases
- Accompaniment to the patients in medical facilities
- Transportation/food support to the patient and caregiver
- Program monitoring, supervision and technical support

**MHPSS /
HEALTH**

- Individual emotional Support
- Family visit (education and information dissemination)
- Solution oriented counselling
- Specialised vocational training (Referrals)
- Income generation support and skill training
- Resources mobilisation
- Localised referrals (medical, mental health, IG and community support needs)

**MHPSS FOS/
COUNSELLORS**

- Peer Support Groups
- Education (support and coping)
- Information Dissemination
- Community Support/mobilization
- Social and cultural activities
- Income Generation activities through self-help approach (grants, training)
- Self-help training/education

ACCOMPANERS



ICRC

PROGRAM CYCLE

Phases	Activities	Duration
Assessment Phase	Needs and Resources : FGDs, Assessment of NGOs/ District Chapters of National Society, GOs and other resources	3 Months
Preparatory Phase	MoU, Recruitment of Hateymalo team, Training to the Accompaniers, HH survey & Psychosocial baseline, Resources mapping, District level orientation	3 months
First Phase	<ul style="list-style-type: none"> •Support Groups of Women (group therapy, counselling) •Addressing legal/administrative & vocational needs through referrals •Groups decide activities for family, community, religious & economic needs •Community and district level resources put in place •Fully transparent book-keeping in groups •Income generation related training and passing on the gift support •Commemorative events 	9 Months <i>Monitoring, mentoring</i> Internal evaluation
Second Phase	<p>Support to the fathers</p> <ul style="list-style-type: none"> •Support Groups of Fathers (group therapy, counselling) •Addressing legal/administrative & vocational needs through referrals •Groups decide activities for family solidarity •Community and district level resources put in place •Fully transparent book-keeping in groups <p>Support to the mothers/wives</p> <ul style="list-style-type: none"> •Strengthening women groups/group sustainability •Enhancing capacity of the Sister groups •Follow up counselling support •necessary referral support 	9 Months <i>Monitoring, mentoring</i> Internal/external evaluation
Follow up Phase	<ul style="list-style-type: none"> •Lobby, advocacy and support •follow up support •phase out/program handover to the support groups 	6 months



ICRC

ACTIVITIES
ACCOMPLISHED

Program Components	Activities	Outputs
Psychological and Mental Health Needs	i. Coverage (16 districts) ii. Psychosocial Baseline Survey iii. Support Groups (Formation & Conduction) iv. Total nos. of Support Group Members v. Individual Counselling/ Emotional Support vi. Support to Mental Health Cases vii. Parenting Program for Single Mothers viii. Child clubs (formation and support)	i. 741 Families (1309 Male, 1565 Female, 1525 children) ii. 834 individuals (553 Female, 281 Male) iii. 113 groups (82 Female, 31 Male) iv. 784 individuals (538 Female, 246 Male) v. 151 individuals (115 Female, 19 Male, 17 Children) vi. 6 individuals (2 Female, 4 Male) vii. 2 Events (26 Female) viii. 5 clubs (115 children: 52 FoMs, 63 Non-Missing Families)
Social and Spiritual Needs	i. District level program orientation ii. Community Interactions iii. Arts and Essay writing events iv. Art Exhibitions v. Street Drama vi. Commemorative Events/Inauguration Ceremonies vii. Family Unity Gatherings	i. 16 districts for service providing organisations/offices ii. 108 Events (3880 participants) iii. 43 Events (880 children) iv. 7 Events (App. 3000 observers) v. 91 Events (App. 15588 observers) vi. 151 Events (11224 participants) vii. 24 Events (3795 participants)
Legal & Administrative Needs	i. Orientation on legal/administrative issues ii. Support for Interim Relief (IR) iii. Support for Scholarships iv. Support for legal documents (except IR process)	i. 113 events (538 Female, 246 Male) ii. 169 Families iii. 419 Families (643 children of Missing persons) iv. 73 Families



ICRC

A A
C C
T C
I O
V M
I P
T L
I I
E S
S H
E
D

Economic needs	<p><u>Collaboration with Heifer International:</u></p> <ul style="list-style-type: none"> i. Orientation on Livelihood Approaches ii. Group Formation of FoM + Non-Missing families iii. Training on value based self-help approaches iv. Training on Animal Management v. Training on Kitchen gardening/fodder management vi. Exposure visits vii. Insurance Funds and managements viii. Economic Support (grants on passing on gift) ix. Monitoring and Follow up of the support (Participatory Self Review and planning) x. Self-help Group Sustainability training xi. "Passing on the Gift" to Sister Groups 	<ul style="list-style-type: none"> i. 1025 Families (625 FoM, 400 Non-Missing families) ii. 1025 women (625 FoM, 400 Non-Missing families) iii. 1135 individuals (1039 Female, 96 Male) iv. 1043 individuals (1030 Female, 13 Male) v. 906 individuals (898 Female, 8 Male) vi. 13 Events (702 Female, 137 Males) vii. 1.47 Million NPR (Revolving Fund) viii. 1025 women (625 FoM, 400 Non-Missing families) ix. All members/every three months x. 1025 women xi. 519 individuals (493 Female, 26 Male)
Family needs	<ul style="list-style-type: none"> i. Information dissemination on support to FoM ii. Family psycho-education sessions 	<ul style="list-style-type: none"> i. 661 Families ii. 92 Families
Referrals	<ul style="list-style-type: none"> i. Vocational skills training (3-6 months) ii. Mental Health Cases support iii. Legal/administrative support & counselling 	<ul style="list-style-type: none"> i. 166 individuals ii. 8 (6 FoM, 2 other conflict affected) iii. 250 Families (multiple times)

PROGRAM MONITORING

- Monthly debriefing meeting with accompaniers
- Monthly program priorities and planning
- Supervision support of accompaniers in support group meetings
- Peer supervision support to counsellors
- Psychosocial Wellbeing Monitoring
- Program Financial monitoring
- Qualitative outcomes Evaluation/Review (External/Internal)



ICRC

Psychosocial Wellbeing Monitoring

- To assess the level of psychological distress of the families before and after
- To monitor the outcomes of support group intervention (assessment at different intervals- pre, post and post post)
- To refer the cases for individual counseling if necessary

Instruments used for Psychosocial Wellbeing Monitoring

Domains	Instrument	Concept
Anxiety	Hopkins Symptom Checklist-25 (HSCL-25)	This is an internationally accepted and widely used tool which consists of 25 questions. 10 questions measure symptoms of anxiety and 15 questions measure symptoms of depression. One question from the depression cluster, which measures loss of sexual interest was omitted due to cultural sensitivity. This instrument has been used and validated in Nepal before by Van Ommeren et al; Tol et al; Thapa et al. HSCL-25 (Parloff MB, Kelman HC, Frank JD,1954);
Depression		
Suicide risk		
Psychosomatic	Adaptation of BRADFORD SOMATIC INVENTORY	Bradford Somatic Inventory is an internally accepted and widely used tool to measure psychosomatic complaints. An adapted version, with 7 questions was used to measure level of distress that are psychosomatic in nature. This tool has been used in Nepal before by Emmelkamp et al., and in rural Indonesia by Poudyal et al.
Missing	Impact of the missing / Tailored inhouse	Three questions were included to understand the distress of recurrent memories of the missing loved one based on the complaints presented during the needs assessment. The questions focus on recurrent distressing memories of the missing person, fear that their missing person will be forgotten, and dreams related to the missing person.
Total distress		Total of (A1- A 25 + S1-S7 + L1-L3) M == A 20M ==
Disability and functionality	Adaptation of WHO Disability Assessment Schedule (WHO DAS II)	It is a 36-item instrument designed to measure disability irrespective of health-related etiology in six domains: understanding and communicating, getting around, self-care, getting along with people, life activities, and participation in society. This instrument was developed by WHO to measure impairment in daily life activities. 16 questions were selected for assessment. It has been used widely in low and middle income countries including in Nepal by Jordans et al.; Tol et al., and in rural Indonesia by Poudyal et al.
Social Support and Religious Coping	Adaptation of <u>BRIEF COPE</u> (WHO- SRF)	Questions on (adapted from brief cope/ WHO - SRF): This section consists of 8 questions focusing on social and religious coping mechanisms. Some International MHPSS professionals recommend developing a localized coping questionnaire because people from different cultures and settings use coping mechanisms based on their culture and context (Bolton et al, Poudyal et al). However, due to lack of time in developing such a tool, we decided to use this questionnaire developed by the WHO to measure if people's social and religious coping would increase after the interventions. 8 items + 3 items, relationship specific.

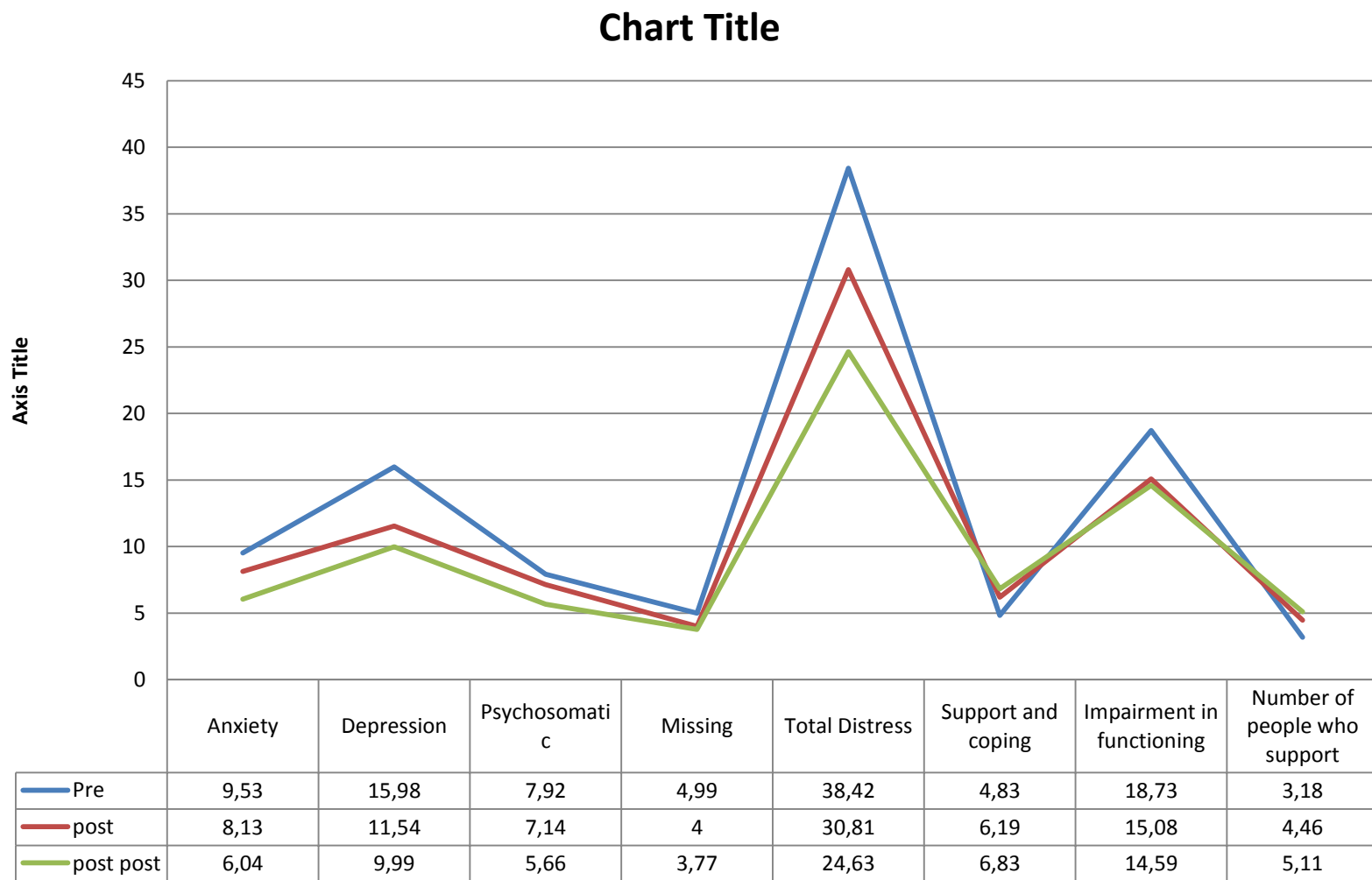


ICRC

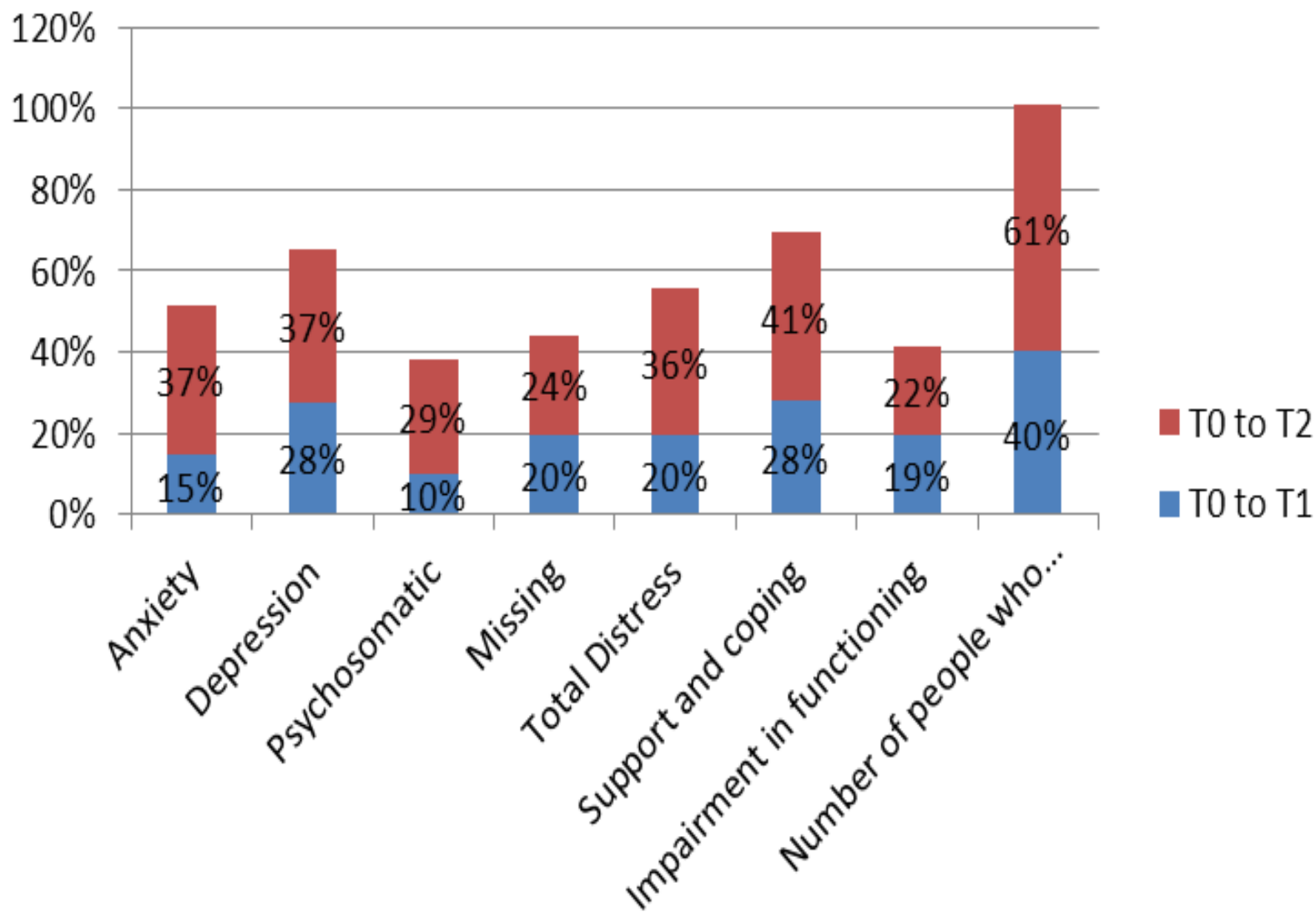
Psychosocial Wellbeing Monitoring Results

Banke (Wives and Mothers)

General Trend of Changes in Psychosocial wellbeing n=(T0=77) and (T1=72 & T2=70)



Comparison of improvement





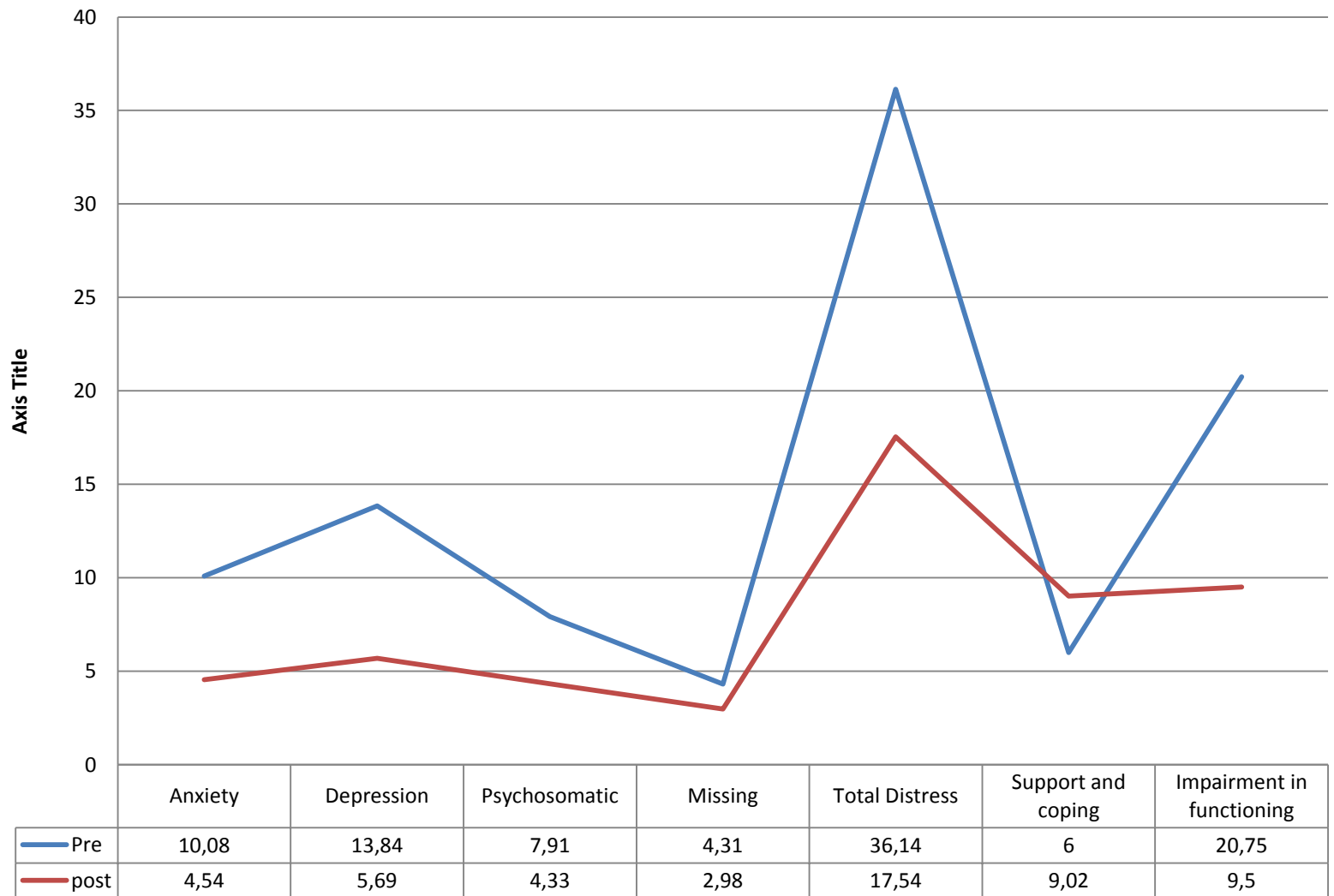
ICRC

Psychosocial Wellbeing Monitoring Results

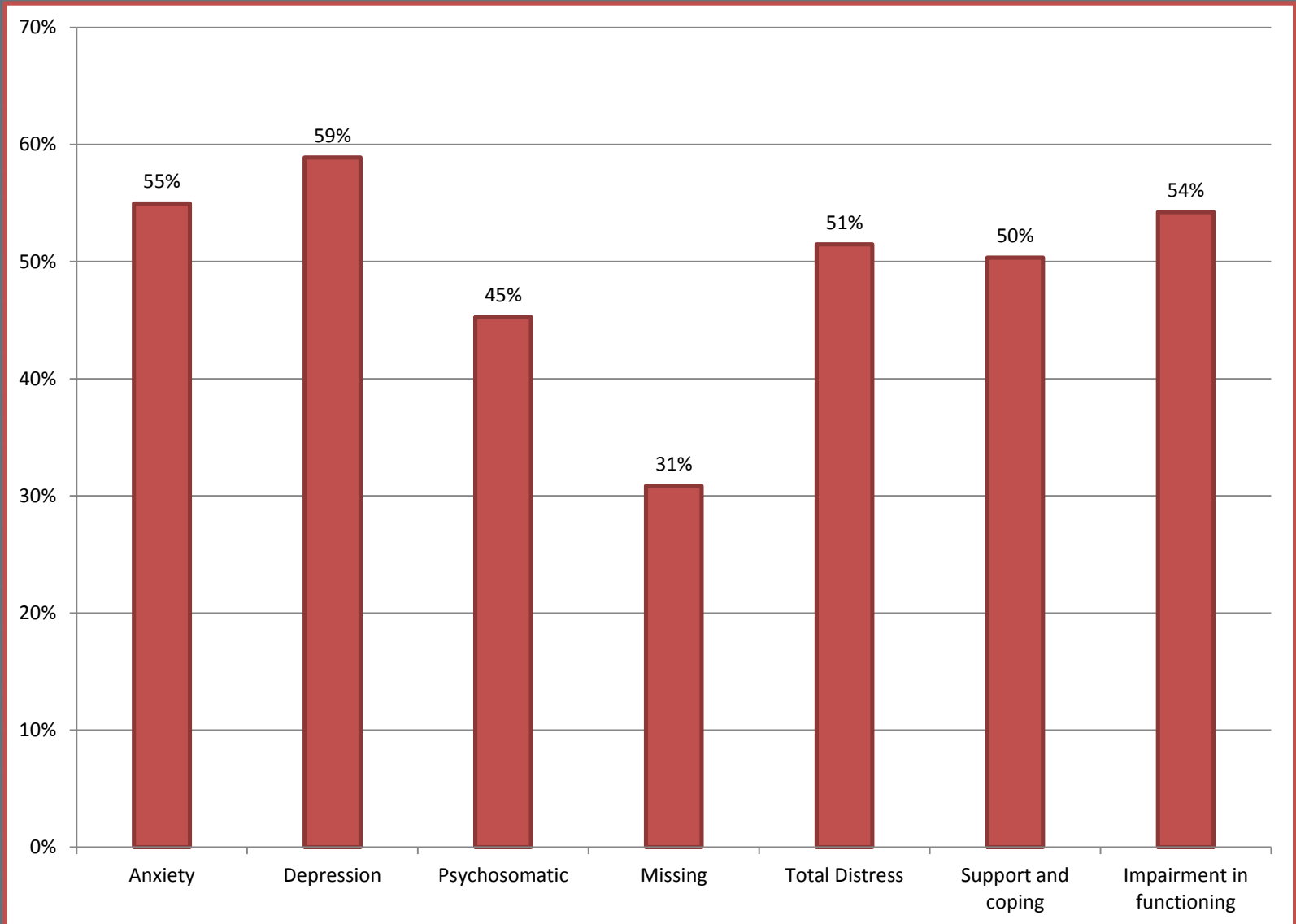
Kathmandu (Mothers and Wives)

General Trend of Changes in Psychosocial Well-being

n= (T0=77 and T1=52)



Improvement from Baseline compared with T1 (1 year)



Questions?

- Reflections
- Feedback
- Suggestions

Thank you all for your patience and support