



Annual Report 2021

Introduction

Transcultural Psychosocial Organization Nepal (TPO Nepal) is one of Nepal's leading psychosocial organizations. It was established in 2005 with the aim of promoting the psychosocial well-being and mental health of children and families in conflict-affected and other vulnerable communities. TPO Nepal is a knowledge-driven, innovative organization working in areas disrupted by violence and poverty. We strive to develop local psychosocial, mental health and conflict resolution capacity and systems that promote community resilience, quality of life and self-reliance through education, research, service delivery and advocacy.

Vision

We envision conflict-resolved, resilient communities where local populations have adequate access to multi-dimensional mental health and psychosocial care systems.

Mission

We promote psychosocial well-being and mental health of children and families in conflict affected and other vulnerable communities through the development of sustainable, culturally-appropriate, community-based psychosocial support systems.

TPO Nepal Annual Report 2021

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बहुसांस्कृतिक मनोसामाजिक संस्था नेपाल (टि.पि.ओ. नेपाल) Transcultural Psychosocial Organization Nepal (TPO Nepal)

Message from the Executive Director

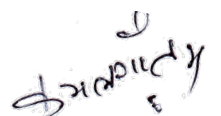
Presenting our organization's annual report for 2021 gives me a great pleasure. Health is a fundamental human right as per the Constitution of Nepal. As an organization working on mental health and psychosocial support, TPO Nepal has been striving to strengthen the health care and protection systems of the Government of Nepal to achieve this goal. We reflect on our efforts and successes in the area of MHPSS (mental health and psychosocial support) over the past year as the world slowly recovers from a devastating pandemic.



As the pandemic impacted millions of people worldwide including in Nepal in 2020 and 2021, the scope, modality, approach and milestones were reformed to meet the needs and demands of MHPSS. An evolution has been witnessed in MHPSS service delivery and platforms after the impact of COVID-19. TPO Nepal provided MHPSS services to the beneficiaries face-to-face, online, and over the phone. After COVID-19, our helpline services have been further strengthened. Through virtual means, we were able to communicate with the beneficiaries globally. Through a variety of programs, including psychosocial counseling, psychosocial interventions, helplines, psychotherapeutic services, psychiatric consultations, medical support, capacity building, community awareness and sensitization activities, webinars and other initiatives, we were able to reach over 38693 people in 2021. It is a pride that TPO Nepal could contribute to achieving the sustainable development goal targets SDG 3 - Good Health and Well-Being, SDG 5 - Gender Equality, SDG 10 - Reduced Inequalities, and SDG 16 - Peace, Justice and Strong Institutions through these activities.

I would like to express my sincere gratitude to the Ministry of Health & Population (MoHP) and its authorities, the Ministry of Women, Children and Senior Citizens (MoWCSC) and its authorities, the National Women Commission, and different provincial and rural/municipal government entities for their contribution and support. I would also like to thank our funding agencies especially the UN agencies (UNICEF, UNODC, UNVFT, OHCHR, UNHCR and WHO), World Bank and The Asia Foundation (TAF). Additionally, I would like to appreciate the collaboration and support that TPO Nepal received from the Medical Research Council (MRC), the Wellcome Trust, National Institute of Mental Health (NIMH), King's College London, Stellenbosch University, George Washington University, the University of Liverpool and Institute of Medicine (IOM), Tribhuvan University on research projects.

I am also grateful to all the staff members, executive board, technical advisors and beneficiaries who provided support and cooperation in achieving our goals. Last but not the least, I would like to thank Pitambar Koirala, Suraj Koirala, Diwakar Khanal, Mallika Chaulagain and Ram Adhar Thakur for their unwavering effort in drafting, finalizing and designing this report.


Dr. Kamal Gautam

List of abbreviations

AGM	Annual General Meeting
AHW	Auxiliary Health Worker
ANM	Auxiliary Nurse Midwife
BIC	Bank Information Center
BYAN	Blind Youth Association Nepal
CBT	Cognitive Behavioral Therapy
CFC	Care For Caregivers
CORE4MHPSS	COVID 19: Operationalizing Regional Exchange 4 Mental Health and Psychosocial Support
CPSW	Community-based Psychosocial Worker
EMILIA	E-Mhgap Intervention Guide in Low and Middle-Income Countries: Proof-of-Concept for Impact and Acceptability
ENHANCE	Scaling-up Care for Perinatal Depression through Technological Enhancements to the 'Thinking Healthy Program'
EQUIP	Ensuring Quality in Psychological Support
ESSENCE	Enabling Translation of Science to Service to Enhance Depression Care
FCHV	Female Community Health Volunteer
FHS	Foundational Helping Skills
GWU	George Washington University
HASHTAG	Health Action in ScHools for a Thriving Adolescent Generation
INDIGO	International Study of Discrimination and Stigma Outcomes
IOM	Institute of Medicine
IPT	Interpersonal Psychotherapy
KCL	King's College London
MET	Motivation Enhancement Therapy
MHPSS	Mental Health and Psychosocial Support
MRC	Medical Research Council
MI	Motivational Interviewing
NHTC	National Health Training Center
NIMH	National Institute of Mental Health
NWC	National Women Commission
OHCHR	United Nations Office of the High Commissioner for Human Rights
PFA	Psychological First Aid
PSEA	Preventing Sexual Exploitation and Abuse
RESHAPE	REducing Stigma among HealthcAre ProvidErs
S/GBV	Sexual/ Gender Based Violence
THP	Thinking Healthy Program
TIP	Trafficking in Person
TJ	Transitional Justice
ToT	Training of Trainers
TPO	Transcultural Psychosocial Organization
UNICEF	United Nations Children's Fund
UNODC	United Nations Office on Drugs and Crime
UNVTF	United Nations Voluntary Trust Fund
UNVFVT	United Nations Voluntary Fund for Victims of Torture
WHO	World Health Organization
WHODAS	World Health Organization Disability Assessment Schedule
WMHD	World Mental Health Day
WSPD	World Suicide Prevention Day

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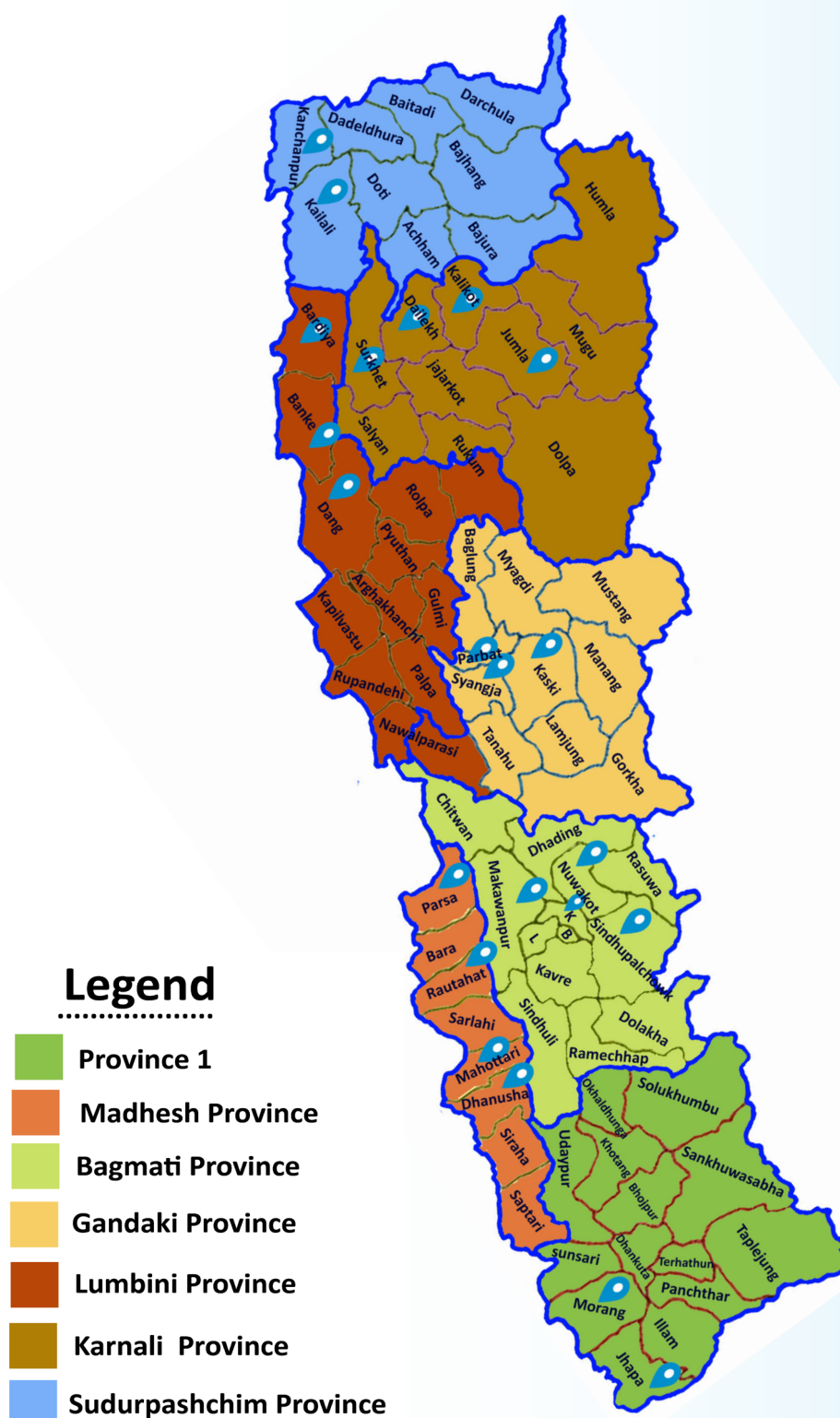
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Project summary

Table 1: Details of key projects

S.N	Name of the project	Timeline	Funding agencies	Thematic area
1	COVID 19: Operationalizing Regional Exchange 4 Mental Health and Psychosocial Support (CORE4MHPSS)	February 2021 to February 2022	The Asia Foundation	Program
2	Dignity: Psychosocial Rehabilitation of the Trafficking in Person (TIP) Survivors	March 2021 to August 2022	United Nations Voluntary Trust Fund (UNVTF)/United Nations Office on Drugs and Crime (UNODC)	Program
3	E-Mhgap Intervention Guide in Low and Middle-Income Countries: Proof-of-Concept for Impact and Acceptability (Emilia)	October 2018 to March 2022	King's College London (KCL)/ Medical Research Council (MRC)	Research
4	Enabling Translation of Science to Service to Enhance Depression Care (ESSENCE)	July 2017 to May 2023	Harvard University/National Institute of Mental Health (NIMH)	Research
5	Emergency support to torture survivors and frontline workers in COVID 19	January 2021 to March 2021	International Rehabilitation Council for Torture Victims (IRCT)	Program
6	Health Action in ScHools for a Thriving Adolescent Generation (HASHTAG)	April 2020 to September 2022	Stellenbosch University/ Medical Research Council (MRC)	Research
7	Holistic Rehabilitation Support to Human Rights Violation	January 2020 to December 2022	United Nations Voluntary Fund for Victim of Torture (UNVFVT) /United Nations Office of the High Commissioner for Human Rights (OHCHR)	Program
8	Integrated Platform for Gender-Based Violence Prevention and Response (Sambodhan)	November 2017 to July 2021	National Women Commission(NWC)/ World Bank	Program
9	International Study of Discrimination and Stigma Outcomes (INDIGO)	December 2020 to August 2023	King's College London	Research
10	Leaving No one Behind: Building Community Capacities in Nepal for Inclusive Transitional Justice, Reconciliation and Conflict Resolution	December 2019 to March 2022	International Alert / U.S. Department of State, The Bureau of Democracy, Human Rights and Labour	Program
11	Psychosocial Support to Girls and Boys Vulnerable to Child Marriage and Violent Discipline/Children, adolescents, caregivers and vulnerable population psychosocial well-being (including in COVID-19 context) improved through services	October 2020 to December 2021	United Nations Children's Fund (UNICEF)	Program
12	REducing Stigma among HealthcAre ProvidErs (RESHAPE)	October 2019 to September 2024	George Washington University (GWU)/NIMH	Research
13	Scaling-up Care for Perinatal Depression through Technological Enhancements to the 'Thinking Healthy Program' (ENHANCE)	January 2021 to January 2024	University of Liverpool	Research

District Coverage of TPO Nepal



The map shows the locations where TPO Nepal had its project implementation in 2021 and/or its offices or contact persons were present.

Service Provision

Psychosocial Counselling and Support

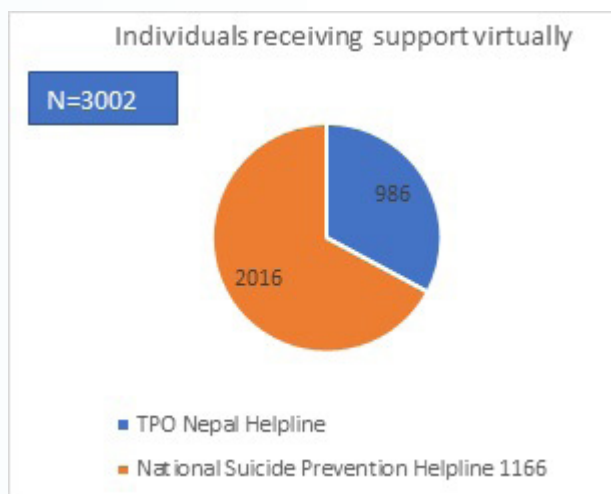
Through the provision of psychosocial support and counseling services, a total of 7248 individuals were able to receive direct support. Psychosocial counseling was offered in person as well as remotely through tele-phone helplines, mobile phone and other virtual mediums. The majority of the individuals receiving psychosocial support and counselling had mental health and psychosocial issues and were affected by sexual/gender based violence (S/GBV), domestic violence, torture, human rights violations and domestic violence. The psychosocial support and counseling services strengthened the resilience among the individuals, family members and community. Furthermore, it enabled the individuals to recover from the issues and challenges they were facing.



Helpline

A total of 3002 individuals received support from the TPO Nepal's toll-free helpline 1660 010 2005 and National Suicide Prevention Helpline 1166. Out of these, 44 % were female and 56 % were male.

The toll-free helpline service was available seven days a week between 8 am to 6 pm whereas the national suicide prevention helpline service was made available 24/7. Many people were able to receive clinical services from a distance. It was difficult for people getting in-person services during COVID-19 and these helplines were immensely helpful to mitigate this gap and offer psychosocial counseling and therapeutic services.



Group Healing

Group healing intervention is an intervention delivered by trained psychosocial counsellor. This intervention is delivered in three different phases.

The group healing intervention was conducted for seven-days based on different thematic areas conducted in three different phases: Phase I: Safety and Self Awareness (Day 1 & 2), Phase II: Self-Care and Support (Day 3, 4 & 5) and Phase III: Harmony, Co-ordination and Closing (Day 6 & 7). The survivors' pre and post psychological status was assessed using screening tools like WHODAS, Hopkins and PTSD adult version checklist. In total, 162 individuals (mainly torture survivors, GBV survivors, displaced population, and population at risk of trafficking) who had been suffering from psychological trauma participated in this intervention.



Psychotherapeutic Services

TPO Nepal also provided psychotherapeutic services to individuals visiting the out-patient department of TPO Nepal. TPO Nepal also provided specific interventions based on – cognitive behavioral therapy techniques (CBT), dialectical behavior therapy (DBT), supportive psychotherapy, gestalt therapy, interpersonal psychotherapy (IPT), motivational interviewing (MI)/ motivation enhancement therapy (MET) and exposure therapy. A total of 30 individuals participated in therapeutic services in TPO Nepal in 2021.



30 individuals received psychotherapeutic services

Health Support

Physical Health Treatment and Medical Support

TPO Nepal also offered a variety of physical health services, including physical health consultations, laboratory tests, radiological investigations, medications and follow-up services, as part of its holistic support for vulnerable populations (such as torture victims, GBV survivors, etc.). In 2021, 100 people received assistance for their physical health conditions.



100 individuals received physical health treatment

Psychiatric Consultation and Support

TPO Nepal offers psychiatric services as a specialty service. Psychiatric consultations are delivered through central office of TPO Nepal as well as through outreach clinics on a periodic basis. Outreach services were received by torture victims and survivors of sexual/ gender based violence (S/GBV). A total of 225 individuals received psychiatric consultation and medical support. The outreach clinic was organized on a quarterly basis specifically in Dang, Banke, Bardiya, Kailali and Kanchanpur districts. Similarly, mental health and psychosocial support services were also delivered by the government health workers trained by TPO Nepal on accredited NHTC Modules. This data has not been included in this report.



225 individuals received psychiatric consultation and medical support

Legal Support

Legal aid, legal counseling and documentation support were provided to a total of 205 torture and GBV survivors.



205 individuals received legal support

Social Support

A total of 600 individuals received social support in different districts through various activities like interaction, consultative meetings, livelihood support, integration support, community engagement, linkage with local government and empowerment. The individuals were a part of different groups in community engagement program, livelihood engagement activities and different networks within the community. The primary objective of the social support was to resolve the problem at community level through self-management skills.



600 individuals received social support

Capacity Building

TPO Nepal offers a variety of training events with duration ranging from 3 days to 6 months. TPO Nepal has expertise to deliver training to medical doctors, health workers, nurses, public health managers and female community health volunteers based on National Health Training Center (NHTC) Modules 1, 2, 3, 4, 5 and 6. Additionally, TPO Nepal provides training to staff members of One-Stop Crisis Management Center (OCMC), CPSWs, teachers, social service providers and counsellors.

In the year 2021, TPO Nepal conducted following training to a total of 2148 health workers and social service providers. They were trained on NHTC Module 1 and Module 2, PFA, stress management and self-care, gender inclusion, child protection, psychosocial care and support. Among them, 53% (N=1136) were male and 47% (N=1008) were female participants.

The disaggregated data of each category of service providers has been tabulated below.

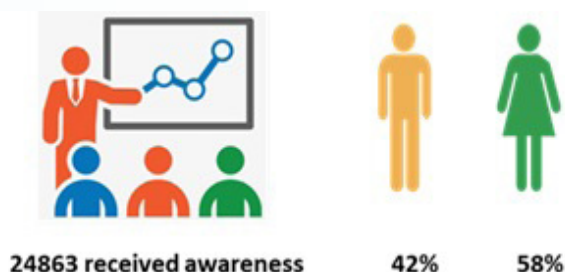
S.N	Trainees	Districts /Province	Training Module	Total participants
1	Teachers	Parsa, Rautahat, Dhanusha, Mahottari and Kanchanpur	Psychosocial concept, child protection and violence	591
2	CPSWs	Madhesh, Lumbini, Karnali and Sudurpaschim Provinces	Basic psychosocial support	143
3	Psychosocial counselors	Parsa, Rautahat, Dhanusha, Mahottari, Surkhet, Kalikot, Jumla, Kailali and Kanchanpur	Child psychology, suicide prevention and GBV case management	32
4	Staff nurse, ANM, AHW	Province 1, Bagmati, Gandaki and Lumbini Provinces	NHTC Module 1	89
5	Medical officers and health workers	Jhapa, Morang, Kathmandu, Kaski, Syangja, Parbat, Dang, Banke, Bardiya and Kailali	NHTC Module 2	121
6	Protection workers, social service providers, OCMC staff	Madhesh, Bagmati, Lumbini, Karnali and Sudurpaschim Provinces	PFA, stress management, self-care, gender inclusion and psychosocial support	1160
7	Helpline staff (100, 104, 1130)	Kathmandu	Suicide Prevention	12

Table 1: Number of Participants Trained on Specific Modules

Community Awareness and Sensitization

TPO Nepal conducted numerous awareness raising campaigns, orientation and sensitizing programs on mental health and psychosocial support (MHPSS) in 2021. These events were facilitated by community based psychosocial workers and counsellors via in-person as well as virtual sessions.

The programs focused on mental health and psychosocial well-being, psychological first aid (PFA), child marriage, S/GBV, self-care, ensuring child protection and safety, information on COVID-19, stress management, help seeking, stigma reduction, and suicide prevention. Through these events, 24863 people were reached. Among them, 42% were male and 58% were female.



Advocacy Activities

Local level advocacy workshops	<p>A total of 260 local leaders, government officials and community people were sensitized on MHPSS and Transitional Justice (TJ). The participants were from 10 municipalities of Rautahat, Dhanusha, Mahottari, Banke, Bardiya, Kailali and Kanchanpur districts. TPO Nepal presented the issues of TJ along with data and information on the support provided in the particular district. TPO Nepal also emphasized on the importance of mental health and psychosocial support among the victims of armed conflict and torture, children and adolescents' issues. After attending the workshops, local leaders were motivated and expressed their willingness to include MHPSS programs in their upcoming annual work plan. Engagement of victim group and their sharing was really effective in the workshop.</p>
World Suicide Prevention Day (WSPD) 2021	<p>On the occasion of WSPD 2021, a number of events were organized by TPO Nepal in Parsa, Rautahat, Janakpur, Kathmandu, Kailali and Kanchanpur. These included awareness rallies, interaction programs, webinars and related events.</p> <p>A webinar titled "Q/A with experts on suicide prevention" was held on 10 September, 2021 on the occasion of World Suicide Prevention Day. The theme for this year's World Suicide Prevention Day was "Creating Hope Through Action". A total of 55 participants attended this webinar.</p> 
World Mental Health Day (WMHD) 2021	<p>On the occasion of WMHD 2021, several arts related activities were conducted by TPO Nepal. This also included an in-house workshop to promote mental health and psychosocial well-being of staff members- "Mental Health for Me".</p> <p>Similarly, TPO Nepal also presented at a global webinar titled "Mental Health in an Unequal World: How is South Asia Coping?". Dr. Kamal Gautam, Executive Director of TPO Nepal, presented on the MHPSS perspectives and activities conducted by TPO Nepal which could be replicated in South Asia.</p> 
15th National Day Against Human Trafficking	<p>TPO Nepal has been working on human trafficking for the last 10 years. On the occasion of the 15th National Day Against Human Trafficking, Sunita Foundation and TPO Nepal organized a virtual interaction program on "Human Trafficking Free Society, Our Commitment: Efforts and Solidarity of All". Police, government officials and representatives from civil society organizations were the primary audience of the event. More than 100 individuals participated in the program.</p> 
International Day of the Victims of Enforced Disappearances	<p>International Day of the Victims of Enforced Disappearances was observed on August 30, 2021. An interaction program titled "Making the status of disappeared citizens public and the role of stakeholders in the justice of the victims" was held in Banke.</p> <p>Similarly, an interaction program entitled "Role of local government in reparation of conflict victims" was organized in Gulariya, Bardiya by a consortium of different organizations including TPO Nepal. At the national level, a press release endorsed by 56 national and international organizations was sent to the Government of Nepal to undertake immediate steps to address the core concerns of the families of enforced disappearances.</p> 

Research

Research is one of the key thematic areas of TPO Nepal. In the year 2021, majority of the research activities were focused on generating evidences on reduction of stigma among service providers, prevention and promotion of mental health of adolescents, gender and mental health, adaptation of global intervention in Nepal, validation of tools in mental health, digitalization in mental health (use of app based platform) and use of competency based tools among service providers. Through these studies, a total of 18 articles were published in international journals.

Articles published in 2021

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Other Major Events in 2021

Capacity Building on Preventing Sexual Exploitation and Abuse (PSEA)

A one-day capacity building session on “Prevention of sexual exploitation/abuse in development interventions and humanitarian emergencies” was held on 29 January, 2021. This event was organized at TPO Nepal with the support of UNICEF as a part of its global initiative to orient its partners on PSEA.



Figure 1: Capacity Building on PSEA

Program Review and Care for Caregivers (CFC) Workshop

Two Care For Caregivers (CFC) workshops were organized in Bardiya and Chitwan in 2021. TPO Nepal's service providers and project staff, human rights activists, lawyers, and other professionals participated in these workshops. The workshops were anticipated to help in developing self-care plans, managing stress and burnout, empowering caregivers on dealing efficiently with stress and promotion of psychosocial well-being of staff members.



Figure 2: Care For Caregivers (CFC) Workshop in Chitwan

TPO Nepal in collaboration with TPO alliance

Under the Ensuring Quality in Psychological Support (EQUIP) initiative, supported by WHO, a five-day foundational helping skills (FHS) training was delivered virtually between January 5 to January 9, 2021. This program was designed to give a group of non-specialists the fundamental knowledge of mental health and psychosocial support. The program was led by the clinical supervisors of TPO Nepal namely Pragya Shrestha and Indira Pradhan. A total of 14 undergraduate social work and psychology students took part in the program.



Figure 3: In-house Workshop on EQUIP Digital Platform

Similarly, an in-house workshop on “Global scale-up of the Ensuring Quality in Psychosocial Support (EQUIP) digital platform” was conducted jointly by TPO Nepal and TPO alliance. Gloria Pedersen, PhD scholar from the George Washington University (GWU), facilitated the workshop.

Marking of International Women's Day 2021

An in-house interaction program was organized by TPO Nepal on 8 March, 2021 to mark International Women's Day. This year, the day was observed with the theme "Women in leadership: Achieving an equal future in a COVID-19 world". A total of 27 staff members of TPO Nepal participated in the event. The objective of this event was to discuss different facets of being a woman in a common forum. During the event, a number of materials produced by women affected by S/GBV were displayed and interaction was done. Furthermore, an interaction program on "Role of women and local level in gender-based violence and psychosocial support" was organized in Kailali district to mark the day.

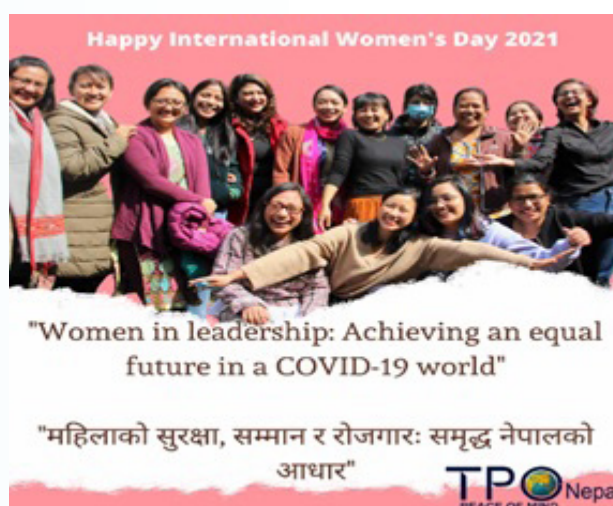


Figure 4: International Women's Day Celebration

Training of Trainers (ToT) on NHTC Module 2

A ToT on WHO mhGAP/NHTC Module 2 was organized by the Health Training Center, Gandaki Province, Pokhara in collaboration with TPO Nepal. The event was organized between September 20 to September 25, 2021. The program was attended by 6 psychiatrists. The training was facilitated by certified ToT facilitators from TPO Nepal.



Figure 5: ToT on NHTC Module 2 in Pokhara

Web-Series for Capacity Building of Early-Career Researchers in Nepal

In 2021, TPO Nepal, in partnership with the George Washington University (GWU), conducted a series of monthly webinars starting from July. The objective of this web series was to explore and discuss various topics on global mental and behavioral health research. The webinar was held on the third week of each month. The webinar covered topics such as suicide prevention, pressing issues in mental health, and task sharing approaches, task-sharing and implementation of collaborative care model in rural Nepal, and mental health: intersections with HIV and substance use. Dr. Kedar Marahatta, Dr. Mita Rana, Dr. Brandon Kohrt and Sushmeera Aryal were the speakers in the webinars.



Figure 6: Mental Health Web Series

Thinking Healthy Program (THP) Adaptation Workshop

A one-day adaptation workshop on Thinking Healthy Program (THP) for perinatal depression of World Health Organization (WHO) was held at TPO Nepal on 27 September, 2021. In total, 14 mental health, public health, maternal and child health experts from different organizations participated in the workshop. Pragya Shrestha and Prasansa Subba facilitated the workshop held as a part of the ENHANCE project.



Figure 7: Workshop on THP for Perinatal Depression of WHO

Team

Executive Board	Management Committee
Dr. Mita Rana (Chairperson)	Dr. Kamal Gautam (Executive Director)
Mr. Nabin Lamichhane (Vice-Chairperson)	Mr. Raam Katwal (HOD/Admin and Finance)
Mr. Ramesh Prasad Adhikari (General Secretary)	Mr. Pitambar Koirala (HOD/Program)
Mr. Krishna Bahadur Karki (Treasurer)	Ms. Ratna Maya Lama (Program Coordinator/Safeguarding Officer)
Ms. Manju Adhikari (Member)	Ms. Ambika Balami (Coordinator/Psychosocial Trainer)
Mr. Satish Chandra Aryal (Member)	Mr. Suraj Koirala (Technical Advisor)
Ms. Salita Gurung (Member)	
Technical Advisors	Staff
Dr. Mark Jordans, PhD	There were a total of 124 staff members in the year 2021 out of which 62% were female and 38% were male. Categorically, 71 staff (69% female, 31% male) were under program, 35 staff (62% female, 38 % male) in research and 18 staff (38% female, 62% male) were in finance and admin department. 35% were based in Kathmandu while 65% were in districts.
Dr. Brandon Kohrt, MD, PhD	
Prof. Shishir Subba, PhD	
Dr. Rishav Koirala, MD Psychiatrist, PhD Scholar	
Mr. Suraj Koirala	

Financial Summary

Financial Summary (FY 2077 78(2020 2021)	Amount in NPR	
TOTAL FUND RECEIVED (GRANT and OTHER):	71,296,865.15	
Program Cost:	26269081.19	36.30%
Research Cost:	29134799.14	40.26%
Publication and media:	1722325.434	2.38%
Training/Capacity Building :	8756360.398	12.10%
Administrative Cost:	6484048.691	8.96%
TOTAL EXPENSES:	72,366,614.86	
Advance Grant (Surplus/Deficit for the FY)	(1,069,749.71)	

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