



# ANNUAL REPORT

## WCHAN ORGANIZATION



A black and white photograph of a person sitting on a tiled floor in a dark room. A bright window on the right side of the frame casts a strong light across the floor, creating a long, dark shadow of the person. The person is seen from the side, looking towards the window. The overall mood is somber and contemplative.

# REBUILDING LIVES AFTER TORTURE



## A message from the **DIRECTOR**

Dealing with survivors of trauma and understanding their pain is a difficult and exhausting task. Service providers need special knowledge and skills so as to perform that task. They should be supported to continue their work while ensuring that they do not become traumatized themselves. From that point of view, Wchan Organization emphasizes having providers with appropriate

academic backgrounds, scientific knowledge, clinical skills, and continuous job training and supervision. This equips the providers to perform their tasks in a quality manner, as well as, to take care of themselves.

We believe that every survivor has the right to rehabilitation and restoring one person's hope means saving a family and serving a community. Survivors of severe trauma, such as torture, ill treatment, sexual and gender based violence, and conflict related sexual violence constitute our beneficiaries. Our beneficiaries are from throughout the Kurdistan Region of Iraq, the central part of Iraq, and Syria. During 2017, we continued providing services at all levels, ranging from basic psychosocial support to highly specialized services. The services were based on the needs of each individual. We provided services to internally displaced persons (IDP), refugees, and host communities. Services were provided in Wchan's Trauma Rehabilitation and Training Center in Sulaimania, offices inside reformatories and detention centers of Sulaimania and Erbil, IDP camps, and other locations through our mobile teams and the use of the offices of other actors.

We hope that our services have benefited many and have also prevented the traumatization of others.

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# PLACE OF WORK



**W**chan Organization's head office is based in Sulaimania and provides services to individuals from throughout the Kurdistan Region, including the Governorates of Sulaimania, Erbil and Duhok. Wchan Organization is also willing to accept cases from other areas throughout Iraq as determined on an individual basis.

Wchan Organization for Human Rights Violations is a Kurdish-Iraqi independent, non-governmental, and non-profit human rights organization that works to oppose all human rights abuses related to torture, genocide, war, and gender-based violence.



## ORGANIZATIONAL OBJECTIVES

- A. To offer a wide range of rehabilitation services (medical, mental health, case management, and social) to survivors of human rights abuses.
- B. To build capacity of paraprofessionals working with rehabilitative organizations through the provision of trainings and clinical supervision.
- C. To offer legal advocacy for the survivors and their families, in and outside court, to support their efforts to receive compensation.
- D. To oppose all human rights violations.
- E. To collect information regarding human rights violations via direct services, research, observations, and visits to prisons and shelters.
- F. To document human rights violations in a confidential and professional manner.

**OUR MISSION:  
TO OPPOSE HUMAN  
RIGHTS VIOLATIONS  
AND TO REDUCE  
THE SUFFERING OF  
SURVIVORS OF SUCH  
VIOLATIONS.**



# LIFE WITH TRAUMA

## Living in the shadows

“Traumatic events are extraordinary, not because they occur rarely, but rather because they overwhelm the ordinary human adaptations to life.”

Judith Herman, Trauma and Recovery



# Board Of Trustees (BoT)

THE BOT CONSISTS OF THREE MEMEBERS:

- JUDGE RZGAR MUHAMMAD AMIN      HEAD OF THE BOARD
- DR. AZAD ALI ISMAIL      BOARD MEMBER
- MS. VIAN ABDULRAHIM ABDULLAH      BOARD MEMBER





# BOARD OF DIRECTORS

**T**he Board of Director (BoD) consists of seven members including the executive director. The BoD is responsible for developing and implementing plans, overseeing activities, managing finances, and monitoring and evaluating the programs.

The BoD includes the following positions:

1. Executive Director
2. Mental Health Director
3. Finance Manager
4. Administrator
5. Case Manager
6. Mental Health Supervisor
7. Mental Health Counselor
8. Any other appointee by the executive director (discretionary)





## OUR ACTIVITIES

Wchan provides direct psychosocial services, specialized trauma treatment, medical and psychiatric care, emergency assistance, and case management services to survivors of trauma including those that have experiences torture, war trauma, sexual and gender based violence, and other human rights violations. The main function of the organization is to provide comprehensive rehabilitative services for persons throughout Iraq to restore the survivor's ability to reestablish family and community relationships and to recover the human potential damaged by such trauma. The immediate goal of torture treatment is to reduce symptoms of traumatic stress, prevent suicide, and treat existing physical injuries or illnesses.

Individuals seeking services participate in an intake process with a trained mental health professional to gather information about their history of torture and trauma and to identify their psychosocial and medical needs, as well as, their existing support networks. Following the intake process, individuals are assessed based on various criteria to determine whether they qualify for services.

On enrollment in the program, the clinical staff develop an individualized treatment plan to address the psychosocial, medical and other identified needs. The organization provides a range of mental health services including basic counseling, individual and group psychotherapies, family counseling, psychiatric evaluations and treatment, and social services such as assistance securing transportation to the organization and benefits from the government and other actors.

Direct services consist of mental health, medical, and social services.

# **MENTAL HEALTH SERVICES**

1. Intake assessment
2. Psychiatric services
  - a. Psychiatric evaluation and diagnosis
  - b. Prescribing and providing psychoactive medications
  - c. Medication management
3. Short-term interventions
  - a. Client psychoeducation and normalization of symptoms
  - b. Family counseling and education
  - c. Relaxation techniques
4. Specialized mental health interventions
  - a. Cognitive Behavioral Therapy
  - b. Cognitive Processing Therapy
  - c. Common Elements Treatment Approach
  - d. Narrative Exposure Therapy
5. Crisis management and suicide prevention through individual and/or family crisis counseling and safety planning
6. Group interventions
  - a. Group psychotherapy
7. Substance abuse treatment
  - a. Like skills intervention
8. Forensic evaluation
  - a. Medical Assessment (physical and psychological)
  - b. Medical Documentation Do you do Istanbul protocol?

## **MEDICAL SERVICES**

**M**edical treatment for survivors of torture consists of rehabilitation services for injuries and the management of the physiological effects of traumatic stress such as high blood pressure.

Medical services include:

1. Primary health care services
2. Specialist services – if needed, clients will be referred to hospitals or private hospitals/clinics for services not provided by Wchan.

Social services include:

1. Assistance accessing public benefits for which clients are eligible
2. Education assistance
3. Transportation assistance

## **CAPACITYBUILDING**

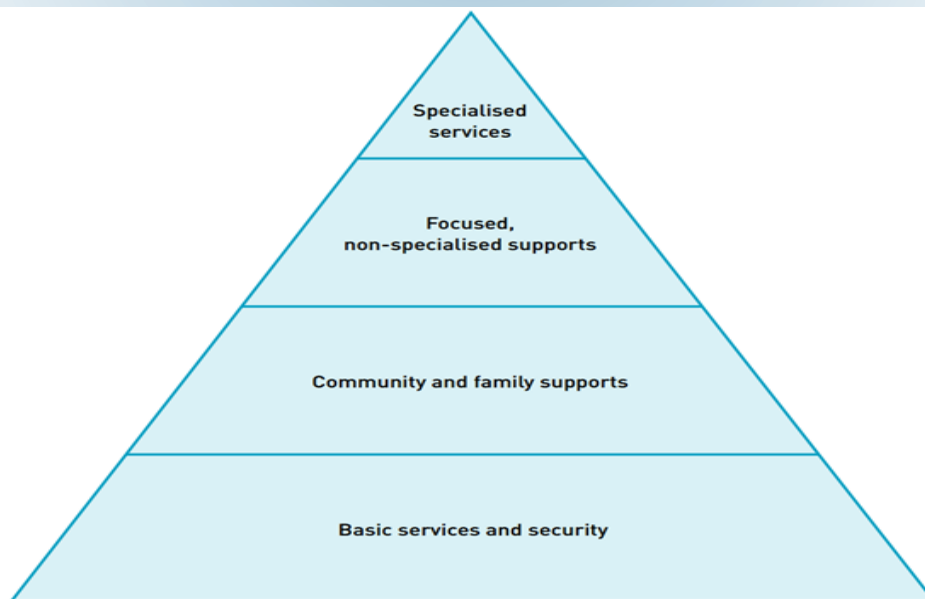
**W**chan's second function is capacity building through the provision of training and clinical supervision. This includes internal and external capacity building activities. Wchan's clinical staff continuously participate in training courses conducted by national and international experts on various mental health interventions. These training courses are usually followed by clinical supervision.

In turn, Wchan's clinical staff provide a wide range of trainings and workshops in the field of psychological trauma and counseling to variety of professionals, such as psychologists, social workers, case managers, teachers, detention and reformatory staff and guards. These external training courses are usually combined with clinical supervision.



# MODELS OF MENTAL HEALTH INTERVENTIONS

Wchan provides different levels of mental health psychosocial support services (MHPSS) interventions. Interventions range from basic services to specialized evidence – based interventions.



**W**chan uses various mental health interventions, including components of Cognitive Behavioral Therapy (CBT), Cognitive Processing Therapy (CPT), Common Element Treatment Approach (CETA), Narrative Exposure Therapy (NET), and Life Skills intervention for addressing problems of substance abuses. Interventions are provide in individual and group formats.

# CASE NUMBER STATISTICS



SERVICE TYPE	TOTAL BENEFICIARIES IN 2016
INDIVIDUAL SESSION	1214
FAMILY SESSION	23
GROUP THERAPY	738
PSYCHIATRIC SERVICE	307
PSYCHIATRIC SERVICE TEL. CONSULTATION WITH CLIENT	560
TEL. WITH OTHER SERVICE PROVIDERS	39
CASE REPORT	10

# ► COMMUNITY EDUCATION



Community education activities include educational seminars for a variety of community groups on the effects of trauma on mental health. The aim is to raise awareness of the impact of traumatic events on individuals, families and society, and to provide strategies to mitigate these impacts. Participants are from the host community as well as, internally displaced persons and refugees. They participants are community members, community leaders, teachers, and students.



## ► COMMUNITY EDUCATION

Wchan organization conducted **25** community education sessions for a total of **741** participants in **2016**. These sessions highlighted the impact of traumatic events, like torture and sexual and gender-based violence (SGVB), on individuals, families and communities. They discussed the mental health and mental illness continuum, stress, trauma, and coping skills. The participants in the community education sessions included **357** internally displaced persons in Sulaymaniyah governorate and **384** detainees and prisoners at Sulaymaniyah detention and reformatory centers.





# TRAINING



Wchan organization conducted **18** training courses in **2016** for **350** participants. The participants were **164** social workers and case managers, **148** guards and officers of reformatory centers, and **38** community leaders and members of internally displaced person populations and women committees. The topics varied and included case management tasks for survivors of sexual and gender based violence, effects of trauma and torture on mental health, communication skills, crisis intervention and suicide prevention, and skills for working with children. Additionally, Wchan conducted in-house training for **28** clinical staff on Narrative exposure therapy (NET) intervention. This training consisted of **38** full days.

## **PRISON** ACTIVITIES

For the first time in Kurdistan, Wchan organization was granted permanent access to detention and reformatory centers to provide mental health services to detainees and prisoners as they reside in these institutions. The services are provided inside Wchan's own private offices within those centers. Services are provided in the Sulaimania Adult Male Reformatory Center, the Sulaimania Adult Detention Center (has male and female sections), and the Sulaimania Juvenile and Women Detention Center.



To promote sustainability the counselors and social workers of these institutions are involved in supporting these activities.

The services provided in these institutions include individual counseling, group counseling & psychotherapy, and group psychoeducation sessions for survivors of torture and trauma and those seeking help for substance abuse. The treatment models that are used include CETA for individual sessions, CPT for individual & group sessions, and Life Skills for group sessions.







# GROUP THERAPY FOR PERSONS SEEKING HELP FOR SUBSTANCE ABUSE



# INTERNAL CAPACITY BUILDING

The internal training and supervision process at the Wchan is continuous. During 2016, two of Wchan's mental health counselors became trainers for Narrative Exposure Therapy (NET). This was the result of a vigorous training and supervision process facilitated by international trainers. These two Wchan trainers then conducted a training course on NET for all of Wchan's clinical staff. This was followed by weekly supervision. This activity also integrated clinical supervision for the trainers with an international expert. This capacity building project extended over 6 months.





# CLINICAL SUPERVISION



**I**ndividual clinical supervision sessions occur on a weekly basis. During these sessions the counselors discuss each treatment session with his/her supervisor. The supervisors also have weekly supervision sessions in a “train the trainer” (TOT) model. Furthermore, there are weekly clinical meetings where all the clinical staff, including mental health counselors, the mental health director, psychiatrists, and case managers discuss the progress and needs of individual cases. Additionally, Wchan provides regular opportunities for three counselors from the male and female reformatory centers to participate in regular supervision sessions.



# ► PROJECTS DURING 2016

## PARTNERSHIP WITH UNHCR

The partnership with UNHCR built the capacity of relevant stakeholders working with survivors of sexual and gender based violence (SGBV) among the internally displaced persons in Sulaymaniyah. The project required coordination with government and non-governmental organizations working in these same populations.

“**RISK OF SGBV IS REDUCED AND THE QUALITY OF RESPONSE IMPROVED IN SULAYMANIYAH GOVERNORATE**”

The following activities were conducted:

### Activity 1: Training stakeholders:

Wchan's technical staff conducted three training courses and bi-weekly group supervision sessions for 30 staff from 15 stakeholder organizations including NGOs, women shelters, and the Directorate of Combating Violence against Women.

### Activity 2: Training community leaders:

Trainings were conducted for 8 community leaders from populations of internally displaced persons. The trainings discussed foundational concepts of SGBV prevention, available services, and referral pathways.

### Activity 3: Establishing and training women committees:

Women committees were established in each location. Trainings were provided to 15 women from internally displaced persons populations. The trainings discussed foundational concepts of SGBV, prevention, available services, and referral pathways.

Can you add how many locations and weamples of where these locations here?



# **UNITED NATIONS OFFICE OF THE HIGH COMMISSIONER FOR HUMAN RIGHTS (UNHCR)**

## **UNITED NATIONS VOLUNTARY FUND FOR VICTIMS OF TORTURE (UNVFT)**

### **TRAUMA REHABILITATION AND TRAINING**

**W**chan provided direct specialized mental health and case management services for 112 survivors of torture and their families.

**W**chan also conducted two training courses for guards, officers, and social workers working inside detention centers and reformatory centers. The objective of these training activities was to prevent torture through the capacity building of the guards and other staff working inside those facilities. The training courses covered communication skills, the impact of torture and trauma, crisis intervention, and suicide prevention. The majority of the participants described that they had not been previously trained on these skills. The participants also shared that they believed that by learning empathetic communication their behaviours toward the detainees and prisoners would positively change. The training activities were held for 30 participants in Sulaymaniyah governorate and 23 participants in Erbil governorate.



## UNITED NATIONS OFFICE OF THE HIGH COMMISSIONER FOR HUMAN RIGHTS (UNHCR)

### UNITED NATIONS ASSISTANT MISSION FOR IRAQ (UNAMI)

The duration of this project was three months (January 1-March 31, 2016). The project addressed sexual and gender based violence (SGBV) and conflict related sexual violence (CRSV) among women and girls. The primary focus was on the communities of internally displaced persons living inside camps and in urban areas in Sulaymaniyah governorate, but the needs of the host community was also addressed. The project's objectives were concerned with prevention measures and direct response / services. The project was implemented as follows:

## **PSYCHOSOCIAL SERVICES FOR WOMEN AND GIRLS SUBJECT-ED TO SGBV AND CRSV IN SULAYMANIYAH GOVERNORATE**

**C**ommunity education and awareness raising sessions conducted by the clinical staff for groups of 25-30 people. More than 80% of attendees were internally displaced persons.

**A** five day training course was conducted for 20 social workers providing services in schools for girls from communities of internally displaced persons. The training equipped the social workers with the skills to effectively manage the needs of survivors of SGBV including being able to make referrals to other service providers.

**D**irect mental health psychosocial support services were provided to 32 beneficiaries. The service was provided by Wchan's technical staff including mental health counselors, psychiatrists and social workers. Short-term and long-term mental health interventions were offered.

# PARTNERSHIP WITH HEARTLAND ALLIANCE INTERNATIONAL-

## PSYCHOSOCIAL SERVICES FOR WOMEN AND GIRLS SUBJECTED TO SGBV AND CRSV IN SULAYMANIYAH GOVERNORATE

The partnership with Heartland Alliance International allowed for this project to start in February 2016, with plans to continue through September 2017. Wchan collaborated with directorates of reformatories and detentions centers of the Kurdistan Regional Government to better protect the rights of detainees and prisoners including male and female juveniles and adults. Capacity building activities were conducted with the detention and reformatory staff, guards, and officers on communication skills, the impact of torture, and crisis management. The aim of these activities were to encourage the institutions to respect the rights of incarcerated persons and to uphold obligations under the United Nations Convention Against Torture (UN -CAT). Wchan also provided direct mental health psychosocial support services to adult and juvenile survivors of torture and ill treatment.

## **PARTNERSHIP WITH HEART- LAND ALLIANCE INTERNATIONAL-**

**T**he partnership with Heartland Alliance International also allowed for a second project which extended from February 2016 to the end of 2016. The project empowered Iraq's ethnic and religious minorities to effectively assert their rights and contribute to their long-term survival during a time of increased ethno-sectarian violence. This was accomplished through the provision of mental health and legal advocacy services. Wchan contributed to this project by improving access to mental health and medical services for ethnic and religious minorities presenting with severe impairments due to traumatic stresses.

### *Preserving the Future : Strengthening Iraqi Religious and Ethnic Minority Communities*

**W**chan implemented this project through the provision of direct mental health and case management services at Wchan's Trauma Rehabilitation and Training Center in Sulaymaniyah. Additionally, Wchan's team provided clinical training and regular supervision for the staff of three community based organizations (CBOs) in Erbil, Duhok and Kirkuk governorates.



# VOLUNTEER WORK

## MENTAL HEALTH SERVICES FOR SURVIVORS OF SEXUAL AND GENDER BASED VIOLENCE INSIDE THE **BURN & PLASTIC SURGERY** **HOSPITAL** IN SULAYMANIYAH

This project was initiated in 2013 and continues to serve beneficiaries. The project was initially supported by a private donor and then was subsequently funded from 2014 to March 2016 by Heartland Alliance International. As of March 2016, Wchan has continued the services on a volunteer basis. The aim of the project is to provide mental health services to survivors of burn injuries. Every year the project provides services for at least 200 beneficiaries. Additionally, Wchan is providing counselling to many of the staff members from the hospital.

# ACTIVITY HIGHLIGHTS



Wchan had the honor of contributing to a conference that discussed how to address the needs of the Yezidi communities that have experienced one of the 21st century's worst crimes against humanity. The conference brought together survivors of ISIS atrocities from the Yezidi communities, agencies working to document these atrocities, practitioners providing services to survivors, academics, and relevant international experts.







## COLLABORATION WITH MINISTRY OF HEALTH

Appreciation letter to Director General - Sulaymaniyah Directorate of Health





Meeting of the working group on  
Health MENA regional forum for  
monitoring of places of detention  
and prevention of Torture  
Denimark - Copenhagen





# Monitoring MHPSS in the Context of the Syrian Refugee Crisis

October 19<sup>th</sup>-20<sup>th</sup>, 2016 in Amman, Jordan



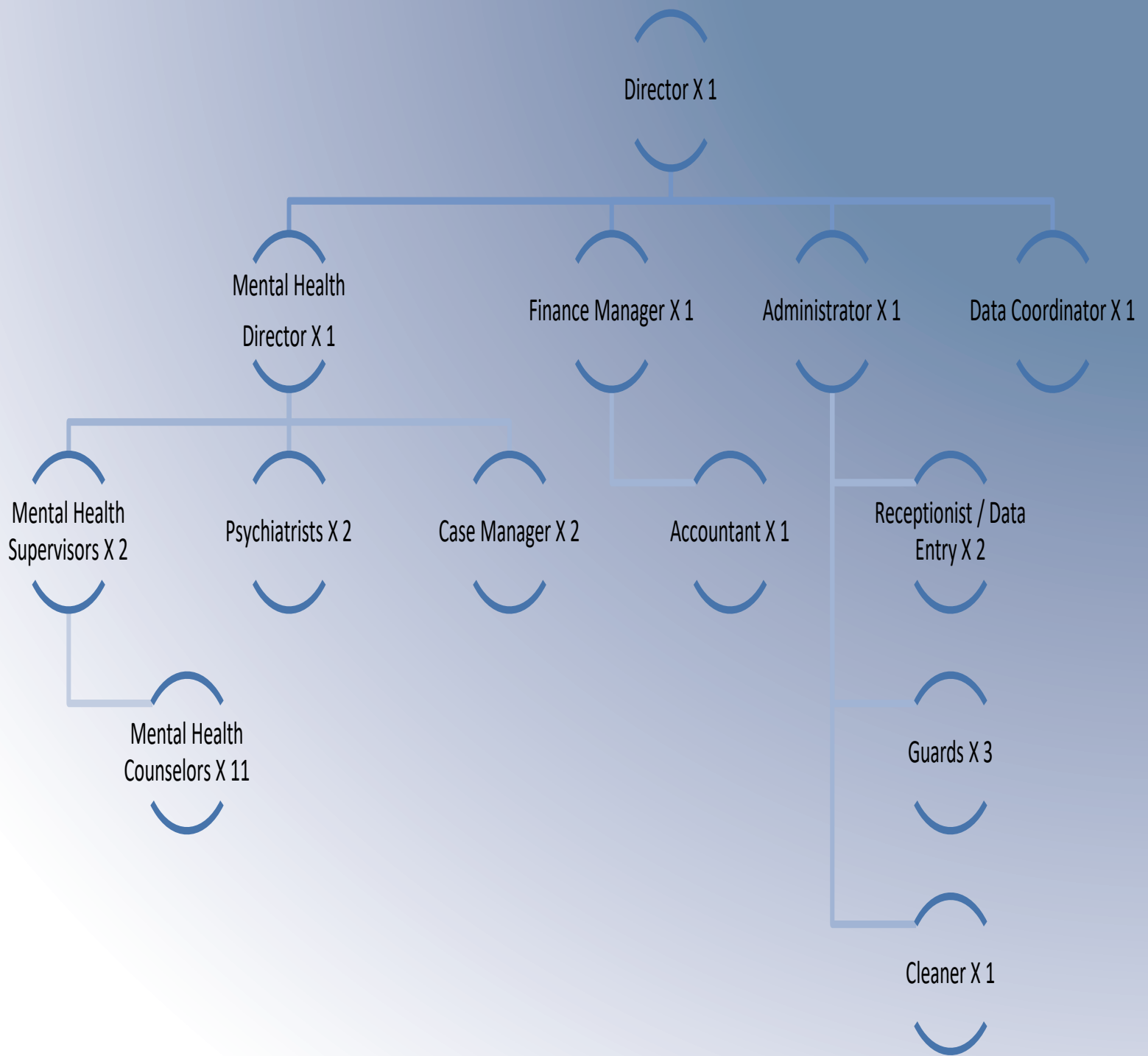


# WCHAN PERSONNEL

Ahmed Mohammed Amin	Executive Director
Salah Hassan Rahim	Mental Health Director
Afram M. Hassn	Psychiatrist
Nashmil Rasul Hama Amin	Psychiatrist
Bahar Hama Faraj	Mental Health Supervisor
Mohammed Azeez Reheem	Mental Health Supervisor
Srwa kadhim Abdalla	Mental Health Counselor
Sokar Taha Muhammed	Mental Health Counselor
Chro Qadir Mohamed Amin	Mental Health Counselor
Chro Abubaker Ahmed	Mental Health Counselor
Goran Mohammed Rasul	Mental Health Counselor
Sarwar Kareem Saeed	Mental Health Counselor
Dara Fayaq Abdulrahman	Mental Health Counselor
Zhian Anwar Faraj	Mental Health Counselor
Hunar Hadi Abdulkarim	Mental Health Counselor
Mohammed Ismael Huassain	Mental Health Counselor
Aveen Ahmed Mahmoud	Mental Health Counselor
Omer Yassin Qadir	Case Manager
Frishta Abdullah Rashid	Case Manager
Tarik Abdullah Sharif	Administrator
Twana Ali Hama Salah	Finance Manager
Shwan Faridun Aziz	Accountant
Mina Harith Zaky	Receptionist / Data Entry



Shaima Jalal Amin	Data Coordinrator
Sakar Raoof Rahim	Cleaner
Mamhmud Ali Faraj	Guard
Saeed Ghafoor Amin	Guard
Qurbany Hama Amin Qadir	Guard



# WCHAN ORGANIZATIONAL CHART



هەڕێمی کوردستان / عێراق  
 سەرۆکایەتی ئەنجومەنی وەزیران  
 سەرۆکایەتی دیوان

فەرمانگە یەکێکەوێ ناھێویمەکان  
 Department of NGOs

دائەڕە المنظمات غیر الھکومیە  
 بەدواری: ١٠ / ٣ / ٢٠١٣

ژمارە: ٣٠-٤

بەئەنگەنامە ی تۆمار

لەژێر ژۆشانی شەڕدوێ مەدەدی (١٠ و ١١) لە یاسای ژمارە ١١(ا) سائی ٢٠١١، تاییبەت یەریکێکەوێ ناھێویمەکان لەھەریمی کوردستان، یەبەوینی مەرجە یاساییبەکان لەداواکاری تۆمارکردن، یەبەینی ئەو دەسەڵاتە ییمان دراوێ بەرپارماندا بە تۆمارکردنی یەکێکەوێ ( و جان بۆ قوربانیان ی یشێنکاری مافی مرۆفە / WOVHRV )

فازل عومەر رعشید  
 سەرۆکی فەرمانگە یەکێکەوێ ناھێویمەکان

www.krgngo.org

 <p><b>MEER BUREAU</b> for Legal Translation Authorized by the Judiciary Council Presidency of Court of Appeal for Kirkuk Area Iraq / Sulaymaniyah - Mawlaat Street - opposite to the Post Office</p>		<p style="text-align: center;"><b>مكتب مرير</b> لترجمة القانونية أمر من مجلس القضاء - رئاسة محكمة الاستئناف منطقة كركوك العراق / السليمانية - شارع مولانا - مقابل مكتب البريد</p> <p>e-mail: mza970@yahoo.com / ☎ : +964(0)770-153-0105 / +964(0)750-111-3414 - 📠 +964(0)333207993</p>
<p><b>Kurdistan Region / Iraq</b> <b>Presidency of Council of Ministers</b> <b>Presidency of Divan</b> <b>Department of NGOs</b></p> <p>www.krgngo.org</p>		
<p>No.: 65-K <span style="float: right;">Date: 6 March 2013</span></p>		
<p><u><i>Certificate of Registration</i></u></p>		
<p><i>By virtue of Articles 10 &amp; 11 of Code No. 1 for 2011 related to NGOs in Kurdistan Region, and after meeting the legal terms &amp; conditions in the Registration Petition, and pursuant to the authorities granted to us we decided to register</i></p> <p><u><b>WCHAN ORGANIZATION FOR VICTIMS OF HUMAN RIGHTS VIOLATIONS (WCVHVR).</b></u></p>		
	<p><i>Signed by</i> <i>Fawziat Osman Rashid</i> <i>Chief of NGOs Dept.</i></p>	
<p>MEER Translation Services Ltd. - Licence No. 521710001, authorized by the Court of Appeal for Kirkuk Area in Sulaymaniyah Province, do hereby certify that the above mentioned Certificate of Registration is a translation of the Original Document. I have translated it from English into the Arabic language. The translation is accurate and the translator is competent to translate 9 Feb. 2015</p>		

## OUR TEAM



## OUR DONORS



UNVFVT  
UN-Voluntary Fund for  
Victims of Torture

HEARTLAND  
ALLIANCE  
INTERNATIONAL



# CONTACT INFORMATION



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