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COMPLETE

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Page 1

**Q1** Name of your organization.

Center for Victims of Torture

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**Q2** Grant #

20150632

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**Q3** Grant Period

September 1, 2015 - August 31, 2016

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**Q4** Location of your organization

City	St. Paul
State	Minnesota

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**Q5** Name and Title of person completing evaluation.

Anne Maertz

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**Q6** Phone Number:

6124364817

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**Q7** Email address.

amaertz@cvt.org

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Page 2: Key Outcomes and Results

**Q8** Total number of clients served through this grant funding:

522 (340 women and girls)

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**Q9** Describe the project's key outcomes and results based on the goals and objectives. Use the following format: State the Goal: State Objective 1: Describe the Activities, Results and Outcomes for Objective 1: State Objective 2 (if applicable): Describe the Activities, Results and Outcomes for Objective 2: State Objective 3 (if applicable): Describe the Activities, Results and Outcomes for Objective 3:

Objective I: Provide mental health counseling for 120 female survivors of torture/war trauma

Indicator: Identify, assess, and provide intensive group and individual psychotherapy. At least 75% of clients demonstrate an improvement in at least one area of psychological and behavioral symptoms between intake and six months.

Outcome: Clients will experience a reduction in symptoms, such as flashbacks and nightmares, and improved functioning in family and community life, less dependence on outside services to solve problems, and more stable family relationships.

Results:

This grant year, CVT assessed 522 new clients, 340 of whom were women. Of these, 13 were age 0-15, 31 were age 16-17, 98 were age 18-25, 106 were age 26-35, 51 were age 36-45, 37 were age 46-60, and four were age 61 or older. (CVT's age categories do not match up with those of the Gimbel foundation's so list them here and approximate them later on in this report.) 340 women received services, including 317 who participated in group therapy. CVT hosted 32 groups for women with six to 13 members in four locations in Nairobi.

CVT conducted 69 six-month follow-up assessments with female clients (due to the transitory nature of refugees' lives, CVT is not able to locate all clients for follow up). 97% of female clients demonstrated an improvement in at least one area of psychological symptoms and behavioral problems between intake and six months.

Objective II: To provide training and development of two female psychosocial counselors

Indicator: One supervisor and two psychosocial counselors (PSCs) will receive monthly trainings to build clinical knowledge and practical skills. PSCs will demonstrate on average a 25% increase in knowledge following trainings. They will demonstrate competence in core counseling skills as determined by tests, as well as evaluations conducted by an expert mental health clinician.

Outcome: PSCs gain knowledge and competence in core counseling skills, which will contribute to their employability by CVT and other employers. PSCs working for CVT also typically have high job satisfaction.

Results:

One female counseling supervisor and two female PSCs were hired and received initial two-week training. CVT then held 24 trainings during the grant year to further develop clinical knowledge and practical skills. These trainings were provided to all clinical staff, including the three female staff members covered by this grant. About half of the trainings were focused on physical therapy, including the intersection between physical and mental health effects of trauma. Training titles include: Introduction to Basic Physiotherapy for torture survivors, Lumbo pelvic dysfunction, Ethics and code of conduct, Vicarious trauma and self care, Translation for counseling, Narrative Exposure Therapy, Theories of pain, and Meaning, multiple losses, and moral injury.

The clinical staff demonstrated on average a 130% increase in knowledge for the 17 trainings in which pre- and post-tests were administered.

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**Q10** Please describe any challenges/obstacles the organization encountered (if any) in attaining goals & objectives.

In spring 2016, the Government of Kenya announced plans for closure of the Dadaab Refugee complex, the largest refugee complex in the world and home to CVT's other program in Kenya. The government disbanded the Department of Refugee Affairs (DRA), and created a new Secretariat of Refugee Affairs (SRA), which then took over the registration of refugees from the United Nations. As a result of these events, the refugee population in Kenya, especially women and girls, were severely exposed to threats and experienced difficulties in their daily life. One example was the disconnection of telephone lines due to lack of proper documentation, which made it impossible for CVT clinical staff to properly follow up with clients for treatment purposes. Simultaneously, CVT witnessed increased movement of refugees out of Nairobi due to police harassment and persecution. Refugees have also experienced serious obstacles to renewing their refugee status, which makes them ineligible to receive available and necessary services. All of this has resulted in making this vulnerable population even more invisible and subject to uncertain dangers in Nairobi.

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**Q11** How did you overcome and/or address the challenges and obstacles?

To keep abreast of developments and provide accurate information to clients, CVT is a member of the Urban Refugee Population Network, coordinated by the United Nations, which meets monthly to discuss the challenges facing refugees and organizations serving refugees. Additionally, CVT has increased its capacity to address trauma counseling and physiotherapy services to more women and girls (almost 65% of CVT clients), as well as to provide more referrals for clients with protection issues to the UN.

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**Q12** Describe any unintended positive outcomes as a result of the efforts supported by this grant.

Due to the threats and vulnerability that young women- and girls are experiencing in Nairobi, along with a notable increase in the number of women and girls engaging in survival sex, CVT has experienced a greater demand for services from female refugees.

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**Q13** Briefly describe the impact this grant has had on the organization and community served.

This grant has given CVT the opportunity to increase awareness about the effects of torture and war trauma among the female refugee population, especially among those more vulnerable due to their legal status and/or social conditions (widows, lesbians, single women). Additionally, CVT was able to provide a supportive and conducive environment for clients to express themselves and address their shame and guilt, a common symptom among torture survivors. This grant has also allowed CVT to enhance the professional development of female counselors through trainings to address new challenges faced when working with refugees in an urban setting.

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Page 3: Budget

**Q14** Please provide a budget expenditure report of the approved line items. Include a brief narrative on how the funds were used to fulfill grant objectives.

From September 2015 to August 2016, the salaries of two psychosocial counselors (PSCs) and one counseling supervisor (who also conducts counseling in addition to supervising PSCs) working in Nairobi were charged to Gimbel in addition to a portion of client transportation stipends, per the budget.

Thank you so much for your support!

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Page 4: Success Stories

**Q15** Please relate a success story:

“Christine” (not her real name) is an 18 year old girl from Congo living with an acquaintance, also from Congo. When she came to CVT she was very sad, cried easily, and reported having flashbacks because of the multiple rapes she had experienced back home. She was also having nightmares and said she was very fearful of men.

At CVT, Christine went through ten group sessions of psychotherapy and physiotherapy. Towards the end of the tenth group session she started talking to other girls in the group and she was able to share her experience. This was something she had initially said she would never be able to do. The psychosocial counselor also noted a change in Christine’s physical appearance in the way she would style her hair and put on some make-up, something she hadn’t done before.

Following the completion of the group sessions, Christine received three- and six-month follow-up assessments. After the six-month assessment, she reporting being willing to consider a long-term relationship with a man and the possibility of getting married and having a child someday. Christine was referred to an organization that provides employment support and she was enrolled in a short course on beautician services, which taught her how to do pedicures, manicures, and make-up application.

**Q16** Please relate a success story here:

**Respondent skipped this question**

**Q17** Please relate a success story here:

**Respondent skipped this question**

Page 5: Organizational Information

**Q18** Which category best describes the organization. Please choose only one.

**Humanitarian**

**Q19** What is the organization's primary program area of interest?

**Health & Human Services**

**Q20** Percentage of clients served through grant in each ethnic group category. Total must equal 100%

Other **100**

**Q21** Approximate percentage of clients served from grant funds in each age category.

Children Birth-05 years of age **0**  
 Children ages 06-12 years of age **4**  
 Youth ages 13-18 **9**  
 Young Adults (18-24) **29**  
 Adults **57**  
 Senior Citizens **1**

**Q22** Approximate percentage of clients served with disabilities from grant funds.

Mentally/Emotionally Disabled **100**

S.L. Gimbel Foundation Fund

**Q23** Approximate percentage of clients served in each economic group. At/Below Poverty Level **100**

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**Q24** Approximate percentage of clients served from grant funds in each population category.

Abused Women/Children	<b>100</b>
Immigrants	<b>100</b>
Elderly	<b>1</b>
Children/Youth (those not included in Family)	<b>12</b>

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