

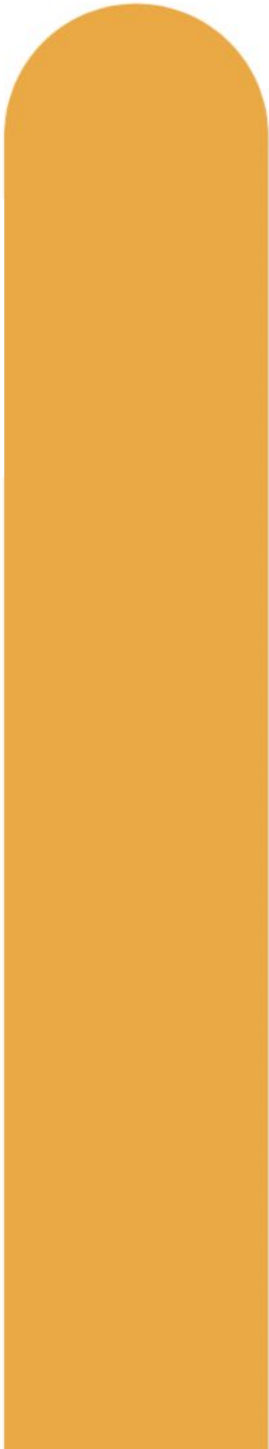
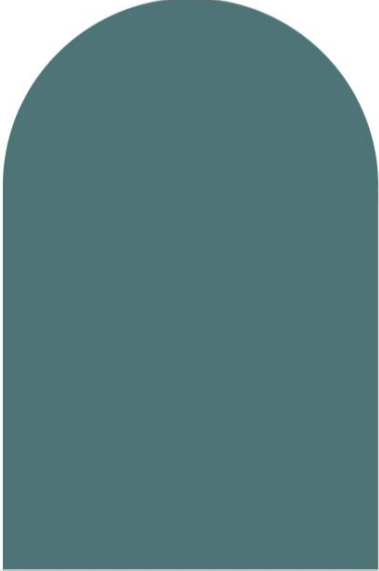
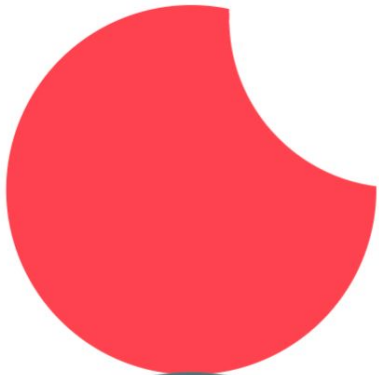
2022

Mid-Year

IMPACT

Report

**TRAUMA
TREATMENT**
INTERNATIONAL



Achievements at a glance

TRAINING



At the start of the year, we completed a course with INTRAC, as part of their Strengthening Small Organisations with Big Ambitions project, around best practice **Monitoring, Evaluation and Learning**. We were very grateful to be chosen for this opportunity and to work alongside many other great charities around the world.



With funding from Matrix Chambers, our Clinical Associates, Trustees and Staff have received training sessions aimed at exploring the **evidence-base** of psychological trauma treatment.

This training has explored TTI's approach to delivering high quality, evidence-based psychological treatment to the survivors of collective violence. The first session was led by our co-founder Dr Brock Chisholm, receiving great feedback.

MEDIA



In May, we were invited by **Sky News** to talk about our expertise on trauma-informed hosting of refugees, represented by our CEO, Quen, and co-founder, Brock. We were also part of an article published in the **Daily Mail**, in August, discussing our research and concerns surrounding the lack of mental health support for hosts of Ukrainian refugees.

RESOURCE HUB LAUNCH



Thanks to the **National Lottery Community Fund** and the expertise of Stephen Palacino at **Page1 Branding**, we have launched our Resource Hub! The Hub is a customised platform to support organisations whose staff may be at risk of vicarious trauma. Through our Resource Hub, we are able to share valuable resources, knowledge, training and offer our specialist services to trauma-exposed workforces.

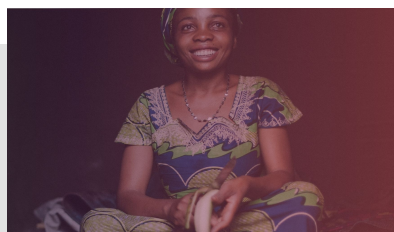
VIDEOS



Earlier this year we partnered with the social enterprise **Editors for Impact** who helped us spread awareness and bring our key messages to life through the power of video.

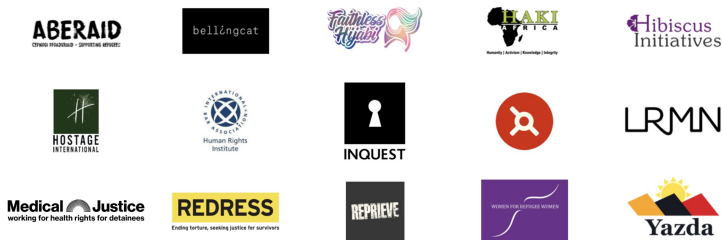
Working with incredibly skilled and creative editors, we have developed one video explaining our **organisation support** work and the approach we take to mitigate against workforce trauma. We have also been able to create a video outlining our **8 top tips** for refugee hosts, from a trauma-informed perspective.

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Outcome 1: Increased organisation resilience to trauma

We have been supporting our partner organisations to ensure their staff can deliver trauma-informed services to beneficiaries, whilst making it a priority to look after their own wellbeing.



Hear what our partners say...



"I think it's helpful to discuss topics with a **trained professional** vs. 'just having a chat.'"



"I certainly feel supervision has impacted on my **resilience** and general wellbeing."



"Sarah has given us **useful tips** in how to deal with the more graphic/traumatic parts of the job"



100%

of participants said the learning from the webinar will have a useful impact on their work

In June 2022, we worked in partnership with the Esmée Fairbairn Foundation to **deliver training** webinars across their grantee network to assess trauma exposure, risk and response.

All participating organisations worked in a range of fields with traumatised communities, including Anti-slavery International, Refugee Women Connect and Migrants Organise.

TRAUMA TREATMENT INTERNATIONAL

"The speaker from TTI was fascinating"

Outcome 2: Increased workforce wellbeing

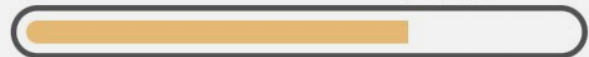
76

1:1 check-in sessions delivered to staff, including supervision and therapy

23

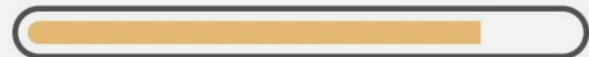
group supervision sessions delivered to teams working with trauma, including case workers and frontline researchers

▼ 70%



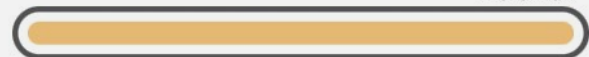
70% of staff said TTI helps them to deliver effective services to traumatised beneficiaries

83%▼



83% of staff reported that TTI services have improved their capacity to deal with crisis in the workplace

100%▼



100% of our partners would recommend TTI services to trauma-exposed organisations



Outcome 3: Increased access to evidence-based trauma treatment

We **launched** our Trauma Clinic in January and it has since supported over 15 victims of extremely threatening and horrific events, such as torture, terrorism and hostage situations. The sessions, headed by our Trauma Clinic Manager Dr Sarah Whittaker, have been both online and face-to-face:

“We help people to tell their story and put words to their experience in a particular way that helps them to understand and recognise that they are safe now.”



“There have been a lot of possibilities, but none of them without waiting lists less than six months or even longer. I don’t even want to mention all the bureaucracy to go through.... The procedure to get help from TTI is the **complete opposite** to this and even for the little amount of essential “paperwork” I was offered assistance.”

31 year old aid worker who was abducted in Syria and victim to a 48-day detention in a Damascus prison

“I am trying to accept that I am not defined by what has happened to me. I have to contextualise it and not lose hope. Sarah has helped me a lot with what happened during my arrest; she has made me realise that **none of it has been my fault.**”

29 year old advocate who has faced years of abuse, violence and arrest for leaving Islam and supporting others to lead a life of their choice



“The most important point for me is that I don’t feel like a **“once in a decade”** case at TTI.”

81

individual sessions
delivered since January
2022

We are currently supporting clients in 8 countries around the world



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Outcome 4: Increased community capacity to respond to trauma

As the devastating impact of the war in Ukraine unfolds in 2022, we have been concerned about the lack of **mental health support** available to refugees and their hosts in the UK. Well-meaning families and hosts who have opened their homes to refugees are overwhelmed by the trauma that their guests are experiencing.

Without the correct support to foster a **trauma-informed environment** within their homes, both refugees and their hosts are now struggling to cope. Our psychologists compiled **8 top tips for welcoming a refugee in a trauma-informed home** as a resource accessible to all.

We set out to conduct a **mapping exercise and in-depth research**, the first of its kind, into the hosting schemes and their considerations of mental health.

Thanks to our brilliant consultant, Tiffany Watts, we were able to publish our findings and we are currently organising a webinar with key stakeholders to present our research, concerns and recommendations.

We worked with NACCOM, Reset, Refugees at Home and many more organisations to explore this research.

As our project grows, we will work to facilitate a **TRAUMA INFORMED HOSTING COALITION** to explore best practice network of hosting schemes and supporting organisations to share knowledge, experience and standards of trauma-informed hosting, under the guidance of TTI's evidence-based expertise in trauma treatment.



Following our Christmas Crowdfunder appeal, we launched our 'All Rise Again' project to raise funds in order to deliver mental health support to Afghan women lawyers, judges and human rights defenders.

Thanks to generous donations, we can support 200 women and their families who evacuated Afghanistan in fear of Taliban retribution. These brave human rights defenders battled against the odds to make the world a more just and equal place for all. As well as legal battles to stay in the UK, these displaced women are plagued with anxiety about their friends and colleagues who are still in Afghanistan.

We are so pleased to announce we reached our target and can now start the delivery of this project.

£50,000



"I encourage as many people as possible to donate generously to this important work."

Crowdfunder supporter

All Rise Again is a collaborative project between [Trauma Treatment International](#), [International Bar Association's Human Rights Institute](#), [Last Rights](#) and [Garden Court Chambers](#).



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