

Rwandan Association of Professional Trauma Counsellors (ARCT – RUHUKA)



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ANNUAL REPORT 2015



Kigali, January 2015

FOREWORD



The Rwandan Association of Trauma Counsellors (ARCT-RUHUKA) has the pleasure to present the 2015 annual report. The report highlights the variety of activities and projects under the Organisation's four major programs carried out during 2015 and give a brief detailing about the achievements made, but also the challenges met. Those achievements realized were in line with ARCT-RUHUKA Annual Action Plan in the fiscal year 2015 stemming from its Strategic Plan (2011-2015).

As we look back to the 2015 and many other previous achievements, we wish to express our sincere gratitude to the Government of Rwanda, our domestic and international key partners and stakeholders including; UNDP through the Rwanda Governance Board (RGB), TROCAIRE Rwanda, CARE International , ALERT International, The Germany Development Cooperation (GIZ) and many others. It is imperative to mention that those significant achievements were recorded due to the high dedication of ARCT- Ruhuka staff.

Looking forward, there is no doubt the years ahead may pose some challenges. But our success in 2015 will remain our major motivational factor. We will endeavour to maintain the momentum, increase the necessary skills, networking, resources mobilisation with enthusiasm to achieve our overall vision and mission.

KALIGIRWA Annonciata
Chairperson

EXECUTIVE SUMMARY

Every year , ARCT-Ruhuka publishes an annual report that indicates performance on key activities implemented throughout the year. As usual , the 2015 activities were implemented through diverse projects under the four major interdependent and complementary programs; The Training , Counselling and Clinical Supervision , the Information, Education and Communication (IEC) and the Institutional Capacity Building programmes. Through various projects, the following activities were realized as indicated under each program:

The **Training Program** focused on a range of activities including: preparation of training modules, offering trainings and refresher courses to professional counselors and practicing CPWs. During 2015, a total of **552** people were trained with **265** male and **287** female, out of **573** who were planned for 2015 .

The **Counseling and Clinical Supervision Program** concentrated on offering quality counseling services at ARCT-Ruhuka head offices by **4** professional counselors and at community level by **160** Community Psychosocial Workers, where a total of **5588** clients were received of whom **2435** were male and **3153** were females, while **5829** were planned for 2015 and 250 clients were reintegrated.

The program also provided clinical supervision support to **44** professional counselors and **160** Community Psychosocial workers (CPWs) , as well as counselors care to **45** in order to maintain professional standards and avoid indirect trauma and burnout. Under this program, the counselors and CPWs were deployed to different memorial sites during the national mourning and 21st commemoration of 1994 Tutsi genocide , where **75** clients with traumatic crisis were supported and facilitated. These activities were implemented under different projects .

The **Information Education and Communication (IEC) Program** focused awareness raising on different causes of trauma , prevention and support needed by people with psychological problems. The awareness raising is done by ARCT-Ruhuka and CPWs at community level through public talks, radio and TV shows and other public places such as in schools and creation of clubs. ARCT – Ruhuka carried out 5 radio and 2 TV shows and carried out a baseline survey on the pscho-social-economic situation of 100 youth out of school in Tumba and Rusiga sectors of Rulindo in order to make appropriate interventions. Through different projects , at least **40363** people were reached out of **3191** that were planned for the year 2015.

Under the **Institutional capacity building program**, different activities related to monitoring and evaluation, networking, resource mobilization, building organizational systems and structures as well as maintaining good and strong partnerships and creating new ones were realized. The achievements included among others; election of new Board of Directors , carrying out organizational financial audit 2014, acquiring new funding and new partner, development of new organization policies and revision of existing ones.

Despite the above achievements however, ARCT-RUHUKA also faced some constraints notably: limited funds in regard to the planned activities ,in adequate staff, lack of modern equipments/ materials such as cameras and recorder to cover activities, achievements and impact made, some improvised activities such as important meetings , field demanding time and money for vehicle hire especially to district/sector levels.

Our financial performance in 2015 largely depended on donors and small income from ARCT-Ruhuka services.The opening balance on January 1, 2015 was **7 366 462 Rwf**, the total income was **172 312 785 Rwf**; the **total expenditures was 203 733 880 Rwf** and the closing **balance on December 31, 2015 was 38 787 557 Rwf**.

This annual report is divided into four chapters. The first chapter was devoted to ARCT-RUHUKA's background, vision, mission, values and governance; the second chapter describes ARCT- Ruhuka projects; the third chapter summarize the activities carried out in and achievements in different projects under each program ; the fourth chapter presents the statement of Revenue and Expenditure for the period ended 31th December 2015, and the conclusion made an end to this annual report.

CHAPTER 1: ARCT-RUHUKA Background, Vision, Mission , Objectives, Values and Governance

1. Background

The Rwandan Organization of professional Trauma Counselors (ARCT Ruhuka) is National Organization formed in 1998 and officially registered as non-governmental organization in 2004, under the ministerial decree no 97/11 of 28th July 2007, and legally registered by Rwanda Governance Board with a Certificate of Compliance on the 12/09/2013.

The organization evolved from a trauma counseling program implemented by Trocaire, an Irish Charity Organization. The Organization initial members consisted of 13 ladies trained in therapeutic trauma counseling by Trocaire in 1995. The organization has since grown from 13 to 115 members, of whom 65 being active members. The primary focus is to offer psychological support to victims of trauma, through integrated services for trauma prevention, care, and healing to facilitate peace building and development. ARCT – Ruhuka has enjoyed sound partnership with the Government institutions , local administration authorities , Local and International NGOs , Embassies as well as UN Agencies .

Vision : ARCT-RUHUKA envisages Rwanda as a country where all people have access to integrated mental health services.

Mission : Our mission is to lead development and application of innovative psychosocial approaches to mental health services and strengthen professional capacity in understanding, treating and preventing mental health problems.

Objectives

- Increasing the number of professionals in trauma counseling (management and healing) through training of technical counselors and psychosocial community workers.
- Maintaining professional standards of counselors and psychosocial community workers by offering regular clinical supervision support.
- Ensure permanent quality counseling services at different community levels
- To intervene in traumatic crisis situations
- Conducting researches in order to highlight the influencing factors of psychological trauma and sensitizing people on prevention strategies.

- Collaborate nationally, regionally and internationally with other institutions dealing with mental health, human development, peace and reconciliation.
- Capacity building and supporting to other institutions intervening in psychosocial services.

Strategic goals

- To contribute to the improvement of people's mental well using innovative psychosocial techniques that incorporate the diverse needs of people with psychological problems
- To promote research and accurate tracking and evaluation of programs to increase understanding of the complex causes of mental health problems within an African context
- To become an organization that supports the development of professionals and semi professionals working in mental health through training and quality supervision
- To build public awareness on mental health issues through advocacy, strategic partnerships and networking
- To increase organizational financial stability and secure adequate resources to execute ARCT- Ruhuka's mission and vision
- To strengthen organizational effectiveness and staff performance
- To mainstream gender and HIV/AIDS in all it's programs and strengthen psychosocial capacity of Key players in HIV/AIDS and Gender issues
- Providing psychological support to people suffering from traumas related to different problems

Core Values

ARCT-RUHUKA's Core values include;

- Non – Discrimination,
- Confidentiality,
- Professionalism,
- Integrity ,
- Transparency and accountability
- Respect for human rights

1.1. GOVERNING BODY

In accordance with the Chapter III , Article 12 of the statutes creating ARCT-RUHUKA, the governing body is composed by: General Assembly which is the supreme organ (All members), Board of Directors (7 members): President, V/president, Secretary, Treasurer, Commissioner for Training Program, Commissioner for Counselling and Clinical Supervision, and Commissioner for Information, Education, and Communication (IEC); Audit Committee (3 members) and Conflict Management Committee (5 members).

On 29th March 2015, a new governing Board of Directors was elected for a mandate of three years renewable as follows:

1.1.1. Board of Directors *(Pictures of each BOD member needed)*

- Chairperson: KALIGIRWA Annonciata
- Vice chairperson: KAGOYIRE GASINZIGWA M. Grace
- Secretary: RAGIRA Agathe
- Treasurer: MUKAMANA Esperance
- Training Commissioner: RUTABAYIRU Raymond
- Counselling and Clinical Supervision Commissioner: GASENGAYIRE Beatrice
- Information, Education, Communication Commissioner: KARAMAGE Emmanuel

CHAPTER 2 : ARCT – RUHUKA projects and Achievements per Program

2. 1. Description of projects implemented 2015

During the year 2015, ARCT-Ruhuka implemented 6 major projects funded by different donors . The projects were implemented in different geographical location with different target groups , and their activities fall under ARCT-Ruhuka four major programs.

1. Empowering community through trauma healing project :

This is a five year program that started in 2013 and finishing 2018 , funded by TROCAIRE. The project is now in its third year (March 2015 - February 2016) , operating in 8 sectors of Kisaro, Buyoga, Burega and Mbogo of Rulindo District , and Muzo, Ruli, Muhondo and Rushashi of Gakenke. The project works with families in conflict , historically marginalized groups and other vulnerable families. The main activities included providing training to 200 people from 100 couples/families in conflicts, counseling services to 1190 families in conflict and other victims of trauma, Clinical supervision support to 90 APS, participate in coordination and DJAF meetings at each district of Rulindo and Gakenke, monitoring and evaluation.

The project overall goal is : To contribute to development based on promoting effective civic participation, enhanced public accountability, management and transformation of conflicts without violence. **The Global objective is :** Empowering families and opinion leaders, for participatory decision making to promote good governance.

2. Fostering Social and Economic Reintegration and Reconciliation Project in Rwanda (RRP).

Three year reintegration and reconciliation program funded by International Alert and renewed annually from April 2013 to March 2016 , and the project was in its third and final year (April 2015 – March 2016).

The project operates in 3 districts and 8 Sectors of Kimironko , Kinyinya in Gasabo, Save , Kigembe, Muganza, Gatumba in Gisagara, Nyange and Muzo in Ngororero districts , and

works with three Categories of beneficiaries namely ; The Survivors , ex prisoners , ex combatants and youth in schools to promote Peace , Unity and Reconciliation among Rwandans. The project is implemented in a consortium together with Profemmes Twese Hamwe, Duterimbere IMF and Duterimbere NGO , and Umuseke .The project works directly with 16 trained community Facilitators and 34 Facilitators from 17 secondary schools in the above mentioned areas of intervention. During this year, the following activities were realised ; the MOU for year three was renewed and signed, Supervision of 16 Community Facilitators , Training of 6 Facilitators (2 from each District) in peer to peer support , attending and participation in project Coordination meetings ,organizing and participation in the National conference and International peace day.

3. Promoting Youth Social Cohesion, Reconciliation and Empowerment, for Sustainable Peace and Development:

This project was funded by RGB /UNDP for one year starting from 1st November 2014 to 6th November 2015, operating in 2 sectors of Rusiga and Tumba of Rulindo district. The project empowered 100 Vulnerable youth out of school (Drop outs) in the two Sectors of Rusiga and Tumba sectors of Rulindo districts .

The youth beneficiaries has been identified in partnership with the local leaders, they were trained in both active listening and entrepreneurship . During 2015, 3 clinical supervision session and 2 follow up field visits were carried out, 12 girls went for TVET training and 8 youth solidarity groups (From 100 target youth) were formed and are functional in the two sectors. A startup capital was given to each group on their accounts opened in SACCO after they received the training on entrepreneurship, and some has started income generating activities.

4. Care of Care givers project:

This was one of the ARCT-Ruhuka a project funded by our new partner GIZ/ZFD , with the objective of building capacities of practitioners (Professional Counselors and CSWs) in psychosocial support and building peace. The signed local residue contract

run from 15th August - 15 December 2015. The major activities included 2 clinical supervision sessions (1 for 45 Professional Counselors and 1 for 30 CPWs) , 1 counselor care for 45 active members , 1 in service training for Professional counselors , and documentary film on impact and success of ARCT-Ruhuka interventions.

5. Safe Schools for Girls (SS4G) :

This is a three years mentorship project that will be implemented in partnership with YWCA and funded by CARE International and in close collaboration with the Ministry of Education. The project started in August 2015 by recruitment of project 3 staff and attending planification workshop and module development. The project will operate in 15 districts yet to be selected. The major activities will start 2016 and will include training of master trainers at district levels who will in turn train mentors in 12 year basic (12YBE) education schools.

6. Keeping Girls At School (KGAS)

This was a pilot project that was in its final months in 2015. It started march 2013 , and operating in 30 (9-12YBE) schools from 3 districts of Nyamagabe , Nyaruguru and Gisagara. It only had 2 months (February – March) in 2015, and the main activity was training of 60 mentors in peer to peer support during the 2 months.

2.2. ACTIVITIES IMPLEMENTED AND ARCHIEVEMENTS UNDER PROGRAMS

1. Training program:

This program aims at increasing quantity (the numbers) and improving quality, capacities and competencies of technical interveners in psychological trauma at different levels in the community. The program plans and offers continuous refresher courses to the practicing professional counsellors and Community psychosocial workers (CPWs/APS/Facilitators or mentors) according to the identified needs from field practice. ARCT-Ruhuka five major types of training;

- Training of professional / technical counsellors for a duration of one year in both theory and practice
- Training of trainers , Clinical supervisors and Peer to peer support for a duration of three months of theory and practice
- Training of Community psychosocial workers for 3 months in both theory and practice on general basic counselling skills. There are named differently eg (Community Psychosocial Workers (CPWs), Animator Psycho Social (APS) , Community facilitators or Mentors) according to the project target groups , but they all have basic training and additional orientation to the target beneficiaries
- Training of volunteers and community workers in Sexual and Gender Based Violence , a 10 days training for both theory and practice
- Training of volunteers and community workers in HIV/AIDS on behaviour change communication 'stepping stone ' approach (10 days in theory and practice)

In 2015, ARCT-Ruhuka carried out peer to peer training and refresher trainings were given to both professional counsellors and CPWs through different projects as indicated below;

1.1. Overview of Trainings offered in 2015

No	PLANNED	REALISED	M	F	%	TOPIC	TARGET GROUPS	LOCATION	DONOR
1	60 Mentors	60	30	30	100	Peer to peer supervision skills	Teachers from 30 Schools (9-12 YBE)	Districts of Gisagara , Nyamagabe and Nyaruguru	CARE International
2	20 Youth facilitators	20	10	10	100	Trauma and basic skills in Active Listening	Vulnerable Youth school drop out	Tumba and Rusiga Sectors of Rulindo district	RGB/UNDP
3	12 Youth out of school	12	0	12	100%	Tailoring entrepreneurship and Reproductive health	Vulnerable Youth school drop out	Rusiga Sector of Rulindo District	RGB/UNDP
4	100 Youth out of school	100	50	50	100%	entrepreneurship and Income generating	Vulnerable Youth school drop out	Tumba and Rusiga Sectors of Rulindo district	RGB/UNDP
5	200 people from 100 couples in conflicts	200	100	100	100%	Gender equality , SGBV and family conflict	Couples in conflict	4 sectors of Kisaro, Buyoga, Burega and Mbogo of Rulindo District , and 4 sectors of Muzo, Ruli, Muhondo and	Trocaire

								Rushashi of Gakenke	
6	6 Community Facilitators	6	3	3	100%	Peer to peer supervision skills, group supervision	Trained Community facilitators	2 from Gasabo, 2 from Gisagara and 2 from Ngororero districts	International Alert
7	30 Refresher training for CPWs/APS	31	14	17	103%	Active listening , Conflict management	Community psychosocial workers / Volunteers	Gasabo district	GIZ
8	45 In Service/ refresher Training for professional Counsellors	35	7	28	78%	Gender equality and GBV, couples counselling, and conflict management.	ARCT- Ruhuka members	All provinces	GIZ
9	100 People on request from partners (RYHC – OVC ,Orphans head of households)	88	51	37	88%	Trauma and basic active listening	Orphans and Vulnerable Children	10 Sectors of Ruhango district	Rwanda Youth Healing Center (RYHC)
Total	573	552	265	287	96%				

As indicated in the table above , all training were implemented through different projects. Generally, about 95% of participants appreciated the training content and facilitation.

Success stories /Story of change/impact

One the participants during refresher training of professional counsellors i Musanze said *“This training was needed to remind us how we should manage our own spouse to avoid conflict”*

A CPWs participant expressed satisfaction and said *“This training was much needed and long overdue, it will help us to work with many people coming to us these days with conflict”*.

However, there were some challenges faced such as;

- Most professional counsellors (members) work for other organisations , some didn't manage to attend .
- Also The number of CPWs was small compared to the many trained by ARCT-Ruhuka due to limited budget.

Strategies

- Early invitations and follow-up with employers where needed.
- Mobilise more funds for all trained CPWs.
- Advocacy for CPWs/APS continuous clinical supervision at district level

Some of the illustrative photos of trainings offered :



Above :Couples living in family conflict from Kisaro sector in Rulindo District during training on Gender and SGBV



Above :Couples living in family conflict from Kisaro sector in Rulindo District pause for a group photo after training on Gender and SGBV

Below : Couples Living in Family Conflict from Ruli sector in Gakenke District during Training on Gender and SGBV



Below: Professional Counsellors during in-service/refresher training at La Voisina hotel, in Musanze



2. The Counselling and clinical supervision program:

This program ensures provision of quality counselling at all levels by;

- Offering permanent, quality and professional counselling services to individual, couples, families , groups and crisis intervention (during national mourning period, in cases of disasters, accidents...) both at national and provincial levels
- Maintaining professional standards through organized regular clinical supervision support (Care of Care givers) of professional counsellors and psychosocial community workers in the field. Normally clinical supervision is a technical term used in counseling, psychotherapy, and other mental health disciplines as well as many other professions engaged in working with people. It consists of the practitioner meeting regularly with other professionals, usually with supervision skills to discuss case work and other professional issues in a structured way.

During 2015, counselling activities were done by **4** permanent staff counsellors at ARCT-Ruhuka head quarters and **160** CPWs/ APS under different projects at community levels , where both individual , couples and group clients were received .

Also as part of care for care givers to prevent burn out, indirect traumatisatation , maintain ethical and professional standards in order to provide quality counselling services , regular Clinical supervision support was provided to Community Psychosocial workers and professional counsellors . A three days Counsellor Care was also organised for practicing professional trauma counsellors who are members of ARCT-RUHUKA. These activities included ; Case presentations , Review on ethics/code of conduct for professional counsellors, .different relaxations exercises such as travelling in boat, dancing to different music, yoga and capacitor exercises. Below is an over view of the counselling program activities.

2.1 Table of Community Psychosocial Workers under different projects during 2015

No	Project	No of CPWs/APS/ Facilitators/ Mentors	Target group	Location
3	Fostering Social and economic Reintegration and Reconciliation project (RRP)	16 at community level, 34 in Secondary schools	Community Healing , unity and reconciliation	8 Sectors of Kimironko , Kinyinya in Gasabo, Save , Kigembe, Muganza, Gatumba in Gisagara, Nyange and Muzo in Ngororero districts
4	Empowering communities through trauma healing	90	Family conflict and vulnerable populations	8 sectors of Kisaro, Buyoga, Burega and Mbogo of Rulindo District , and Muzo, Ruli, Muhondo and Rushashi of Gakenke
5	Promoting youth Social Cohesion, Reconciliation & empowerment, for sustainable Peace and development	20	Youth out of school (Disadvantaged and school drop outs)	Sectors of Tumba and Rusiga of Rulindo district
	TOTAL	160		

2.1. Summary of counselling activities during 2015

N°	Counselling Activity	Planned	Realised	M	F	%	Age group			Transfer	Finished/ Integrate	#of Group
							> 21	21- 45	< 45			
1	Individual											
1.1	At community levels by 160 (CPWs/APS or Facilitators)	1606	1509	643	866	94	305	583	621	107	118	0
1.2	By 4 Counsellors at ARCT- Ruhuka H/Q	56	42	18	24	75	9	18	15	6	23	0
1.3	Intervention by 160 CPWs/ APS during National mourning period “Kwibuka 21’	70	63	17	46	90	19	28	16	34	27	0
1.4	Intervention by 4 ARCT-Ruhuka counsellors during National mourning period “Kwibuka 21’	15	12	5	7	80	6	4	2	10	2	0
	S/TOTAL	1747	1626	683	943	93	358	633	654	157	170	0

2	Couples/Family (By both 240 CPWs and 4 Counsellors at ARCT-Ruhuka H/Q)											
2.1	At community levels by 160 (CPWs/APS or Facilitators)	1190	1238	619	619	104	0	819	419	0	51	0
2.2	By 4 Counsellors at ARCT- Ruhuka H/Q	10	8	4	4	80	0	4	4	1	1	0
	S/TOTAL	1200	1246	623	623	104	0	823	423	1	52	0
3	Groups by 160 CPWs/APS or Facilitators and at ARCT-Ruhuka H/Q											
3.1	At community levels by 160 (CPWs/APS or Facilitators) 94 groups	2880	2709	1129	1580	94	0	0	0	13	21	130
3.2	4 Counsellors at ARCT- Ruhuka H/Q	2	7	0	7	350	0	7	0	0	7	1
	S/TOTAL	2882	2716	1129	1587	94	0	7	0	13	28	131
	TOTAL	5829	5,588	2435	3153	96	358	1463	1077	171	250	131

Comments on the data above:

- Places transferred to included hospitals, social and cooperatives.
- Over the past years, the crisis cases has been gradually reducing due to a number of factors including : How the National Commemorations activities are planned (At villages, preparations and awareness rising and many interveners)
- The number of couple/Family received by CPWs /APS were more than what was planned because we had only planned for the CPWs/APS working on/with families , but surprisingly even CPWs working with other projects received couples and families. This again may be due to intensive sensitisation at community levels, but also may be due to remarkable /gradual increased cases of family conflict.
- The number of couples /families for Professional counsellors was less than planned because of many activities, even the 4 counsellors at ARCT-Ruhuka have other project tasks in the field at community level.
- Also they are many service providers in Kigali City .

Challenges

- Most couple seek counselling services when its late eg , separation (under same roof, or completely or informal divorcee) leading to delay in integration,
- These Couples /family problems most of times affect the family members especially their children.
- Under groups facilitated by CPWs; its provided that groups should at least have not more than 7- 12 members , but it was noted that groups are made up of an average of 20 members , which may cause burn out to CPWs.
- There was only one group at ARCT-Ruhuka compared to the 2 planned , it was found out that most people in town are busy , bread winners and difficult to get same day for group work.

Strategies

- Organise refresher training on code of ethics
- Continuous / regular supervision support

Story of change/ Impact

SEHENE'S family testified how counseling has changed his family changed from conflict to live a peacefully family ;

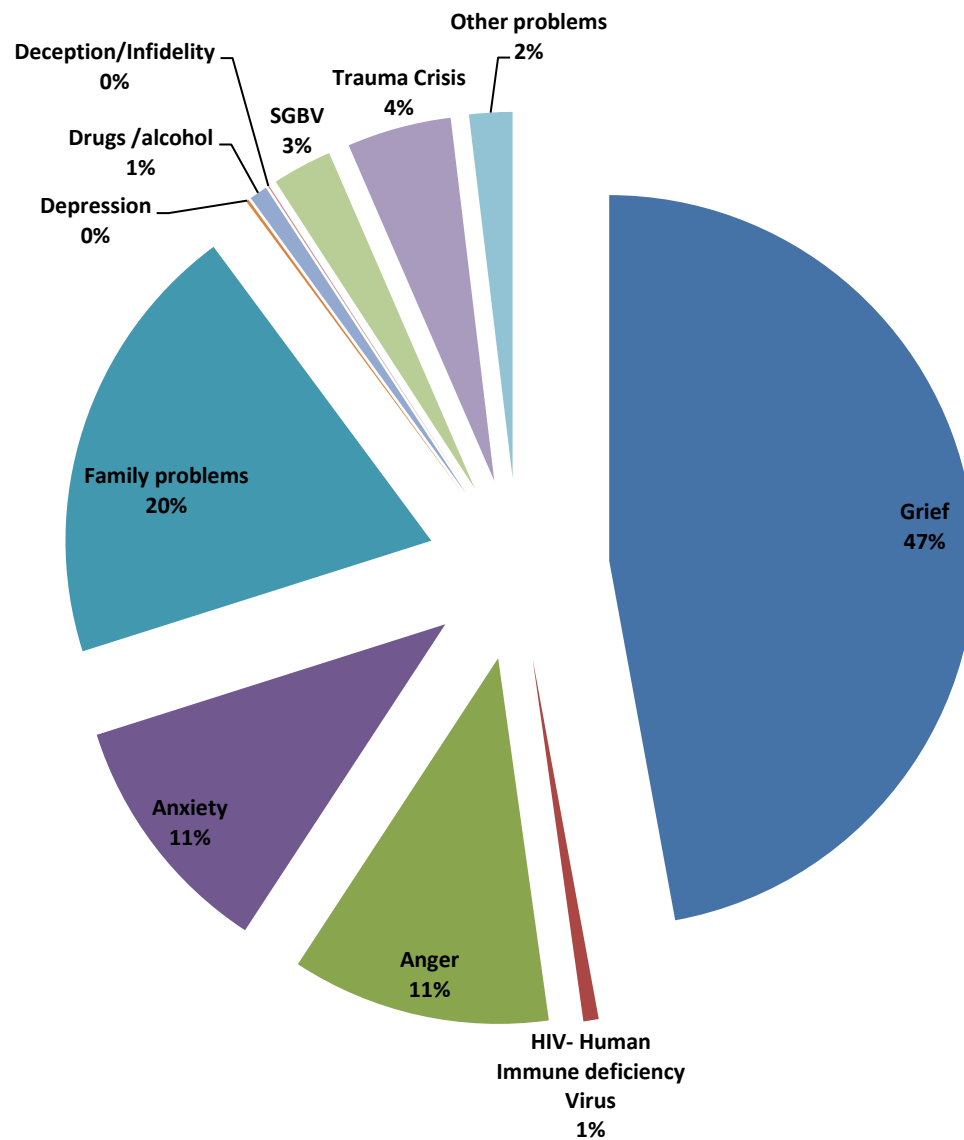
'I'm SEHENE (born in 1936) regally married with MUKAKALISA (born in 1938) from Murambo Village, Mwumba Cell, Buyoga Sector of Rulindo District and we both have over 50 years of age. We have eight Children , 5 boys and 3 girls. Since we got married, our family was very much affected by conflicts based on the economic, physical and psychological violence due to a lack communication, cultural and gender issues. I have been also known as a real drunkard man in this village. I left home to leave with a second wife for 10 years. Nobody has ever advise me to stop such promiscuity.

One day, i had occasion to follow the sensitization session carried out by APS at our sector who talked about conflict in family and consequences related. from it. I took a decision to go for counselling and after a period I invited my wife and we finally decided to get a legal marriage and home due to the counselling from our APS. To day , I can testify that my family changed from conflict to a peacefully family , even our Executive secretary knows because we were always at his office fighting “.

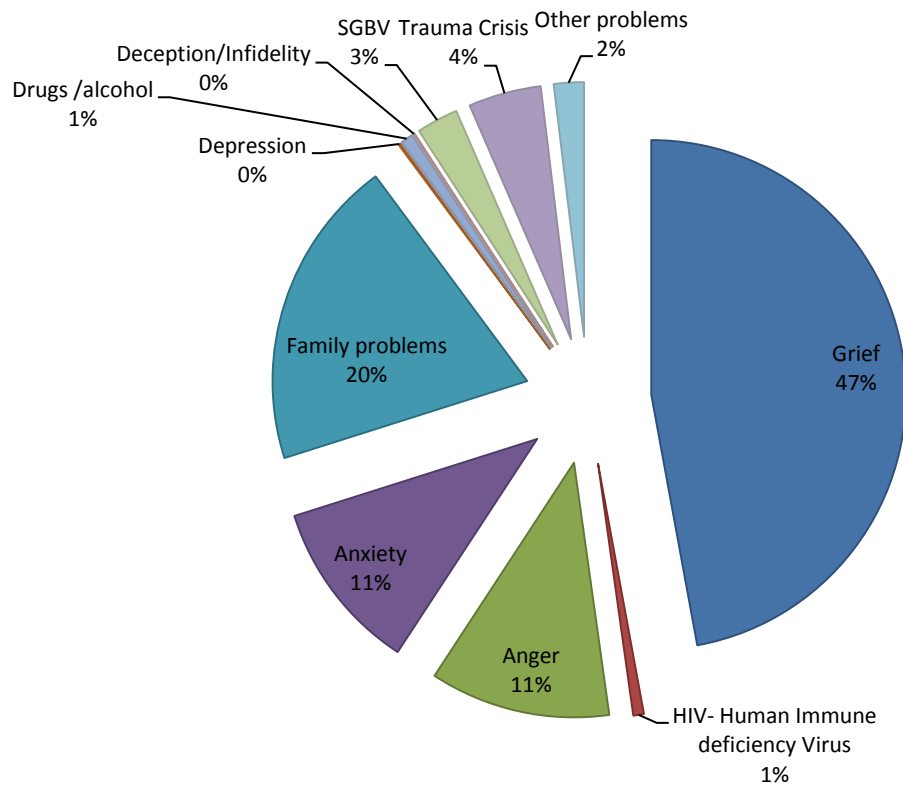
1.1. Clients' Major Presenting Problems/Symptoms

Problems/ Symptoms												
Type of Counselling	Total Cients	Grief	HIV	Anger	Anxiety	Family problems	Depression	Drugs / alcohol	Deceptio/ Infidelity	SGBV	Trauma Crisis	Other problems
Individual	1551	766	11	186	177	321	2	13	1	43	75	31
Couples	623	13	5	121	24	203	3	196	46	12	0	0
Groups	131	93	6	0	0	32	0	0		0	0	0

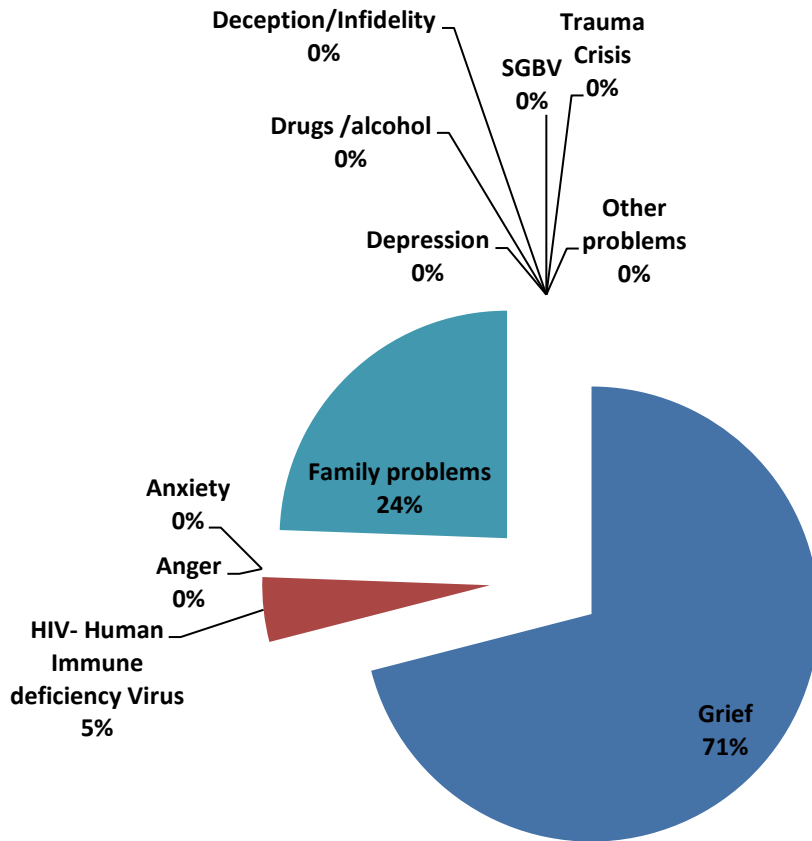
Problems/Symptoms presenting in Individual counselling in 2015



Problems/Symptoms presenting in couples counselling in 2015



Problems/Symptoms presenting in Group counselling in 2015



1.3.Clinical supervision support and Counsellors Care

NO	Planned Activity	Planned sessions	Realized Sessions	No Participants Planned	No Participants Attended	M	F	No of Cases Presented	Motive of Presentation	Presented problems
1	Clinical supervision to CPWs /APS/ Facilitators	3/group	3/group	160	160	76	84	12	Counter transfer, insufficient skills, Indirect Trauma	cases presented by Professional counselors and CPWs were related to : Interpersonal conflict, Family conflict, Sexual violence, Lack of identity, Grief and Family conflict, Indirect trauma, Insufficient of Skills, Lack of concentration in class leading to poor performance and family conflict
2	Clinical supervision to Professional Counsellors	2	1	15	44	9	35	6	Counter transfer, Indirect Trauma	
3	Counsellors' Care to Professional Counsellors	1	1	45	45	11	34		N/A	



Above: Professional counsellors in relaxation exercises during counsellor care



Above : Professional counsellors discussing professional ethics during counsellors Care



Above : Opening remarks by Social Affairs during clinical supervision at Rulindo District , Burega Sector



Above : Left Clinical supervision in Mbogo of Rulindo District Right :Sector Rushashi of Gakenke District



Above : APS Clinical supervision sessions :Left :Rushashi sector, Gakenke district Right : Buyoga sector in Rulindo district



Photo above : A group of Professional counselors from Kigali during clinical supervision session at St. Paul

1. Information Education and Communication (IEC) /Advocacy Program:

This is a supporting program that helps the organization to ;

- Acquire appropriate mechanisms for sensitization to raise population awareness on psychological trauma and advocating for the victims.
- Develop research , documentation and communication mechanisms and sharing information on trauma issues and organization activities.

Under different projects , awareness raising on causes and consequences of trauma was made through different media including radio and TV shows, public talks and news papers.

During 2015, 5 radio and 2 TV shows were broadcasted . This was done on Radio 1 , Flash FM 2 shows , contact FM , Kigali Today 1 show as well as TV 1 and Lemigo TV.

A base line survey on psycho-socio-economic conditions of 100 youth school drop outs in Rusiga and Tumba sectors of Rulindo district .

With support from International Alert , ARCT-Ruhuka together with the Community Facilitators of Kinyinya sector of Gasabo district and Save sector of Gisagara district organised International peace , where different peace messages were delivered through speeches, dance ,drama , sports and testimonies given by different people especially on healing , unity and reconciliation.

Summary Sensitisation activities carried out in 2015

N°	Sensitization Activity (Community awareness on trauma problems)	Planned Sessions	No of Population sensitized	M	F
1	At community levels by 160 (CPWs/APS or Facilitators)	2991	39998	22015	17983
2	By 4 Counsellors at ARCT- Ruhuka H/Q	200	365	45	320
Total		3191	40363	22060	18303

STORIES OF CHANGE/ IMPACT

1. Fidel and Jeanne's family also gave their testimony and Fidel said: *" my wife and I used to be drunkards, passing the night and money in pubs, and our family was characterized by misunderstandings all the time, fighting ... The consequence of this was that each of us would look for money and spend it any how he/she wants without consulting the other as a couple. Not caring about our family, our children and our future. But after hearing from this talk, I assure you that from today, we will work closely, consulting each other and change how we have been behaving , we will become a role model family in our community".*

Some awareness raising photos/pictures



Photo : Awareness raising to participants from RYHC in Ruhango District



Above: Different leaders and peace builders including Police (Left) and ARCT-Ruhuka ES (Right) addressing the public during International peace day



Above :Behind ARCT-Ruhuka Executive Secretary pose for a group photo with the youth after delivering peace messages to the communities in Kinyinya Sector through music , dance and Drama



Above : Peace messages (Poems, songs , dance and drama) in celebration for National peace day in SAVE Sector of Gisagara district



Above: District authorities during Coordination meeting organised by ARCT-Ruhuka in Gakenke District,



Awareness raising by youth Clubs of children from family living in family conflict in gakenke and Rulindo districts through songs , dance and role plays

2. Institutional capacity building Program:

This program aims at ensuring proper mechanisms and strategies for coordination of activities within the organization.

- Putting in place mechanisms and efficient tools for mobilization and management of organisation resources.
- Strengthening the quality and competencies of members and staff in specific areas.
- Building capacities of young institutions that work on psychological issues .
- Developing mechanisms for sustainability and creating better strategic partnership with internal and external actors.
- It also focuses on developing community-based approaches and strengthening its participation in relevant networks at national regional and International levels

The above activities are implemented in partnership with Government Institutions, National and International Non Governmental Organizations.

During 2015, ARCT- Ruhuka carried out different activities including institutional meetings such as 2 General Assembly (1 Ordinary and 1 Extra ordinary), 4 ordinary BOD and 4 other BOD meetings for different organisational issues and documents , 2 internal audit committee , 24 Management Team (MT), 5 Technical Team (TT), 2 staff meetings, 4 coordination and DJAF meetings took place. We received visitors and held net-working. As part of generating income for self reliance, a committee of 6 people was put in place by members , we managed and developed ARCT-Ruhuka land with a garden which will soon be rented for income. We revised and developed 5 policies which were approved including review of the Internal Manual Procedure for Administration and Finance , new Security policy, Gender policy, Protection of Program participants and HV policy. We also developed new projects and sourced new funding where we have GIZ/ZFD as our new partner and made contacts with Cooperation de Louvain. We also received a donation of a pickup double cabin vehicle from Global communities

However , some of the major activities which is evaluation of previous strategic plan 2011 - 2015 and development of new strategic plan 2016-2020 was not realised.

Our most challenge under this program as well as others this year was limited funds and small number of staff.

Below : Pictures of General Assembly of July 2015, where members revised and adopted one of the policies *Internal Rules and Regulations*.





Above: Visitors - 12 women from USA on study tour, learning and sharing experience with ARCT-Ruhuka Staff

BELOW MORE ILLUSTRATIVE PHOTOES ON LAND DEVELOPMENT





1. Income and expenditure during 2015

DONOR	BALANCE AT 31/12/2015	INCOME 2015	EXPENDITURES 2015	OPENING BALANCE 01/01/2015
1. International Alert	160 380	6 067 834	5 974 454	67 000
2. CARE International	-10 884	22 801 708	22 840 315	27 723
3. TROCAIRE	139 722	42 729 097	58 813 823	16 224 448
4.RGB/UNDP	12 323	20 462 345	28 593 760	8 143 738
5.ARCT-RUHUKA / ASSOCIATION	204 721	1 670 800	2 942 572	1 476 493
6.ARCT-RUHUKA / VENTE	5 002 119	27 819 360	34 197 617	11 380 376
7. ARCT-RUHUKA / RUNNING COST	1 858 081	50 761 641	50 371 339	1 467 779
TOTAL	7 366 462	172 312 785	203 733 880	38 787 557

Conclusion and Future Plans

In conclusion, this report shows that 2015 has been a busy but productive year for ARCT-Ruhuka as far as its work in psychosocial field is concerned . We have delivered the targets set for 2015 , with a combination of a wide range of efforts from the government , our donors /development partners, stake holders, the Board of Directors and entire ARCT-Ruhuka staff .

ARCT- Ruhuka envisaged strategies for self sustainability through creation of own income using its available resources and to increase partnership with different stakeholders in order to increase psychosocial support interventions and advocacy for victims of psychological trauma. .

To achieve this, strategic plan 2016 – 2020 will be developed, creating strategic partnerships and much emphasis will be put on enhancing institutional capacity development .

Lastly but not least, during 2016, different project activities will be based on lessons learnt and other innovative and new mechanism towards achieving the overall organizational mission and vision.



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