



អង្គការចិត្តសង្គម អន្តរវប្បធម៌
Transcultural Psychosocial Organization
Community Mental Health Programme

Annual Report 2021



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Message from Executive Director



Distinguished guests, friends, and beneficiaries of TPO, I am pleased to present to you the concise annual report of TPO activities in 2021.

The year 2021 had been a turbulent year for TPO as we were unable to implement our community activities due to the covid-19 pandemic. Because of this, TPO has shifted most of its activities from direct, face-to-face services to online platforms.

The covid-19 pandemic has resulted in mental health and psychological problems among people who have been directly or indirectly affected by this deadly virus. Thanks to the generous funding from Raksha Koma Foundation, Unicef, FI/3PCs, Plan International, New Zealand Embassy in Bangkok, TPO sets up a covid-19 response project to help those in need of mental health and psychological support.

We set up online counseling, and chatbot messenger to help those living in remote areas to relieve psychological distress via the service we offer. Our counselors work day and night from 8 am to midnight for the last 2 years since the start of the pandemic. The Small World Stories Program of ABC TV Australia called our team **“the Pandemic Warrior”** due to our outstanding and tireless work to help our people during this hard time.

Despite some set back from the work in the community, we are still able to complete our work as planned after the restriction was lifted. We hope that in the coming year 2022, we will be able to fully implement our community work while making time to provide hotline services for those living in a remote area.

To help us help our people effectively, I sincerely appeal to our donors to continue funding us for the coming years. I would like to take this opportunity to wish you and your distinguished guests, friends, and beneficiaries good health, happiness, and freed from covid-19 infection.

Sincerely Yours,

A handwritten signature in blue ink, which appears to read 'Chhim Sotheara'. The signature is fluid and cursive, written over a horizontal blue line.

Dr. Chhim Sotheara
Executive Director

Australia-Cambodia Cooperation for Equitable Sustainable Services (ACCESS)

Project Objectives:

The quality of psychosocial service provided by local service providers to woman affected by GBV, with and without disabilities is strengthened.

Women affected by GBV have accessed to other coordinated social services, including crisis information, safe shelter, legal and psychosocial support.

The Australia-Cambodia Cooperation for Equitable Sustainable Services (ACCESS) is a three-year (2018-2021) Government of Australia initiative to improve the sustainability, quality, and inclusiveness of services for persons with disabilities and for women affected by gender-based violence (GBV) in Cambodia. ACCESS reflects Australia’s strong commitment to supporting human rights, gender equality, and disability-inclusive development.



Key Achievements



1. Training to local service provider		Male	Female
Member of CCWC		78	55
Health Staff		40	42
2. Women affected by violence received psychological support			Female
Women survivor from Siem Reap			262
Women survivor from Kampong Cham			180

**Community
Mental Health
Programme**

Create a protective community for women, girls, men and boys (wgmb) through preventing and responding to GBV.

Project Objectives:

This project is embedded with a holistic approach to the challenge of gender based violence and to promote mental well-being for women, girls, men and boys through partnership with women peace maker organization to establish a protective community for women, girls, men and boys (wgmb) through training to local stakeholders, to increase access for the wgmb to mental health service. This project is funded by Johanniter-Unfall-Hilfe e.V.

The quality of psychosocial service provided by local service providers to women affected by GBV, is built and strengthened.



Key Achievements:

Key activities	Males/boys	Females/Girls
Training to community resource person	23	55
Group therapy for children affected by GBV	7	14
Group therapy for women and men	20	23
Psychoeducation	83	398



Community Mental Health Programme

Justice & Relief for Survivors of the Khmer Rouge Regime

Project Objective:

Memory and reconciliation in dealing with the past is conducted through differentiated public discourse. Various social groups and generations agree on the shared responsibility of society in dealing with Cambodia's past.

Even though, in the context of ECCC, is going to phase out, the positive impact of the project is the increase access for Khmer Rouge Survivors and civil parties' with sufficient psychosocial support to mitigate their suffering and improve their well-being. They are encouraged to process their traumatic experiences with TPO counselors and tell their story to an audience during public truth telling ceremonies or in self-help groups, and intergenerational community based dialogue (ICBD) where they can connect with other survivors and gain knowledge how to become a resource person in their community. This project is funded by United Nations Voluntary Fund for Victims of Torture (UNVFT) and Deutscher Entwicklungsdienst (GIZ)



Key Achievements:

Key activities	Total participants
Training to teachers	24
Conduct intergenerational Community Based dialogues with 3 generations	24
Conduct Testimony Therapy to KR survivors	10
Conduct Psychoeducation with youth	249



Operation Unchain Project

Project Objective:

To improve mental health and eventually free mentally ill patients who have been locked up due to their mental illness or due to the lack of access to appropriate treatment.

The awareness of mental health among family members and community increases and eventually changes their attitude towards persons with psychosocial disabilities.

Human right is a universal right that everyone in society is entitled to receive equally. Persons with psychosocial disabilities must be able to have the right to receive mental health services as equally as any other citizens. There is a huge lack of understanding of mental health among the public, community members, as well as health staff. Therefore, patients were not be referred to receive proper services on time. Stigma and discrimination are still a huge problem in the community, therefore it affects patients from recovery as well as from family to disclose the problems and seek help properly. Extreme poverty in a rural area would be maintaining factor that makes families and patients neglect treatment. A family member may leave patients behind because they need to go to work. Sometimes, families may lock up patients because of the hopelessness of treatment, or they have no time to take care of patients.

In 2021, TPO has received a grant from UNHCR, and continue to funding raising through global giving



Key Achievement:

- 91 clients are unchained/unlocked
- 26 of patients still chained as they are in the treatment process
- 9 patients are dropped or give up for treatment as they are lack of care takers

Protection Plus (Plan International Cambodia) 2021-2024

Project Objective:

TPO Cambodia is one of the CSO partners with Plan International Cambodia to joint implement the five Country Strategic plan of the Protection Plus program's objective that children, adolescent girls, boys under-18, and youth 18-24 years old especially; survivors of violence live free from violence, abuse, exploitation, and neglect, receive quality gender-and age-responsive support.

Improve accessibility and provide age-appropriateness of child protection services for children, adolescent girls, boys, and youth LGBTIQ, children left behind who are exposed to violence. As a result, this project would enable target beneficiaries to be free from violence and improve their quality of life.

The project will build strong coordination with local services providers who are the key person in their community to provide support to children, youth, boys, adolescent girls, and LGBTIQ aged under 18 and 18-24 years old who are affected by violence, abuse.

The key strategy is to empower local services provider such as VHSGs, CCWCs, and Health center staff to provide quality service to their community members.

TPO will also provide training

1. To community-based service providers and coaching and mentoring to enhance their capacity
2. To deliver a series of capacity building for Health Centre Staff, District Hospital/Referral Hospital staff/doctors; doctors at Provincial hospital on clinical Mental Health and Psychosocial Support Services provision/Treatment.



Community Mental Health Programme

Partnership Program for Protection of Children (3PC)

Project Objective:

To contribute to the key achievement of the 3PCs program, Girls and boys, and adolescents at risk of harm or who experienced violence are reached by health, social work, or justice/law enforcement professionals and receive quality and timely child protection services at the sub-national level, TPO has integrated Key interventions as mention below:

The program focuses on building and strengthening national and sub-national capacities of child protection systems, and accelerated comprehensive prevention and response child protection efforts.

- To identify children affected by violence through conducting case collaboration with the child-safe alliance and Focal Person from the District office of Social Welfare
- Be able to provide psychological support to children affected by violence

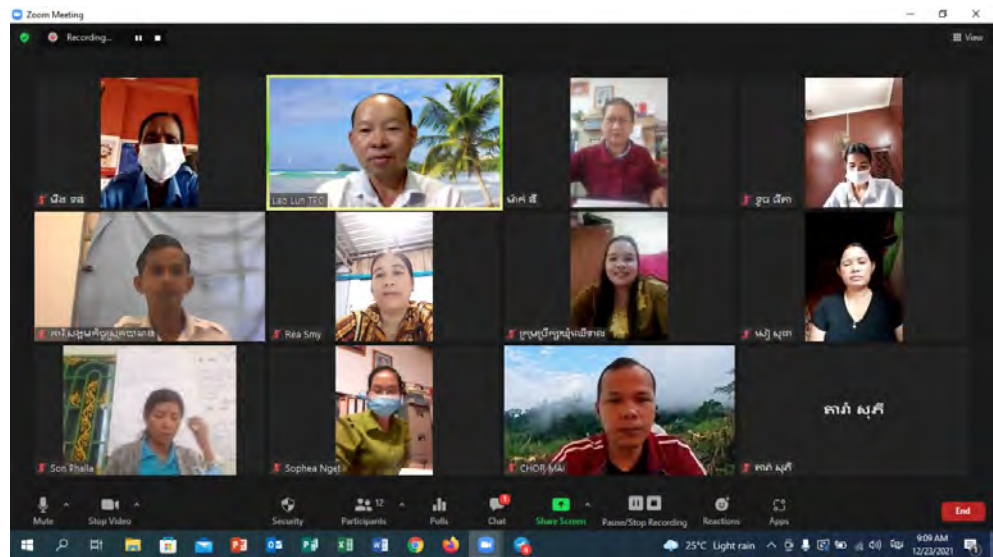


Figure 1: Case discussion with relevant stakeholders



Key Achievements:



Key activities	Total participants
Case Collaboration	13
Emergency support during the Covid-19 pandemic	124 families
Provide individual counseling referred from other partners	13

Strengthening Local Mental Health Systems

Project Objective:

Strengthening the mental health system at the Operation District level, develops a network of mental health practitioners, with the inclusion of village health support groups (VHSG), who can provide the highest quality of MH services to vulnerable populations and their families in the rural areas of Kampong Cham and Tbong Khmum.

The project aims to increase access for vulnerable groups (women, children, and old people) to the highest quality of Comprehensive Non-Communicable Disease services (diabetes, hypertension, and mental health) through promotion, prevention, treatment, and rehabilitation, contributing to a long and healthy life. This program is funded by the Belgian university NGO Louvain Cooperation (LD). LD and TPO have been working together since 2008 to strengthen Cambodia’s mental health care systems. During the fiscal year 2021, the project has achieved the following:



Figure 2: Pro-TWGH

Key Achievement

Activity	Total	Participants
Continuous Medical Education (CME) for 4 sessions	47	33 staff from HCs
Number of attendances in Pro-TWGH meetings (Annual) (PQ1)-Annual	13	
Number of new cases received mental health consultation	533	(F=368, M=165)
Psychoeducation by trained nurse, 692 sessions	692 sessions	2,883 (F=1,969, M=914)



Psychological Support through online services relates COVID-19 response on Child Protection

Project Objective:

Mental health and Psychosocial Support through online platforms and hotlines to respond during the COVID-19 pandemic

Mental health experts around the world stated that the mental health and psychosocial impact of COVID-19 on the lives of children and adolescents and their families will be significant. Psychological distress include worrying about getting sick or having loved ones become ill or die, noticing their parents' concerns over potentially losing jobs, and increased tensions within households, it can lead to feelings of helplessness and increased vulnerability to poor mental health.

TPO Cambodia is among a few organizations that provide mental health services through hotlines or messaging on our Facebook messenger to ask for help related to their mental distress.



Key Achievements

Activity	Total	Children	Men	Women
Phone Counseling / Chat messengers	3538	116 (F=71)	12	2153
Case thought of suicide	162	(F=6, B=1)	37	118
Psycho-education by trained CCWC	6214	(G=366, B=302)	1764	3782
Referred by CCWC	304	(G=39, B=33)	109	123
Training to Partners	113	N/A	23	

Objective:

TPO’s Treatment Center, funded by the TPO Trust Fund, continued to provide mental health services to a variety of patients from all over Cambodia.

The number of new patients in 2021 was 1144 (84 received counseling and 1060 received psychiatric treatment), while the total number of consultations continues to be high with 11251 consultations (414 received counseling and 10837 received psychiatric consultation) 2021. Clients received various types of treatment and support from TPO according to their diagnoses.

TPO’s Treatment Center aims to generate income for TPO contributing to the organization’s long-term sustainability and self-reliance.

Number of Patients who received treatment in 2021

	Counseling	Psychiatric Treatment	Total
# of New Patients	84	1,060	1,144
# of Consultation	414	10,837	11,251



Figure 3: TPO Out-Patient Clinic – Psychiatric Consultation via Zoom

Income and Expenditure for the year ended 31st December 2021

FINANCIAL STATEMENTS

Statement of Income and Expenditure for the year ended 31st December 2021

DONORS	Fund balance, Beginning of the year 2020 US\$	Fund received, During the year 2021 in US\$	Total Fund Available in 2021 in US\$	Total Expenditure 2021 in US\$	Fund balance in 2021
ACCESS	65,351	63,701	129,052	126,743	2,309
FI	2,776	20,260	23,036	22,616	420
GIZ*	(7,394)	18,301	10,907	19,267	(8,360)
JOHANNITER	12,933	61,173	74,106	71,867	2,239
LD	8,288	49,636	57,924	50,435	7,489
NZF		35,840	35,840	35,840	-
OHCHR*	(1,569)	1,569	0		0
OUP	15,954	30,730	46,684	10,609	36,075
PLAN International		15,154	15,154	9,387	5,767
RAKSAKOMA		33,238	33,238	33,238	(0)
UNVFVT	-	30,000	30,000	30,000	-
TRUST FUND	186,279	553,123	739,402	571,006	168,396
Total	282,618	912,724	1,195,342	981,008	214,334

2021 Project Donors

- DFAT via Australian Cambodian Cooperation for Equitable and Sustainable Services (ACCESS)
- Belgian Government via the University NGO Louvain Cooperation (LC)
- Johanniter International Assistance (JUH)
- Friends International (FI)
- Operation Unchain Project (OUP) – Private donation
- Plan International Cambodia
- UNICEF
- German Society for International Cooperation (GIZ)
- United Nations Voluntary Funds for Victims of Torture (UNVFVT)
- Office for High Commissioner for Human Rights (OHCHR)

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