





## **TPO VISION**

CAMBODIAN PEOPLE LIVE WITH GOOD MENTAL HEALTH  
AND ACHIEVE A SATISFACTORY QUALITY OF LIFE.

## **TPO MISSION**

TO IMPROVE THE WELL-BEING OF CAMBODIAN PEOPLE WITH PSYCHOSOCIAL AND  
MENTAL HEALTH PROBLEMS, THEREBY INCREASING THEIR ABILITY TO FUNCTION  
EFFECTIVELY WITHIN THEIR WORK, FAMILY AND COMMUNITIES.

## **TPO VALUES**

TPO PEOPLE ARE PROFESSIONAL, COMMITTED, AND ALWAYS STRIVE FOR QUALITY.

WE ARE KEEN TO LEARN AND REAL TEAM PLAYERS.

WE ARE TRUSTWORTHY AND HONEST PEOPLE WHO ALWAYS DEMONSTRATE  
RESPECT AND EMPATHY AND VALUE EACH INDIVIDUAL'S OPINION.

## **TRANSCULTURAL PSYCHOSOCIAL ORGANIZATION (TPO) CAMBODIA**

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## DEAR FRIENDS OF TPO CAMBODIA,



I am pleased to present to you TPO's Annual Report of TPO activities for 2015. This report reflects our tireless efforts to contribute to improve mental wellbeing of Cambodian people of all colors.

The year 2015 was the year of "Great Pride" as TPO celebrated its 20 Year Anniversary and Inauguration of TPO Treatment Center under the auspices of His Majesty King Norodom Sihamoni of the Kingdom of Cambodia.

This anniversary marks 20 years of TPO's existent and 20 years of TPO serving mental health services for Cambodian people. During the past 20 years, TPO Cambodia's mental health services benefited to more than 200 thousands people in Cambodia. This means that TPO contributes to improve mental wellbeing of individual and family, increase knowledge and skill of mental health professionals and para-professionals. In addition, we have contributed knowledge into the field of mental health, psychology and psychiatry through our research and publication.

Everyone at TPO feels so proud of this achievement and especially the present of His Majesty strongly encourage us to continue doing good work to improve mental health of Cambodian people.

All this achievement was made possible thanks to the generous support from all of our donors. TPO Management and its Board of Director would like to express sincere thank donors and taxpayers in their respective country for supporting Cambodian people.

I hope you will find this report useful.

Sincerely yours,

Dr Sotheara Chhim

Executive Director

# OUR PROJECTS

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Improving Mental Health for Survivors of Gender-Based Violence & Sexual Assault

Partnership Program for Protection of Children (3PC)

Access to Justice for Women

Community Responses to Violence against Women & Children

Justice & Relief for Survivors of the Khmer Rouge

Truth, Reconciliation & Healing – Towards a Shared Future

Mental Health Care & Psychosocial Services for Cambodian Prisoners

Strengthening Local Mental Health Systems

Enhancing Mental Health Literacy among Village Health Support Groups

Operation Unchain

*This 2013–2017 project is funded by the Australian Government's Department of Foreign Affairs and Trade (DFAT).*







In 2015, promoting gender equality and improving access to psychological services for survivors of gender-based violence and sexual assault were again a priority for TPO's community mental health team in Battambang. Our staff in Battambang continued to strengthen capacity to 19 community resource people (CRPs) on Mental Health First Aid such as identifying signs of anxiety, depression, and how to support community members with psychological problems, for example through relaxation and meditation. In 2015, our CRPs had identified and provided emotional support to 126 survivors of

gender-based violence. TPO established and ran 12 self-help groups with a total of 81 members. We provided additional individual counseling to 26 people. About 465 community members (367 women and 98 men) including survivors of violence, men with a drinking problem, and vulnerable groups such as children at risk and female heads of households, received psycho-education from TPO Cambodia. All participants in the self-help groups as well as those who received counseling reported a significant improvement in the state of their mental health.

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*This project is funded by the UNICEF via Friend International (FI).*







In 2015, TPO is selected by Friend International to work together as a partner to strengthen child protection system in response violent against children and to promote a protective family environment. TPO's focus is to provide support and service to survivors of gender-based violence, vulnerable children and local authorities in the community (Battambang province, Banan district, Kanteu 1 and Kanteu2). This project complements with the current project funded by DFAT, which aims to improve mental wellbeing through livelihood support.

TPO also selected and trained to 24 children club representative members, who are formed by World Vision, on basic mental health. This training aims to create a response and protection system to children at risk. About 79 children between 8-12

years old (53 girls) participated in Child Friendly Club, which allows children to express and share their feeling, experience in the group of children who are witnesses/ direct experience of violence. The Child Friendly Club for children aim to increase self-confidents, reduces stress/anxiety for children in family violence.

This project identified and supported 15 GBV' families who have improve their psychological wellbeing to participate in chicken raising programme. These 15 families have received training on chicken raising and a capital of \$150/family to build cage, and to buy chicken. 6months after receiving this support, 11 out of 15 families have increased numbers of chicken and they can earn income from the chicken raising.

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*In 2015, this project was funded by GIZ (German Society for International Cooperation) and operating with support from Cambodia's Ministry of Women's Affairs (MoWA).*







In 2015, one of the aims of TPO's community mental health teams in Siem Reap and Kampong Thom provinces was to support disadvantaged women in two districts: Angkor Chum district (Siem Reap province) and Stoang district (Kampong Thom province). The women and girls we worked with there are victims of gender-based violence – most often perpetrated within the family – who have been lacking access to medical care, social services and justice. TPO has helped them gain access to these services while also providing mental health care and psychological support. We have also worked with the perpetrators of this violence to rehabilitate them. With this work we aim to help build better informed, healthier and peaceful communities where women can feel safe, empowered and confident.

We continued to provide coaching and follow up in mental health to community resource people (CRPs) who had

expressed the desire to stay at the forefront of tackling mental health issues in their communities. Those trained CRPs have managed to provide an emotional support to 134 survivors of GBV through relaxation exercise, control of anger management, and referral for needed services.

With these CRPs we established and ran 20 self-help groups for 222 people and we provided individual counseling to 61 people (Women=37, Men=24). We ran 33 psycho-education sessions about gender-based violence and mental health for a total of 1,459 villagers (F=1115, M=344). TPO referred 14 clients for other services including psychiatric treatments and shelter service from CWCC. Ten clients were referred in by LAC, Banteay Srey, PDoWA SR and the First Step Organization to get our psychological support from the TPO's counselor.

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*This project is funded by Investing in Children and their Societies (ICS). It is managed by our Community Team Leader from our Siem Reap team, but we have set up a dedicated field office in Chi Kraeng itself in order to serve the community better.*





The community of Chi Kraeng (in Chi Kraeng district, Siem Reap province) is in many ways typical of many communities across Cambodia which remain overwhelmingly plagued by violence, in particular violence against women and children. A 2014 study done by This Life Cambodia (TLC) and Investing in Children and their Societies (ICS) showed that this issue is of serious concern. After a joint feasibility study by TPO Cambodia, TLC and ICS, which further confirmed the urgent need for support to this community to address this issue, we have started – in partnership with TLC and ICS – to assist the Chi Kraeng community in addressing violence against women and children and in building local capacity to respond to this kind of violence. Together with the members of the community themselves, we aim to address gender inequality, develop more positive and non-violent family relationships, and increase the accessibility and availability of health care services. TPO's role in this 2014–2015 pilot program is to improve the mental wellbeing of survivors of gender-based violence through psychological support,

while in collaboration with our project partners we also aim to improve the living conditions of the families of survivors of this violence by facilitating appropriate support.

During this year, TPO trained 21 new Community Resource People (CRP) in mental health first aid. As a result of this training, trained community resource person are able to provide emotional support to 138 community members (F=94, M=44) seek help from them through listening to victims' problem, provided some relaxation techniques to victim to help them express their stressful. About 1,010 community members (852 women and 158 men) include survivors of violence, men with a drinking problem, disabled people, and vulnerable groups such as children at risk, received psych-education from TPO' counselors. In collaboration with CRPs, we established 12 SHGs with approx. 118 SHG members (73 women and 45 men). TPO also provided additional individual counseling to 39 clients (30 women and 9 men).



## MS. CHHORN CHHOUN

Ms. Chhorn Chhoun 32 years old, living in Kompong village, Chikraeng Commune, Chikraeng district. She married a man who was older at the age of 18. She said both love each other but they did not have official marriage certificate. Ms. Chhoun has 7 children, 3 of them are girls. Ms Chhoun said her husband abuse alcohol, committed domestic violence, gambling and had many extra-marital affairs with many women. They both are non-skill workers; all of their children don't go to school because they have to help earn the income to pay back the house and land loan.



Since I stay together with my husband, I have seen that my husband drinks, smokes, gambles and has many extra-marital affairs. I experienced violence perpetrated by him most of the time during the course of our marriage.

My first daughter died when at the age of 3 days old and my second son died when he was 2 months old. With these continuing lose, my husband had gradually showed some mental symptoms such as not being well focusing, not more taking care on me,



he start drinking severely and he commits severe physical abuse toward me. One day, I was unconscious as a result of severe physical abuse. My husband pulled my hair, punching in face, hit my head and beating my legs and arms, which made my entire body swollen. After this accident happened, my husband and I were living separately. My husbands left home and lived with his mistress. Three months after separation, my husband wanted to reconcile with me and wanted to get along with me again but I rejected. As the result of my rejection, my husband had migrated to work in Thailand about 3 months and he returned back home. Again, my husband made another request to reconcile with me and I accepted his. My family was living in peace for short period, the family conflict started to occur again and that could lead to any violence at anytime. This conflict made me having psychological symptoms such as fearful without reasons, excessive worry, thinking too much, tension, headache, dizzy, sleeping problem, panic when my husband use emotional threatening toward me, difficult in breathing, drinking alcohol to deal with my fear.

One day, there was an awareness raising organized by ICS, TLC and TPO in my village, I had shared my feeling in the big group. The village chief who was also trainee of TPO recommended me to get support from TPO.

TPO staff has provides individual counseling to me about 15 sessions that I have participated. TPO staff allow me to express my feeling, tell the story that I experienced etc. TPO counselors explain me about the impact of the conflict toward myself and my family, and inform me about how to coping with psychological problems resulted from violence.

After receiving counseling for about 15 sessions, I have gain confident to share and discuss about problem with my husband in calming way. My husband started to understand my feeling, thus he started to change his behavior and stop being violence again. I also stop drinking alcohol myself because my husband is no longer pose a threat to me again.

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Operation Unchain



*In 2015, these projects were funded by GIZ (German Society for International Cooperation), Swiss Foundation and UNVFVT (United Nations Voluntary Fund for Victims of Torture).*

In 2015, we continued to help alleviate the human suffering resulting from trauma – for individual, families and the community – by supporting witnesses and civil parties as well as their families and communities in the context of the Extraordinary Chambers in the Courts of Cambodia (ECCC), also known as the “Khmer Rouge Tribunal”. Working in close cooperation with the Witness and Expert Support Unit (WESU) and the Victims Support Services (VSS)





of the ECCC, we provided a variety of psychosocial services. These ranged from on-site psychological support before, during and after ECCC proceedings, and trauma treatment. With this project we also raised awareness of trauma, torture and mental health issues with the wider Cambodian population, of the consequences of the Khmer Rouge regime and of the ongoing transitional justice process.

Our team provided Testimonial Therapy – a culturally relevant trauma therapy program – to 10 survivors (all civil parties in Case 002 at the ECCC) and organized 2 public testimonial ceremonies during which the testimonies were read out loud and handed over by monks to the survivors in a Buddhist ritual which acknowledges the survivors' suffering and enables them to pay respect to those deceased during the Khmer Rouge regime. Another 32 survivors (also civil parties in case 002, 28 Female) benefitted from participating in TPO's self-help group program. This support had an undeniable effect on the participants: they learnt to express their feelings and needs, which brought them relief as well as a feeling of being connected with others. They feel better understood and feel relief at their experiences being acknowledged. They also became aware of how some physical symptoms they struggle with are a consequence of their traumatic experiences under

the Khmer Rouge. Their ability to recognize and identify problems increased substantially and they strengthened their repertoire of coping skills which they now feel confident using to help manage their emotions and improve their daily functioning. We also provided psychological on-site support at the ECCC to 31 survivors (witness) as well as 135 counseling sessions with 83 case 002 civil parties via our telephone Counseling Hotline. Six other clients received a total of 64 psychiatric consultations and 26 counseling sessions.

Live radio shows – re-broadcast about 20 times – informing the Cambodian public about mental health issues as a consequence of the Khmer Rouge regime, as well as the proceedings at the ECCC. We also worked on publications intended to inform and educate the public while also keeping as a historical record. Testimonial Book published in Khmer and English and launched.

During this year, TPO has organized few events together with RUPP and KdK on “Inter-generation dialogue on forced marriage” and train to partner organization such as CHRA, YRDP, ECCC lawyers, Peace Corps on “Trauma and Self-Care”.

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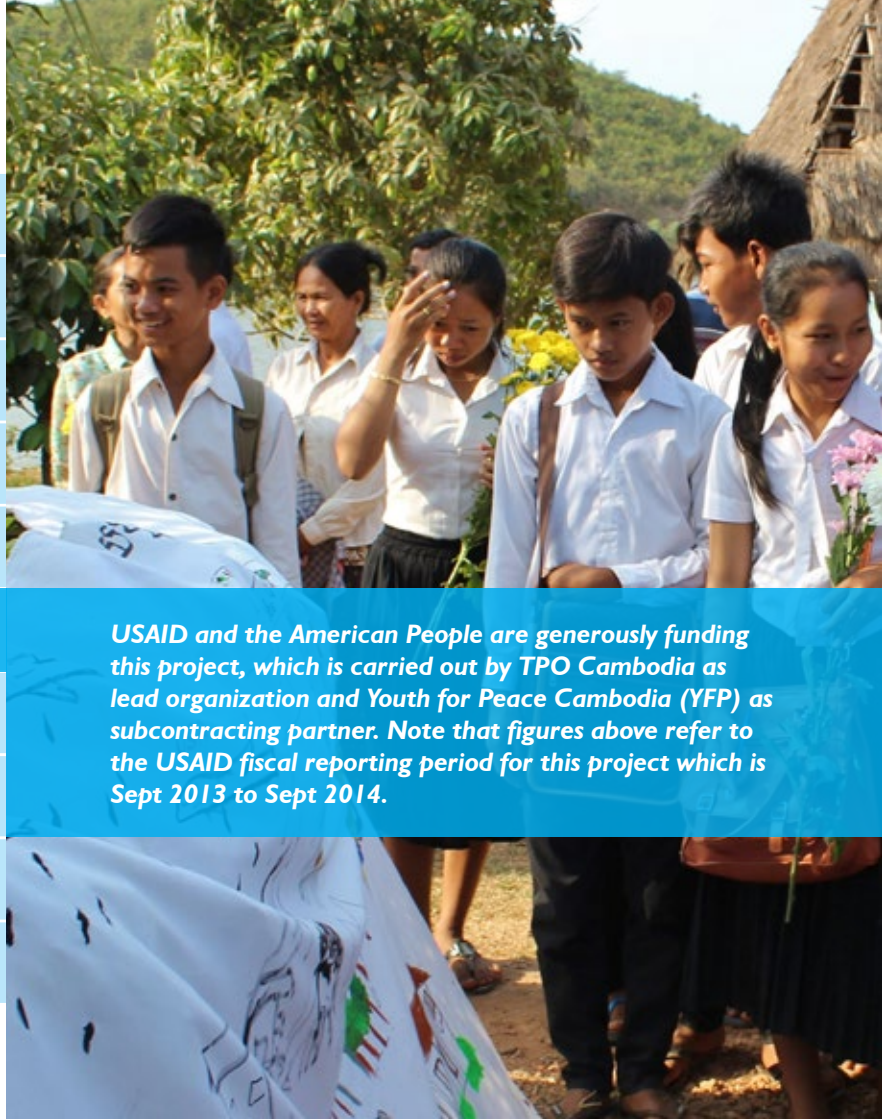
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*USAID and the American People are generously funding this project, which is carried out by TPO Cambodia as lead organization and Youth for Peace Cambodia (YFP) as subcontracting partner. Note that figures above refer to the USAID fiscal reporting period for this project which is Sept 2013 to Sept 2014.*



With this project, TPO (in cooperation with its project partner Youth For Peace) aims to complement the process of retributive justice\* at the Extraordinary Chambers in the Courts of Cambodia (ECCC) with restorative justice\*\* at the grassroots level. In particular, we aim to help traumatized victims improve their mental well-being and strengthen their resilience and coping abilities. We also work to generate healthier relationships between various 'identity groups' in Cambodian society, i.e. generate a better understanding of the complexity of victim-perpetrator identities and relationships, and work towards a shared vision of the past and the future. We do this through trauma work, truth-telling, dialogue and memorialization initiatives in 6 provinces (Takeo, Kampot, Battambang, Kampong Chhnang, Banteay Meanchey and Pailin).

We provided a four-day Testimonial Therapy as a part of trauma treatment to 30 trauma survivors who had experienced a wide range of traumatic events during the Khmer Rouge regime

including torture, forced labor, starvation, imprisonment and the witnessing of brutal killings. The therapy has given them have a better understanding of the link between their past experiences and current health problems, and they were provided with a safe environment to open up and share their story as well as their problems, first with a TPO counselor, then with other survivors, family, friends, neighbors. This has brought them relief and acceptance. We also organized five truth-telling ceremonies during which we gathered a total of 393 people (231 female) – trauma survivors and their communities – to listen to and acknowledge the survivors' personal stories. This hugely contributed to restoring the victims' dignity and rights, and reduced stigma against them. These ceremonies allowed the communities to strengthen their sense of solidarity, peace and reconciliation. Some former Khmer Rouge expressed feelings of collective guilt and responsibility, of empathy towards the victims and a desire to reconcile with them, while some victims have developed more positive feelings towards former

\* Justice that considers punishment as a response to crimes

\*\* Justice that focuses on the needs of the victims, the offenders, and the community



Khmer Rouge. We also had 392 members of various communities participate in our film-based community dialogues, which organized 8 film sessions in 5 provinces.

During this year, TPO has organized 2 dialogues between victims and perpetrators, one is held in Battambang province and other in Kampong Chhnang province. The first dialogue in Battambang has been completed; the victims and perpetrators have been reconciled. The dialogue was completed with Buddhist ceremony having 18 participants, which includes relatives of the former KR, the victims, the former KR's village chief, the victim's village chief, their neighbor and monks.

The second dialogue includes one former KR and 2 direct victims in Kampong Chhnang province. In this dialogue, TPO has developed 4 video-exchanges. In

the process of dialogue, TPO staff has provided on going counseling to participants throughout the entire dialogue.

We also set up a counseling hotline to primarily provide additional support to Khmer Rouge survivors and young people after they've attended our activities, but we are also open to receiving calls from others who are interested in our services. During our first year, we provided to 107 clients, for both on site counseling and phone counseling to 48 clients who had testimonial therapy trauma treatment from and 59 clients who received counseling throughout the project's implementation in the second year. Last but not least, TPO has provided training on Mental Health to 54 of youths and Memory Committee members under the project run by TPO's partner, Youth for Peace (YfP).





## CASE STUDY

Mrs. Pol Put is a former KR and currently living in Kampong Chhnang province. Before she attended TPO Testimonial Therapy (TT) and Truth-Telling Ceremony, she had never told history to anyone except her husband and her children. She felt disappointed when the children did not believe what she experienced during the Khmer Rouge regime. "If my children did not believe me, so who else would I tell my story? as such, I did not want to recall my story anymore", said Pol Put.

Prior to the Testimonial Therapy and Truth-Telling Ceremony conducted in Kampong Chhnang, she had never

disclosed her story to the public. She feels that her past story still haunting her, therefore her physical health was deteriorated. When she was thinking too much, her chest became tense and it was disturbing. As she mentioned that "I never had a chance to talk about my story, so when I was reminded of the regime, my tears dropped. I have no one to share my feeling and memory except TPO counselor who could help me relieves my suffering".

Throughout the TT sessions, Mrs Put was given opportunities to talk about her past, so she learned that it was a very good experience for her. Nevertheless, she mentioned that it was not easy for her to recall the past memories because while she was talking about them, her body became shaking as well she endured with the other psychological reactions. At the entire sessions, she received mental health support from her counselor in order to re-experience her psychological reactions in the process of healing. She felt more supported and mentioned, "When

I talked to my children, they neither believed nor understood me. In contrast, when I talked with my TPO counselor, he listened to me and supported me so that I much more relieved."

Mrs Pol Put's story was one among the other 6 stories that had been read aloud to a hundred of people. It was her first time she experiences hundreds of people listening to her story. She felt excited but also nervous. She felt much relieved as her story disclosed to the public. Furthermore, she felt excited that younger generations understood her feelings.

One month later after she has received TPO interventions, she felt even more relieved and could attend more social events. Her psychological conditions have improved. She felt fresh in her body. Moreover, in whatever activities she took part, she felt clear because she did not think too much like before. She said "TPO treatment is very good for people like me, so I wish that others can benefit from such services too."

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Mental Health Care & Psychosocial Services for Cambodian Prisoners

Strengthening Local Mental Health Systems

Enhancing Mental Health Literacy among Village Health Support Groups

Operation Unchain



*Our prison project is funded for 3 years (2014–2016) by Dynamic Share (DS) and the Swiss Government through the Swiss Agency for Development and Cooperation (SDC).*





Cambodia's prison population constitutes one of the most disadvantaged groups in Cambodian society. Adequate health care for prisoners with pre-existing mental health conditions, and for those who develop mental health problems while in prison, is lacking. TPO Cambodia is the only NGO providing such services. We have been bringing mental health care and psychosocial services to Cambodian prisoners since 2012. With this project, approved by the General Department of Prisons in Cambodia, we support prisoners, both male and female, in four of Cambodia's 26 prisons: Correctional Center 1, Correctional Center 2 (both also known as "Prey Sar"), Kandal Provincial Prison and Kampong Chhnang Prison. We can also provide crisis support in other prisons at the request of prison staff.

In 2015, 110 inmates (66 men, 44 women) received psychiatric treatment and counseling thanks to TPO Cambodia, totaling 116 sessions by our counselors. Almost half of these prisoners were suffering from depression, whereas psychotic disorders constituted the second-most common diagnosis. Other

health problems tackled TPO staff were generalized anxiety syndrome (GAD), sleeping disorders, epilepsy, alcohol and substance abuse disorders, and bipolar affective disorder. Twenty of the prisoners we worked with completed the treatment – some of them were discharged (i.e. no longer required treatment) while others were released from prison or transferred to other prisons making further treatment impossible. Also, 65 inmates participated in the life skills training program, which helps them, develop their personal awareness, interpersonal relationships, and psychologically prepare for their release and plan their future. In prisons, we ran self-help groups with 49 inmates.

Many of our clients in prison have shown a marked improvement in their psychological well-being and have provided positive feedback about TPO's support. As one inmate said that: "I can see my new life from what I have learnt, we are very grateful for TPO life skill program, it is like God who come to help, and it is like a special property which I have never had before, our lives are in our hands now."

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*This program is funded by the Belgian university NGO Louvain Coopération (LD). LD and TPO have been working together since 2008 to strengthen Cambodia's mental health care systems.*

TPO kicked off a new 2014–2016 project funded by Louvain Coopération which aims to strengthen local mental health systems in Kampong Cham and Tboung Khmum provinces in such a way that they are able to offer accessible, good-quality and culturally relevant mental health care to the community, in an efficient and sustainable manner. To do so, TPO is working from two field offices inside provincial referral hospitals: one in Chamkar Leu Referral Hospital (Kampong Cham province) and in Ou Reang Ov Referral Hospital (Tboung Khmum province).

We continued to provide technical support on mental health services in eight out-patient departments (OPDs), namely in 2 referral hospital and 4 health center in Chamkar Leu district, in 2 health centers in Ou Reang Ov district. In this year, TPO has provided training course on basic counseling skill to 4 OPD staffs. This training will help OPD staff to provide proper counseling to clients who seeking

service from their departments. We also trained 83 village health support groups (VHSGs) from seven health centers of Chamkar Leu referral hospital on Mental Health First Aid (MHFA).

Throughout the year, 877 people received mental health services through the OPDs of 2 referral hospitals and 6 health centers in the target areas. The total number of clinical work sessions done by the outpatient department staff and social workers totals 1679 consultations. About 90 people were referred by VHSGs to access mental health service after they received training on MHFA.

TPO also organized a 2-day Continuous Medical Education workshop for 26 Cambodian psychiatrists and psychologists, which also contributes the strengthening the local mental health system. The topic this year was “Bipolar Affective Disorder/ BAD”.



*Continue Medical Education for Psychiatrists.*



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Enhancing Mental Health Literacy among Village Health Support Groups

Operation Unchain



*This program is funded by Direct Aid Program (DAP) of the Australian Embassy in Phnom Penh.*



*Far left: Training on Mental Health First Aid to Village Health Support Group in Chamkar Leu.*

*Left: Film production on mental health first aid, for Village Health Support Group trainings.*



This project is part of an existing TPO project called “Strengthening Mental Health System in Cambodia” which is funded by Louvain Cooperation (LD) from Belgium. The objective of this project is to strengthen local mental health system that enable the local referral hospitals and health centers to offer an effective and sustainable quality mental health services to the community in Kampong Cham and Tbong Khmum provinces during 2014-2016. To achieve this, TPO project supports Referral Hospitals and health center in Chamkar Leu Operational District (OD) in Kampong Cham province and O Raing Oav OD in Tbong Khmum province to set up and run Mental Health Clinics there. TPO project trains doctors and nurses in each Referral Hospital on psycho-pathology and psychopharmacology to enable them make diagnosis and prescribe medication.

In addition to the support at the referral hospitals/health centers, TPO psychologists train Village Health Support Groups (VHSGs), who is already part of the health system of

each OD, on mental health first aid (MHFA). This training enable VHSGs to identify people with mental health problem, help them if they can and refer people them to the mental health clinic in the referral hospital. At the same time, the doctors and nurses can also refer patients from the mental health clinic back to community for VHSGs to monitor medication compliance and support them in anyway they can.

In 2015, TPO trained to 66 VHSGs on Mental Health First Aid, which is included 4 topics such as Anxiety disorder, Depression disorder, Psychosis and alcohol used. About 89% of trained VHSGs are able to identify and provide emotional support to mental ill patients.

- 175 mental ill patients were identified by trained VHSGs
- 124 of total mental ill patient were received emotional support by trained VHSGs
- 44 of them were referred to HC and operational district to get mental health service.

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Operation Unchain



*The fundraiser is still open; so if you would like to contribute please contact [admin@tpocambodia.org](mailto:admin@tpocambodia.org) or (+855) 23 63 66 992.*





*Opposite left: A patient being chained, before treatment.*

*Right: The patient, recovered and unchained, is able to communicate.*

*Far right: There are more patients being chained up; and they need treatment.*



In Cambodia, there are still many mentally ill patients who have been locked up at home or chained to trees by desperate family members. This happens in communities around the country, because family members do not know how to deal with the patients, there are no mental health services available in their community and they lack the finances to seek help further or to even take care of the patients.

TPO has been working in response to mental health issues, but due to funding limitations we can't respond to all needs in Cambodia. Fortunately, during TPO's 20th Anniversary Celebration in 2015, His Majesty King Norodom Sihamoni of Cambodia kindly donated US\$5,000 to TPO Cambodia. With this donation, TPO team set up a new project called "Operational Unchain" to raise awareness of mental health issues in rural Cambodian communities and demonstrate that there are alternatives to chaining up family members struggling with mental illness.

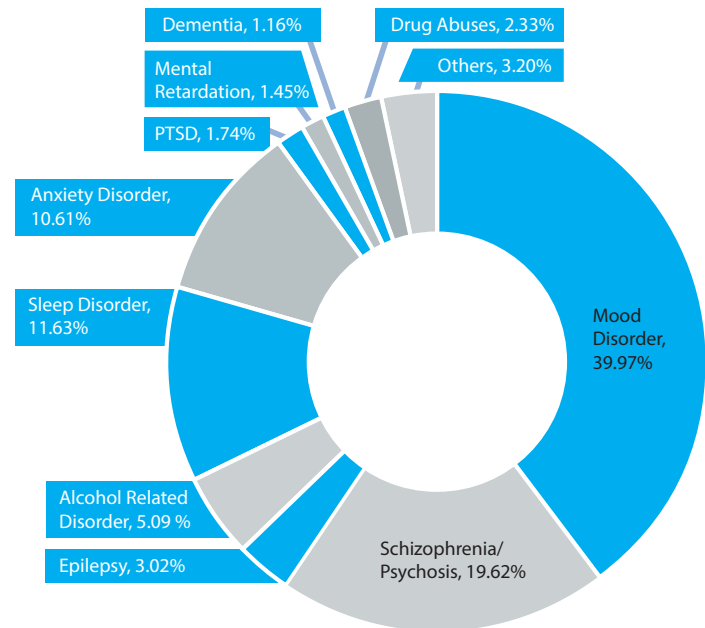


In order to treat and unchain as many patients as possible, we decided to run an online fundraising campaign to raise more funds. The online fundraising campaign was a success; in the end we raised \$5,510 online, plus \$17,314 in contributions direct to TPO till the end of December 2015. TPO collaborates with the Department of Mental Health and Substance Abuse (DMHSA) to set up a mobile team traveling to rural areas to treat patients, educate families on how to take care of mentally ill patients.

So far, TPO has treated 41 mentally ill patients (16 females and 25 males) in 12 provinces (Svay Rieng, Takeo, Kampong Cham, Tbong Khum, Battambang, Siem Reap, Kampong Thom, Kratie, Kandal, Banteay Meanchey, Prey Veng and Kampong Chhnang). Fourteen out of 41 mentally ill patients have been successfully unlocked/unchained.

# TPO TREATMENT CENTER

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 numbers of consultations continues to be high with 6,547 consultations in 2015. Clients received various types of treatment and support from TPO according to their diagnoses. A part from responding to an unmet need for mental health services, TPO's Treatment Center aims to generate income for TPO contributing to the organization's long-term sustainability and self-reliance. Also, throughout 2015, we put a considerable effort into further developing and strengthening our clinical capacity – for details, see under Organizational Capacity Building. Between 20-30% of patients at this center received free treatment because they are too poor.



# TPO TRAINING CENTER

TPO's Training Center offers a variety of training courses on a number of mental health topics. We run 'standard training courses', which are multi-day group trainings provided on a regular basis, as well as 'tailored-made courses', which are developed and delivered by TPO according to the specific needs of an organization. All training is run by experienced and qualified trainers with degrees in relevant fields such as psychology, social work, psychiatry or psychiatric nursing. While responding to a demand in the market for mental health training, TPO's Training Center also generates income contributing to the organization's long-term sustainability and self-reliance.

In 2015, we ran eight standard courses with 63 participants (40 females). Participants came from different NGOs, The demand was highest for our courses strengthening participants' counseling

skills, teach people how to better manage stress or anger as well as courses in child development and parenting skills.

This year, we also delivered 10 tailor-made courses to 313 participants (160 females) from a wide range of local and international NGOs such as NGO Forum, World Renew, ANZ Royal, SOS, Danish Red Cross, CCHR. TPO also provide clinical supervision to AFESIP' counselors who works in shelter. For this clinical supervision aims to strengthen the quality of counseling service and to give a space for counselors to express their feeling and challenges in working for victims of rape or trafficking. Tailor made-course that we were provided included Stress Management, Managing Misbehavior in Children, Mental Health First Aid (MHFA), Home base counseling service, Trauma healing and Basic counseling. All up, we trained 376 participants (200 females).



# RESEARCH & CONSULTANCY

With support from the DANISH INSTITUTE AGAINST TORTURE (DIGNITY), TPO did a randomized control trial to investigate the effectiveness of Pain Treatment protocol which we had been developed and pilot tested by TPO's senior counselors in 2014. The pain treatment protocol is culturally appropriate treatment protocol to respond to chronic pain patients who suffer from torture under Khmer Rouge time. For this study we screened 300 out of 4,000 civil party applicants. TPO did interview 156 respondents out of 300. As the result, 113 responded had meet selection criteria and they were assigned into 6 treatment groups and 6 control groups. We conducted intake/baseline assessments, 2nd (3 month) and 3rd (6 month) follow-up assessments while by year's end, TPO had delivered Pain Treatment to all 55-treatment participants, and all 58 control participants after these had been psychologically assessed at the 6-month point.

In this year, the pain treatment manual in Khmer and English was finalized. TPO's

facilitators for pain treatment have received training on this pain treatment.

This study will continue in 2016 and full results will be published throughout that year. The ultimate longer-term goal will be to use this treatment protocol to address the broad array of chronic pain experienced by patients in Cambodia.

TPO also launched the preliminary result of our randomized control trial on "Effectiveness of Testimonial Therapy" – A Study on a culturally adapted trauma treatment program as used by TPO Cambodia to treat survivors of genocide in Cambodia, funded by Center for Victims of Torture (CVT) to launch this result. As the result of the study, it does show the testimonial therapy adapted to Cambodian Context is really effective in dealing with the suffering/pain of Khmer Rouge survivors. This study also highlights the needs' victims of severe trauma need more psychosocial support than bio-medical model. Survivors need truth, justice, compassion

and acknowledgment. Thus Testimonial Therapy provides an opportunity to have their story acknowledged and the opportunity for them to share their story to the world.

TPO also has contributed to local and international research on a variety of topics (e.g. fall-out of the Khmer Rouge regime, torture, trauma healing, intergenerational trauma, transitional justice) by providing relevant information and insights to researchers from various institutions and organizations around the world. Often, TPO has received these researchers at its office in Phnom Penh for interviews and discussion. TPO has also hosted various Cambodian and international students as well as interns for periods up to several months, to provide them with the necessary practical experience in their chosen field or support them with their research.

# ADVOCACY & AWARENESS RAISING

In 2015, TPO staffs have again frequently engaged in meetings with government officials, partner NGOs and other stakeholders as well as in advocacy events and awareness raising campaigns to promote mental health care, psychosocial well-being and the need for services in Cambodia thus furthering TPO's mission. Project-specific activities such as our 15 radio shows (with about 80 re-broadcasts) have been listed earlier in this report.

The UN's International Day in Support of Victims of Torture (26 June) remained high on our agenda in 2015. TPO team hosted a short tree planting event and ceremony at Choeung Ek (Aka the "Killing fields") near Phnom Penh. We gathered to honor torture victims, to listen to survivors sharing their experiences and challenges they have faced and continue to face. This event allowed us to send a message of hope, speak out and demand that the right, to rehabilitation becomes a reality for all tortures survivors, In Cambodia and elsewhere in the world.

We planted the "TPO Tree of Hope and Peace" in honor of torture survivors and as a symbol that rehabilitation works, with blessing from monks.

This year's UN theme "Right to Rehabilitation" is linked closely to TPO's works in providing support and treatment to survivors of Khmer Rouge regime. As the NGO at the forefront of trauma treatment for torture survivors in Cambodia, and members of the International Rehabilitation Council for Torture Victims, we will keep joining to rehabilitation.

In Geneva, Switzerland, The UN Fund for Victims of Torture, brought together practitioners and experts in the medical, Psychological, legal and social rehabilitation of torture victims to exchange knowledge and best practices. Dr Sotheara Chhim, TPO Executive Director, was interviewed about TPO's work with torture survivors of the Khmer Rough. [http://www.ohchr.org/EN/NewsEvents/](http://www.ohchr.org/EN/NewsEvents/Pages/TortureFundMeeting.aspx)

[Pages/TortureFundMeeting.aspx](http://www.ohchr.org/EN/NewsEvents/Pages/TortureFundMeeting.aspx)

On 2 July 2015, At Meta House in Phnom Penh, TPO launched our new publication "My Testimony" which contains the personal life stories of 10 survivors of the Khmer Rouge regime. In this workshop, we had discussed the ongoing psychological impact of the regime on individuals and Cambodian Society. This publication and the event were funded by GIZ.

Our participation in the Youth Mental Health Day at the Royal University of Phnom Penh on the occasion of World





*Far left: Planting Tree of Peace and Hope to commemorate the International Day Against Torture on June the 26th.*

*Left: Study Tour of Psychology Students from Royal University of Phnom Penh, Department of Psychology.*

Mental Health Day on 2 October was again one of the highlights of the year. More than 2,000 visitors participating in the activities. TPO staff made themselves available to discuss the questions students had and also offered some part of art therapy, mini-counseling session, mindfulness exercise, a video film on psychological First Aid.

TPO had participated in the Consultation Workshop with Civil Parties with funding from UN Women. About 50 civil parties were invite to a one-day workshop at Khmer Art Theatre in Takhaou on 22nd October 2015. The aim of the workshop is to consult with 4 different organizations about a future reparation project title "Pka Sla Angkar". The project intends to combine classical Khmer dance theatre and film documentary with community dialogue and psychosocial intervention to bring the experiences of forced marriage and gender based violence to the attention of a larger audience aiming to

overcome stigmatization and denial and offer healing and rehabilitation. The consortium of NGOs (Khmer Arts, TPO Cambodia, Kdei Koruna and Bophana Centre) in coordination with the Extraordinary Chamber in the Court of Cambodia (ECCC), Victims Support Section (VSS) and the lead co-lawyers (LCPL) for project design and develop the full proposal and a fundraising strategy.

Throughout 2015, we have continued to actively use social media (in particular TPO's Facebook page) to raise awareness about mental health and to promote and report on the events mentioned above. Other causes we've supported through our social media efforts the WHO's World Health Day, World Suicide Prevention Day, the UN International Day for the Right to the Truth concerning Gross Human Rights Violations and for the Dignity of Victims, the UN International Day for the Elimination of Violence against Women and the accompanying 16-day campaign,

to name but a few. We have posted regular updates about the proceedings at the ECCC as well as TPO's own work across projects and across locations. We've attracted attention to the needs for mental health care in Cambodia, and to the widespread issues of gender-based violence and substance abuse in Cambodian communities. We've shared our challenges and successes, our schedules for TPO's public mental health training courses, and provided our readers with interesting articles and background information about mental health topics. We have also worked in the background on making the TPO website more easy to navigate for the public, more manageable for our staff and with the facility to better link our communications. We plan to share our improved website with you in the course of 2015.

# ORGANIZATIONAL CAPACITY BUILDING

In 2013, we also continued to build our organizational capacity by strengthening our staff's skills, competencies and abilities, to allow us to fulfil our mission and goals

## PARTNER IN TRAUMA HEALING (PATH) PROGRAM

As one of the **Center for Victims of Torture's (CVT) Partners in Trauma Healing (PATH)**, TPO benefitted again in 2015 from CVT's support to expand our ability to provide high-quality mental health services and healing of survivors, to perform monitoring and evaluation and to develop as an organization. In 2015, we continued to benefit from the in-house support of an experienced PATH psychologist providing support, training and mentoring thereby strengthening TPO's clinical capacity. As a result, we've rolled out a clinical supervision system and policy and we finalized and documented our counseling guidelines

which are used by all our counselors across our projects and locations (and currently also being produced in audiovisual format). This clinical unified approach is further complemented by regular internal learning sessions and case presentation sharing for TPO's clinicians. We also strengthened our clinical monitoring capacity by testing and validating the TPO Unified Clinical Tool we had previously developed to capture all the common clinical signs and symptoms reported by respondents during our assessment work in Cambodian communities. June 2015, TPO's admin manager representative the Organizational Development (OD) part,

Research & Monitoring coordinator representative M&E part and the clinical manager/clinical supervisor from Clinic attended the annual workshop organized by the Center for Victims of Torture in Tbilisi, Georgia – This workshop aim to review and reflect on experience and all three domains (OD, M&E and Clinic). In this workshop, TPO staff who represents all these three domain decided to select Clinical domain as sustain the gain which we are going to integrate across all the program of TPO.



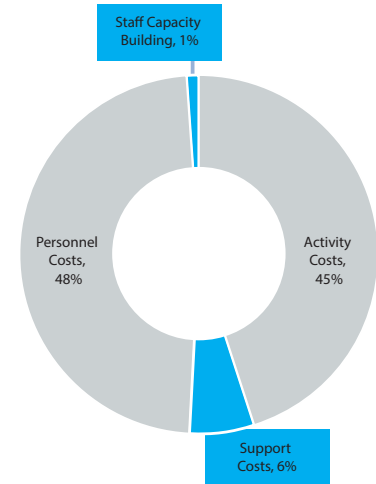
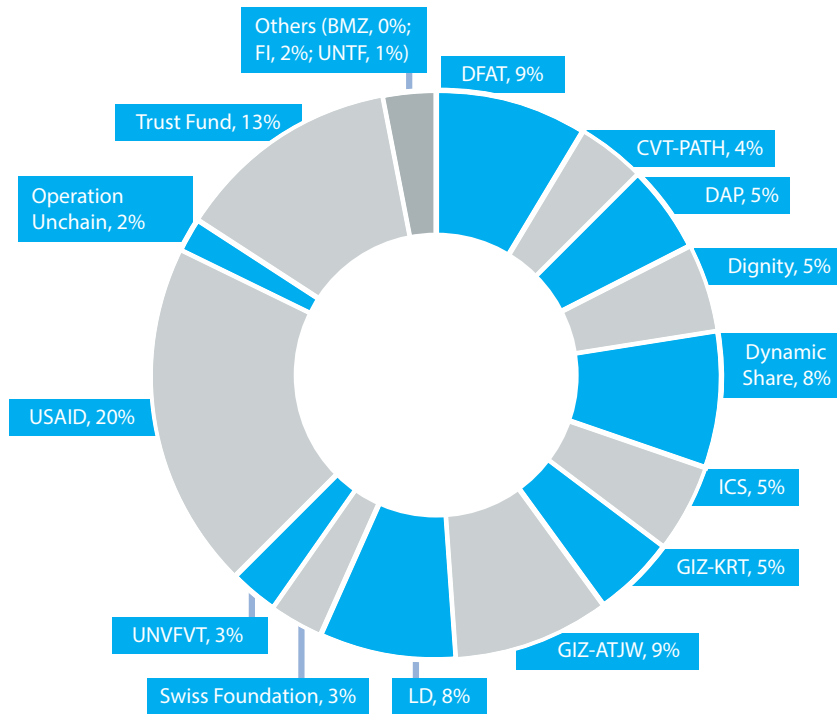
# FINANCIAL STATEMENT – 2015 ACCOUNTS

DONORS	INCOME 2015, (US\$)	EXPENDITURE 2015 (US\$)
DFAT	92,783	60,912
BMZ*	4,788	5,359
CVT-PATH	37,545	51,787
DAP	49,574	25,216
Dignity	49,307	88,578
DYNAMIC SHARE & SDC	76,691	76,691
ICS	46,536	57,278
GIZ-KRT	48,955	39,505
GIZ-ATJW	83,754	78,469
LD	78,030	74,179
SWISS FOUNDATION	24,983	24,983
UNTF*	5,144	-
UNVFVT	31,975	31,975
USAID	192,267	180,249
Friend International (FI)	19,129	18,285
Private Donation (Operation Unchain)	22,824	8,082
TRUST FUND	133,267	176,004
<b>Total</b>	<b>997,552</b>	<b>997,552</b>

CLASSIFICATION	EXPENDITURE (US\$)
Activity costs	450,229
Support costs	58,515
Personnel costs	478,377
Staff capacity building	10,430
<b>Total</b>	<b>997,552</b>

\*: Final Reimbursement 2014

TPO Finance were audited by  
PriceWaterHouseCoopers (PWC)



# OUR PEOPLE

TPO currently has 51 staff members, and offices in Phnom Penh (HQ and Treatment Center) and in the provinces of Battambang, Siem Reap (SR town and Chi Kraeng district), Kampong Thom, Kampong Cham and Tboung Khmum. All staff members are Cambodian. Key positions:

## THERAPISTS & TRAINERS

- ANG Sody, MD, Psychiatrist
- CHEA So Ousaphea, Registered Nurse
- CHHAY Marideth, Senior Counselor
- CHHIM Sotheara, MD, Psychiatrist, MPM, PhD Candidate
- CHOR Sonary, Sociologist, Counselor
- KEO Sothy, MD, Psychiatrist
- LONG Borom, Counselor
- MUNY Sothara, MD, Psychiatrist, MA in Public Health
- OM Chariya, BA in Psychology, MA in Peace Education
- PICH Panha, BA in Psychology, MA in Public Health
- ROS Saray Endeth, BA in Psychology
- SANG Seum, Psychiatric Nurse
- SEANG Leap, BA in Psychology, BA in Law
- SOK Phaneth, BA in Psychology, MA in Counseling Psychology

- TAING Soeung Hun, Social Worker and Senior Counselor
- SUN Solida, BA in Psychology
- SORM Rothana, BA in Psychology
- THLEN Sokunnara, BA in Psychology

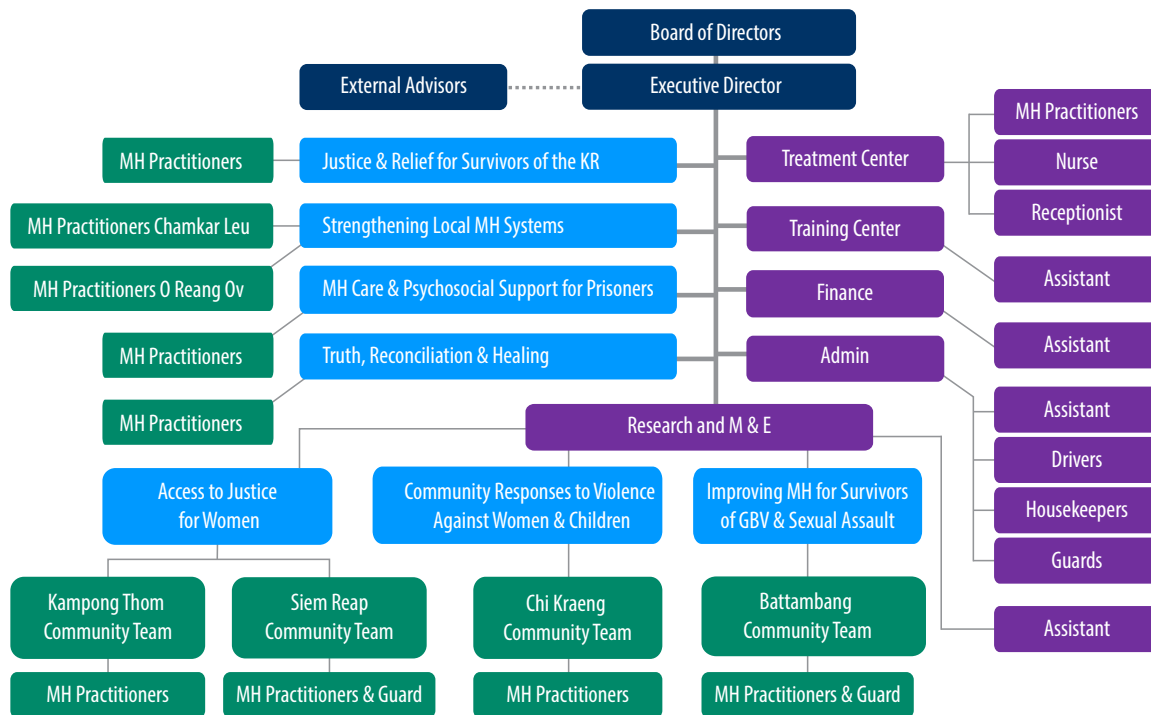
## KEY MANAGEMENT STAFF

- CHHIM Sotheara, PhD, Executive Director
- LENG Bunlay, Finance Manager
- LOK Meas, Office Manager
- ANG Sody, Head of Treatment Centre
- TAING Sopheap, Head of Research, Monitoring & Evaluation
- SOK Phaneth, Head of Training Unit

## COMMUNITY TEAM LEADERS

- KIM Sophornn, Battambang
- LAO Lun, Battambang
- NUTH Lady, Kampong Thom
- PENG Vanny, Siem Reap

# TPO CAMBODIA ORGANIZATIONAL CHART



MH = Mental Health. HR and IT done by Admin. Fundraising by ED; Head of Research, M&E; Project Leaders; External Advisors. Data Collection is done by individual teams. In blue colour are TPO projects, four of which have project managers reporting directly to the Executive Director, while the other three projects are implemented via community teams reporting to the Research and M&E manager. In green colour are community teams; they report to their line managers above them.



## OUR BOARD OF DIRECTORS

- Dr. VAR Chivorn – Chairman, Executive Director, Reproductive Health Association of Cambodia (RHAC)
- Mr. KHANN Sareth – Vice-Chairman, Professor, Psychology Department, Royal University of Phnom Penh
- Dr. LIM Siv Lang – Treasurer, Physician, National Center for Dermatology, MoH
- Ms. UNG Kimkanika – Board Member, Acting Department Head, Social Work Department, Royal University of Phnom Penh
- Oknha Dr. Tan Kim Meng – Board Member, Executive Director, HOPE Medical Center and Deputy Director of Development of Sihanouk Hospital

## OUR PARTNERS & SUPPORTERS

In 2015, collaborations with government, other NGOs, education and research institutions, health professionals, other service providers and advocates for human rights and health care were again at the core of what we do. And of course we could not have done it without our donors as well as all the others who have supported us in various ways.

## 2015 PROJECT SPONSORS

- American Government and the American people through USAID
- Australian Government through DFAT (Department of Foreign Affairs and Trade)

- Belgian Government through the university NGO Louvain Coopération (LD)
- Center for Victims of Torture (CVT)
- DIGNITY Danish Institute Against Torture
- Direct Aid Program (DAP), Australian Embassy
- Dynamic Share (SD), Switzerland
- German Federal Ministry for Economic Cooperation and Development (BMZ) via the German Society for International Cooperation (GIZ)
- Investing in Children and their Societies (ICS)
- Swiss Foundation
- United Nations Voluntary Fund for Victims of Torture (UNVFVT)
- Swiss Agency for Development and Cooperation (SDC)
- Friend International (FI)
- Operation Unchain

## INTERNATIONAL PARTNERS

- Australian Red Cross/Australian Volunteers for
- International Development (ARC/AVID)
- Office of the High Commissioner for Human Rights of the United Nations (OHCHR)
- Palo Alto University, Palo Alto, California, USA
- Berkeley Center for Human Rights, California, USA
- UN WOMEN (United Nations Entity for Gender Equality and for the Empowerment of Women)

## LOCAL PARTNERS

- Banteay Srei (Siem Reap)
- Cambodian Human Rights Action Committee (CHRAC)
- Cambodian Human Rights and Development Association (ADHOC)
- Cambodian League for the Promotion and Defence of Human Rights (LICADHO)
- Cambodian Women's Crisis Centre (CWCC), Siem Reap
- Extraordinary Chambers in the Courts of Cambodia (ECCC) and its
- Witness and Expert Support Unit (WESU) and Victims Support Section (VSS)
- Kdei Karuna (KdK)
- Legal Aid of Cambodia (LAC)
- Commune Counsel for Women and Children (CCWC)
- Ministry of Health (MoH) and its Provincial Departments of Health (PDoH)
- Ministry of Interior (Mol), the General Department of Prisons (GDP) and the Prison Authorities of Correctional Centre 1, Correctional Centre 2, Kandal Provincial Prison, Kampong Chhnang Provincial Prison
- Ministry of Social Affairs, Veterans and Youth Rehabilitation (MoSVY) and its Provincial Department (PDoSVY)
- Ministry of Women's Affairs (MoWA) and its Provincial department (PDoWA)
- Royal University of Phnom Penh (RUPP), Department of Psychology & Social Work
- Women's Media Centre of Cambodia (WMC)

- Youth for Peace (YFP)
- Khmer Arts Academy (KAA)
- ... and the provincial and local authorities of all the places in Cambodia we have worked in throughout 2015 as well as the Community Resource People helping people with mental and psychological problems around the country.

## TPO CAMBODIA IS A MEMBER OF:

- Access to Justice Asia (AJA)
- Cooperation Committee for Cambodia (CCC)
- International Rehabilitation Council for Victims of Torture (IRCT), Denmark.
- MEDiCAM

## OUR THANKS ALSO GO TO:

- META House (German Cambodian Cultural Center), PP.
- Bophana Audiovisual Resource Center, Phnom Penh
- Department of Media and Communication (DMC),
- All visitors, students, researchers, journalists, mental health workers, human rights workers and members of the general public who, both in Cambodia and around the world, have shown interest in our work and helped spread the word about our work and the need for mental health care in Cambodia.
- All monks who have participated in our Testimonial Ceremonies throughout 2015

## OUR SINCERE THANKS TO:



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