

Annual Report **2009**

Transcultural Psychosocial Organization
Cambodia



March 2010



អង្គការចិត្តសង្គម សង្គមស្រុក
Transcultural Psychosocial Organization
Community Mental Health Programme

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 community lives.

TPO Values Statement

People who are eager to **learn** and have a team approach,
People who are **professional, committed** and strive for **quality**
People who demonstrate **empathy, respect, honesty**, are **trustworthy**
and value **individual's opinion**.

Table of Contents

GREETINGS FROM EXECUTIVE DIRECTOR.....	4
INTRODUCTION.....	5
TPO PROJECTS.....	5
IMPROVING SITUATION OF DISADVANTAGED GROUPS IN RURAL CAMBODIA: CAPACITY BUILDING APPROACH TO MENTAL HEALTH CARE.....	5
IMPROVING LIVELIHOOD OF DISADVANTAGED GROUPS IN RURAL CAMBODIA: PSYCHOSOCIAL INTERVENTION AND COMMUNITY DEVELOPMENT.....	8
PSYCHOSOCIAL REHABILITATION PROGRAMME FOR PATIENTS WITH CHRONIC MENTAL HEALTH DISORDERS IN KAMPONG THOM PROVINCE.....	8
PSYCHOSOCIAL SUPPORT FOR CAMBODIANS AFFECTED BY THE KHMER ROUGE TRIBUNAL.....	9
TRAUMA HEALING INITIATIVES (THI).....	10
INTERNATIONAL CAPACITY BUILDING (ICB).....	11
INTERNATIONAL RESEARCH AND PROGRAMME EVALUATION COORDINATION (IRPEC).....	12
TRAINING PROGRAMME ON PSYCHOSOCIAL ASPECTS FOR DISTRICT SOCIAL WORKERS IN CAMBODIA.....	13
PROMOTION OF WOMEN'S RIGHTS.....	14
INCOME GENERATION – A ROAD TOWARDS SUSTAINABILITY.....	14
STATEMENT OF INCOME AND EXPENSES 2009.....	15
CONCLUSIONS.....	17
APPENDIX.....	17
NUMBER OF BENEFICIARIES IN 2009.....	17
CASE STUDY.....	18

Greetings from Executive Director

I am very pleased to introduce this concise annual report that reflects the activities of TPO Cambodia in fiscal year 2009. This past year, TPO Cambodia has come to the end of its major project, called “Improving Situation of Disadvantaged Groups in Rural Cambodia: A capacity building approach to mental health care” a consortium between our donors ICCO and DCA with TPO Cambodia, funded by the EU. Thanks to our dedicated staff of all levels, the project has been benefiting ten of thousands of disadvantaged people who were trapped in the vicious cycle of trauma, mental health/psychosocial problems and poverty.



I have no hesitation in telling you that this project was successfully implemented and shows an improvement of mental wellbeing of our beneficiaries and target groups, evidenced by self-reporting of our clients themselves, by our key resource people and by the external monitoring team from the EU in Brussels who monitor our project every year. Both external evaluations proved it to be a very good project.

Other projects of TPO Cambodia have also been proven to be successful such as “Training on psychosocial issues to district social workers”, “Trauma Healing Initiatives”, “Psychosocial support to victims of Khmer Rouge Tribunal” and others.

Mental health and psychosocial problems are crosscutting issues in many areas. On the verge of global economic crisis, there are many other emerging areas of psychosocial and mental health problems that need support from our organization. We have received generous donations from donors and partners such as EU, ICCO, DCA, USAID via Center for Victims of Torture (CVT), LOUVAIN Développement (LD), UNICEF, GTZ, DED, AusAID, UNVFVT, Rehabilitation Center for Torture Victims (RCT), International Rehabilitation Council for Torture Victims (IRCT) and other private donors to fund our work. We still need continuous funding from our donors and potential donors and friends in order to help us accomplish our mission. On behalf of TPO Cambodia, I would like to express my wholehearted thanks to our donors and taxpayers of the donor countries for their valuable support.

I would also like to thank our Board of Directors who provided support and guidance for TPO in the past years. Without their support we would find it hard to pursue our goals.

Finally, I would like to thank our government and NGOs partners who have collaborated and support TPO in all fields.

May Buddha bring you all longevity, beauty, health, strength and wisdom.

Sincerely Yours,

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

Dr Chhim Sotheara
Executive Director

Introduction

“No health without mental health” is a slogan used by the World Federation for Mental Health in the campaign to promote mental wellbeing of the people around the world. Mental illness has attributed to the global burden of diseases worldwide and played a very significant role in the millennium development goals (MDGs) but its importance has been neglected in many countries.

Given the horrible past and the lack of mental health services available in Cambodia, this problem continues. It affects both livelihood and wellbeing of the people of Cambodia. This further affects their ability to function effectively in their family and community.

Mental health issues can be seen as crosscutting issues in many fields. This requires mental health professionals and TPO to look at mental health in broader perspectives. TPO Cambodia has been developing our services to respond to the need of mental health care in victims of domestic violence, victims of torture, victims of trafficking, victims of the Khmer Rouge regime and people with general mental health problems. So, our intervention targets those needs accordingly.

This report describes the activity of each project that aims to respond to the needs of those target groups.

TPO Projects

Improving Situation of Disadvantaged Groups in Rural Cambodia: Capacity Building Approach to Mental Health Care.



Sam Mara
Operations Manager

This project has been funded by the EU since 2006 and ended in 2009. TPO Cambodia, ICCO and DCA joint consortium implemented this project. The objectives of this project are: (1) To improve the mental health and quality of life of disadvantaged people through a range of interventions such as education, and training, thereby helping to increase social cohesion and reduce poverty. (2) To improve people's skills and knowledge in mental health care by capacity building both internally at TPO and to external organizations.



Kang San
Program Coordinator

Target groups: This project worked primarily with the following groups of people: female headed households, war widows, disabled people, children at risk, victims of domestic violence, men with alcohol problems and people living with HIV/AIDS.

Target areas: Outskirts of Phnom Penh, Pursat, Battambang, Banteay Meanchey and Kampong Thom provinces.

Activities:



*Kim Sophorn,
Team Leader, Phnom Penh*

Social Context Assessment: This assessment aims to understand the community: problems faced, existing resources available, how people cope, and local support networks.

Training Community Resources: - Enables existing community resources people to have the ability to identify, manage and refer people with psychosocial and mental health problems to appropriate services.
- To strengthen the support network in the community.
1,226 potential Community Resource People (CRPs) were trained to become key resources people in the community.

themselves and others in their families or communities. Understanding these problems allows people to find better solutions and ways to deal with them. Understanding the problem enables people

Psycho-education: To enable people to understand mental health issues within themselves and others in their families or communities. Understanding these problems allows people to find better solutions and ways to deal with them. Understanding the problem enables people to seek appropriate support and treatment for themselves, save time, money and other resources.



*Bou Vannary,
Team Leader, Pursat*

791 psycho-education sessions were organized in 303 villages with the total participants of 46,918. On average, there were 3 sessions per village. Among these, 68% of participants (n=31,822) were women.

opportunity to share their problems in this safe place and this enables them to learn from the experiences of other members of the group. This increases social cohesion and equips them with coping skills that can be used in the future. Alcoholic men learn ways they can cope and alternatives to drinking and violence. Psycho-education, relaxation exercises, anger management are taught to the members of the group.

Self-help groups: were established for women who are victims of domestic violence, alcoholic men and people with general mental health issues. Being in the group, women have the



*Lao Lun, Team Leader,
Battambang*



*Doung Sunary, Team Leader,
Kampong Thom*



Sok Phaneth, Counseling Supervisor

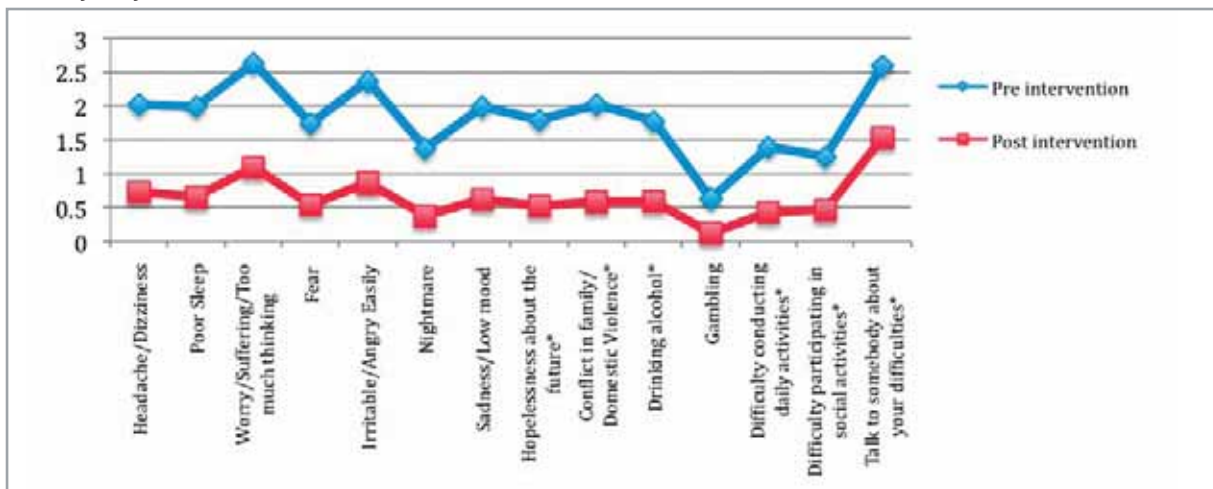
This 4-year period (2006-2009), 401 self-help groups were formed, 4,623 people (61% or 2,818 were women) benefitted from the group treatment.

The line chart below shows the reduction in score expressed by the clients before the treatment (blue) and after the treatment (red). The high score represents more problems.



Vith Kimly, Training Coordinator

* Problems with asterisk above show areas relating to self-esteem, self image and self confidence

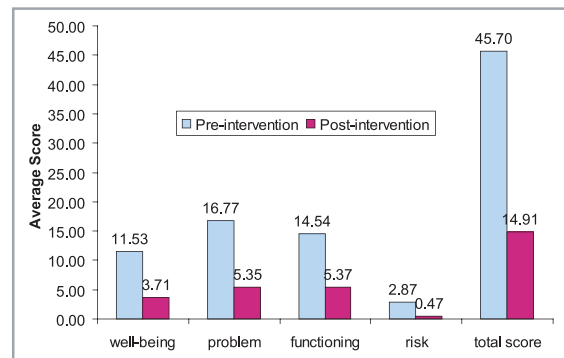


Counseling: provide the opportunity for people with mental health and psychosocial problems to talk to counselors freely and confidentially. This talking therapy and empathetic listening has a healing power for our clients.



Prum Rachana, Team leader, Banteay Meanchey

1,540 vulnerable people(target=1500) with mental health/ psychosocial problems including 62% (n= 962) women received individual counseling.



Psychiatric treatment through development of mental health clinics:

TPO Cambodia collaborated with provincial health departments in Pursat and Banteay Meanchey provinces to set up 2 mental health clinics in the respective provinces in order to treat severe mentally ill patients. TPO Community Mental Health work and the Mental Health Clinics collaborated closely in order to maximize the effect of the treatment for the people.

Improving Livelihood of Disadvantaged Groups in Rural Cambodia: Psychosocial Intervention and Community Development.

This project is kindly supported by an Anonymous donor.

The aim of this project is to support people who have psychosocial and mental health problems and have improved psychological wellbeing able to access to livelihood activity. TPO Cambodia works closely with SEADO (Social Environmental Agricultural Development Organization) in Banteay Meanchey province



Self-help group member received counseling from TPO counselor.



Self-help group member has received some funding from the project to improve her livelihood

to provide livelihood support.

Most of these people have been marginalized and were not allowed to participate in such activities due to their violence and drunken behavior. Once psychological status has improved and violent behavior has subsided, the group of people was referred to SEADO to receive livelihood support in terms of microfinance,

training on agricultural and animal husbandry,

Psychosocial Rehabilitation Programme for patients with chronic mental health disorders in Kampong Thom province Developpement.

This project was jointly implemented by TPO Cambodia and Louvain Developpement (LD) from Belgium and was funded by Belgian Government (DGCD). The aims of this project are (1) improving the quality of mental health care and increasing access of mentally ill people to the clinic. (2) Supporting two mental health clinics in Kampong Thom province. (3) Facilitating proper treatment and also enabling poor patients from TPO target areas to access psychiatric treatment offered at the mental health clinics. (4) Capacity building of clinical staff to provide good quality treatment to patients and (5) ensuring that OPD staff take responsibility by seeing patients and attending administrative meetings, home visits, and also meeting with TPO staff to discuss case management and to share relevant experiences.



*Dr Ang Sody
Project Manager*

Psychosocial Support for Cambodians affected by the Khmer Rouge Tribunal.
This project was kindly funded by DED, ICCO and AusAID.

TPO Cambodia is the only organization that provides psychological and mental health support to victims of the Khmer Rouge regime who testify against the former Khmer Rouge leaders who are now in the custody of the Extra-Ordinary Chambers in the Courts of Cambodia (ECCC).



*Dr Munny Sothara
Project Manager*

The aims of this project are (1) To provide psychological support services to Khmer Rouge survivors and actual tribunal participants (witnesses and civil parties) who may be affected while remembering, telling or listening to the terrible past stories. (2) To raise awareness about psychological symptoms of trauma, which may be revealed through the tribunal proceedings. The project addresses NGOs, government and ECCC staff through training/workshops. (3) To provide information to the Cambodian public about mental health problems, symptoms related to trauma and possible ways of how to deal with these. IEC materials and radio broadcasts were used as means to educate people.



*Judith Strasser Psychosocial
Advisor*

Testimonial Therapy: Our partner, RCT from Copenhagen, introduced testimonial Therapy (TT) to TPO Cambodia. TT is a brief therapy which aims to encourage survivors of the KR regime to tell their stories about this atrocity. Two groups of TT with the total around 20 participants were interviewed.



Blessing ceremony at Choeung Ek (killing field) before the start of TT



The story of a survivor was read



Monk handed the story back to Mr Chum Mey, one of the seven survivors of S-21



Monks chanted and blessed all survivors at the end of the TT session

The process of TT was as follows: (1) interview survivors and their stories were written, then checked with survivors to ensure accuracy and then printed. (2) Blessing ceremony by Buddhist monks was performed at the Killing Field to all survivors. (3) the stories were read by counsellors in the pagoda in front of the status of Buddha and the monks. TPO counselors were on standby in order to provide emotional first aid (EFA) to survivors while having emotional discharge (4) The history book was given to survivors by the monk together with blessing and wishes to avoid all those kamar in the next life. This personal history book is a sign of acknowledgement of their suffering to the survivors.

Conference on Mental Health Problems for Victims of the Khmer Rouge Regime and their descendents, Nov 2009: TPO Cambodia organized this conference in order to invite all researchers on mental health related issues in Cambodia to share their findings with mental health professionals in Cambodia. In the past, all foreign researchers collect data from Cambodia and wrote up reports to present in their own countries. No one in Cambodia ever knew what happened to the research results in this country, so this conference was a good platform for discussion and recommendations on mental health related issues in Cambodia.

Many participants encouraged that such conferences should continue regularly in the future.



Judge Silvia Cartwright (woman with headphone) of the ECCC was amongst the participants



Dr Sotheara presented a topic on " Cycle of violence and Victimhood"

Trauma Healing Initiatives (THI)

Trauma Healing Initiative Project was set up in June 2007 with the support from Center for Victims of Torture (CVT) from Minneapolis, Minnesota, USA. The THI project aims to build clinical capacity of Trauma Clinicians in Cambodia, to enable them to provide better quality of care to their clients. The THI has also set up a support network for those trauma clinicians to be able to support each others. The activities of THI include:



Pich Panha, Clinician Coordinator

- Mental Health Training of trainers: Assisting a core group of trauma clinicians in strengthening a larger network of resources for torture survivors in Cambodia.
- Community outreach & education strategies: Improving network members' capacity to increase awareness of trauma effects, healthy coping, stigma reduction, available treatments, and human rights among targeted communities.
- Training the Network: Enhancing clinical skills and knowledge among a Network of community torture / treatment resources.
- Network model development: Using a participatory approach to develop multi-disciplinary and multi-sector collaborative models of care among providers, best practices for trauma treatment in Cambodia, and practical program evaluation measures.



*Ambreen Mirza
Psychosocial Advisor*

Participating organizations:

- Staff from respective partner agencies which included Nyemo, Royal University of Phnom Penh (Department of Psychology), National Program for Mental Health, LICADHO, World Vision Cambodia, Child Center of Cambodia, RISP, Afesip, Enfants et Developpement and Handicap International Belgium as clinician core group members.
- Survivors of Khmer Rouge, victims of DV, human trafficking, rape, sexual exploitation, political violence and prisoners.

Achievement:

1. Monthly Meeting on Case discussion, Training of Trainers, and International training has been conducted respectively.
2. Training of trainers has been completed and certificates have been delivered to core group members who have been participating with THI project for the past 3 years.
3. Manual on Trauma Recovery in Cambodia (English version) for social workers, case managers and counselors, Section I have been finalized and Section II for primary care provider is under review. TPO expects to finalize this Manual in 2010.

International Capacity Building (ICB)

The International Capacity Building (ICB) is funded by USAID through Center for Victims of Torture (CVT) from Minneapolis, Minnesota, USA. The project aims to build the clinical capacity of TPO Cambodia to be able to provide psychological treatment to trauma / torture survivors in Cambodia.

Project Objectives:

- To improve the quality and efficiency of the existing Counselling Center in order to meet professional standards.
- To strengthen organizational management capacity of TPO Counseling Center.
- To upgrade technologies and their use in program development and management.

Targets: The clinic provides interventions to clients referred by network NGOs, by family members or by the clients themselves who are in need of psychological counseling and/or psychiatric treatment.

TPO Counseling Center:

TPO Counseling Center was supported by the International Capacity Building Project. This project was set up in order to provide psychological and psychiatric treatment to victims of Trauma / Torture under the Khmer Rouge regime and other types of torture.

International Research and Programme Evaluation Coordination (IRPEC)

The IRPEC project aims to build the research capacity of TPO Cambodia, enable TPO as an organization to develop evaluation tools to be used in the assessment and evaluation of the intervention for trauma / torture survivors in Cambodia. The project also builds capacity of TPO researchers to be able to design and conduct the research project in Cambodia. IRPEC project is supported by Center for Victim of Torture (CVT) in Minneapolis, Minnesota, USA and is funded by USAID.



*Taing Sopheap,
Research Assistant, IRPEC*

In this period, TPO has undertaken research on

- Validation study of the Hopkins Symptom Checklist-25 (HSCL-25)
- Ethnographic study to improve TPO's assessment tool called "Bluecloth"
- Ethnocultural aspects of trauma response in Cambodia: This is the study of Cambodian response to trauma called Baksbat (broken courage).

These studies have been lead by TPO researchers with the support from CVT Researcher. In the future, TPO is keen to build up its research projects in collaboration with overseas organization and/or universities.



*Dr Keo Sothy, Psychiatrist,
ICB Project*



*Deup Channarith,
Research Assistant, IRPEC*

Training Programme on Psychosocial Aspects for District Social Workers in Cambodia.



*Seang Leap,
Training Coordinator*

TPO Cambodia in partnership with the Ministry of Social Affairs, Veterans and Youth Rehabilitation (MoSAVY) funded by UNICEF has provided Training on Psychosocial Skills to support District Social Workers throughout the country and 2009 was the 4th year of the project implementation (2006-2010).

The objective of the project is to increase the capacity of the District Social Workers (DSW) of MoSAVY (Ministry of Social Affairs, Veterans and Youth Rehabilitation) in response to the psychosocial needs of their client, especially children.

Targets: Training to 6 groups of District Social Workers (DSW): 1 group in Kampot, 2 groups in Phnom Penh, 1 group in Kampong Cham, 1 group in Kampong Chhnang and 1 group in Kampong Thom.

Achievements: The training team in agreement with UNICEF has used the developed training manual together with the accumulated training experiences from the previous years provided training to a total of 103 participants this year.

The DSW trainees attended the training sessions actively; they shared their work experiences and have learned and applied the psychosocial skills effectively in working with their respective target communities, especially in helping and supporting children, as they are the primary beneficiaries of this project.



*Peng Vanny,
Trainer*



Participants brainstormed psychosocial problems during the training session



Mr. Seang Leap in the training session

Promotion of Women's Rights

In collaboration with the Department of Women's Affairs and with funding support from GTZ, to implement the psychosocial support project in Baray-Santuk district, Kampong Thom province. This project will contribute to the promotion of women's rights through psychosocial intervention to victims of gender-based violence.

Project Objectives:

- Encourage perpetrators of domestic violence to attend group counselling to change their behaviour and attitudes, thereby decreasing the levels of domestic violence in the community.
- Develop, prepare and organise individual and group counselling sessions for men as perpetrators In close collaboration with local authorities and communities, especially trained CRPs,
- 6 self-help groups were formed with over 71 sessions to give support to perpetrators of domestic violence (3 groups), victims of domestic violence (3 groups).



*Nuth Lady, Team Leader,
Kampong Thom (GTZ)*

Income Generation – a road toward sustainability

Thank to the generous support from the Interchurch Organization for Development and Cooperation (ICCO), “**a Center of Excellence in Psychosocial and Mental Health Care**” was built. The building is used for activities related to clinic, training, research and other consultancies. It is also used as an office for TPO Cambodia.

Many of our NGO counterparts have requested TPO to provide training to their staff about basic psychosocial issues and basic counseling skills. Many of those staff members who have been trained with TPO assert that understanding psychosocial issues would add value to their work.

TPO training is divided into two types: The first is based on the results of Training Needs Assessments (TNA), conducted by our trainers prior to the training provided. The second involves tailor made course designed to fit with the need of each organization.

Plan for 2010 and beyond: TPO Cambodia plans to increase its income in order to make TPO to be a more financial self-sustainable organization. TPO will introduce a staff wellbeing package and market it for other NGOs or companies who wish to have psychological support services for their staff members.



A: Patients wait at the waiting area of TPO Counseling Center in Phnom Penh.

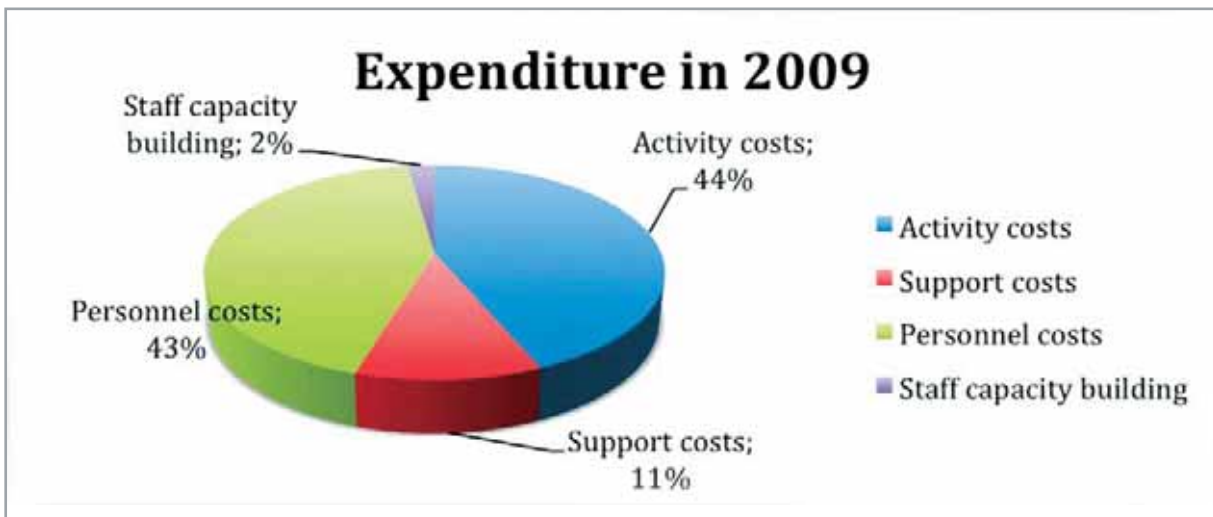
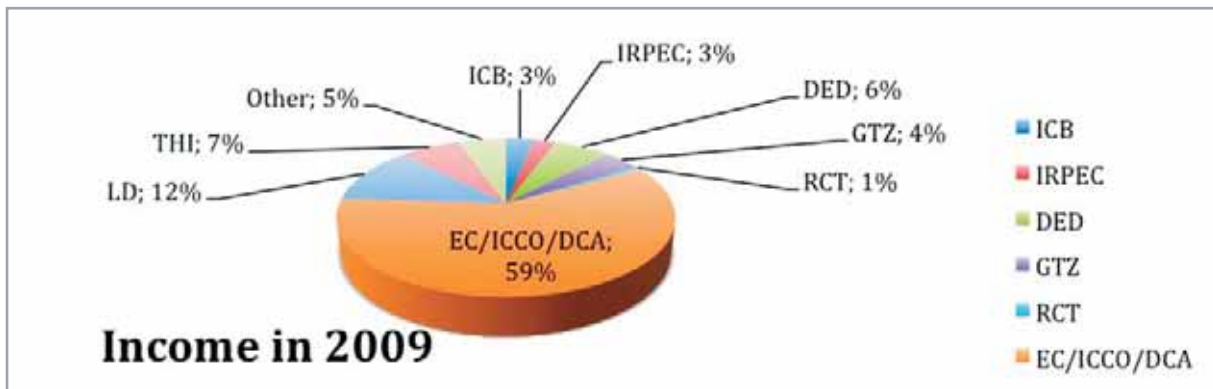
B: Psycho-education sessions with patients before the clinical activity

C: A patient receives information on the use of medication from a nurse

Statement of Income and Expenses 2009

TPO Income and Expenses were audited by PriceWaterHouseCooper

Donors	Fund balance in 2008 (US\$)	Income in 2009 (US\$)	Total income in 2009 (US\$)
ICB	24,691.00	11,505.00	36,196.00
IRPEC	14,923.00	14,872.50	29,795.50
DED	0	71,131.00	71,131.00
GTZ	(1,106.00)	50,406.76	49,300.76
RCT	0	7,588.00	7,588.00
EC/ICCO/DCA	246,436.00	428,660.73	675,096.73
LD	24,207.00	111,275.00	135,482.00
THI	20,293.00	58,637.90	78,930.90
Other	17,735.00	44,341.00	62,076.00
Total Income	347,179	798,417.89	1,145,596.89



By the nature of our professional clinical work, TPO needs large numbers of personnel to implement the important work at the community level.

Classification	Expenditure in US\$
Activity costs	443,607.41
Support costs	112,366.10
Personnel costs	437,973.14
Staff capacity building	22,818.63
Total Expense	1,016,7 65.28



*Toun Sam Ol
Finance & Admin
Manager*



*Leng Bunlay,
Finance Officer &
Internal Auditor*

Conclusions

Mental health and psychosocial problems still affect Cambodian people severely especially in the rural areas. The projects show that helping people to deal with their psychosocial problems enables them to build their confidence, reduce violence which enhances their ability to participate in livelihood development which in the end would contribute to reducing poverty.

Appendix

Number of beneficiaries in 2009

Number of patients received psychiatric treatment at Mental Health Clinics:

	Numbers of new cases	Numbers of Consultations
TPO Counseling Center in Phnom Penh	601 ((65% female)	5,071
Mental Health Clinic in Pursat and Banteay Meanchey provinces	109 (74% female)	872
Mental Health Clinic in Kampong Thom RH and Baray-Santuk RH	854 (70% female)	5,765

Number of beneficiaries in the community: During 2009, TPO worked in 67 villages in Phnom Penh, Pursat, Battambang, Banteay Meanchey and Kampong Thom provinces. The number of beneficiaries are summarized in the table below:

	Total	Male	Female
Number of community resource people trained	216	123 (57%)	93 (43%)
Number of villagers participated in awareness raising	9,964	3,189 (32%)	6,775 (68%)
Number of participants of self-help groups	746	346 (46%)	400 (54%)
Number of people received counseling	265	128 (48%)	137 (52%)
Number of NGO & government staff participated in the workshops	107	62 (58%)	45 (42%)

Case Study

Case study 1:

Ms. Hak Sophy married and has 4 children living in Prey Svay village, Reang Kesei commune, Sangkae district, Battambang province said, “if there is no Neakkrou (TPO counselor) who has bonn (charitable heart) comes here on time, I would not have this day. I would have died, because my husband would have killed me! My husband has committed serious violence against myself and other family members almost every day.

I still remember when my husband got drunk I must run away from home to stay with Neakphom’s house (other villages’ house) especially the village chief’s house almost every night, making it difficult for the village chief. The village chief could not sleep too due to my family problems. For my husband, soon after alcohol reaching his stomach, he becomes another person “He is very cruel like tiger or crocodile.” No one could stay home. We must run away soon. If we do not run he will strongly curse at us, beat us and chop (kab ngob – kill with ax) us. My family members and I are afraid that we may be killed if we stay at home.

When problems occurred, no one cooked food or take care children. I suffer too hard (Krom Krea Chet) for years. In addition, my daughters and myself feel very ashamed (doch deu srat) like walking naked. But since my husband and I attended the self-help group organized by TPO, my family got better. In the group, my husband and I learn how to control anger and share sweet talk with each other in a good way. In addition, I feel more confident in talking with my husband, who has stopped drinking, leading to less domestic violence against children and myself. Now, my youngest daughter goes to school and has better grades. I could say he stops physical and verbal violence up to 90% now. I hope in the future, there will be no “violence” physical and verbal in my family. Thanks Neakkrou.

Case study 2:

Mrs. Tech Pauv, 46-year-old, housewife living in O’chrauv district, Banteay Meanchey province. Her husband, Mann Horn, doesn’t have proper job. The family has always been in conflict, her husband doesn’t like to work and often return home drunk. Due to the conflict, the family unable to earn any income and they become poor. This poverty escalates conflict and creates violence in the family. Mrs. Pauv become sick and depressed with multiple physical complaints. She was not able to do her housework and cannot take care her 3 children. She was hospitalized for about 10 days but her problems were not disappeared. She later was invited by the key resource people in her village who think that she may have mental problems. She attended TPO self-help group for victims of domestic violence. In the group, she has the opportunity to express her difficulties and her family matters amongst other group members and TPO counselors. She also had the opportunity to listen to the stories of other group members and this sharing of stories had a powerful healing effect on her and at the same time she learnt how to deal with her symptoms as well. She later showed improved symptoms through regular relaxation and breathing exercise. Her husband at the same time also joins the men group who deal with the effects of alcohol. Her husbands symptoms have also improved. Both of them were referred TPO’s partner, SEADO who will help them with economic support.



Mrs. Tech Pauv with her chicken and pigs. The project is kindly supported by anonymous donor

They have learnt how to raise animals (animal husbandry) properly. At the end of the training, they received US\$200 credit to enable them buy 2 baby pigs and 10 chickens. The rest of the money was used to make the cage, buy some food and vaccine for animals. Her husband now does not go out and drink any more. He stays home and looks after the animal well; he also works in the rice field for daily income to support the family.

After five months, she has sold her 2 pigs and 4 chickens for around US\$320 and in addition, she also has 18 bags of rice from her husband's work. She now has paid off the loan and continued to buy a baby pig and chicken to raise. Now she has 1 pig, 40 chickens and some money left to buy some pieces of wood in order to fix her house.

She is so happy with the support that TPO and SEADO offered to her. She is now living happily in her family. This activity is kindly funded by our **anonymous donor**.



Mrs. Toun Savath is a widow, living in Banteay Meanchey province; she is the beneficiary of the project. The picture shows her vegetable garden and her ducks. This project is kindly supported by anonymous donor

TPO Counseling Center and Office was kindly donated by ICCO



**អគ្គការវិទ្យាសាស្ត្រសុខភាពចិត្តសង្គម
Transcultural Psychosocial Organization
Community Mental Health Programme**

**អាគារនេះជាអំណោយសប្បុរសធម៌របស់ប្រជាជនហុល្លង់ដើម្បីចូលរួមចំណែក
លើកកម្ពស់សុខុមាលភាពផ្លូវចិត្តដល់ប្រជាជនកម្ពុជា**

**This building is a charitable donation from the people of the Netherlands
as a contribution to improving the mental wellbeing of the people of Cambodia**