

Cover Sheet

Name of Grantee:	International Catholic Migration Commission
Title of Program:	<i>Survivors of Torture – Addressing Their Needs in Indonesia – Phase III</i>
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Reporting Period:	Final, Project End Report: October 31, 2008
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Expenditure until this Period:	USD 896,218.00
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Balance Due under the Overall grant:	USD 00.00
Total of other contributions (non-USAID) until this period:	USD 122,172.07

**Final Report of the Survivors of Torture
Addressing Their Needs in Indonesia
Phase III;**

AID Grant Agreement Number: 497-G-00-06-00022-00

I. Context

This report covers the entire period of the USAID funded Survivors of Torture project that started in June 19, 2006 and ended in October 31, 2008. As outlined above under Section IV, Grants Purpose and Impact, the Survivors of Torture Program has managed to put the issues of torture in highlight through advocacy efforts, and ensured that ICMC partners have been able to provide survivors of torture with psychosocial counseling services through transfer of technical expertise.

This report will start with an outline of the program goal and objectives; the activities conducted towards achieving and maintaining the objectives, the impact of the programs, and analyze the challenges faced during program implementation.

II. Program

Program Goal

To help survivors of torture and other cruel, inhuman and degrading treatment recover from their trauma and become functioning individuals in their community.

Program Objective

Strengthen the capacity of Indonesian NGOs to facilitate programs in awareness raising; psychosocial rehabilitation services; and advocacy support for survivors of torture and their family members.

Specific Objectives

1. Raise public awareness on issues of torture.
2. Continue to work with 3 NGO partners committed to provide service to improve the conditions of SOT and 3 other interested NGOs for awareness raising and advocacy campaigns.
3. Provide training programs in organizational capacity to ensure the sustainability of each NGO.
4. Provide technical assistance in working with survivors of torture to increase the professional skills of relevant NGO staff members.
5. Monitor the effectiveness of the psychosocial counseling services provided by the partner organizations in a scientific manner.

6. Support networks of NGOs working for survivors of torture within Indonesia and link these NGOs to the larger international Victims of Torture network.



III. Activities and their Objectives

Capacity building of NGOs

For institutional capacity building, provision of better services to survivors of torture and their families, and to raise awareness on torture issues, ICMC considers training as a core program intervention. During the program period, ICMC provided training on torture awareness, and training to provide psychosocial counseling in individual and group settings in the local partner NGO's respective communities.

ICMC revised various sessions from the basic counseling training manual, developed during the previous phased, based on the different participants and their level of understanding, and conducted six basic counseling training in Aceh, Jakarta and Papua. Additionally, ICMC developed a manual for paraprofessionals on conducting support groups at the community level and trained the three partners to provide these services. To strengthen the skills in conducting support groups, ICMC conducted nine follow up workshops in Aceh, Papua and Jakarta. 67 paraprofessionals were trained in Aceh, Papua and Jakarta to provide individual counseling and facilitating support groups in their targeted communities.

All three partners were also trained in Design, Monitoring and Evaluation of programs. In addition, to set culturally appropriate base line tools that measured symptoms, coping skills and level of functioning, 56 people were trained in conducting qualitative assessment of the problems of the targeted beneficiaries, how to pilot the developed instrument and to conduct a follow up assessment to measure the impact of the intervention provided.



Four Training programs were conducted for the data base management of the clients receiving services. All three service providing partners, and one partner which conducted a study on the prevalence of torture, received training on database management.

Besides the formal training, continuous support was provided through email, phone and monitoring visits to ensure proper data management of the clients.

For the partners receiving long term grants, training on financial monitoring, and financial tracking was provided to ensure a smooth and transparent financial management. Four such training programs were conducted during the project.

A Training of Trainers (TOT) was organized for 8 counselors to be able to provide training to other paraprofessionals in basic helping skills.

Training to raise awareness of torture and its impacts was conducted in a TOT format. Following this, the trainees conducted twenty trainings to raise awareness of the civil society in total during the program period in Aceh, Papua and Jakarta. 1069 participants attended the training programs.

In addition, continued technical assistance was provided through regular phone and email communications to address any technical difficulties in psychosocial counseling, database management or program implementation. In Aceh, one of the program officers provided regular supervision by staying in Bireuen Aceh to help RATA improve the counseling intervention by providing daily supervision. Besides the technical skills in counseling, the program officer also provided assistance in organizational management and financial management. Assistance in proposal writing skills was also provided.

In Papua, mostly it was done through phone and email conversations, helping them to plan their counseling interventions and trouble shooting as needed. In these conversations, technical aspects of counseling were also discussed in order to provide support to the partner in providing counseling services to the survivors of torture. In Jakarta, technical support was provided regularly by visits to the IKOHI office to discuss the ongoing program and any difficulties they face technically in providing counseling services to their target beneficiaries.

For advocacy on torture, partner organization, LBH Jakarta received training in research design so they could conduct a survey on the prevalence of torture, findings of which contributed to the alternative country report for UNCAT. The findings showed that 81% of people detained in 2007 in 4 detention centers in Jakarta were tortured during the time of arrest and detention.

Monitoring and Evaluation

ICMC provided technical assistance and Supervision (Field Supervision and Phone Supervision) for the local counselors in providing both group counseling and individual counseling services. Screening and client improvement monitoring process were done using the local psychosocial questionnaire developed by ICMC under consultation from Johns Hopkins University.

Furthermore, evaluation and analysis of the controlled study was done with the assistance from Johns Hopkins University. On a very rough analysis, the intervention group did significantly better than the control in terms of utilizing positive coping mechanisms, and increase in daily functioning at individual, family and community level. Focus group discussion was also undertaken as one of evaluation tools to see how the intervention affected the beneficiary population.

By using local psychosocial questionnaire, the evaluations of intervention impact were also conducted in Papua and Jakarta, after all the people received services.

Financial monitoring was conducted monthly. Each partner would report their expenses with receipts attached. ICMC screened on expenses and disburse additional advance based on their requests for the program implementation.

Networking

During the program period, ICMC conducted two domestic networking workshops. These workshops were organized for three local NGO partners providing psychosocial services for torture survivors. The three organizations came from Jakarta, Papua and Aceh. The sessions consisted of sharing experiences, mental health issues, and advanced techniques like using art in counseling, advanced relaxation techniques, and self-care for the NGO care providers.



A coalition of NGOs worked on the formulation of the alternative country report for the Convention Against Torture (CAT). ICMC linked them with an expert on CAT country reports and alternative reports. The resource person, who provided feedback for the improvement of the current shadow report, was one of the reviewers of the Indonesian report four years ago.

ALDP, a partner in Papua received accreditation as a member of International Rehabilitation Council for Torture Victims (IRCT). This recognition will allow

RATA (a member previously) and ALDP to tap into the larger torture treatment network for resources and funding.

ICMC, ALDP and RATA were invited to a regional capacity building conference for Asian torture treatment centers held in Cambodia. The training focused on community mental health. Additionally, ICMC was invited to a regional workshop in Bangladesh that focused on strengthening Asian networks on having forums to share training materials and other resources. The United Nations Voluntary Funds for Victims of Torture (UNVFVT) requested ICMC to present its community based psychosocial rehabilitation program with its partners to the board of trustees and the donor countries.

At the request of Disaster Mental Health Institute, University of South Dakota, ICMC presented the SOT program, and other ICMC initiatives in psychosocial programming at a conference organized by them. The theme was to examine psychosocial programming and the Inter Agency Standing Committee (IASC) guidelines on mental health and psychosocial support, of which ICMC was a member of the task force.

ICMC program officer presented the SOT community based psychosocial program in Peru at the 8th conference of the International Society for Health and Human Rights (ISHHR) at their request. She was fully funded to attend this conference and present her presentation.

ICMC facilitated the formation and strengthening of TAP (task force against torture), which consists of four leading national Indonesian NGOs. They have mandated themselves to lobby for the prevention of torture and advocate for domestication of the CAT.



Grants

Besides, training, supervision and networking, another SOT objective is to disburse small grants to NGO partners addressing the needs of torture survivors. ICMC disbursed grants in small manageable tranches to the three main partners in Jakarta, Aceh and Papua to provide psychosocial services to survivors of torture. ICMC also disbursed grants to partners in Jakarta, to provide awareness raising activities on torture issues, to provide accurate information to the UN special Rapporteur on torture and to consolidate NGO solidarity towards the fight against torture.

Details of the grants and funded programs are under the next section: Summary of Partner Programs.

Summary of Partner Programs



JAKARTA

IKOHI (Ikatan Keluarga Orang Hilang)

IKOHI is an organization formed by the association of the family of the disappeared. ICMC provided training and provided them with financial support for their psychosocial program during this period. They provided individual and group counseling to survivors and family of victims of 1965, 1984 and 1998 incidents. They also included services to migrant workers tortured in Malaysia. Total beneficiaries covered in this service were 308 people out of which, **179 were women and 129 were men.**

IKOHI also took the lead in the commemoration of the June 26 in 2006. The commemoration consisted of raising public awareness through radio talk program that the station statistics claim would have 1 million listeners. They also distributed 1000 leaflets to targeted communities explaining the ratification of CAT.

LBH (Lembaga Bantuan Hukum) - Jakarta

LBH Jakarta is a legal aid foundation that provides litigation services to victims of human rights violation. ICMC funded and assisted them for a study in looking at the prevalence of torture during police investigation in 2007. 400 prisoners participated in the study, conducted in 4 prisons in Jakarta. The study, which could only analyze 367 respondents after cleaning the data for errors, found 83% of the prisoners were tortured during their investigation process in 2007.

The outcome of this study helped LBH to form TAP (Task Force Against Torture), which organized a radio talk show explaining the results of the study for public awareness. ICMC supported for the strengthening of TAP through a strategic planning workshop for them. They have made plans for litigation and non-litigation advocacy for the coming year.

PEC (People's Empowerment Consortium)

PEC is a human rights NGO that focuses on strengthening civil society especially in victims' communities and advocacy organizations. Through ICMC grants, they held two workshops on torture awareness, the CAT, and domestic and international legal mechanisms. One workshop was targeted to public litigation officers working especially for the underprivileged (communities that are being forcefully evicted, labor unions, urban poor), while the other workshop was targeted to students of the faculty of law, and academics.

PBHI (Perhimpunan Bantuan Hukum dan Hak Asasi Manusia Indonesia)

PBHI is a legal aid NGO providing both litigation and non-litigation advocacy for cases of human rights abuse. With ICMC grants, PHBI provided a workshop for para-legals in 2007. The focus of the workshop was for the para-legals to understand torture and report to PBHI so they could do advocacy to prevent

torture. In 2007, for the commemoration of the 26th of June, the UN International Day in Support of Victims of Torture, a coalition of 27 NGOs was led by PBHI. The coalition urged people to sign petition to request the government in domesticating the convention against torture. With the petition, they appealed to the parliament and the National Human Rights Commission for the same.

In 2008, they conducted a radio talk show in line with the 26th of June commemoration. The radio talk show focused on explaining the torture, its impact, and the meaning of the Indonesian ratification of CAT. Though a case study they highlighted the practice of police in inflicting torture during arrest; and explained the practice at court where practice of torture is not asked during the trial to ensure confessions free from torture.

ACEH

RATA (Rehabilitation Action for Torture Victims in Aceh)

Through the SOT grants, RATA provided counseling services to survivors of conflict in Bireuen, Aceh. During this program, they provided counseling services to survivors of torture and their family members in 15 villages in Bireuen district. A total of 830 beneficiaries received counseling services through individual and group counseling. **539 of them were women and 291 were men.**

“Perhaps we were distrusting of one to another previously, but since we sat and talked together, the suspiciousness reduced. We trusted each other and talked about problem at field, about our family problems, or problem with children.”

RATA's counselor in providing services to improve the conditions of Survivors of Torture



In addition, through the additional support from UNVFTV, 1704 people, consisting of 521 men, 840 women and 343 children received medical services through the provision of medical mobile clinics in the targeted conflict affected communities that torture survivors were served.

RATA also provided a awareness raising public forum targeting the village leaders, community leaders and government staff including the police in 2007. In 2008, they provided a torture awareness workshop for students of the faculty of social politics in Bireuen University. In addition they organized a radio talk show and a seminar targeting communities, students and government officers.

PAPUA

ALDP (Aliansi Demokrasi untuk Papua)



Through the SOT grant, ALDP provided counseling services to survivors of torture, family members and witnesses in 16 students' dormitory and 10 villages in Jayapura district. Total number of 486 people received services during the program period. **232 of them were women, and 254 were men.**

ALDP also conducted a survey about community understanding on torture and CAT during the commemoration of 26 of June, 2007. The survey resulted that 80% of the people in Jayapura did not understand the definitions of torture and Indonesia's ratification of CAT. After the survey they explained the definitions and the meaning of ratification during the event. In 2008, they organized a flower offering to police officers, military personnel and the communities imparting information about the ratification of CAT.

IV. Grant Purpose and Impact

The purpose of the SOT grants is to strengthen local NGOs in their work against torture through public awareness, advocacy, and rehabilitative services for survivors. Following are the continued impact of the SOT Grants:

- Human Rights organizations have formed coalitions to submit the alternative country report on Convention Against Torture (CAT), and pledge to continue advocating against torture and raise public awareness on torture.
- A task force against torture (TAP) was formed that has mandated itself to advocate against torture and for the change in the rule of law where torture is criminalized in line with the CAT.
- The targeted NGOs, and the communities they have targeted better understand impacts of torture on an individual and the society.
- 1,624 people, consisting of 950 women and 674 men received psychosocial counseling services in their communities.
- Gender sensitivity in working with torture survivors is understood by NGOs. They understand that male and female torture survivors may have different needs.
- Community care providers are learning psychosocial helping skills in individual and group settings. These care providers are enhancing their skills in doing

group work, and more and more focus is attached to group work than individual counseling when the beneficiary population is ready and willing to work in a group.

- Care providers are learning to manage their stress to prevent vicarious traumatization.
- Communities that received the services have experienced the benefits of the support group and many continue to have the groups after the termination of the formal support groups conducted by the staff of ICMC partners.
- Neighboring communities have asked partners to provide the psychosocial services in their villages.
- A field guide for para-professionals to conduct support group services was developed and piloted and evaluated during this period. WHO – Geneva requested the field guide for dissemination to other care providers around the world working for conflict affected populations. This was given to WHO after consultation with USAID.
- Separate locally appropriate tools to measure psychological distress, local coping mechanisms and level of functioning was developed for Papua, Aceh and Jakarta.
- Partners have been trained in looking at monitoring client improvement. Data was collected of clients pre and post counseling to measure the effectiveness of the intervention.
- An evaluation using the methods of a controlled trial proved that the intervention group did significantly better than the control in terms of utilizing positive coping mechanisms, and increase in daily functioning at individual, family and community level.
- The United Nations Voluntary Funds for Victims of Torture (UNVFVT) requested ICMC to present its community based rehabilitation program to their board of trustees and donor countries. They commended on the program and two of the board of trustees suggested ICMC to replicate this model in other parts of Asia.
- With the community-based program funded by VTF/USAID, ICMC was able to seek additional funds from UNVFVT to add medical support and livelihood support for the survivors of torture and their families.
- Information sharing and networking among NGO partners in the targeted areas working with survivors of torture was strengthened. In addition, RATA and ALDP are also active in the international network of torture treatment centers.

Success stories



Case 1

NM lives in XXXX village, which is located near the forest outside Bireuen City Area. During the conflict years between the Indonesian Army and the GAM (separatist group) this village was labeled as one of the bases where GAM operated. Due to regular "sweeping operations" by the Indonesian military to arrest GAM members or to try to get information about them, many civilians in this village were tortured. The entire village lived in constant fear, were either tortured themselves, or had family members tortured, or were witnesses to atrocities.

In the village there was one small mosque, which was used by the Indonesian Army to torture the suspected villagers. NM's house was located next to that small mosque. For many years, NM witnessed torture in that mosque. Many of the victims were the people she knew in the village. From those witnessing experiences, NM's psychological condition was affected. The continued fear, lack of trust on anyone in the village, made her feel helpless, depressed and extremely fearful all the time. She also felt guilty because she could not do anything while the victims were being torture next to her house. These problems had made NM isolate herself from the community. During those conflict years, she couldn't tell other people about what she saw, what she experienced, and about her problems, because she was afraid that mentioning anything could jeopardize her safety.

After the conflict ended and the peace agreement between Indonesian Government and the Separatist Group (GAM) was signed in 2005, the people in Aceh started feeling a bit safer. The Government and the community leaders were suggesting the people to forget the pain from the past conflict and encouraged not to talk about it anymore – forgive and forget was the message. NM and many other people in Aceh had difficulty to talk about her experience and her problems related with the torture events.

Until the beginning of this year NM had never told anybody about her problems and her difficult experience during the conflict years. Her social life was not improving, and she still isolated herself from the community, she felt afraid when she heard the door bang, loud voices, and loud television. Her sleeping problem was not reducing and many times she felt afraid without any specific reason.

In the early stage of the support group process, NM was very passive, and only shared her story about her economical difficulties. But slowly, she started to learn from the group process that the counseling and sharing process could help her deal with her emotional difficulties. In the fourth session of the group counseling, she started to share about her feelings and her experiences in the past, which still affected her. Surprising for her, she could feel that the other member of the group could understand her feelings and her difficult problem. She also had many inputs from the other members about how to reduce her problem caused by the traumatic experiences. She learned several emotional reducing skills like relaxation technique and thought control.

In the later stage of counseling, she felt far better. Her life motivation is high, and she also starts to cope with her anxiety and depression problem. Her sleeping problem is gone, and her social interactions in the village are also improving.

".. Before joining this group, I don't know what to do when I feel afraid and restless at night, when I remember those events and thinking about that, usually I wasn't able to sleep all night. But now when I remember those difficult experiences, I can breathe deeply and start to think about something good in my life..."

".. my heart is rarely pounding anymore, I am not suffering anymore from the restless problem, I am not afraid without any specific reason anymore now.."

".. I feel different after I joined this support group, I feel free from many difficulties I had in the past, and I have many trustworthy friends now and we support each other in our daily life."

Case 2

SW lived in XXXX village, which was also one of the villages that were suspected as the bases of the GAM. He had no idea when suddenly the Indonesian Army took him out from his house, blindfolded him and brought him to the forest. He was identified as one of the GAM member. He was tortured in the forest to force him admit that he was a member of GAM. Since he was not involved with GAM and did not have any information, the torture continued regularly, in the forest and then in the prison, where he was detained after they returned from the forest. He was severely injured after all the beating the electric shock. He said his eyes, his ears and his chest hurt severely. After several weeks of being detained, suddenly he got released and was told that the detention and the arrest was a misunderstanding. They explained that there was another suspected person who had the same name as him.

He was released from the prison, and coming back to his village, started living his life with the injuries and depression. He had no life motivation, he isolated himself from the community, and he had many mixed feelings caused by the torture: anger, disappointment, sadness, loss, and many other problems.

He had never shared about his feelings and his pain to someone else before he joined group counseling. Before the peace agreement between GAM and Indonesia, it was very dangerous to talk about the violence the army had done in Aceh. After the peace agreement, it is not proper to talk about the problem caused by the past torture experience, because it is considered as not supporting the peaceful spirit in Aceh.

The first time the counselor visited SW to have a conversation with him at his house, SW was very passive. The counselor also noticed that SW had no eye contact with her in the conversation, his eyes had a vacant look and most of the time he was spacing out in the early several visits. Mostly he talked about his headache and other physical problem. When he started to join the counseling group, he was very quiet and passive.

Slowly he started to talk with his buddy and the group in the counseling group. Outside of the counseling group he spent many times talking with his buddy

about his life, about his daily problems, his thoughts and many other things. In sessions 4 & 5, he started to talk about his life and his pain from the past, he also shared about his difficulties he experienced these days.

When the counseling reached its final session, the counselor and the other members noticed there was a big change in his attitude and behavior. He has more motivation to work now, and he also started to actively get involved in the activities in the community. He also regularly goes to hospital to get medical treatment for his injuries: eye and hearing problem, and to get treatment for his respiration problem.

“..I have to thank this group, since this group has significantly changed my life. I really feel that this support group is so meaningful for me. Before I have this group, I didn't have any real friend who could understand and listen to my burden. Now, I have friends who listen and understand my burden, my life, and my pain. Not only being listened and understood, I also got many inputs from this group which has changed my point of view, and have positively changed my way to live my life.”

Case 3

Since the early 70's, military suspected HY as the one of OPM members (Free Papua Movement) in Puay village. Since then, he became a targeted person, which made him quit from his job and run to the mountains.

Several years later, he went back to his village and tried to live as an ordinary citizen. Unfortunately, the military caught him. HY got detained in the prison for a month. During that period, the military tortured him both physically and psychologically.

HY lived in anxiety, fears and experienced oppression. HY also mentioned that this was not only experienced by him, but it was experienced by other survivors of torture and their families. According to him, for a long period of time, he lived his life in fear, anger, hate, spite and resentment and felt helpless. This experience also shaped HY's character as a hard and firm person, full of anger, especially in his attitude towards Indonesian Government.

In 2007, ICMC psychosocial program was coming to his village, and this counseling program was empowering the local potential human resource to be trained to provide psychosocial rehabilitation in his village. HY was appointed by the village meeting to join the basic counseling training in Jayapura city, the villagers trusted him because he is one of religious leader in the village. Initially in the training, he disagreed that counseling could be effective as a psychosocial rehabilitation of the torture victim in the village. He perceived that counseling would only weaken the victims' spirit for their struggle to be free of oppression. He said that the help to the community should be more concrete such as medication and livelihood program for the people in the village.

Even though he had expressed his disagreement towards the concept of counseling in the first place, the training sessions introduced him with what experience the client will have in a counseling process. He started to be excited and blended in the session's activity to learn more about client centered

counseling process. At the end of the training he said that he learned many things from the training, and he also learned that "...the benefit and the impact of counseling program could not be seen, but one we can only feel...."

After the training, he came back to his village, and then he tried to provide counseling services in his village with some other local counselors in his village. He also joined a support group as a client, which was facilitated by the other local counselors, to solve the problem with his pain and his disappointment about his past experiences related with the torture experience he had.

Besides success in eliminating his fear, oppressed feelings, and his anxiety, he also felt more positive in living his life and felt worthy to the community. Needless to say, he started getting more respect in the community by the work he was doing. His way of thinking and looking at problems was also changing. He said that he realized that being understood and listened to is very powerful in psychological rehabilitation of a person who had trauma/other psychological problems caused by the torture. He also said that he learned that it is important to live in the present and not focus our self in our pain/disappointment or the past or be busy with our dream in the future. He also tried to adapt this counseling concept to the religious activity for the villagers and he said that it was significantly useful.

According to him, the education and the program has made him get a new perspective to identify problem, how to understand a problem, and identify ways to manage a problem or cope with it. HY said that one very useful thing he got from the training and this program is his ability to see individual differences and the value difference for each human being. As an individual HY feels success in implementing this new knowledge and as a group leader he is grateful because he could give something and dedicate himself to his community.

"... with counseling both individual and group, I as a witness, victim as well as family of a victim feel that stress, fear and trauma in me subside. As a religious leader in this village, I also see that this program had caused significant improvement in the psychological condition and interaction among the people in community. "

"My life has changed, and my family said so. Previously, I am an aggressive person who easily irritated if I had a problem. This (KTB Support group) can help me to deal with problem without emotionally overwhelmed; I become able to talk out the problem better."

Community member at Puay Village

Other quotes from survivors

"We can talk each other about our stories and can gain others' experiences to be lesson if we have similar problem further."

Female group at Yansu Village

"I feel happy, because I can see changes in my family. My husband used to be come home and made quarrel in house, if he got angry then I angry him back, but it changes now. When my husband gets angry, I can more gently treat him so that disputes got decrease in our home."

Female group at Yansu Village

"My life and my family can run better. Used to be my husband frequently got drunk and created insecure situation in my home, but since joining the group, I can see my husband has changed, towards me and towards the children, (her husband is one of male group members). And for me, I can treat my husband better; my life has become more peaceful."

Female group at Yansu Village

"Before this group running, I felt walking with burden, no friend to talk to, I did not know the way out. Through this program, we can share our problems and feel relief. I can get new inputs for my weaknesses from others experiences and opinions"

Female group at Yansu Village

"For me, this helps me for not keeping my problems unsolved in my heart. While for others, I can encourage them to talk out if they have problems to reduce their troublesome."

Male group at Ayapo

"Get thorn out of self, so that it would not keep hidden in our lives. My father and my brother have gone, which I mean "thorn in flesh". Now we learn how to move forward. Previously, we could hardly talk like this. we live in oppression. In this village, there was TNI post up until 2002, and every body lived in oppression, we were afraid to speak. With this program, we can talk now; things are in our hearts we can pour them out. This is good."

Community member at Puay Village

"For problem related to trauma, since I joined the group, I feel relieve. Before, I used to have palpitations, now it decreased."

"This program is to cheer our hearts. Before, our hearts covered with wounds because of conflict."

"Before I try to my problem to my self and try to be busy. Now I can share with others and they give suggestions. It is better than before, heart burden in less."

V. Challenges Faced

Turn over of staff was a frequent occurrence in all three partners, Aceh, Papua and Jakarta. Reasons of staff resigning were various: from a getting a better offer from an INGO, responsibility with urgent thing other than this work, to misdemeanors problem. The partners were helped in planning to address this problem. On field training and supervision was provided, and discussions were made with the partners to help them in selecting staff who do not have other obligations, and who are motivated to this work. ICMC made recommendations to the partners about the selection process of community level workers. Another strategy was to train more people than needed, so if someone dropped off, a replacement was easier to find.

Many of the male clients in Aceh had difficulties to attend group meetings, since they were out of the villages during the day for work. Strategy was formed in adjusting the meeting time, which allowed those male clients to be able to attend group meetings. Night time became the option for group meeting schedule, which meant the working schedule of the RATA counselors also had to be adjusted.

Challenge that ALDP faced was difficulties in doing supervision. One of the beneficiary villages could not be reached, since the road has broken. Moreover, the very long distance between ALDP office and villages was also another difficulty. The lack of supervision skill became one problem as well. In order to deal with this challenge, we equipped the program coordinator with more intensive discussion about concrete supervision plan and how to run it. For the future, plans are made to have supervisors based for longer time in the villages.

Challenges for IKOHI in Jakarta were that, the IKOHI members, who are their primary target beneficiaries, were scattered around the metropolis and difficult to get together. In addition, after the targeted population received the brief support group, their client base decreased. Though we discussed several options of networking with other human rights NGOs to take referrals from them to increase their client base, this was not possible due to competition amongst local NGOs, and the lack of understanding of the counseling process.

Incidents of torture could not be documented by the service providing NGOs. The beneficiary populations in communities were afraid to report about their torture experience on a documentation form. Due to this, to establish a prevalence of torture for advocacy purposes, the survey on 4 detention centers in Jakarta to understand the prevalence of torture during arrest and detention was conducted. This strategy proved to be more valuable for advocacy purposes, as it was included in the alternative country report; and it did not instill fear in the communities receiving psychosocial services, thus enabling partners to provide the services smoothly.

ACHIEVEMENT INDICATOR

OBJECTIVE	PLANNED ACTIVITIES	ACHIEVED IN PREVIOUS PERIOD	ACHIEVED IN THIS PERIOD
I. CAPACITY BUILDING PROGRAM			
<p>Objectives :</p> <p>A. Provide training programs in organizational capacity to ensure the sustainability of each NGO.</p>	<p>A.1 Provide training in psychosocial counseling skills and capacity building in relevant skills for partner organizations</p>	<ul style="list-style-type: none"> ▪ Developed manual of support group for para-professionals in doing community based psychosocial intervention ▪ Six (6) basic counseling workshop were conducted in Aceh, Jakarta, and Papua to build para-professionals' skills in assisting survivors of torture ▪ Nine (9) follow up training on counseling skill conducted in Aceh, Papua, and Jakarta. ▪ 67 Paraprofessionals in Aceh, Jakarta, and Papua were trained on counseling and support group facilitating skill. ▪ Four (4) Financial Training were conducted for the local NGO's finance staff in Jakarta, Aceh, and Papua ▪ Four (4) Database keeping and Data analysis Training were conducted for the database staffs in Papua, Aceh, and Jakarta ▪ Conducted a domestic networking meeting, discussing about community based psychosocial intervention focusing on major mental health issues, advance techniques like using art in 	<ul style="list-style-type: none"> ▪ Domestic Networking workshop was conducted for ICMC's local partners to build linkage, create opportunity to share experiences, knowledge, raise ability in specific technical skill and empower them in term of developing referral system ▪ Training on basic psychosocial support for survivor of disappearance people in Jakarta ▪ Group leader training for 24 key person in village in Aceh

	A.2 Provide TOT in psychosocial helping skills for counselors from partner organizations to enable them to train community people	<p>counseling, advanced relaxation techniques, and self-care for the NGO care providers, which was participated by 16 local counselors from 3 local partners in Aceh, Papua and Jakarta.</p> <ul style="list-style-type: none"> ▪ One TOT on Basic Helping Skill for 9 local Trainers (4 male, 5 female) in Aceh ▪ One TOT on torture awareness was organized for PBHI. 	<ul style="list-style-type: none"> ▪ Eight (8) persons participated in Training Of Trainer (TOT) to local partner's staff.
B. Provide technical assistance in working with Survivors of Torture to increase the professional skills of relevant NGO staff members	B.1 Provide technical assistance in relevant skills for NGO staff members	<ul style="list-style-type: none"> ▪ Regular phone and email discussion with the counselors and other program staffs to impart technical advice on their interventions ▪ Conducted regular technical assistance on counseling and database of client's improvement for the counselors in Aceh, Jakarta, and Papua through field visits. ▪ Provided long term in field support to RATA during the program evaluation to ensure that the intervention was provided exactly as in the format that the technical advisers from VTF wanted to evaluate. ▪ Monthly discussion with program staffs from ALDP-Papua (by phone) to provide technical support to help their clients better. 	<ul style="list-style-type: none"> ▪ Regular phone and email discussion with the counselors and other program staffs to impart technical advice on planning and providing psychosocial intervention to their targeted clients. ▪ Conducted regular technical assistance on counseling and database for the counselors in Aceh (RATA), Jakarta (LBH), and Papua (ALDP) through field visits. ▪ Provided regular technical assistance in financial management to all partners.

2. AWARENESS RAISING PROGRAM			
<p>Objective :</p> <p>A. Raise public awareness on issues of torture</p>	<p>A.1 Disburse 6 grants for advocacy/awareness raising programs</p> <p>A.2 Conduct workshop on torture and its consequences</p>	<ul style="list-style-type: none"> ▪ 3 grants for advocacy/awareness raising programs disbursed ▪ Workshop on Torture Awareness conducted in Bireun, Aceh and Jakarta. <ul style="list-style-type: none"> a) Beneficiaries : 47 people from local partner in Aceh and 6 urban communities Paralegals in Jakarta ▪ Awareness Raising Activities conducted by SOT Partners : <ul style="list-style-type: none"> a) Conducted 20 torture awareness-raising workshops in students' dormitories and villages in Aceh, Papua and Jakarta. 1069 participants took part in the meetings. ▪ Commemoration of International Day in Support for Survivors of Torture (26th June) <ul style="list-style-type: none"> a) Conducted radio talk shows with theme "<i>Law And Institutional Reformation For Implementation Of Cat</i>" in Jakarta. Relayed to 144 radio stations around Indonesia with approximately 1 million listeners b) Community discussion and Movie screening on torture issues in Jakarta, 300 people participated in the activity c) 1000 Leaflets and 2500 stickers 	<ul style="list-style-type: none"> • 3 grants for advocacy/awareness raising programs disbursed

		<p>which consisted of information on CAT and torture issue was distributed in Jakarta, Aceh, and Papua</p> <p>d) Conducted a survey about community understanding on torture and CAT in Papua. Result : 80% people in Jayapura did not understand the definition of Torture and Indonesia's ratification of CAT</p>	
	A.3 Document torture cases in Aceh, Jakarta, and Papua	<ul style="list-style-type: none"> ▪ Research on Torture Prevalence during Police Investigation in 2007 in Jakarta, participated by 367 respondents. Result : 83% of respondents were tortured 	
3. PSYCHOSOCIAL REHABILITATION PROGRAM			
<p>Objectives :</p> <p>A. Work with 3 of the NGO partners committed to provide services to improve the conditions of Survivors of Torture</p>	A.1 Work with 3 NGO partners committed to provide psychosocial counseling service for SOT	<p>ALDP - Papua</p> <ul style="list-style-type: none"> ▪ The program covered SOT in 16 students dormitories and 6 villages in District Jayapura ▪ Total number of 258 beneficiaries (150 female, 108 male) received counseling <p>RATA - Aceh</p> <ul style="list-style-type: none"> ▪ The program covered SOT and their families in 11 villages in Bireuen District ▪ Total number of 559 beneficiaries (328 female, 231 male) received counseling 	<p>ALDP - Papua</p> <ul style="list-style-type: none"> ▪ The program covered SOT in 4 villages in District Jayapura ▪ Total number of 228 beneficiaries (82 female, 146 male) received counseling <p>RATA - Aceh</p> <p>The program covered SOT and their families in 4 villages in Bireuen District</p> <p>Total number of 271 beneficiaries (211 female, 60 male) received counseling</p>

	<p>A.2 In summary, 1000 beneficiaries served in Aceh, Papua and Jakarta, consist of 400 beneficiaries served in Aceh, 300 beneficiaries served in Papua, and 300 beneficiaries served in Jakarta</p>	<p>IKOHI - Jakarta</p> <ul style="list-style-type: none"> ▪ The program covered SOT and their families in Jakarta and surrounding areas ▪ Total number of 94 beneficiaries (72 female, 94 male) received counseling <p>In summary, 911 Beneficiaries served in Aceh, Papua and Jakarta, consisting 559 beneficiaries served in Aceh, 258 beneficiaries served in Papua and 94 beneficiaries served in Jakarta</p> <ul style="list-style-type: none"> ▪ In addition, ICMC, through funding from UNVFVT in 2007 served beneficiaries in other sector, such as: <ul style="list-style-type: none"> a) Medical treatment and mobile clinic services covered 1575 patients, consisting 522 male, 696 female and 357 children b) Livelihood and income generating program support small amount of grants to 213, consisting 168 male and 45 female c) Legal Aid for victim and survivor through supporting lawsuit against torture's perpetrators <p><i>(In sum, those assistance reach 1788 beneficiaries)</i></p> 	<p>IKOHI - Jakarta</p> <p>The program covered SOT and their families in Jakarta and surrounding areas</p> <p>Total number of 50 beneficiaries (29 female, 21 male) received counseling</p> <ul style="list-style-type: none"> ▪ In summary, 549 Beneficiaries served in Aceh, Papua and Jakarta, consisting 228 beneficiaries served in Aceh, 271 beneficiaries served in Papua and 50 beneficiaries served in Jakarta ▪ In addition, ICMC, through funding from UNVFVT in 2008 served beneficiaries in other sector, such as: <ul style="list-style-type: none"> a) Medical treatment and mobile clinic services covered 1704 patients, consisting 521 male, 840 female and 343 children b) Livelihood and income generating program support small amount of grants to 213 consisting 111 male and 102 female c) Legal Aid for victim and survivor through supporting lawsuit against torture's perpetrators <p><i>(In sum, those assistance reach 1917 beneficiaries)</i></p>
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<p>B. Monitor the effectiveness of the psychosocial counseling services provided by partners organizations in a scientific manner</p>	<p>B.1 Monitor the effectiveness of the psychosocial counseling services provided by partners</p>	<ul style="list-style-type: none"> ▪ Conducted Qualitative Study, Baseline Study and Pilot Study in Aceh, Jakarta and Papua ▪ Develop client's improvement checklist for Aceh, Papua and Jakarta ▪ Conducted Intake 2 (Follow Up Study-January 2008) in Bireuen, Aceh (6 villages, 383 respondents - 175 male, 208 female) to look at clients' improvement after the intervention given and to look on the difference between villages which had got the intervention (<i>intervention villages</i>) and villages which had not got the intervention yet (<i>control villages</i>) ▪ Result: the intervention group did significantly better than the control in terms of utilizing positive coping mechanisms, and increase in daily functioning at individual, family and community level. Regarding symptoms, overall symptoms reduced, but the reduction was not significantly bigger than the control group. ▪ Conducted Intake 2 (Follow Up Study) in Jakarta (November 2007), involving 40 clients showed that symptoms were increased 50%. One of the main explanation of this result was many of respondents involved in this interviews had not been getting intervention from IKOHI so the follow up action was encouraging IKOHI to give the 	<ul style="list-style-type: none"> ▪ Conducted data collection for Baseline Study, Follow up intake and Focus Group Discussion (FGD) in Aceh, Jakarta and Papua ▪ Conduct two (2) Base Line survey which involved 146 male and 345 female ▪ Conducted two (2) follow up intake which involved 104 male and 252 female at Aceh and Papua to look at clients' improvement after the intervention given and to look on the difference between villages which had got the intervention (<i>intervention villages</i>) and villages which had not got the intervention yet (<i>control villages</i>) ▪ Focus group discussion (FGD) located on 5 villages in term of evaluating program.
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		<p>service immediately.</p> <ul style="list-style-type: none">▪ Conducted Intake 2 (Follow Up Study) in Papua, (February 2008), involving 55 clients from 3 dormitories and 2 villages in Jayapura District showed on average 15% reduced of symptoms.▪ Conducted FGD in Bireuen, Aceh (February 2008) on 80 clients in 2 intervention villages (various by gender and category regarding the improvement after intervention – better and worst/stay the same/very little improvement)▪ Result: Most of the clients found that the intervention was useful in terms of increasing the social network and reducing their burden of heart, but the clients who get better can more relating their experiences in support group as the learning phase to solve their daily problems.	
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4. NETWORKING PROGRAM			
<p>Objective :</p> <p>A. Support network of NGOs working for Survivors of Torture within Indonesia and link these NGOs to the larger international Victims of Torture network.</p>	<p>B.1 Register partner organizations in the International SOT Network</p> <p>B.2 Involve the Indonesian NGOs in the worldwide network of SOT</p>	<ul style="list-style-type: none"> ▪ ALDP was accredited as member of International Rehabilitation Centre for Torture (IRCT) ▪ RATA was accredited as member of International Rehabilitation Centre for Torture (IRCT) ▪ 2 NGO staffs from ICMC partners in Papua, and Aceh attended IRCT General Assembly and International Symposium on Torture ▪ Linked local partners: ALDP-Papua, RATA-ACEH, and IKOHI-Jakarta to be the member of International Rehabilitation Centre for Torture (IRCT) ▪ Linked local partners: IKOHI and PBHI Jakarta with UNVFVT (United Nation Voluntary Fund for Torture Victims) ▪ Contributed in Journal Intervention – March 2008, writing comments on an article about psychosocial evaluation ▪ Provided the Special Rapportuer on Torture with information about torture in Indonesia before his visit to the country for the first time in history. ICMC also facilitated his meeting with LBH, and ALDP. ▪ Circulated the finding from research with LBH Jakarta about Torture 	<ul style="list-style-type: none"> ▪ Supported local partners: ALDP-Papua, RATA-ACEH, and IKOHI-Jakarta to submit small grants proposal to International Rehabilitation Centre for Torture (IRCT) ▪ Coordination meeting of Income Generating (IG) Program with Child Fund ▪ Networked RATA and ALDP to attend the Asian regional workshop for torture treatment centers that was held in India. The workshop will focus on organizational sustainability. ▪ At the request of UNVFVT, presented the SOT community based psychosocial rehabilitation program to their board of trustees and the representatives of donor countries. ▪ At the request of Disaster Mental Health Institute,

	<p>B.3 Conduct a domestic networking program once a year</p>	<p>Prevalence during Police Investigation in 2007 in Jakarta to Working Group on the Advocacy against Torture as a supporting data (Annex) in alternative report on Committee against Torture Meeting that will be held in Geneva, on April 28 – May 2008.</p> <ul style="list-style-type: none"> ▪ Facilitated RATA and ALDP to attend the Asian regional workshop for torture treatment centers organized by IRCT. The workshop was held in Cambodia and focused on community mental health. ▪ Conducted domestic networking meeting, discussing about community based psychosocial intervention in every local NGO areas for the NGO care providers. The training was organized on 26-29 November, participated by 16 local counselors from 3 local partners in Aceh, Papua and Jakarta. 	<p>University of South Dakota, presented the SOT program, and other ICMC initiatives in psychosocial programming at a conference organized by them.</p> <ul style="list-style-type: none"> ▪ Presented the SOT community based psychosocial program in Peru at the 8th conference of the International Society for Health and Human Rights (ISHHR) ▪ Domestic Networking workshop was conducted for ICMC's local partners to build linkage, create opportunity to share experiences, knowledge, raise ability in specific technical skill and empower them in term of developing referral system. ▪ Regular coordination meeting with local partners ▪ Contributed as a resource person in a workshop on helping trauma survivors, which also functioned as an initial meeting to build psychosocial standing committee, in collaboration with Atmajaya University, which involved NGOs, INGOs, UNICEF and the related govt. bodies.
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