



Partnerships for Trauma Recovery

2018 ANNUAL REPORT





"No one leaves home unless home is the mouth of a shark."

- WARSAN SHIRE

There are more than 68.5 million forcibly displaced people on the planet. This is more than at any time in history, including the end of WWII.¹

Refugees are up to 10 times more likely than the general population to suffer from post-traumatic stress. And, studies show that as many as 71% of Syrian refugees qualify as having PTSD.²

By definition, forced displacement is a traumatic experience. Trauma occurs not only in someone's country of origin, but also during flight, and upon arrival in a new location. Partnerships for Trauma Recovery witnesses, supports, and collaborates with people who have been forcibly displaced, on their journeys to develop greater wellbeing and resilience.

¹ UNHCR, 2018; ²Fazel et al., 2005; Henley et al, 2011; Miller et al., 2010

Dear Partners,

The past year has been a challenging one for many. The Trump Administration has lowered the cap for refugees to the lowest level in history, and is creating barriers for those seeking asylum, a legal right. Family separations at the border, federal changes to the process for hearing asylum cases, increased pressure on immigration courts, and a rise in frequency of hate crimes all contribute to an environment of fear, stress, and uncertainty affecting our clients.

And yet, **the Bay Area continues to be a lighthouse for those fleeing violence.** California grants more than 40% of all US affirmative asylum cases. San Francisco, Oakland, Berkeley, and other Bay Area cities are sanctuary cities. PTR is honored to work with a partner network of **over 30 organizations** in the Bay Area who are helping to meet refugees' and asylum seekers' legal, medical, job training, language learning, and other social service needs.

This past year, PTR provided **several dozen psychological evaluations** for asylum-seeking clients, and a significant number of clients gained asylum, in part thanks to these evaluations. Psychological evaluations can play an instrumental role in helping attorneys convey the depth of clients' experiences, thus strengthening their cases for justice.

This year has also been a year of incredible growth for PTR. We have welcomed many new staff members, which was made possible due to your support, as well as the generosity and dedication of many partners.

For all of you who have supported PTR this year, thank you for your commitment to furthering healing in the face of violence. Thank you for believing that we are all worthy of protection and compassion in the wake of persecution. Thank you for saying yes to what we have the capacity to be, as a city and as a country. We could not be more grateful for your support, and look forward to building on PTR's growth and advances for 2018, in the years to come.

Thank you for standing with us, and making this possible.

Onward!

In Partnership,

Leah Spelman
Executive Director



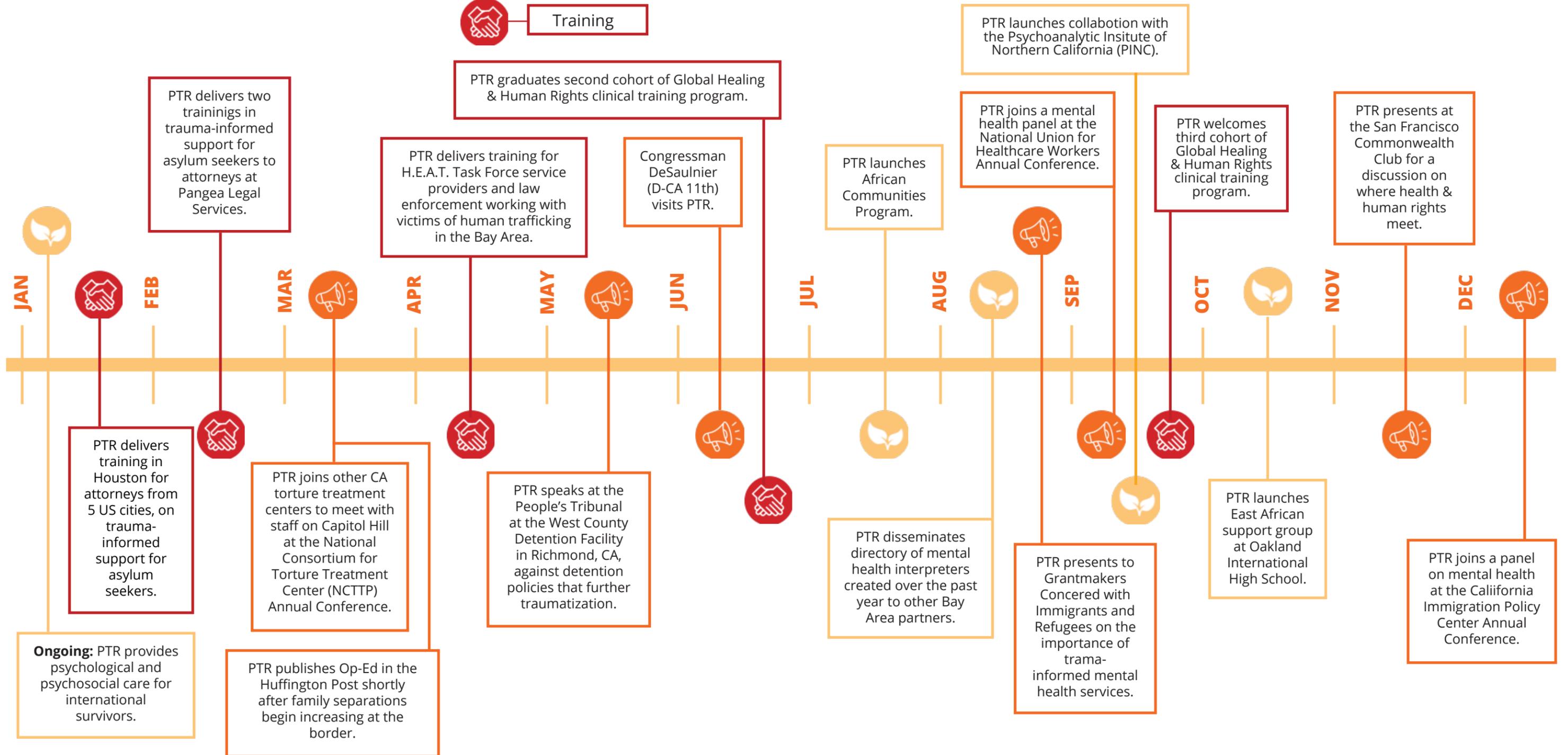
Our Year in Review

KEY

 Client care

 Outreach/advocacy activities

 Training



Building on Strong Foundations

This year, PTR more than doubled, from five to 13 staff members. Much of this growth was made possible due to the strong foundation established by PTR's Co-Founders Monika Parikh, PTR's Board Chair, and Dr. Annika Sridharan, PTR's Clinical & Training Director. Ms. Parikh and Dr. Sridharan developed much of the programmatic structure and secured much of the financial support to help ensure this growth was possible.

The new staff members PTR welcomed this year included several clinical staff, one of whom is a graduate of PTR's clinical training program; two Community Liasons, one of whom is also a member of the clinical team; and a data management officer.

PTR also welcomed a new Executive Director, Leah Spelman. Ms. Spelman brings a background in global mental health, human rights, and organizational development to PTR. *Pictured below: PTR staff and Board Members at a retreat over the summer.*



Who We Serve

Since 2016, we have served over **300 CLIENTS** from over **35 COUNTRIES** and had the ability to offer services in **25 LANGUAGES.**



"I don't know how to thank them...they've done...the most important thing in my life. PTR brought me back to life."

- CLIENT FROM CENTRAL AFRICA



We serve those who have fled violence and persecution.

Approximately **50%** of our clients are survivors of torture.

The vast majority of our clients are asylum seekers.

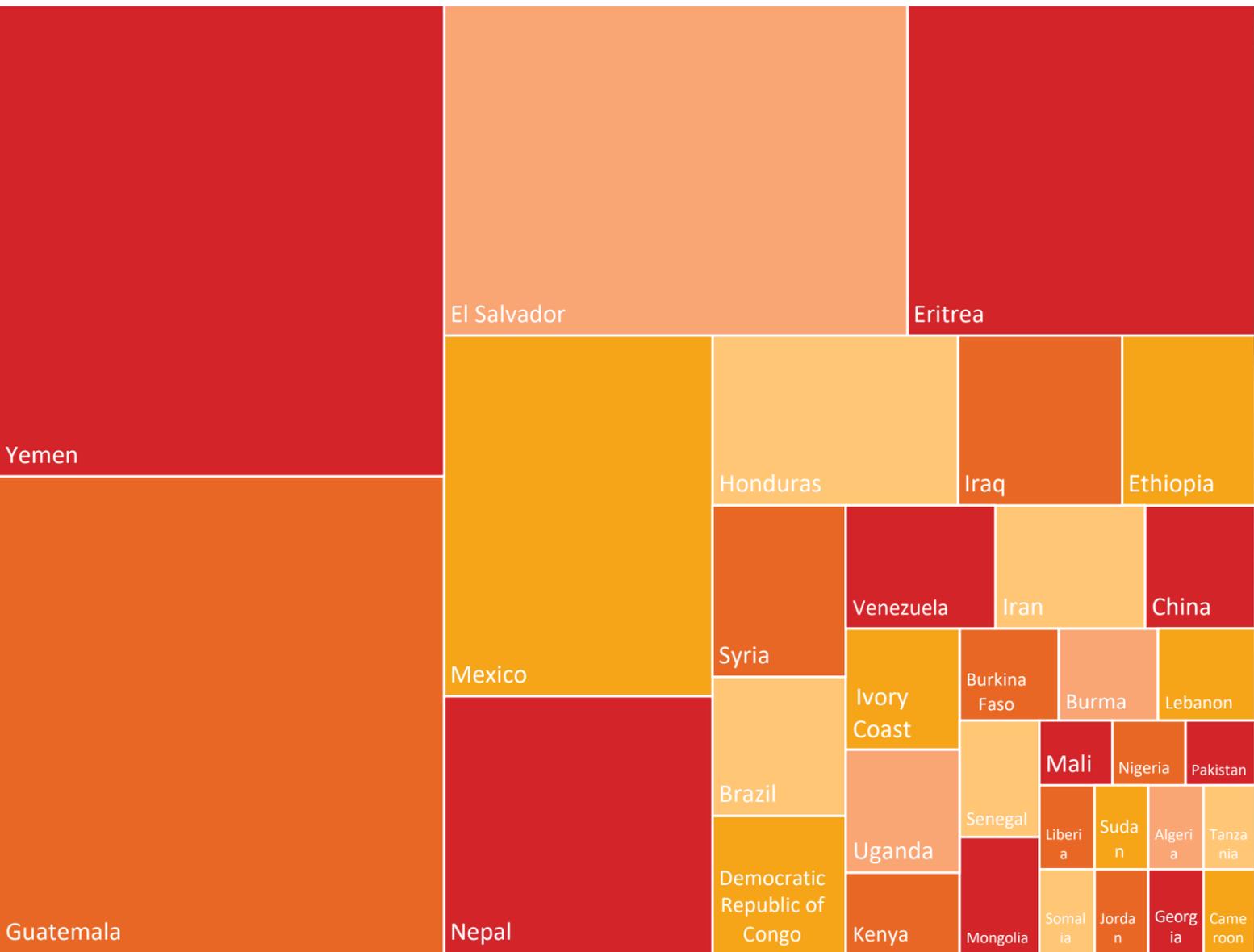


Our Impact

"Thank you for working hard and striving on my behalf. I am able to work now and I have learned a lot. If I could do more to express my gratitude, I would. Thank you...You carried my worries like they were yours without complaining and helped me to get where I am. My asylum case has been approved. Thank you, thank you, thank you!"

- CLIENT FROM CENTRAL AMERICA

THE TREE MAP BELOW SHOWS CLIENTS SERVED SINCE 2016. LARGER AREAS CORRESPOND TO A GREATER NUMBER OF CLIENTS FROM THAT COUNTRY.



181 

CLIENTS RECEIVED PSYCHOLOGICAL AND PSYCHOSOCIAL CARE IN 2018, UP FROM 148 IN 2017

1,543

CLIENT SESSIONS IN 2018

14 

LANGUAGES IN WHICH SESSIONS WERE PROVIDED IN 2018



30+

PARTICIPANTS IN GROUP SUPPORT FACILITATED BY PTR IN 2018



10,428+

VOLUNTEER HOURS CONTRIBUTED IN 2018



*"It is not just that PTR provides a wide array of invaluable support to our clients, a support that they would otherwise not get...What we do is, actually, much more profound and basic at the same time. **PTR is helping our clients regain hope in humankind,** as it creates a compassionate human relationship."*

- RONNA HAGLIL, 2017 GLOBAL HEALING & HUMAN RIGHTS CLINICAL TRAINING PROGRAM GRADUATE

How We Work



In 2018, **75%** of PTR's clients who had completed follow-up assessments showed an improvement in their symptoms of post-traumatic anxiety and depression

Although PTR's core focus is on the direct provision of psychological care, we see emotional support as a foundational element within the larger nexus of services needed to help international survivors on their journeys to develop greater resilience and wellbeing.

To this end, all PTR clinicians also offer holistic case management and psychosocial care, and work with a network of 30+ organizations to meet clients' medical, legal, housing, employment, educational, and other social service needs.

PTR's clients are survivors of interpersonal trauma, which means they have experienced trauma at the hands of others. By placing the therapeutic relationship at the center of PTR's approach to care, our hope is that clients not only experience relief from symptoms of post-traumatic depression and anxiety, but also that they can regain trust in other human beings.

*"[PTR is] a center that allows doubt and suffering that you have internally to go away, and helps you fit into society. Without their support, I don't know if I would be here now, talking like I'm talking. I would be numb and not talking. **The support has opened me up, and now I have more trust. It helped me survive. It's given me a second life, and the opportunity to be alive.**"*

- TORTURE SURVIVOR CLIENT FROM THE MIDDLE EAST



Expanding Our Reach

Above: Our 2017-18 Clinical Training cohort, with PTR staff members. This cohort graduated in June, and PTR welcomed our third training cohort in September.

There are approximately 75,000 survivors of torture in the Bay Area alone. As one organization, we will likely never be able to reach every one of them.

Yet, our Global Healing & Human Rights (GHHR) Clinical Training Program can help many more survivors access the mental health care they need. GHHR is a year-long program for psychology doctoral students in their third year and above. Each cohort of 5-10 graduates will be able to collectively serve up to 4,000 clients over the course of their careers.

PTR conducts pre- and post- surveys to gain trainees' feedback on the program. In response to the statement, "I have a good understanding of how to provide sensitive psychological care and effective psychosocial support for international survivors of human rights abuses," students rated this an average of 2.4 (out of 5) at the outset of training. This rose to 4.7 at the completion of training. As one former trainee shared:

"Thanks to the work I was given the chance to do with my clients at PTR, and hearing of everyone else's clients, I'm able to serve this population with the integrity that they deserve. This training not only extends to PTR's clients but the patients in every setting around the Bay Area."



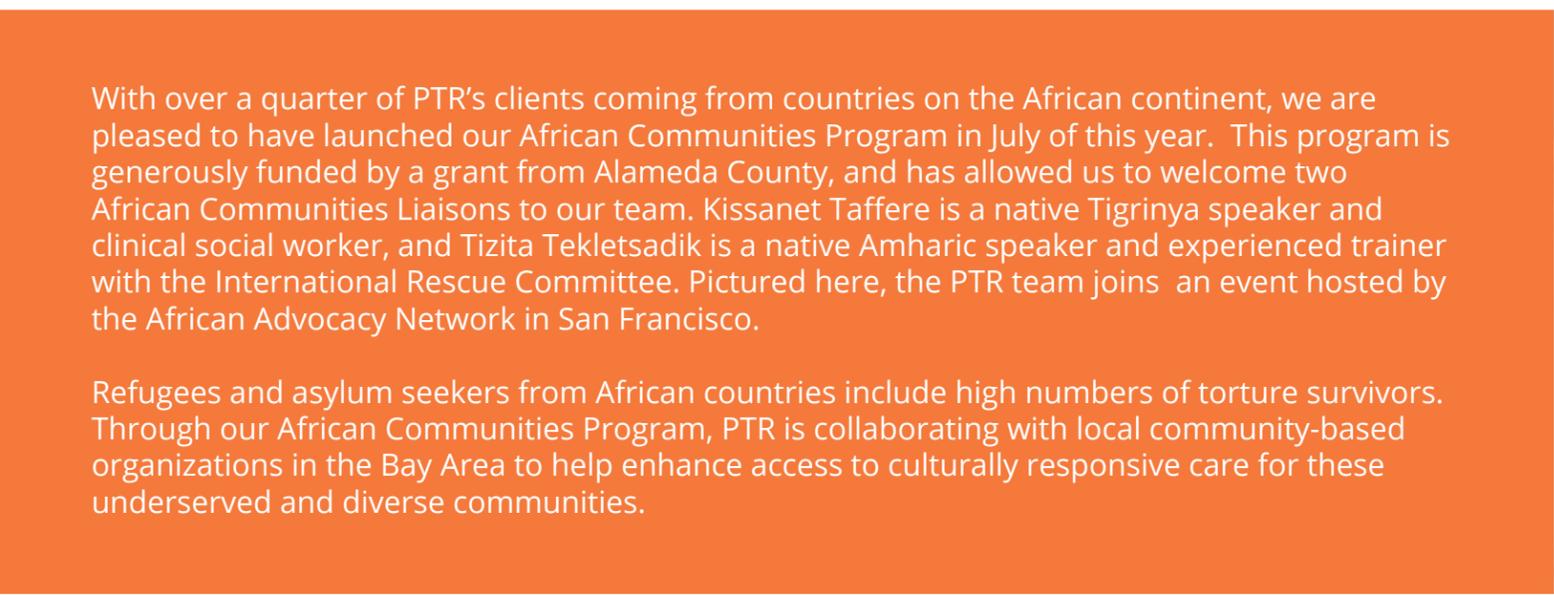
Connecting with Communities

With over a quarter of PTR's clients coming from countries on the African continent, we are pleased to have launched our African Communities Program in July of this year. This program is generously funded by a grant from Alameda County, and has allowed us to welcome two African Communities Liaisons to our team. Kissanet Taffere is a native Tigrinya speaker and clinical social worker, and Tizita Tekletsadik is a native Amharic speaker and experienced trainer with the International Rescue Committee. Pictured here, the PTR team joins an event hosted by the African Advocacy Network in San Francisco.

Refugees and asylum seekers from African countries include high numbers of torture survivors. Through our African Communities Program, PTR is collaborating with local community-based organizations in the Bay Area to help enhance access to culturally responsive care for these underserved and diverse communities.

Promoting Healing, Advancing Justice

The majority of PTR's clients are asylum seekers whose cases are currently being adjudicated. PTR supports asylum seekers in several ways. First, we provide culturally responsive, linguistically accessible mental health care, which helps clients manage emotions and safely share their trauma history during the legal process. We also provide psychological evaluations to help bolster clients' cases for justice. **The national asylum grant rate is 37%. But with a medical or psychological forensic evaluation, the grant rate increases to 89%.¹**



Because of the pivotal role psychological evaluations can play in providing crucial evidence for asylum seekers' cases, PTR conducts several dozen evaluations for our clients each year, upon request from their legal representatives and our partners in the community. Many of our clients have been granted asylum, in part due to these evaluations.

As well, PTR provides training for immigration attorneys and law students on trauma-sensitive care and the impacts of secondary trauma. Legal-psychological collaboration is a key component of PTR's work, as these partnerships enhance the support available for asylum seekers, help them more effectively tell their stories, and ultimately strengthen their claims for asylum.

As Haregu Gaime, one of PTR's attorney partners representing asylum seekers shared, *"As you all know, Ruth was granted asylum about a month ago now. This grant completely changes her life for the positive. And I write this to say thank you. Your vigilance, your assistance, your generosity, is what made this happen."*

¹ Physicians for Human Rights, 2008



The Positive Ripple Effects of Mental Health Care

Refugees, asylum seekers, and others who flee violence and persecution demonstrate enormous strength, resilience, and perseverance. This strength can be seen in many areas, including the extent to which survivors thrive economically. In 2015, businesses run by refugees generated \$4.6 billion in business income. For those who have been in the country 25 years or more, the median household income is \$67,000 – more than \$14,000 above the median household income for the US as a whole.

While it takes tremendous strength to make these strides, trauma can also complicate this process. For example, one PTR client from Latin America with a PhD was let go from her job in a restaurant because, due to the impacts of her past trauma on her memory, she could not remember her customers' orders. In these circumstances, psychological care can help.

The benefits of mental health care not only extend to clients, but also to their families. This year, one PTR client from Asia shared that since working with PTR, he has been able to save up enough money to build a house for the family members he was forced to leave behind, and who were facing homelessness.

With psychological and psychosocial care, relationships are strengthened, daily tasks become less challenging, children do better in school, and physical health improves. Trauma-informed and culturally responsive psychological care is foundational in helping survivors live fulfilling and fruitful lives.

Where We're Headed

PTR's model has three main components:

- ◇ Holistic mental health care + case management
- ◇ Clinical training
- ◇ Policy advocacy

While clinical care will remain the core of our approach, in the coming year, PTR seeks to expand our advocacy and external training efforts.

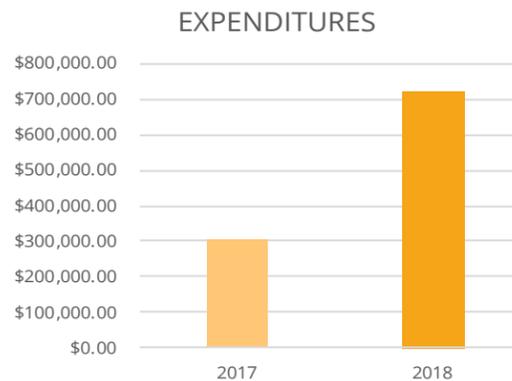
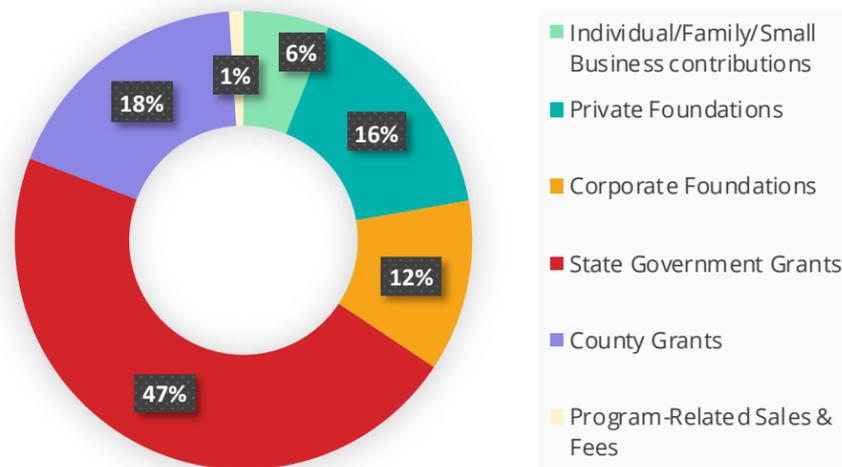
When survivors receive care at PTR, they have already experienced a myriad of traumas and losses in their countries of origin, on their journeys in search of safety, and in their host environments.

To better address conditions which contribute to these traumas, PTR hopes to complement our clinical work with more upstream approaches in policy advocacy and training. We aim to inform policies to prevent further traumatization, both within our borders and abroad.

We also intend to offer our professional wellbeing trainings to a broader array of attorneys and other front line responders. At the beginning of the new year, PTR is in the midst of a strategic planning process that will continue into late spring 2019. We look forward to sharing more information with you about our path forward in the months to come.

Financials

2018 SOURCES OF REVENUE



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Partnerships for Trauma Recovery is a 501(c)3 organization: EIN: 47-3948973.

Photos courtesy of UNHCR, Unsplash, and PTR.

Some identifying details for clients have been changed in this report, for privacy and security reasons.

PARTNERSHIPS 
FOR TRAUMA RECOVERY