



Partnerships for Trauma Recovery

2020 ANNUAL REPORT



“We are remembering, once again, that healing is indeed a collective enterprise.”

The Importance of Connection



Leah Spelman
Executive Director

Dear Community,

It has been quite a year. For all of us, this past year has been a test of our resilience, and a reminder of the importance of connection.

The refugees and asylum seekers we serve have been forced to flee their homes due to violence and persecution. Often, this violence comes directly at the hands of other humans.

Interpersonal trauma is devastating on so many levels, in part because it can create a sense of deep isolation.

This past year, we have all been faced with a reality where we have lived apart. We now know, more than ever, how much we need to belong to each other.

In addition to COVID-19, in the past year we have seen the trauma of continued systemic racism, as well as the additional traumatization that people seeking safety can face due to US policies. **These are affirmations of the work before us to foster space that truly offers refuge.** We are remembering, once again, that healing is indeed a collective enterprise.

Despite these challenges, PTR has continued to grow over the past year. We provided a higher number of individual therapy, case management, and psychiatry sessions than any year previously. We graduated our fourth clinical training cohort of psychology doctoral students and welcomed our fifth. We expanded outreach efforts, further developed our psychosocial care program, and strengthened collaborations with longstanding and new partners.

All of this has been possible because PTR is part of a much larger fabric, which includes you. Thank you for standing in solidarity with PTR during these unique times. Together, we know that we will be able to reach even more survivors in years to come.

Thank you for your continued belief that healing is possible in the wake of injustice. For your solidarity, and for your shared vision of what our world could be, we remain truly grateful.

In Partnership,

Leah Spelman
Executive Director



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Partnerships for Trauma Recovery

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PTR: The Impact of a Networked Approach to Care

PTR views mental health care as one essential component within the larger nexus of care that enables international survivors of human rights abuses to heal in the wake of trauma, and to thrive. PTR collaborates with 20+ cross-referral partners. Please see below for a few examples of the ways this collective approach supports survivors.

JOB TRAINING

"Our motto at 1951 Coffee is, 'it takes a community to make successful refugee resettlement possible.' We connect refugees with necessary employment, but one major barrier to successful long-term employment is being able to embrace stability and safety as a current reality. This is where PTR comes in. Knowing that we have a partner in PTR that understands the journey of refugees means that when challenges arise, we have people we can trust. This support helps people navigate the challenges of new employment in a new country, hold on to their jobs, and achieve the stability both financially and socially that they need to call the Bay Area home."

- **Doug Hewitt,**
Co-Founder & CEO,
1951 Coffee Company

LEGAL ASSISTANCE

"The majority of the asylum seekers who we work with have survived unspeakable harm and continue to experience ongoing physical and psychological trauma. This creates significant challenges for us in our role as immigration attorneys. PTR makes our jobs possible - some of our clients are unable to adequately discuss their legal cases with us until they've received support from the amazing professionals at PTR. We feel extremely lucky to partner with PTR and are so grateful they exist. We need their work to grow regionally and across the country to build more resilience and power in our immigrant communities."

- **Niloufar Khonsari,**
Founder & Co-Director,
Pangea Legal Services

MEDICAL CARE

"The Human Rights Clinic has collaborated closely with PTR since its foundation. Virtually all of our patients suffer post-traumatic psychological problems. Services to address these complex needs, largely unique to this incredibly vulnerable population, are not available within our safety-net healthcare system. By meeting our clients where they are, PTR makes our jobs at HRC possible. We are extraordinarily fortunate to have the dedicated professionals at PTR as our partners."

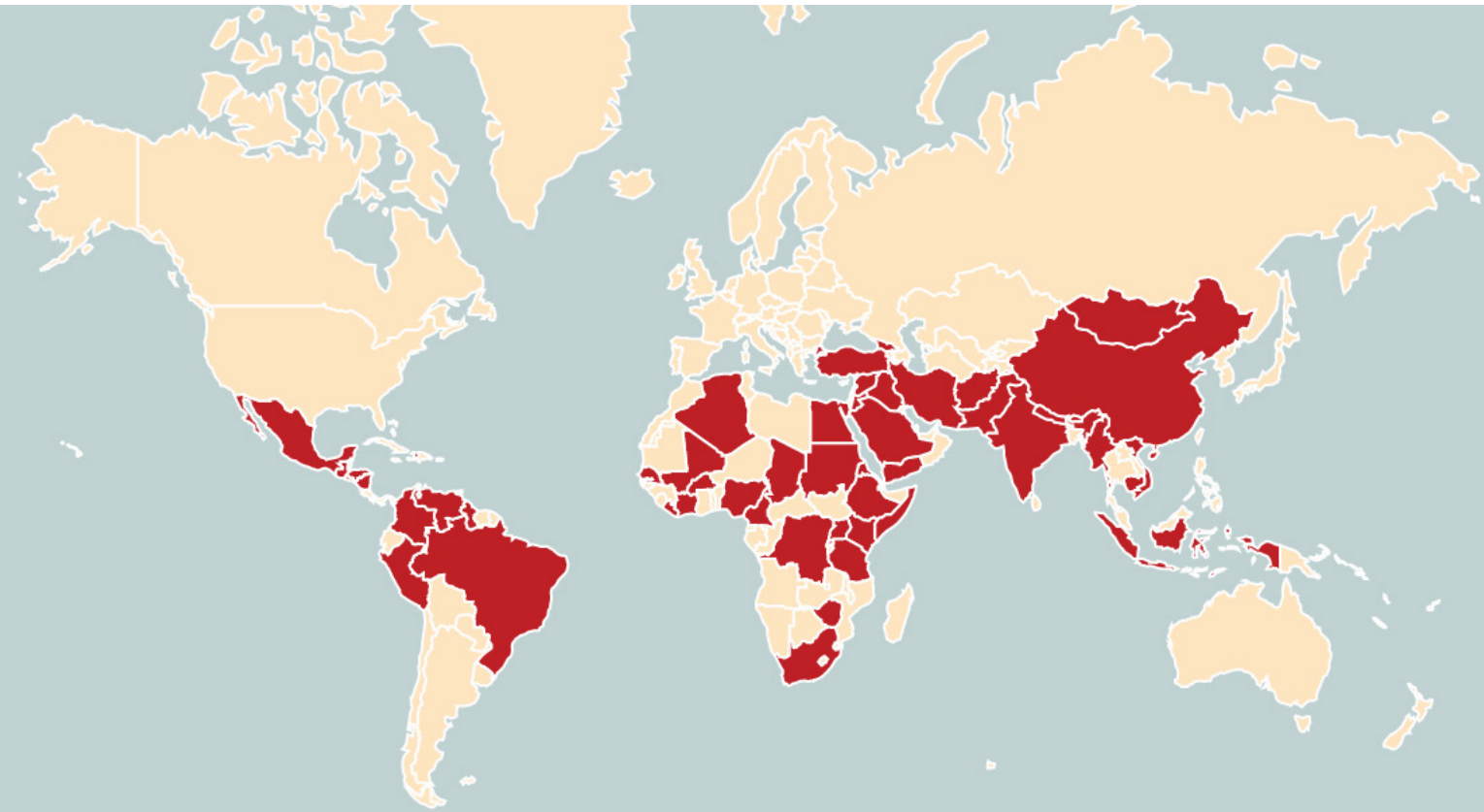
- **Dr. Nicholas Nelson,**
Medical Director,
Northern California
Human Rights Clinic

REFUGEE RESETTLEMENT

"One of the greatest gaps our community faces is the lack of culturally and linguistically accessible mental health services. While the IRC in Oakland provides a wide array of case management services, we do not have trained clinical professionals that can address the complex mental health challenges our clients face. Without PTR's partnership, many of our families would struggle to participate in the services that IRC Oakland provides. IRC in Oakland is incredibly grateful to collaborate with PTR."

- **Jordane Tofghi,**
Director,
IRC Oakland

This collaborative approach to care has enabled PTR to make a significant impact.



Since 2016, PTR has...



Provided mental health care and case management services to 500+ international survivors of human rights abuses from 50+ countries, and been able to offer services in 25+ languages.



Reached nearly 500 community members through outreach efforts.



Trained 32 psychology doctoral and social work masters students, as well as 230+ attorneys and other service providers in trauma-informed care.



Been designated the 12th Trauma Recovery Center in California, and the only one devoted exclusively to international survivors of human rights abuses.



Provided over 120 psychological evaluations/letters of support for asylum seekers.



A Survivor's Journey

The following details the journey of a PTR client. Identifying details have been changed to protect the client's privacy.



1



Emmanuel was born in Haiti, the poorest country in the Western hemisphere, and a country with a long history of human rights abuses. Emmanuel is a highly educated activist who refused to join the political party in power, as he found it corrupt and unjust.



Because of his political beliefs and activities, Emmanuel was targeted on multiple occasions. The government attempted to stop his activism for human rights and force him to join the party in power, which he refused to do. They escalated their attempts to stop him through intimidation, harrassment, and multiple violent physical assaults.

2

3



After being attacked and tortured on several occasions, Emmanuel was able to flee the country to save his life.



Thanks to close friends, Emmanuel was able to obtain assistance to travel by boat to Belize. There he attempted to apply for asylum, but was told this would not be possible. He was detained, and then slowly made his way through Central America to the US-Mexico border.

4

5



When Emmanuel finally reached the Southern US border, he asked for the protection of political asylum. However, due to the Trump Administration's Migration Policy Protocols (MPP), also known as "Remain in Mexico," Emmanuel was told he had to wait in Mexico while his asylum case was reviewed. This marks a change from historical precedent.



Emmanuel spent nine months in Mexico. Since he was not permitted to work or given any support for his survival, it was a daily struggle to find food and shelter, and protect himself from frequent racist and xenophobic attacks against Black migrants being forced to remain in Mexico while waiting to receive protection from the US.

6

7



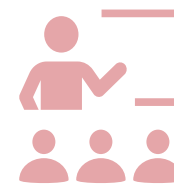
Emmanuel was finally permitted to enter the US. He was held in immigration detention for 6 months before his case was transferred to the San Francisco Immigration Court and he was released to await his hearing.



On the recommendation of a fellow Haitian asylum seeker, Emmanuel was connected to a non-profit legal organization who will be representing him. The legal organization referred Emmanuel to PTR for psychological care and case management to address his experiences of torture and severe trauma.

8

9



PTR has provided ongoing psychological and psychiatric care, along with intensive case management, to help him adjust to his present life in exile. This includes enrolling him in English language classes and finding employment, referral for medical care to attend to ongoing medical problems related to injuries sustained through political violence and torture, extensive collaboration with his legal representatives, and a forensic psychological evaluation to support his asylum claim.



Emmanuel's asylum case is still pending and his Immigration Court Hearing is not scheduled for several years, but he has started to create a new life in the Bay Area and recover from his devastating experiences of human rights abuses. He deeply misses his family who remain in danger in Haiti, but knows that fleeing his country was the only way he would be able to stay alive.

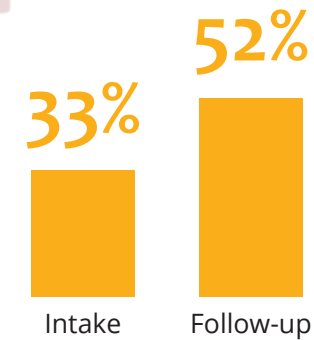
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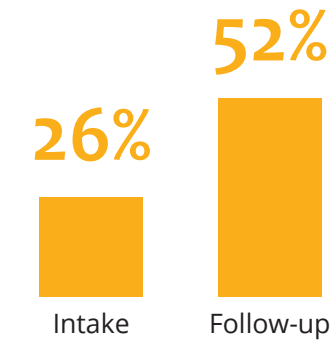
Mental Health Care

Since opening our Mosaic Healing Center in 2016, PTR has provided mental health care for **over 500 clients, from 50 countries, and been able to offer care in over 25 languages.** PTR maintains an open-ended treatment model, which enables people with profound histories of trauma to access care for up to two years, when needed, in order to heal from the impacts of protracted interpersonal violence. Nearly 70% of individual and family therapy sessions were conducted in a language

other than English. In the second half of 2020 alone, PTR contracted with 25 interpreters through our Refugee Voices Program, in order to increase language accessibility through ongoing in-person interpretation services. In 2020, 58% of clients receiving therapy and case management were from Latin America, 33% from Africa, 6% from Asia and the Pacific, and 3% from the Middle East. The most commonly represented countries were Guatemala, El Salvador, and Eritrea.



PERCENTAGE OF PTR CLIENTS WHO RESPONDED 'ALWAYS' TO THE QUESTION, 'CAN YOU MEET BASIC NEEDS?'

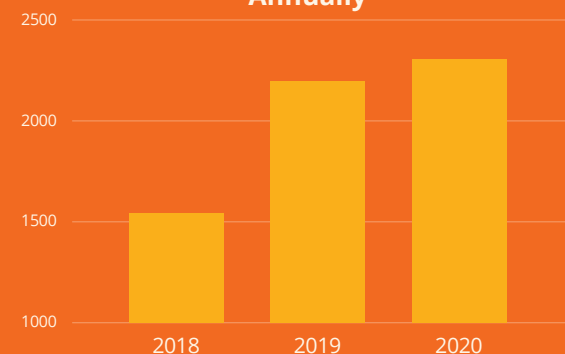


PERCENTAGE OF PTR CLIENTS WHO RATED THEIR EMOTIONAL AND PSYCHOLOGICAL WELLBEING AS 'GOOD' OR 'VERY GOOD'



PERCENTAGE OF PTR CLIENTS WHO SHOWED AN IMPROVEMENT IN PTSD, ANXIETY, AND/OR DEPRESSION IN 2020

Number of Sessions Provided Annually



TOTAL NUMBER OF SESSIONS PROVIDED IN 2020



OF THESE SESSIONS WERE GROUP ACTIVITIES



OF THESE SESSIONS WERE PSYCHIATRY SESSIONS



"I am a different person than I was before. Now I know myself, and feel at peace. In the past, I could not tell anyone how I truly felt. With everything I went through, I was ashamed of my emotions. Now, I am more comfortable sharing how I feel with others."

I wish I never had to leave my country. But getting to know myself and feeling at peace has somehow made it worthwhile. I would not have had this opportunity otherwise. I am grateful for this."

- PTR CLIENT

Due to COVID-19, PTR served a slightly fewer number of clients in 2020 than in 2019, but provided a higher number of individual sessions. This was due in part to clients' increased level of need for assistance with housing, job applications, legal support, and other practical matters. In response, PTR began developing a second pathway for care. Previously, all mental health care and case management programming had been integrated. In 2020, PTR established a new pathway for clients who are either only seeking psychosocial

care, or who have pressing case management needs that must be addressed before the clients are able to begin therapy. As well, PTR undertook several case management efforts unique to COVID-19. For example, during the pandemic, California made financial assistance available to asylum seekers via Disaster Relief Assistance for Undocumented Immigrants (DRAI). PTR assisted 20 clients in gaining access to this state funding, resulting in each client receiving \$500, or \$10,000 total.





Clinical Training



32

Graduated 32 advanced psychology and social work students from our clinical training program since 2016



20,000

PTR estimates that these graduates collectively have the capacity to serve nearly 20,000 survivors of human rights abuses over the course of their careers

Core to PTR's work is our Global Healing & Human Rights Clinical Training Program for advanced psychology doctoral students. The training program takes place over 11 months for 20 hours/week, and includes 6 hours of in-depth weekly group and individual training and supervision. PTR conducts pre- and post-surveys to evaluate trainees' learning, and solicits trainee feedback twice during the training year. **On a 1-5 scale, the 2019/20 cohort reported an increased understanding of the varied experiences of refugees, asylees and asylum seekers who have fled their countries due to danger**, (an increase from 1.86 to 4.43), greater knowledge of the mental health and psychosocial needs of refugees, asylees and asylum seekers in the US (an increase from 2.29 to 4.71), and heightened confidence in their clinical skills providing trauma-informed mental health care to forcibly displaced communities (an increase from 3.57 to 4.29).

In response to the question, "What have you learned this year?" one graduate from the 2019-20 cohort shared the following:

"Short answer, so much. I have learned about country conditions, the asylum process, and what it means to be forced to leave your country due to violence, war, and fear of persecution. I have learned the importance of integrating public policy and advocacy, social structures, sources of oppression, and cultural background with mental health services. I have learned that I really enjoy psychodynamic psychotherapy. I'm sold."

Outreach: Connecting with Communities



240

THE NUMBER OF ATTENDEES AT PTR OUTREACH EVENTS IN 2020, INCLUDING PARTNER EVENTS, SUPPORT GROUPS, AND PSYCHOEDUCATIONAL WORKSHOPS.

The African Communities Program enables PTR to connect with and work alongside Bay Area African communities. The outreach program is supported by Alameda County Behavioral Health Services, and aims to **combat stigma around trauma and mental health needs; increase awareness of available mental health and trauma healing resources; and learn from our partners, in order to most effectively collaborate with the communities we serve.**

Activities implemented by the African Communities Program in 2020 include: two support groups for students at Oakland International High School (one

for boys, and one for girls); ongoing counseling with individual clients and family members; and monthly psychoeducation groups open to all community members. Monthly workshops covered topics such as: the travel ban and its impact on community wellbeing, the socioeconomic impact of COVID-19 through the lens of immigration, hope and healing from the lens of trauma and survivors, and gratitude and its impact on wellbeing. This year, the team partnered with several other organizations to host events, including with the USF-Education Program to host, 'Hope and Healing from the Lens of Survivors,' which commemorated the 1994 genocide against the Tutsi in Rwanda.





Supporting Survivors of Torture



In the first year of this program, PTR and the HRC collaboratively reached 276 survivors.

Refugees and asylum seekers are often forcibly displaced because of instances of interpersonal violence, such as torture. An estimated 44% of refugees are survivors of torture (SOTs).

PTR has served torture survivors since our inception; thanks to support from the US Office of Refugee Resettlement, we have been able to expand our support for SOTs, in partnership with the Northern California Human Rights Clinic (HRC) at Eastmont Wellness Center in Oakland.

The HRC provides medical care, including primary care and medical forensic evaluations. PTR provides psychological care, as well as psychological forensic evaluations. Both organizations provide case management.

Psychological and medical forensic evaluations can greatly strengthen an asylum seeker's case. Without an evaluation, the average national asylum grant rate is 37%. With a medical or psychological evaluation, the grant rate can increase to 89%. Because of this, virtually all of the HRC's referrals come from attorneys. While the majority of appointments and evaluations at the HRC this year were still in-person, the HRC also offered options for remote evaluations.

In the first year of this program, PTR and the HRC collaboratively reached 276 survivors. **As part of this, the HRC provided 157 forensic medical evaluations.** The majority of survivors served came from Eritrea and Guatemala. As well, the HRC provided two trainings in Forensic Asylum Examination and Documentation. These trainings were collectively attended by 146 clinicians, and included both doctors and mental health care providers.

From the outset, PTR sought to expand our impact beyond the therapy space, and to shift the larger systems and structures which cause trauma and re-traumatization.

As a mental health organization, we will always seek to provide the highest level of psychological and psychosocial care for survivors who come through our doors. However, in a perfect world, we would be able to go further upstream and prevent the human rights violations that cause trauma in the first place. This is the power of advocacy. PTR engages with policy advocacy efforts as a member of the National Consortium for Torture Treatment Programs (NCTTP), the California Consortium for Torture Treatment Centers (CCTTC), and national organizations such as Oxfam and We Are All America.

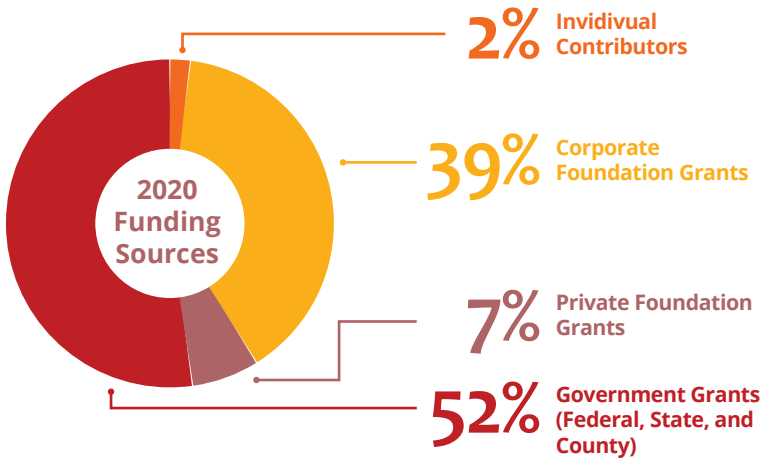
In March, PTR joined with NCTTP members to advocate to representatives in Washington, DC in favor of increased support for survivors of torture. In July, PTR joined with dozens of other organizations to participate in Asylum Advocacy Days. PTR met with Rep. Barbara Lee's and Rep. Eric Swalwell's Offices, to request greater oversight for USCIS, an end for immigrant detention during COVID-19, and co-sponsorship of the Refugee Protection Act. Rep. Swalwell joined as a co-sponsor, and the bill has since been referred to the House Subcommittee on Immigration and Citizenship.

Policy Advocacy

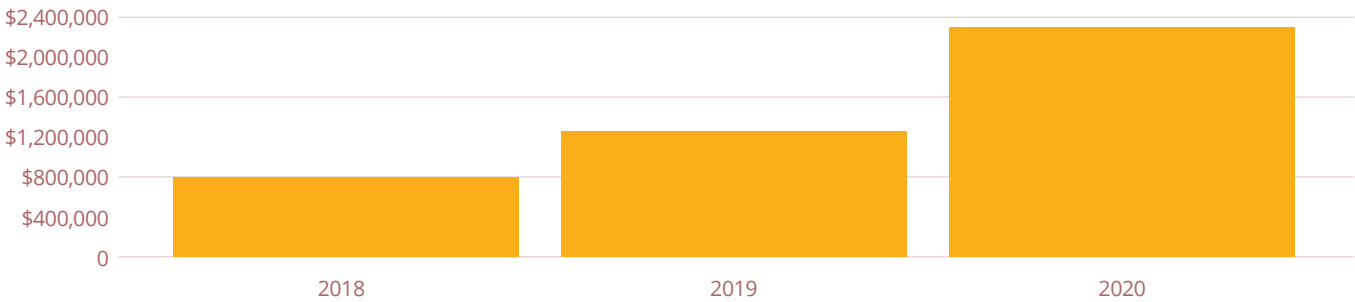


Financials

PTR's **revenue increased by 60% in 2019, and by 87% in 2020**. This growth is in large part due to additional support from government grants, such as Alameda County Behavioral Health, the California Office of Emergency Services, and the US Office for Refugee Resettlement, as well as from private foundations such as the Hewlett Foundation. Going forward, PTR seeks to continue to grow the percentage of funding supported by private foundations and individual donors.



Annual Revenue



Thank You to Our Generous Supporters

GRANTS: Alameda County Behavioral Health Care Services • Bigglesworth Family Foundation • California Office of Emergency Services • California Victims Compensation Board • Firedoll Foundation • Full Circle Fund • Genentech • George Sarlo Foundation • Gilead Health Sciences • Global Whole Being Fund • Hewlett Foundation • Kaiser Permanente • US Office of Refugee Resettlement • San Francisco Foundation • Seattle Foundation • Sills Family Foundation • Zellerbach Family Foundation

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PARTNERSHIPS 
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