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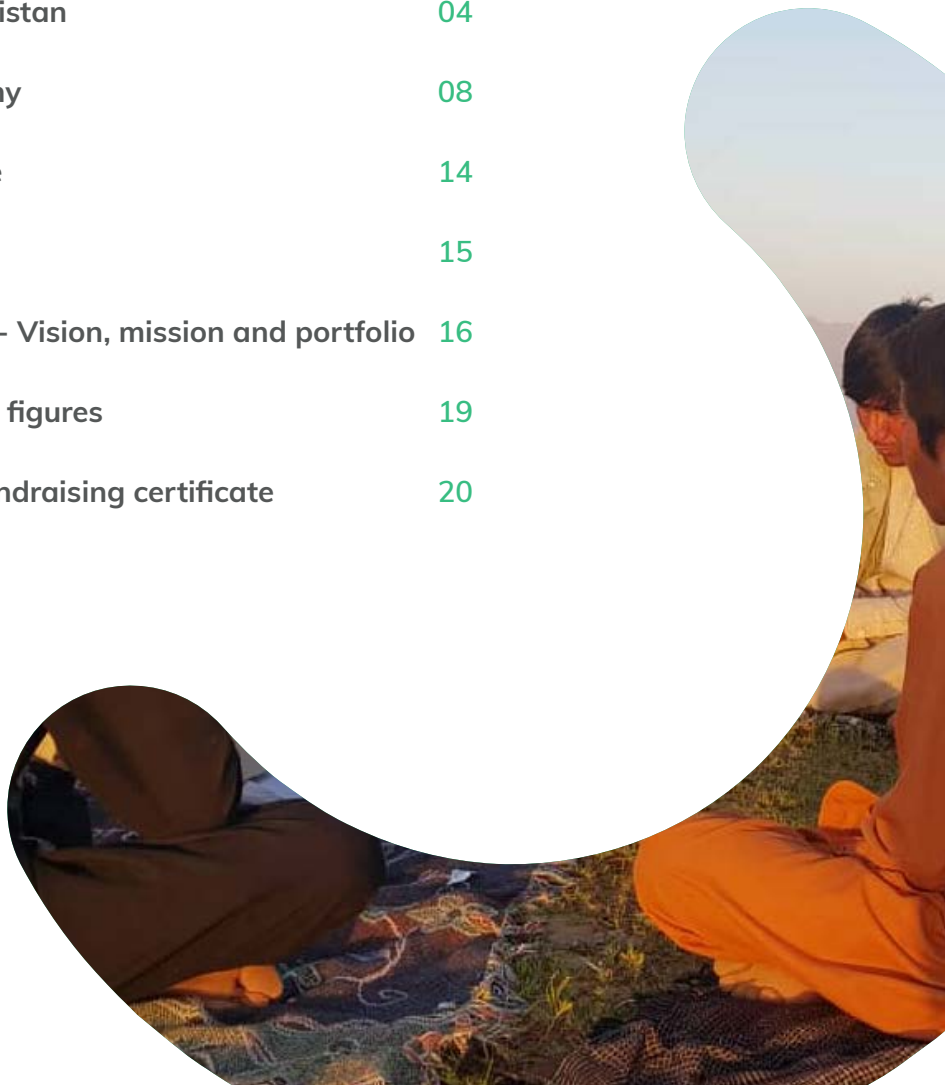
Annual Report 2019





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Editorial

The year 2019 gave Covid-19 its name, but from a European perspective, it was part of the pre-pandemic era, and on first sight it seems that a review could not be anything other than nostalgic. A closer look however shows that 2019 provided challenges and successes in their own right.

Afghanistan went through an exhausting process of electing a president in a political and social environment rife with conflict. Providing Mental Health and Psychosocial Support services not only in Kabul but across nine further Afghan provinces with the aim of strengthening Afghan civil society was an ambitious enterprise even before the pandemic, but a rewarding one. Sociocultural dialogues have proven to be an effective format furthering social cohesion by tabling issues that arise from the fast-paced transition of a traditional society confronted with the effects of globalization. Generational conflicts and changing gender roles put families and communities under pressure to find constructive ways of dealing with change. In 2019, Ipso upscaled efforts at the community level by giving young adolescents and returnees from Europe a central role in sociocultural community projects addressing issues such as forced marriage, excessive wedding costs, domestic violence, environmental pollution and illegal migration.

Ipso's Psychosocial and Mental Health Center in Kabul did not only provide services in the center itself but also psychosocial counseling that was accessible online from anywhere in the country. Services in women's shelters across the country remained an important aspect of Ipso's work. In addition to this, returnees and internally displaced persons in selected informal settlements in Kabul, Nangarhar and Balkh received care tailored to their specific needs.

A project in Ukraine implemented since 2017 in cooperation with Ukrainian mental health specialists came to an end in 2019 that led to a new beginning. The project had provided psychosocial care free of charge mainly to vulnerable populations affected by the war in eastern Ukraine. The project was so successful that the Ukrainian partners founded a Ukrainian NGO with the aim of allowing the counseling to continue in its current form but with a management structure run by NGO staff instead of volunteers. There can be no better exit strategy to an engagement with limited resources than this.

Ipso's engagement for refugees and migrants in Germany was intensified in 2019 despite falling numbers of new arrivals in recent years. Integration however takes time, and mental health care supporting this process continued to be in high demand. Extending the range of languages in which Value Based Counseling is offered was therefore a priority, as was quality assurance. Every counseling session at Ipso is the result of extensive training throughout the career of a counselor, and of supervision and intervision as a continuous learning process. Engagement at the community level consisted of trainings provided to Young Community Guides who engaged with other young refugees on social media and in 'real life'.

In 2019, as in the years before and the year after, we enjoyed being able to support so many people, to widen our expertise and to learn each day from our beneficiaries. This was only possible because our partners supported us and trusted us to use best practices. We thank them, and we thank all our Ipso staff for their tireless work throughout 2019.

INGE MISMAHL AND
MARYAM GARDISI



Projects 2019



Afghanistan

PSYCHOSOCIAL AND MENTAL HEALTH CENTER, KABUL

Implemented in: Kabul

Duration: 2019 – 2020

Donor: German Foreign Office

Background: Ipso has more than ten years of experience in providing psychosocial support to the Afghan population. Value Based Counseling has been integrated into the Basic Package of Health Services (BPHS), the Essential Package of Hospital Services (EPHS) and the National Mental Health Strategy of the Ministry of Public Health. While the capacities of the Public Health Services at large have improved significantly over the years, they are however still severely limited. Ipso's Psychosocial Center in Kabul was set up for two purposes: firstly, to create a center of excellence in Kabul as a facility that keeps standards of Value Based Counseling high, provides best practices, research, support and training, and secondly, to provide more extensive services than can be offered by the counselors working in overcrowded and overstretched governmental health clinics.

Activities: Face-to-face Value Based Counseling; support groups, life-skill groups; mediation in family conflicts; raising awareness of mental health issues and psychosocial stressors

Publication: https://ipsocontext.org/docs/Ipso_CenterKabul2019.pdf



DEVELOPMENT OF PSYCHOSOCIAL SKILLS, ENCOURAGEMENT OF SOCIAL PARTICIPATION AND SUPPORT TO INCLUSION IN AFGHAN SOCIETY

Implemented in: Badakhshan, Balkh, Bamyan, Herat, Jawzjan, Kabul, Kandahar, Kapisa, Laghman, Nangarhar

Duration: 2019 – 2020

Donor: German Foreign Office

Background: Decades of armed conflict and exposure to Pakistani, Iranian, Indian, Russian and Western culture have had a deep impact on Afghan society. To stabilize, the country does not only require good governance and a prospering economy but also social peace. The effects of globalization require families and local communities to reconcile modern influences with traditional values and to renegotiate social roles and responsibilities. Teams operating from containers as their base supported this process in local communities across ten provinces in Afghanistan.

Activities: Training of Psychosocial Community Workers; sociocultural community projects; sociocultural dialogues; events focused on specific social topics; support groups; raising awareness of mental health issues and psychosocial stressors; online Value Based Counseling



PROFESSIONAL PSYCHOSOCIAL CARE IN SHELTER FACILITIES

Implemented in:	Badakhshan, Badghis, Balkh, Bamyán, Farah, Faryab, Ghor, Herat, Jawzjan, Kabul, Kapisa, Kunduz, Nangarhar, Nimroz, Parwan, Sar-e-Pol, Khost, Ghazni
Duration:	2017 – 2020
Donor:	Colombo Plan
Background:	Since January 2017, 55 professional female and male Psychosocial Counselors trained by Ipso provide counseling and mediation services at the Ministry of Women's Affairs, three provincial departments of the ministry, 19 Women Protection Centers and 18 Family Guidance Centers in 18 Afghan provinces to improve the psychosocial wellbeing of sheltered women, girls and their families.
Activities:	Face-to-face Value Based Counseling; support groups for staff members; mediation in family conflicts; raising awareness of mental health issues and psychosocial stressors

'KOLBA-E-MA': SOCIAL HUBS FOR AFGHAN RETURNEES IN KABUL AND NANGARHAR PROVINCES

Implemented in:	Kabul, Nangarhar
Duration:	2018 – 2020
Donor:	GIZ
Background:	The Afghan society has experienced large scale population movements inside and outside the country for several decades. Younger generation of Afghans born in other countries mainly know their society through their parents, elders or the media. While such linkages provide exciting connections to Afghan way of life they are perhaps not enough to replace the experience of living within the society. Their return to the country brings a complex set of issues which require a degree of mutual understanding between them and their host communities in order for these issues not to adversely affect social relationship. <i>Kolba-e Ma</i> is a social project designed to foster positive and productive relationships and better understanding among all members of the society, so everyone, regardless of their differences, can achieve their full potential.
Activities:	Fostering social re-connection and cohesion through socializing activities; facilitation of access to livelihood and income generation projects



PSYCHOSOCIAL SUPPORT FOR IDPS AND RETURNEES IN KABUL, NANGARHAR AND BALKH

Implemented in: Kabul, Nangarhar, Balkh

Duration: 2018 – 2019

Donor: GIZ, Caritas

Background: International Organization for Migration (IOM) statistics suggest that between 2012 and 2018 roughly 1.5 million Afghans returned from neighboring countries and abroad, while about 900.000 left Afghanistan. Internal displacement has been a huge issue as well. IOM counted close to 1.9 million Internally Displaced People (IDPs) who had freshly arrived in a new location in the same period. This number however does not include the protracted displacement of people in informal settlements who for years have found nowhere else to go. From a social viewpoint, informal settlements of returnees and IDPs are ghettos with an enormous potential for social conflict. Afghanistan is a culturally diverse country, and while people tend to build support networks based on family or at least tribal relations, families with different traditions and values are often forced to share facilities in cramped living conditions.

Activities: Face-to-face Value Based Counseling; support groups; life-skill groups; raising awareness of mental health issues and psychosocial stressors



Germany

EMPOWERMENT AT EYE LEVEL – SETTING UP A PSYCHOSOCIAL COUNSELING CENTER IN BERLIN FOR AND WITH REFUGEES AND MIGRANTS

Implemented in: Berlin

Duration: 2017-2020

Donor: SKala-Initiative

Background: Many refugees and migrants who now live in Germany have been exposed to highly stressful experiences. Strengthening their resilience and inner resources can help them to avoid post-traumatic stress disorders, to improve their physical health and to increase the effectiveness of humanitarian assistance and integration schemes. Individual Psychosocial Counseling can be effective in cases such as social isolation, drug abuse, domestic violence, or early signs of radicalization. The Ipso Care Center in Berlin offers a friendly environment for face-to-face counseling and serves as a base for counselors offering their services online.

Activities: Face-to-face Value Based Counseling; support groups; life-skill groups; raising awareness of mental health issues and psychosocial stressors



PSYCHOSOCIAL COUNSELING PROVIDED BY REFUGEES TO RESIDENTS OF REFUGEE ACCOMMODATIONS IN BERLIN

Implemented in: Berlin

Duration: 2018-2021

Donor: Berlin State Office for Refugee Affairs - LAF

Background: This project complements the activities at Ipso Care Center Berlin. An outreach team offers counseling sessions held at refugee accommodations in Berlin, which lowers the threshold for those who prefer face-to-face counseling to online counseling and find it difficult to get to the Ipso Center. Direct contact with the residents gives counselors a chance to identify individuals who need care and may require psychiatric, medical or therapeutic care rather than Psychosocial Counseling. Psychoeducation and awareness sessions prepare the ground for support groups that provide a platform for discussing issues such as loss of home, culture shock and an uncertain future. Conflict prevention and prevention of violence are further important aspects of the work of the outreach team.

Activities: Face-to-face and online Value Based Counseling; support groups; raising awareness of mental health issues and psychosocial stressors



EMPOWERMENT AT EYE LEVEL - AGAINST ISLAMIST ORIENTATIONS

Implemented in: Berlin

Duration: 2018 – 2019

Donor: Federal Ministry for Family Affairs, Senior Citizens, Women and Youth (Federal Program ‘Live Democracy!’)

Background: This pilot project implemented in Berlin engages with teenagers and young adults in danger of being radicalized. Psychosocial Counselors from Syria, Iraq and Afghanistan reach out to Muslim communities in several city districts. The counselors encourage social debate on the dangers of radicalization and raise awareness of psychosocial stressors and symptoms that can lead to radicalization. In individual counseling sessions held face-to-face or online and in group sessions, counselors acknowledge the need of every human being to lead a meaningful life and encourage teenagers and young adults in danger of being radicalized to reflect on and, where appropriate, renegotiate personal, family and community values through dialogue. The project includes social media and public relations activities, network and committee work as well as the training of 60 Young Community Guides, who serve as role models in their communities and support the project with voluntary work.

Activities: Face-to-face and online Value Based Counseling; support groups; raising awareness of mental health issues and psychosocial stressors; sociocultural community projects



THURINGIA: PSYCHOSOCIAL COUNSELING AND SUPPORT TO REFUGEES PROVIDED BY REFUGEES

Implemented in:	Thuringia
Duration:	2016 - 2020
Donor:	Thuringian Ministry of Labour, Social Welfare, Health, Women and Family Affairs
Background:	In 2016/17, 30 refugees and migrants residing in Thuringia were trained as Psychosocial Counselors and an Ipso Care Center was set up in Erfurt. This forms the basis for psychosocial care provided to refugees and migrants across the federal state of Thuringia and beyond since 2018.
Activities:	Face-to-face and online Value Based Counseling; support groups; raising awareness of mental health issues and psychosocial stressors

HAMBURG: PSYCHOSOCIAL COUNSELING AND SUPPORT TO REFUGEES PROVIDED BY REFUGEES

Implemented in:	Hamburg
Duration:	2016 – 2020
Donor:	Michael Otto Stiftung
Background:	In 2016 - 2019, 32 refugees and migrants were trained as Psychosocial Counselors and an Ipso Care Center was set up in 2018. This forms the basis for psychosocial care provided to refugees and migrants in Hamburg and beyond.
Activities:	Training of Psychosocial Counselors; face-to-face and online Value Based Counseling; support groups; raising awareness of mental health issues and psychosocial stressors



MECKLENBURG-VORPOMMERN: TRAINING OF PSYCHOSOCIAL COUNSELORS

Implemented in: Mecklenburg-Vorpommern

Duration: 2018 – 2021

Donor: Malteser Werke gGmbH

Partner: Malteser Werke gGmbH

Background: In November 2018, Ipso and Malteser Werke in Rostock launched a cooperation project to improve access to psychosocial services for refugees and migrants in Mecklenburg-Vorpommern. To this end, 20 refugees and migrants from 11 countries living in Mecklenburg-Vorpommern were trained as Psychosocial Counselors in 2019. The impact of the project on the wellbeing of clients and other factors has been externally evaluated throughout the duration of this ongoing project.

Activities: Training of Psychosocial Counselors; face-to-face Value Based Counseling



IMPROVING THE RESILIENCE OF REFUGEES AND MIGRANTS – EFFICACY STUDY ON THE EMPLOYMENT OF PSYCHOSOCIAL COUNSELORS COUNSELING IN THEIR NATIVE LANGUAGES

Implemented in: Berlin

Duration: 2017 - 2020

Donor: German Ministry of Public Health

Partner: Charité

Background: In 2018, Ipso started to carry out an efficacy study on the effectiveness of Value Based Counseling in a trial with 100 participants from various nations who have sought shelter in Germany.

Activities: Efficacy study on face-to-face and online Value Based Counseling



Ukraine

'LET'S TALK' – PSYCHOSOCIAL CARE FOR INTERNALLY DISPLACED PEOPLE AND THE WAR-AFFECTED POPULATION IN UKRAINE

Implemented in: Ukraine

Duration: 2017 - 2019

Donor: Rotary Club Konstanz-Mainau

Background: Towards the end of 2018, 5.2 million Ukrainians were directly and indirectly affected by the ongoing armed conflict in eastern Ukraine. In 2017, when the project started, almost 1.5 million IDPs had registered with the Ministry of Social Policy of Ukraine, an estimated 91-95% of the actual number of IDPs in the country. Many of those who fled from their homes in the early days of the conflict felt that they were able to do so because they had resources that would help them to adapt in a new environment and built new lives with relative ease. Many of those who fled at a later stage only did so when they had no choice but to leave and found host communities to be less welcoming than they had been at the beginning of the conflict. Members of the latter group are more likely to be traumatized and need to deal with the realization that they will not be able to return to their homes in the foreseeable future but must build a new life instead. The most vulnerable among them are those who have not been able to find jobs in their new location, are registered as disabled for medical reasons and live on social security benefits. This situation tends to make them feel marginalized and gives them little hope for the future. The project provides easily accessible qualified psychosocial care free of charge.

Activities: Training of Psychosocial Counselors; online Value Based Counseling



Jordan

PSYCHOSOCIAL SUPPORT FOR REFUGEES IN JORDAN THROUGH ONLINE COUNSELING BY SYRIAN COUNSELORS BASED IN GERMANY

Implemented in: Jordan (Amman, Al-Karak, Irbid)

Duration: 2018 – 2020

Donor: Kamynu Trust

Partner: INTERSOS Jordan

Background: In Jordan, a large number of refugees of the Syrian civil war live under extremely difficult conditions in refugee camps and urban settlements. Poverty, irregular income, fragile family structures and other factors are a tremendous psychological burden for many of them. The services of our cooperation partner INTERSOS are available to beneficiaries from the refugee community and Jordanian host community alike and aim to support all individuals who have experienced gender-based violence, inclusive of men and boys, and persons who identify themselves as LGBTIQ+. Our Syrian counselors working in Germany have been available for secure video counseling in Arabic to INTERSOS clients referred to the counseling by trained social workers as part of this ongoing project. Clients have thus experienced a holistic package of support that has addressed their manifold needs. The service has been open to all adults and adolescents (16 years or older), regardless of their gender, ethnicity, religion or other affiliations.

Activities: Online Value Based Counseling

About us – Vision, mission and portfolio

ABOUT US

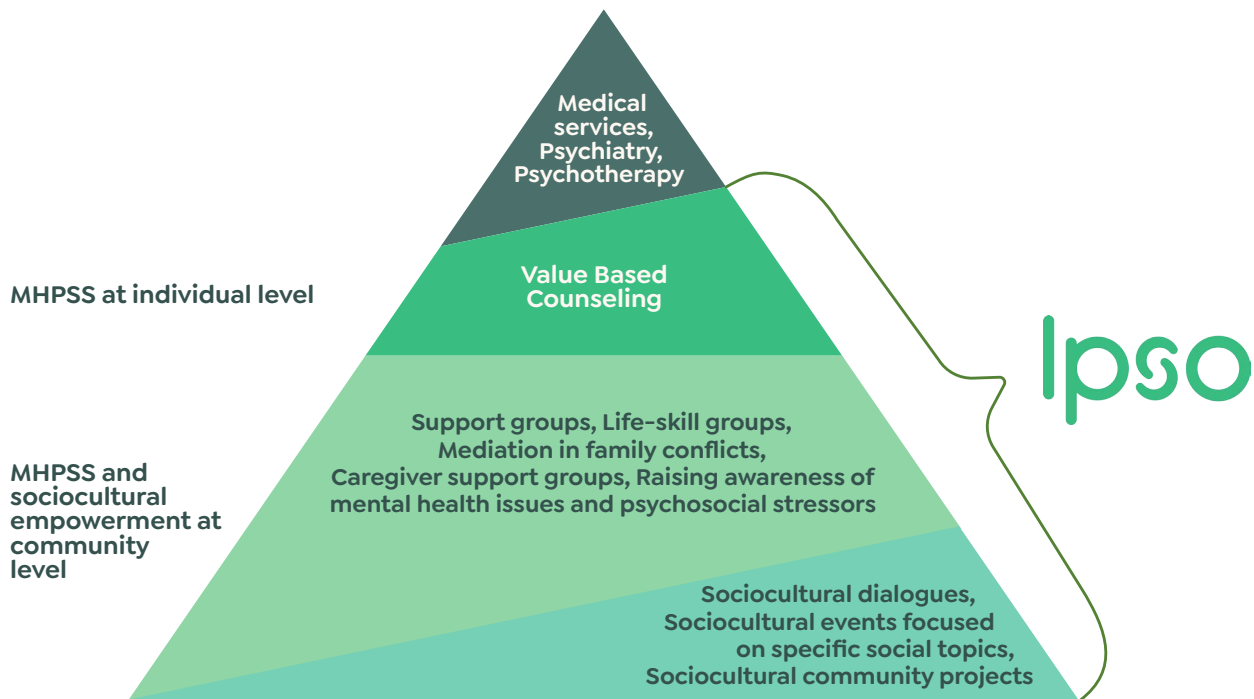
Ipso - International Psychosocial Organisation is a humanitarian not-for-profit organization based in Germany and Afghanistan specializing in Mental Health and Psychosocial Support Services (MHPSS) and in sociocultural dialogue to promote peace and social cohesion. Ipso's Psychosocial Counselors are trained in Value Based Counseling (VBC), a short-term psychodynamic intervention designed to offer empathetic and non-judgmental support at eye-level. The service is available in more than 20 languages in face-to-face sessions as well as on our secure video platforms ipso-care.com and ipso-ecare.com (Afghanistan). In Afghanistan, our counseling is available nationwide and is an integral part of the public health system. In Germany, we train migrants as psychosocial counselors for fellow migrants and operate Ipso Care Centers in Berlin, Erfurt and Hamburg. In other countries, we support people with the help of partner organizations on the ground, for example in Ukraine and Jordan. As an organization specialized in Mental Health and Psychosocial Support Services at individual and community levels, we develop and implement projects for other organizations, design locally adapted monitoring and evaluation systems (M&E), and offer coaching and mentoring services for expatriate staff of international aid organizations. Our sociocultural container project empowers young people to take personal social responsibility for the benefit of their communities.

VISION

Our vision is a world where we, as human beings, are responsive to each other, willing to take responsibility for ourselves and our social environment in a conscious act that enables us to be open to the world at large: creative - curious – empathetic.

MISSION

Our mission is to enable people across the world to respond effectively to the complex social, economic and political challenges they face on the basis of mutual understanding. Ipso achieves this through Value Based Counseling, community-based Mental Health and Psychosocial Support Service (MHPSS), interventions and cultural dialogue within and between communities, as well as initiatives that reflect on cultural and social identity.



Mental Health and Psychosocial Support Services (MHPSS) for adolescents and adults world-wide

INDIVIDUAL LEVEL:

Value Based Counseling

- Counseling face-to-face or online
- Training of Psychosocial Counselors, trainers and master-trainers

COMMUNITY LEVEL:

Psychosocial support

- Support groups
- Life-skill groups
- Mediation in family conflicts
- Caregiver support groups
- Raising awareness of mental health issues and psychosocial stressors

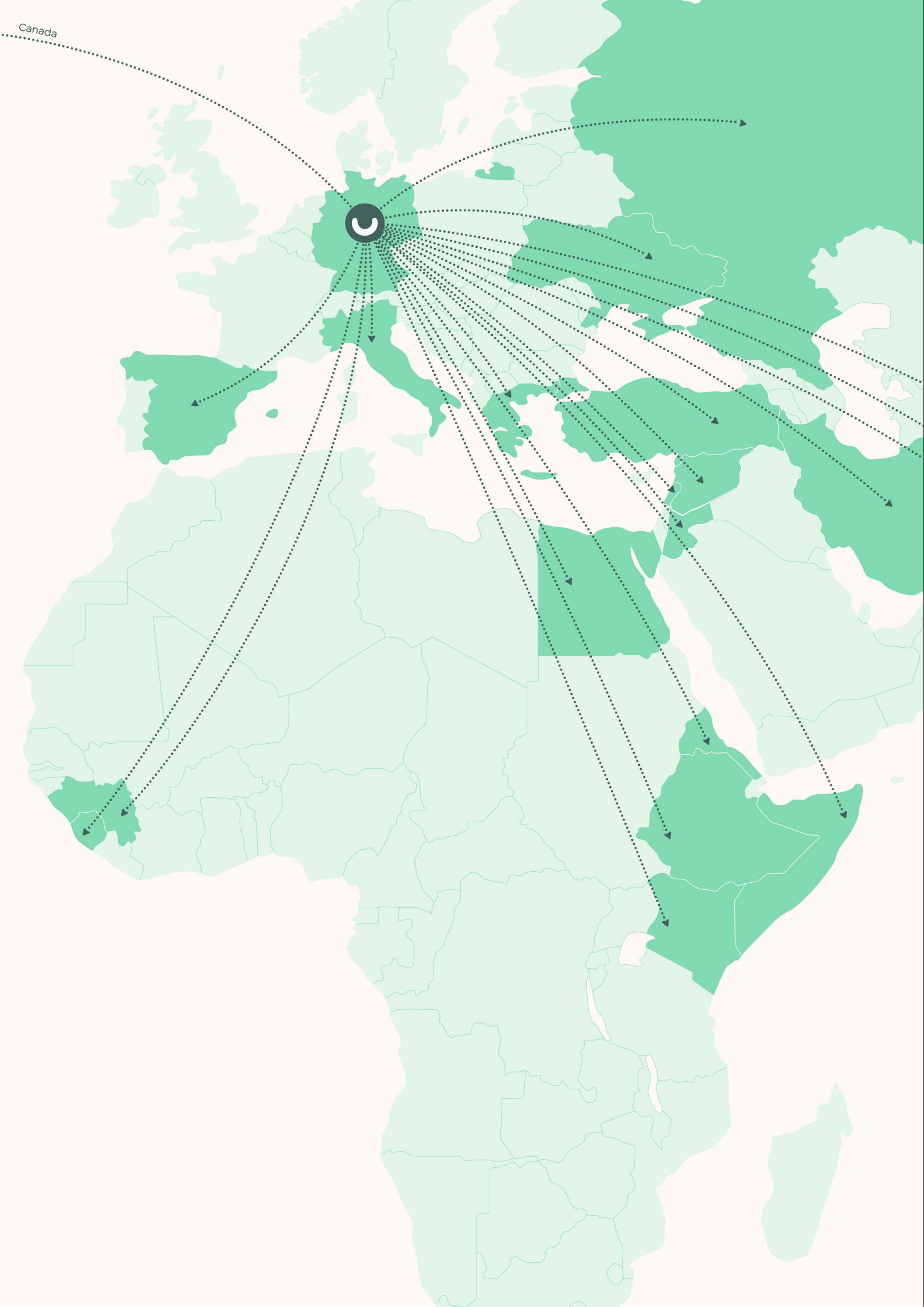
SOCIOCULTURAL EMPOWERMENT AT THE COMMUNITY LEVEL:

Field work improving psychosocial competence, participation and inclusion

- Sociocultural dialogues
- Cultural events focused on specific social topics
- Sociocultural community projects

IPSO'S SERVICES ARE PROVIDED TO GOVERNMENTS, DONORS AND IMPLEMENTING ORGANIZATIONS

- Integration of Value Based Counseling into health care services
- Design and implementation of humanitarian projects
- Psychosocial services contracted by humanitarian organizations
- Research improving best practices



Facts & Figures 2019

30 Psychosocial Counselors in training

Almost 300 employees in Afghanistan and Germany

More than 67.000 face-to-face or online counseling sessions

More than 58.000 participants in individual group sessions

Awareness activities reached out to more than 82.000 people

Almost 11.000 participants in sociocultural dialogues

Almost 30.000 participants in sociocultural events and community projects

This adds up to more than 200.000 beneficiaries

Psychosocial Counseling in 16 languages

Amharic
Arabic
Farsi/Dari
French
German
Italian

Kurdish/Kurmanji
Maninka
Pashto
Pulaar
Russian
Somali

Sussu
Tigrinya
Turkish
Ukrainian

Psychosocial Counselors from 21 countries

Afghanistan
Canada
Egypt
Ethiopia
Eritrea
Germany
Greece

Guinea
India
Iran
Italy
Kenya
Lebanon
Pakistan

Russia
Sierra Leone
Somalia
Spain
Syria
Turkey
Ukraine

Phineo fundraising certificate



In October 2018, Phineo, an independent, not-for-profit agency offering analysis and advice on civic engagement, awarded Ipso its fundraising certificate for counseling provided to women. The label assures potential donors that Ipso is an organization which has the potential to achieve great impact and spends donated funds responsibly.



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International Psychosocial Organisation

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Demokratie leben!

