



Program Outcomes Report

July 2022 - June 2023

www.Ubuntucenterforpeace.org

December 2023

Program Impact Narrative

Ubuntu Center for Peace Team



Table of Contents

Impact in a Nutshell	2
The Context	3
The Program Results	3
I Community Setting	3
I.1. Demographics	3
I.2. Impact on Depression	4
I.3. Impact on Anxiety	4
I.4. Impact on PTSD	5
I.5. Impact on Quality of Life	5
I.6. Effects on Social Functioning	6
II. School Healing Program	8
II.1. Demographics	8
II.2. Effects on Depression	8
II.3. Effects on Anxiety	9
II.4. Effects on Social Phobia, Extreme Anger, Insomnia, Suicidal Thoughts	9
II.5. Effects on Wellbeing	10
II.6. Effects on Body Image, Concentration and Relationships	10
III. Conclusion	11

Impact in nutshell

As of June 30, 2023, Ubuntu Center for Peace had trained 232 Community Healing Assistants (CHAs) and 152 School Healing Assistants (SHAs). They had served over 7500 people including 800 high school students affected by trauma and common mental conditions.

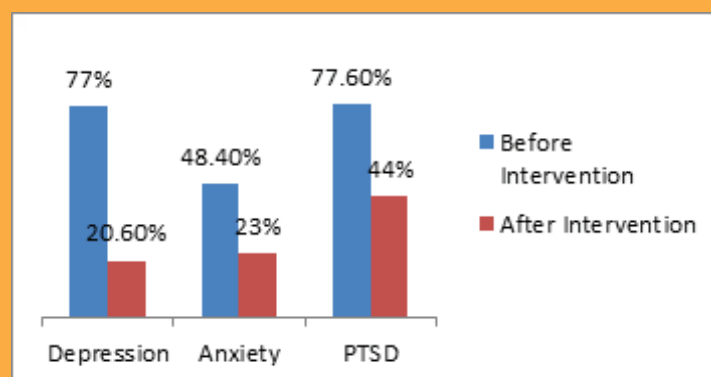
The year July 1, 2022 – June 30, 2023 in numbers



In Community Settings

- 32 CHAs trained
- 900 people served
- 79.4% recovered from depression
- 77.3% recovered from anxiety
- 44% recovered from PTSD

- 44% less conflicts with neighbors
- 96% less conflicts within families
- 75% less school dropouts
- 76.5% less irregular children's school attendance
- 38.5% less lost workdays



In School Settings

In School Settings Students' overall wellbeing

- 60% students became depression free.
- 66% participants recovered from moderate to severe anxiety
- 97% participants recovered from social phobia

Participants with poor wellbeing scores (0-25) decreased significantly from 28.8% to 12.4%, while those who had high wellbeing scores (75-100) increased significantly from 11.6% in the baseline to 39.1% in the endline.

The Context

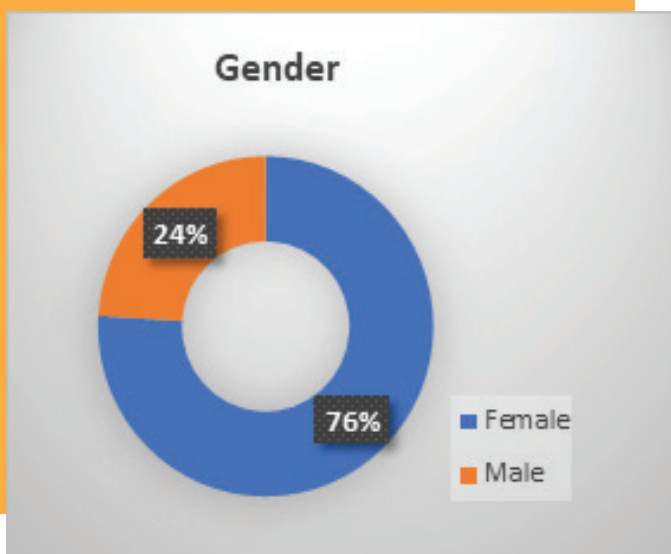
Community Setting	School Setting
<ul style="list-style-type: none"> 1 in 5 people in the general population; over 50% among genocide survivors live with trauma and mental conditions We target preferentially genocide survivors, ex-prisoners, single mothers including teen mothers, survivors of domestic violence, unemployed youth, those exposed to extreme poverty 	<ul style="list-style-type: none"> 20% suicidal behavior in children living with or affected by HIV, 13% in remaining children Substance abuse associated with depression, anxiety and PTSD Underlying factors including family conflicts, poverty, childhood adverse experience including sexual, verbal, physical abuse and neglect
Implementation: September 2022 - March 2023	Pilot program: April – July 2023

The Program Results

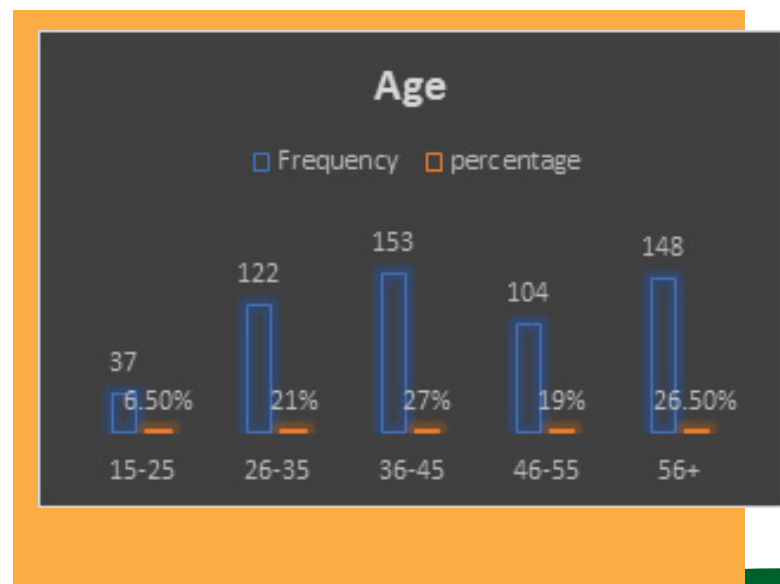
I. Community Setting

1. Demographics

- 564 participants were paired for pre- and post-intervention data comparison
- Ratio females/males: 3/1
- Majority of participants are married (77%)
- Predominantly farmers (87%)
- Basic education: 40% without primary school level, 28% with primary school level.



Participants from all ages including young people and adults



I.2 Impact on Depression

Key highlights as shown in figure I.2

- Before the intervention, 312 of 564 participants had depression, which is 77% (36.5% mild, 36.4% moderate, 19.8% moderately severe and 7.3% severe symptoms).
- After the intervention, only 59 participants, i.e. 20.6% (8.6% mild, 8% moderate, 2.6% moderately severe and 1.4% severe symptoms)
- Conclusion: 228 of 287 participants, i.e. 79.4% of participants who had depression became depression-free.

Evaluation using the PHQ-9 (Primary Health Questionnaire-9 items)

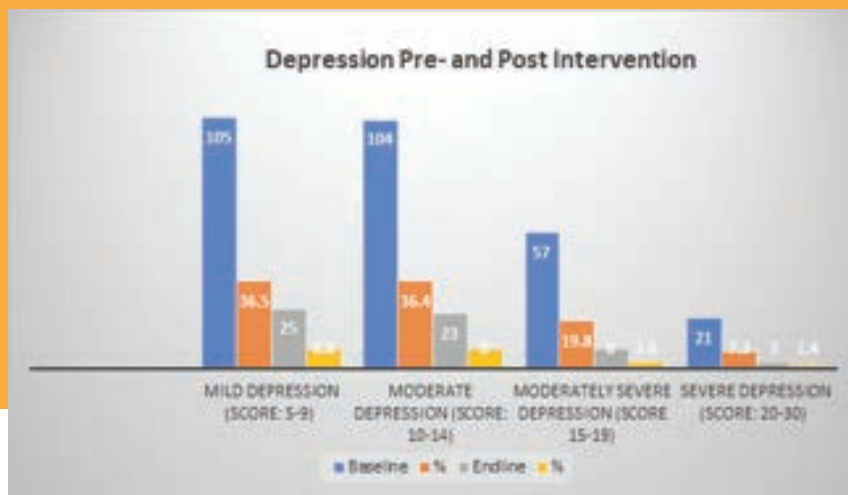


Figure I.2

“My mother hated me for long time.... I reached a level where I hated myself and wanted to commit suicide. I went from church to church to find solace but in vain, and my emotional distress and depression could not be relieved.... As I was listening to a very painful story of one participant during the Tree of Life in our healing group, her suffering became my cure. I slept well that night and the next morning I felt different, cheered up” (Therese, March 2023).

“I am now full of vitality, and practicing breathing with movements healed me from my abdominal flatulence and bloating” (Therese, March 2023).

I.3 Impact on Anxiety

Evaluation using GAD-7 (Generalized Anxiety Disorder-7 items)

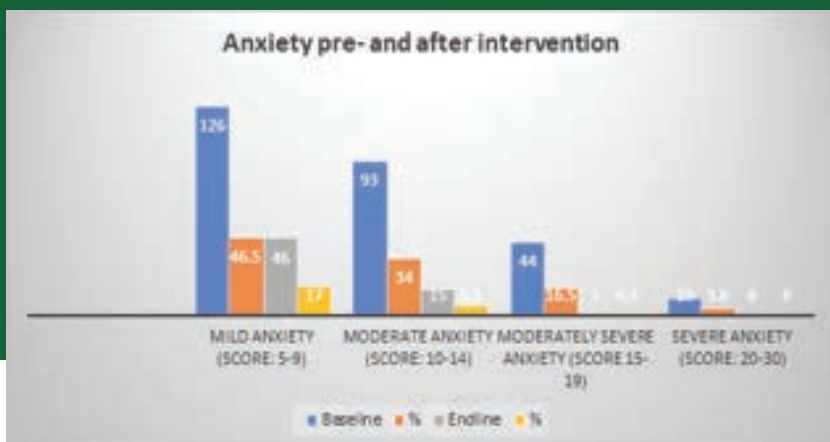


Figure I.3

Key highlights as shown in figure I.3

- Before the intervention, 273 of 564 participants, i.e. 48.4% had anxiety (46.5% mild, 34% moderate, 16.5% moderately severe and 3.6% severe symptoms)
- After the intervention, only 62 participants, i.e., 22.9% reported symptoms (17% mild, 5.5% moderate, 0.4% moderately severe and 0% severe symptoms).
- Conclusion: there was a decrease of anxiety disorders in 211 participants, i.e., 77.3% of participants recovered from anxiety after the intervention.

“... I was asleep and feeling weak as if I was sick, I had no energy to work.... The Tree of Life has been the path to my healing, now I have energy and my work productivity has increased, I sleep well and I am in good relationship with my extended family, I feel safe and happy.” (Paul, 38 years old)



I.4 Impact on PTSD

Key highlights as shown in figure I.4

- Before the intervention, 437 (77.6%) of 564 participants reported PTSD, after the intervention, 248 (44%) reported them.
- Conclusion: of 437 clients who had PTSD before the intervention, 189 i.e. 43% clients recovered from PTSD symptoms.

Evaluation using PCL5 (PTSD Checklist DSM V)

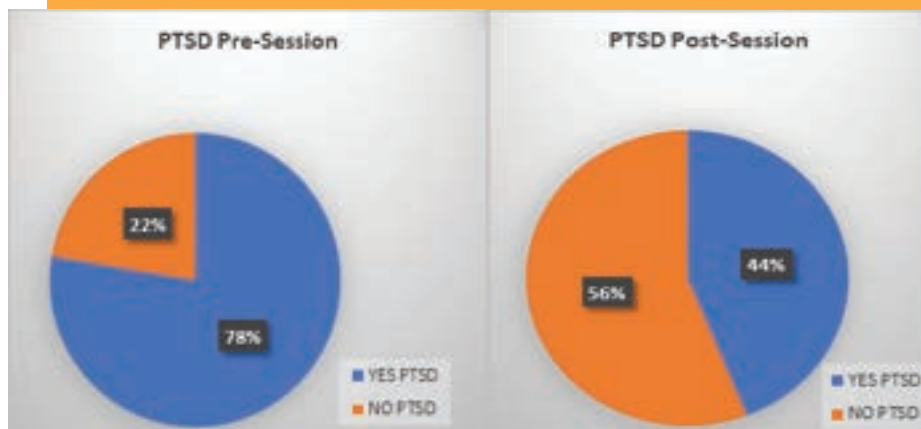


Figure I.4

“... I was born from a rich family, but my life changed when I got pregnant as a teenager. My family couldn’t tolerate that... Life afterwards became a real ordeal. I thought I would find solace in marriage. However, when I got married, I found the man to be a drunkard and not responsible.... My trauma became worse, and I mistreated him. We could fight at least twice a month.” (Adele, 41 years old)

“... With breathing exercises at my home, I feel calmer and I can easily control my anger... Sharing my story to other members of my healing group and listening to theirs, made me feel that I was not alone.... I have changed, I no longer insult my husband. Even when he’s drunk, I speak to him politely. Surprisingly, I noticed that he has also changed, we no longer fight. Now he’s become more responsible for his family.” (Adele, 41 years old)

I.5 Impact on Quality of Life

Evaluation using the WHOQOL-26 items
(World Health Organization Quality of Life, short version)

Domain	Pre-session	Post-Session	Std. D	P-value
	Mean	Mean	Changes	
Physical	57.6	82.9	2.4	<0.001
Psychological	62.6	87.6	3.9	<0.001
Social relationships	61.9	67.2	3	<0.001
Environment	56.1	72.6	0.3	<0.001
WHOQOL-1	40	48	8	<0.001
WHOQOL-2	42.3	51.9	5.7	<0.001

Table I.5

Table I.5 shows a statistically significant improvement of the overall quality of life (WHOQOL-1&2) and different dimensions of quality of life including physical health, psychological, social relationships and environmental.

“Before joining the healing group, I was sick with diarrhea for 4 years. I thought that nothing could give me joy and safety and even joining or talking to other people was embarrassing.... As days went by, practicing breath-body-mind techniques and sharing my story, helped me recover from diarrhea I am now completely healed, I can freely speak, I am no longer ashamed by my past.” (Suzanne, 37 years old)

I.6 Effects on Social Functioning

I.6.1. Effect on Work Productivity

Table I.6.1 indicates that:

- Lost workdays - almost a week per month due to disability before the intervention has dropped by almost half after the intervention.
- Participants' working difficulties dropped from 6.02 before the intervention to 3.5 days within a month after the intervention.
- Total inability to carry out usual activities because of any health condition declined from 5.13 to 3.15 days within a month.
- Days they cut back or reduced usual activities because of any health condition reduced from 4.18 before the intervention to 2.24 after the intervention.

Evaluation using the WHO Disability Assessment - 12 items

		Mean	N	Std. Deviation	P Value
Baseline	How many days were these difficulties present?	6.02	553	7.170	<0.001
Endline	How many days were these difficulties present?	3.56	553	4.699	
Baseline	How many days were you totally unable to carry out your usual activities or work because of any health condition?	5.13	553	6.897	<0.001
Endline	How many days were you totally unable to carry out your usual activities or work because of any health condition?	3.15	553	4.831	
Baseline	How many days did you cut back or reduce your usual activities or work because of any health condition?	4.18	553	5.945	<0.001
Endline	How many days did you cut back or reduce your usual activities or work because of any health condition?	2.24	553	3.654	

Table I.6.1

"I am 45 years old, and I was feeling old with my chronic backache problems before joining the healing group. My husband used to call me disabled as I was unable to help him farming, even our intimate relationship was affected. I had used a lot of pills for treatment, but none had helped. I was in despair.... The more breathing exercises, the less pain I felt, until I even stopped taking drugs to relieve my back pain..." (Chantal, March 2023)

"... Now my husband is happy and he even told me that I have become a young girl again. Now I can help him farm and do other household duties that I was not able to perform before. No words to thank the CHAs for bringing me back to life." (Chantal, March 2023)

I.6.2. Effects on Children's School Attendance

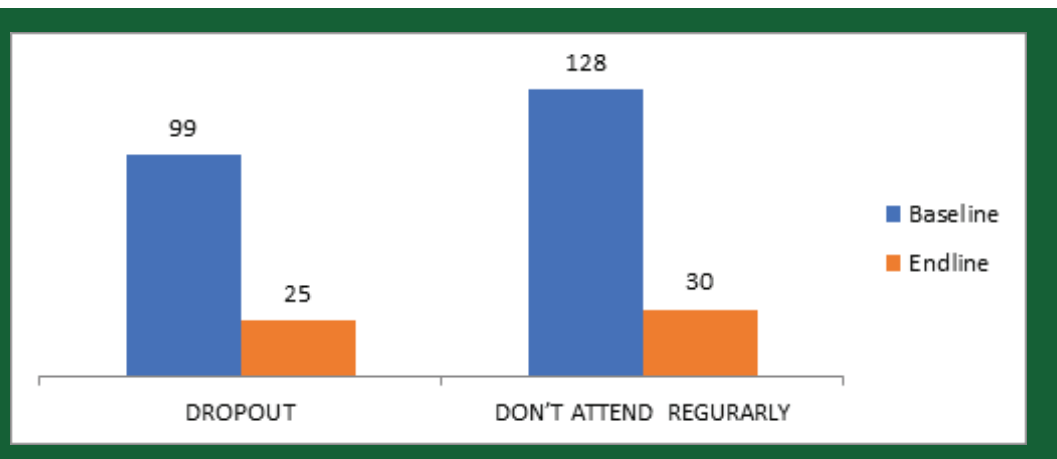


Figure I.6.2

Results in the figure I.6.2 show a:

- Decline of dropouts from 99 children in the baseline to 25 children in the endline.
- Decline in irregular class attendance from 128 children in the baseline to 30 children in the endline.
- Conclusion: There are 74 (75%) less dropouts and 98 (76.5%) less irregular children's school attendance respectively.

I.6.3. Effects on Conflict Resolution

Results in the figure I.6.2 show a:

- A decline in the number of participants who were in conflicts with family members from 147 participants before the intervention to 5 after the intervention
- A decline in the number of participants who were in conflicts with their neighbors from 73 before the intervention to 41 after the intervention
- Conclusion: There are 142 (96.5%) less conflicts in families and 32 (44%) less conflicts with neighbors respectively.

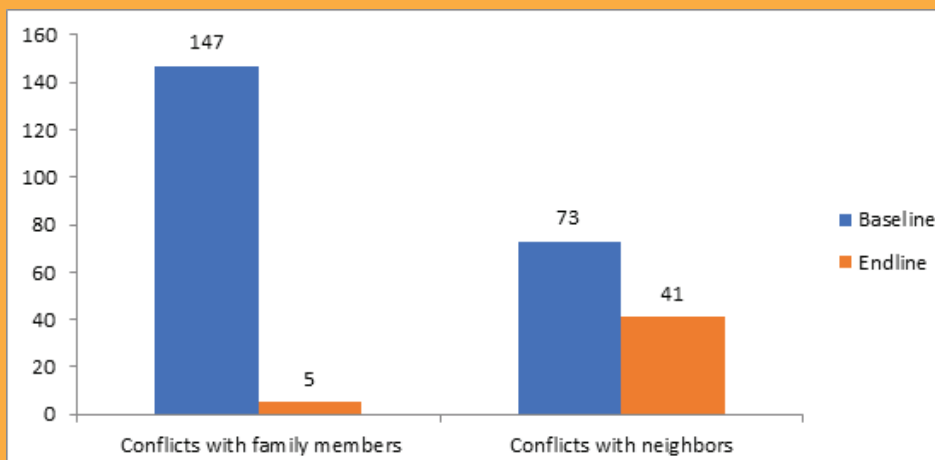


Table I.6.3

"We lived for 15 years without talking to each other, even our families didn't talk to each other. We had no peace... As I listened to others' stories especially on safety and trust, I realized that I was not alone to undergo betrayal... Now, every morning we greet each other when we meet, our children and wives are starting to talk to each other. Light has come into my life, true forgiveness brings beauty to my heart. We share what we have. The Tree of Life has helped us heal and reconcile." (Therese, 42 years old, March 2023)

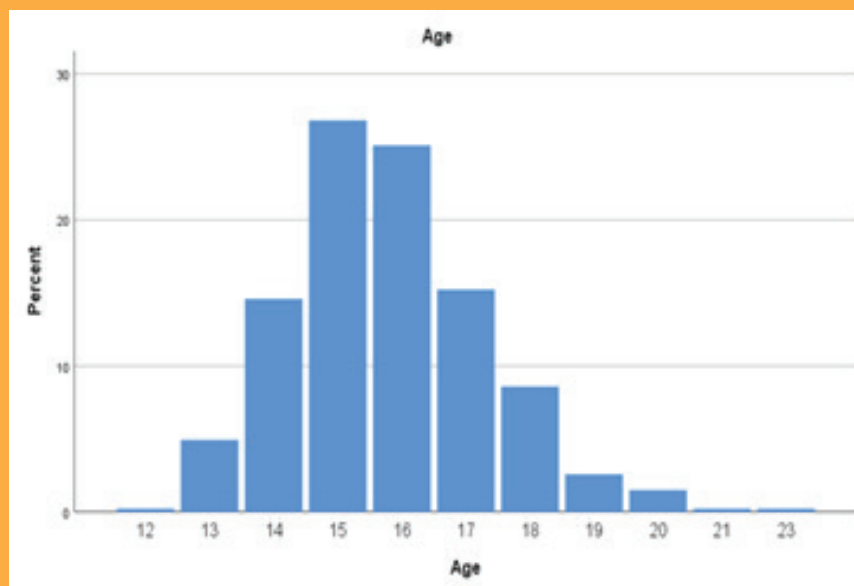
"... I had never thought I would be able to forgive my mother. However, after listening to another participant who shared a similar story about an ordeal she had gone through imposed on her by her mother and yet she had forgiven her, I changed my mind and forgave my mother too." (Therese, 42 years old, March 2023)



II. School Healing Program

II.1 Demographics

- 405 students were paired for pre- and post-intervention survey
- 56 % females, 44 % males
- Participants predominantly between 13-20 years of age
- 52% respondents were between the ages of 15-16 years.



II.2 Effects on Depression

Evaluation using the Revised Children's Anxiety and Depression Scale (RCADS)

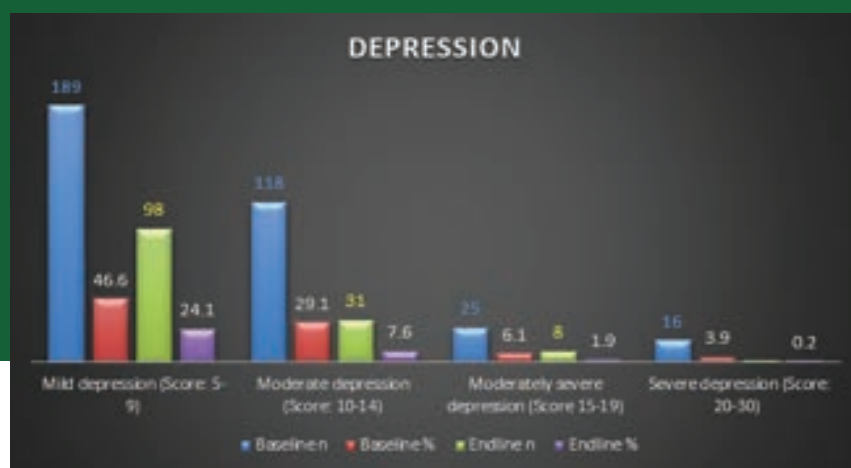


Figure II.2

Key highlights as shown in figure II.2

- Of 405 participants, 348 i.e., 86% of participants had depression (46.6% mild, 29.1% moderate, 6.1% moderately severe and 3.9% severe symptoms) before the intervention.
- Only 138 (34%) participants, i.e. 24.1% had depression (mild, 7.6% moderate, 1.9% moderately severe and 0.2% severe symptoms) after the intervention.
- Conclusion: of 348 participants with depression, 210 i.e., 60% students became depression free.

"I was born with HIV and had problems living with my adoptive family. They harassed me, they ostracized me. I felt that no one loved me, that life was meaningless to me. I tried to commit suicide twice. I had given up on life and failed in school twice. After being invited to a healing group and practicing the Tree of Life, I found out that I was not the only one with problems. The program made me successful in my class as I scored 66% for the first time." (Thacien, 16 years old)



II.3 Effects on Anxiety

Key highlights as shown in figure II.3

- Of 405 respondents, 231 (57%) had anxiety (86 (21.2%) mild, 120 (29.6%) moderate, and 25 (9.2%) moderately severe to severe symptoms) before the intervention.
- Only 56 (7.8%) respondents had moderate anxiety and 18 (4.4%) moderately severe to severe symptoms after the intervention.
- Conclusion: 66% participants recovered from moderate to severe anxiety.

Evaluation using the Revised Children's Anxiety and Depression Scale (RCADS)

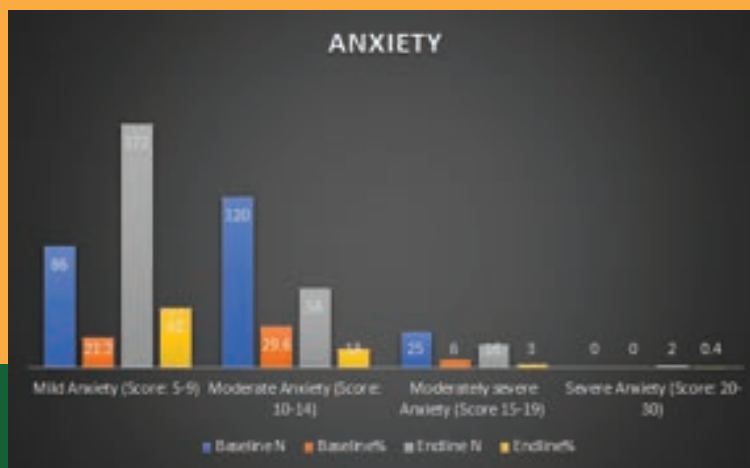


Figure II.3

"I am in my senior 3; I have never scored 50% in my class as I thought that success belongs to a certain category of chosen people. After the healing program, I now feel that success belongs to everyone as a prince or princess. That's why I scored over 50% last quarter after my healing." (Eugene, 16 years old)

II.4 Effects on Social Phobia, Extreme Anger, Insomnia, Suicidal Thoughts

Key highlights as shown in figure II.4

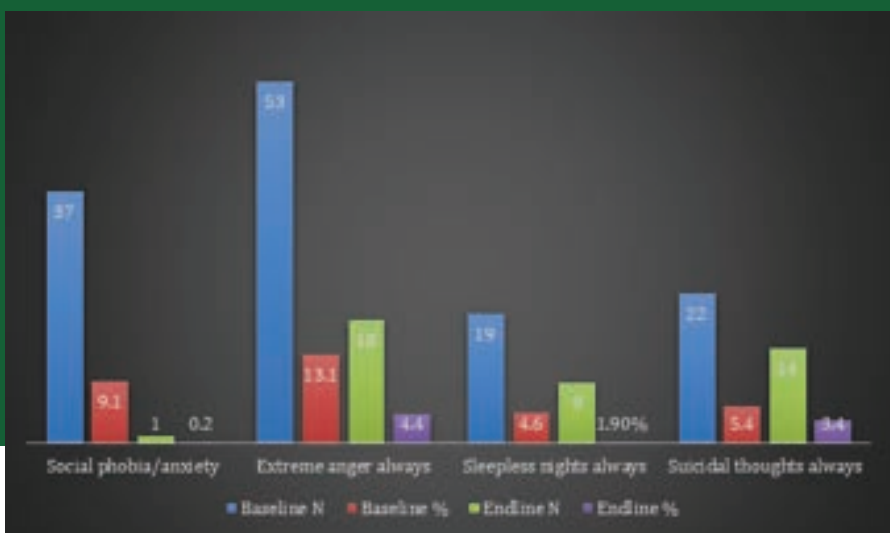


Figure II.4

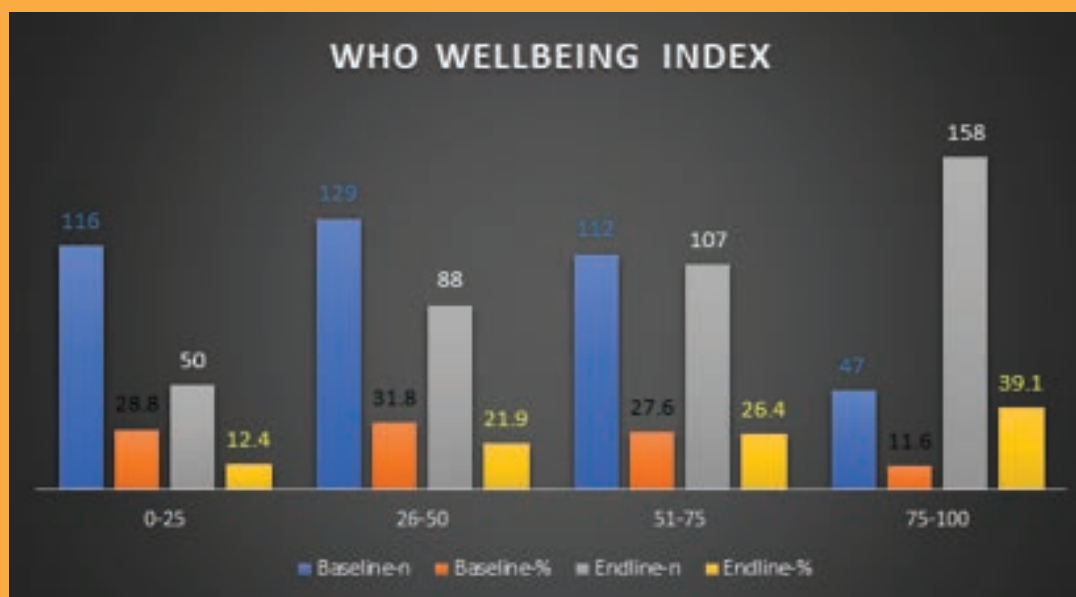
- Of 405 students, 37 (9%); 53 (13%); 19 (4.6%) and 22 (5.4%) who had social anxiety, always extreme anger, sleepless nights and suicidal thoughts respectively before the intervention; only 1 (0.2%); 18 (4.4%); 9 (2%) and 14 (3%) had the same symptoms respectively after the intervention.
- Conclusion: 36 out of 37 participants (97%); 35 out of 53 i.e., 66%; 10 out of 19 i.e., 52.6% and 8 out of 22 students (36%) recovered from their social anxiety, always extreme anger, sleepless nights, and suicidal ideas respectively after the intervention.

".... I was raised by a single mum... I never knew my father. He abandoned my mother when she was pregnant with me..... This led me to live unhappily and with fear of the world, mixed with a sense of self-doubt. I couldn't answer the teacher's questions at school and I felt I couldn't speak in public." (Justin, 15 years old)

"...When we got to the Tree of Life, I felt that other children also have gone through similar experiences, and I started to see that I am not the only one who is suffering. As the days went by, I felt happier and I had to accept my sad history. Breathing exercises have helped me to overcome my fears, when my heart was pounding... Now back at school, I don't feel as scared as before. In my group I speak freely...The program healed me from fear and my confidence has increased." (Justin, 15 years old)

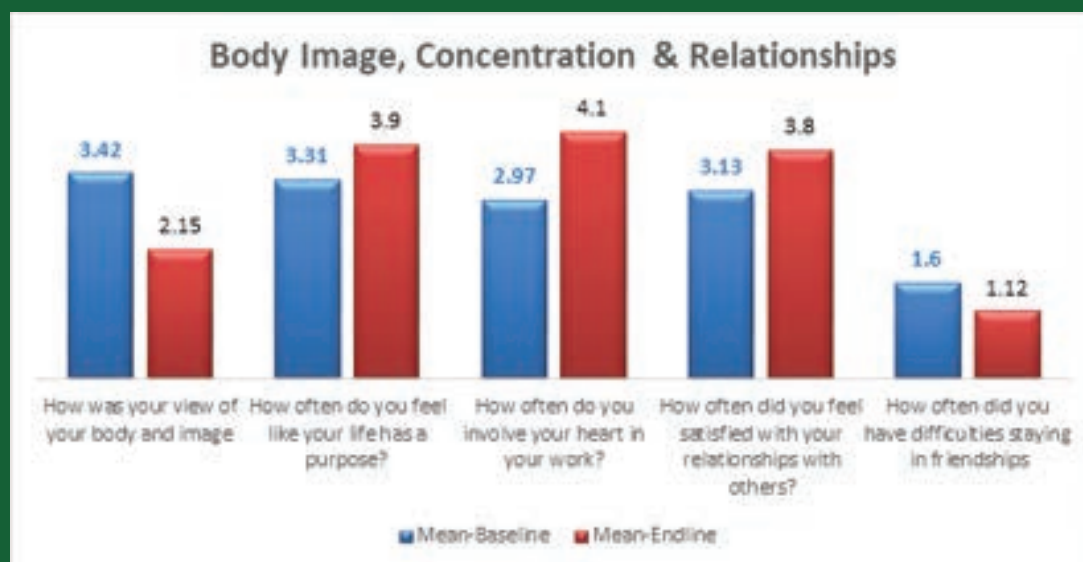
II.5 Effects on Wellbeing

The W.H.O refers to five wellbeing index questions aiming at understanding the general wellbeing of an individual. The baseline and endline survey recorded the answers below among the students:



Student participants with poor wellbeing scores (0-25) decreased significantly from 28.8% to 12.4%, while those who had high wellbeing scores (75-100) increased significantly from 11.6% in the baseline to 39.1% in the endline.

II.6 Effects on Body Image, Concentration and Relationships



Apart from body image which didn't improve, other indicators including life purpose, concentration at work, relationships with others have significantly improved and difficulties in friendships have significantly decreased.

Indicators were screened on the following scales:

Body image: Very Bad (0) - Bad (1) - Okay (2) - Good (3) - Very Good (4)

Other indicators: Never (1) - Rarely (2) - Sometimes (3) - Often (4) - All the time (5)



“Before the healing program, I didn't get along with my siblings especially because we have different fathers. I was feeling angry at my mother. Only after the School Healing Assistants' training, I calmed down and apologized to my mother and brothers, we are now living well in harmony.” (Jacques, 17 years old)

“I used to expressing my emotions by hitting other peer students and hurting them with my fingernails. So when any time I was unhappy, other peers would run away from me. I am happy that after the healing program, this is not happening. Peers can approach me without any problem.” (Steve, 15 years old)



III. Conclusions

We have learned that the pilot project's results in the school setting where the program takes 10 weeks are close to the results in the community setting where the program cycle takes 15 weeks. Further observations are needed to understand the right length of time the program needs to take to have similar impact in the community.

While the recovery rate for depression and anxiety is high, the recovery rate for PTSD seems lower. There may be a problem in the use of the evaluation instrument. More attention is needed to rectify that.

Given that the third quarter at school is the busiest in terms of national and class exams, the school healing program should start at the beginning of the academic year.