Trauma-Informed Change-Making:
Cultivating a Global Network of Local Caregivers in Hard-To-Reach Communities to Strengthen Mental Health, Well-being, & Resilience

Global Trauma Project
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Global Trauma Project

Since 2013, GTP has been working to:
- Reduce inter-generational trauma, violence and abuse
- and to strengthen healing, mental health and well-being
Here’s What We’ve Learned…

1) Trauma, abuse, and toxic stress are main factors impacting mental health and wellbeing

1) There are huge unmet mental health needs

2) These needs present differently based on context
   - South Sudan: 51% clinical levels of Post-Traumatic Stress
   - Kenya: 20% Post Traumatic Stress (4% worldwide prevalence)
   - Kenya: 97% clinical levels of depression/ 51% moderate- severe depression (Global average at 5%)
We Know That…

- Trusted caregivers exist in local communities

- And can be trained, mentored, and supported to achieve Gold Standard impacts
TICE Fellowship Program

GTP’s Fellowship Program, in Trauma-Informed Community Empowerment (TICE)

- 4 Month Fellowship Program
- 15 Days classroom training
- 3-Month Field Work facilitating group-based, trauma-healing sessions
- Mentorship
- Caregiver Well-being
- Certification
Contextualization
TICE Provider Network

GTP has trained and supported a network of **600+ Community Caregivers** in South Sudan, Mozambique, Ethiopia, Somalia, Kenya.
TICE Community Workshops

TICE Fellows have supported 6500+ Community Participants impacted by violence, trauma and toxic stress
Impact Results
Standardized Measures and Self Report

PTSD
*64% Decrease in Post Traumatic Stress symptoms (PTSD)
(USA Gold Standard= 53%)

DEPRESSION
97% of participants (Kenya) reported clinical levels (mild-severe) of depression
51% endorsing moderate-severe depression. (5% global average, WHO, 2021).
*55% overall decrease in depression (gold standard)

AGGRESSION
62% reduction in physical aggression among those reporting aggression
90% becoming less aggressive towards their spouse or partner
69% increase in perception of intimate relationship as healthy

EMOTIONAL REGULATION
26% Decrease in Emotional Dysregulation
(linked to aggression, violence, numbing & poor motivation)
Impact Results: Physiological Stress

*15% Decrease in Critical Heart Stress
(USA Gold Standard= 3%)

Baseline Median HRV in Kenyan and South Sudanese Samples

<table>
<thead>
<tr>
<th></th>
<th>Kenya</th>
<th>South Sudan</th>
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<tbody>
<tr>
<td>Female</td>
<td>30.2</td>
<td>24.1</td>
</tr>
<tr>
<td>Male</td>
<td>34.72</td>
<td>37</td>
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However… the “Better Off” Caregivers, are often “Worse Off”

Local Caregivers Need More Support

- Adverse Childhood Experiences (ACES)

- Physiological/Critical Heart Stress (52% Most Critical vs 35%)
What’s Needed

- To expand and strengthen localized mental health support systems

- Investment in training and on-going support for local caregivers that supports their well-being and promotes sustainability

- Additional research on mental health and effects on violence reduction