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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THE NEW SCHOOL FOR SOCIAL RESEARCH

Wellspring Philanthropic Fund

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

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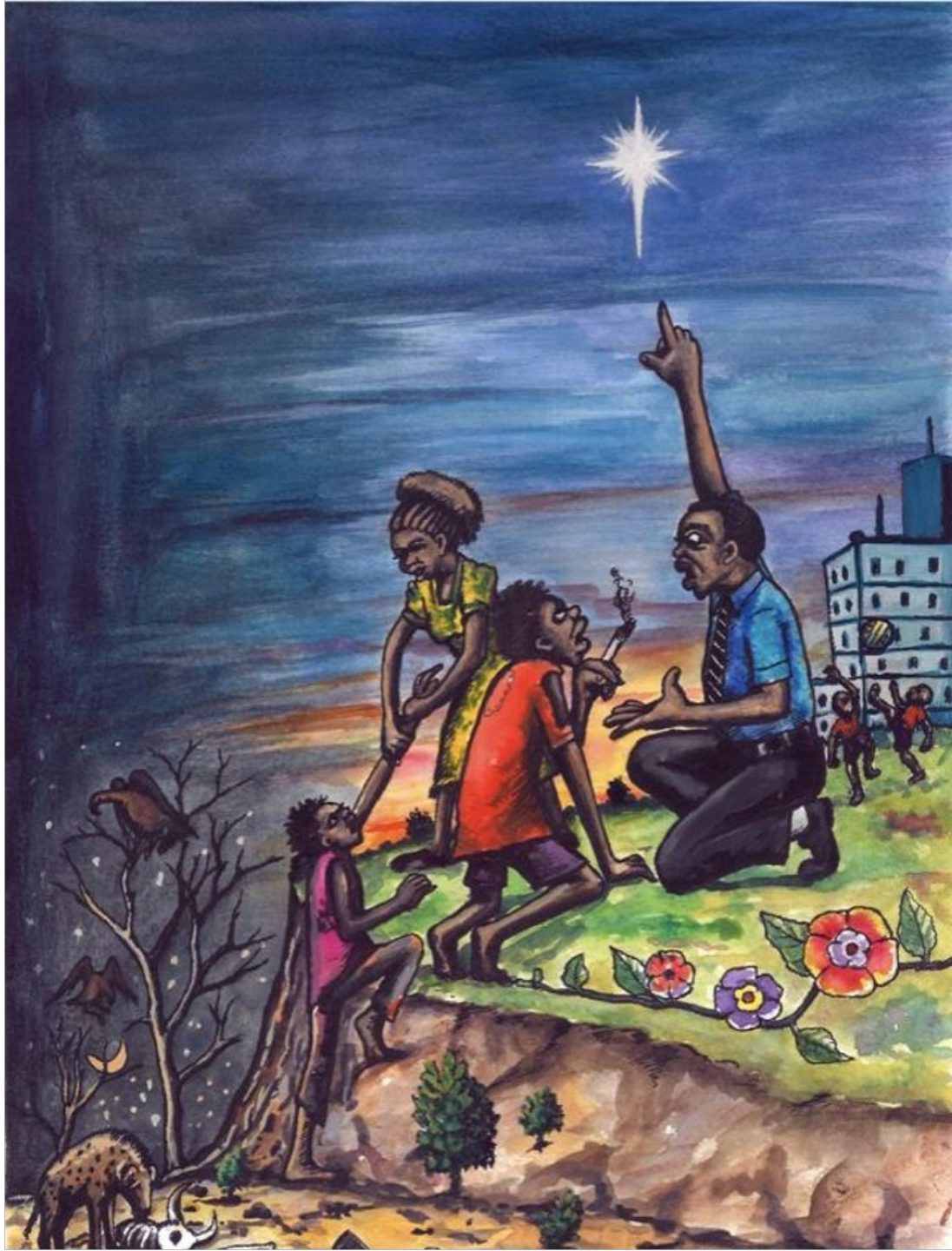
Here's What We've Learned…

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

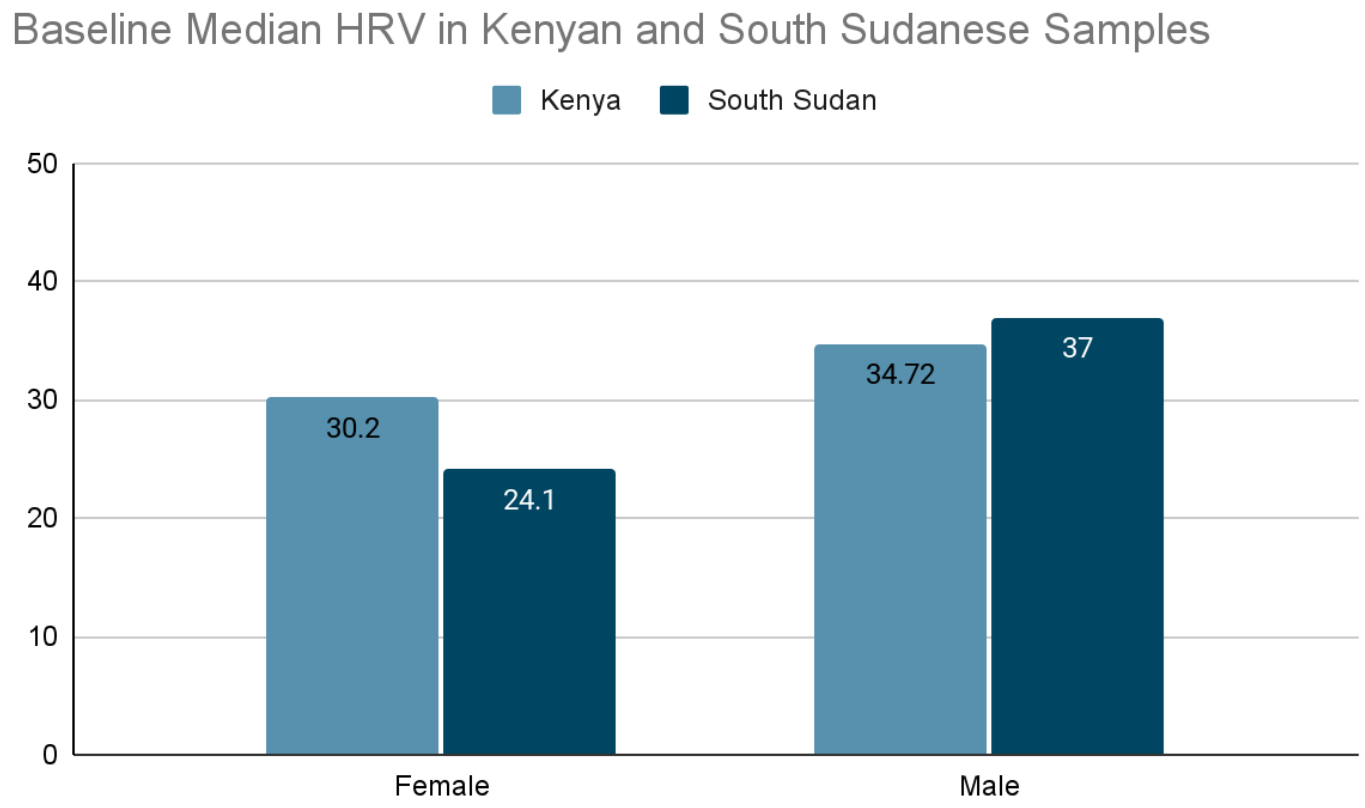
62% reduction in physical aggression among those reporting aggression
90% becoming less aggressive towards their spouse or partner
69% increase in perception of intimate relationship as healthy

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%)



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