



TUTAPONA WE WILL  
MAILED



# Summary Report

**2022**

*Tutapona*



# Greetings from our CEO

Dear Friends,

2022 was a year filled with God's goodness, and we are so thankful for all He has done for us and through us. Over 4,000 people this year participated in our mental health programs in East Africa and the Middle East. We expanded into new countries, and new locations. Our Tutapona Europe office was started to serve and support those affected by the ongoing war in Ukraine, while we expanded into a new camp in Kurdistan, and in northern Uganda. We added two people to our senior leadership team, welcomed a new board member, and expanded partnerships. After hearing the need within communities, we developed and piloted Healthy Habits, a program to address addiction as well as mental health issues among refugees in Uganda. People began healing. Families came together. Hope grew.



Last year we hit a grim milestone – over 100 million displaced people in our world. This is the highest number ever recorded. But for 15 years now, Tutapona has been in these hard places. Our staff provide mental health support to adults and children on three continents, and they do it with grace, compassion, and love. We believe Jesus calls us to be his hands and feet in our world - therefore, we will continue to bring light into the darkest places. We will continue to bring healing and restoration to those affected by armed conflict wherever there is need. Thank you for being a part of this journey. Together, we will be healed!

Carl Gaede  
CEO & Co-Founder





# What We Do



East Africa



Middle East



Eastern Europe

We facilitate emotional healing through group mental health programs and one-on-one support to people fleeing the world’s most brutal wars and conflicts. Since 2008, over 50,000 men, women and children from Congo, South Sudan, Ukraine, Syria, Iraq and Uganda are now choosing love over hate, peace over violence and joy over despair. Families are reconciling, communities are changing. Hope is growing. And hope changes everything.

## Addressing the Crisis in Ukraine

**8 MILLION** Internally Displaced People, **Additional 8 MILLION** refugees present within Europe

Our work in Eastern Europe began in June, 2022. When this crisis unfolded, we were able to respond quickly, jumping in to develop partnerships with local churches and organizations to train staff and implement the GROW program in Slovakia, Moldova, and within Ukraine. Since the beginning of the war, nearly one-third of Ukrainians have been forced from their homes. This is one of the largest displacement crises in the world today. Within Ukraine, nearly 8 million people remain displaced by the war and the UNHCR estimates there are an additional 8 million refugees present across Europe. Currently, our adult programming is running, serving mostly women, as the men have been sent to fight. We are hoping to expand this work to include the Heroes Journey this year.





## Continuing our Work in Uganda

**1.5 MILLION** Total Refugee and Asylum Seekers

Uganda remains one of the top five refugee receiving nations in the world, and has been commended worldwide on its inclusive policies for the welcoming of displaced people. Here, we work in 4 refugee settlements serving a displaced population from neighboring countries including South Sudan and the Democratic Republic of Congo (DRC). South Sudan has seen one quarter of the population become displaced due to armed conflict and rebel groups, where the ongoing violence in DRC is considered the largest loss of life since World War II. The people we serve have experienced extreme war-related trauma and adversity.



## Addressing a Refugee and Internally Displaced Crisis in Kurdistan, Iraq

**1.8 MILLION** Total Refugee and Internally Displaced People (IDP) Population

The Syrian conflict in the Middle East is one of the largest ongoing humanitarian crises of our time. This combined with the war on ISIS and the genocide of the Yazidi people left large numbers of people also internally displaced. These recent crises, alongside the slaughter of 50,000 Kurds in the eighties under the regime of Saddam Hussein have caused significant damage to social structures and to individual mental health in the region. Entire generations have grown up within the camps here. Our Heroes Journey programs often have long lists of children waiting to participate. We have expanded our locations to serve both Syrian Refugees and Iraqi IDPs.





# Projects

**GROW** is a community based, posttraumatic growth program offered to adults with the aim of improving the mental, emotional, behavioral, relational, and spiritual wellbeing of participants.

**Heroes Journey** is a child-focused, posttraumatic growth program aimed at creating positive growth and improving the mental, emotional, behavioral, and spiritual wellbeing of children through play, art, songs and games.

**Healthy Habits** is a support program designed to help empower participants to overcome addiction and negative patterns of behavior and coping, to develop new healthy and desirable habits.

## WHAT IS POSTTRAUMATIC GROWTH?

Posttraumatic growth is the idea that even when bad things happen in our lives, those painful events can result in positive psychological changes. This causes us to develop beyond the place where we were before the struggle or adverse event occurred, meaning we don't just have to survive the ordeal; we can actually grow stronger because of it! When the right conditions exist, a painful experience can produce positive growth and changes within us that we view as important.







# Partnerships

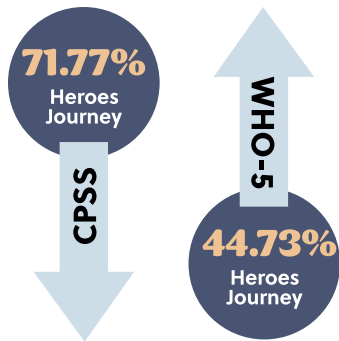
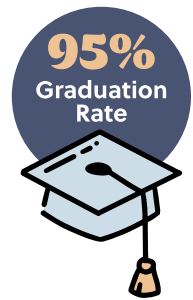
Together, we can do more!

Mental Health awareness and the need for quality Mental Health Services around the world is on the rise. This is just as true in the camps and settlements where we serve. The impact trauma has on refugees' mental health and their ability to recover and thrive is apparent in adults and children alike. Our programs help people face their pasts and therefore step bravely into their futures, better able to utilize what they have, and better able to cope with their situations. Because of our groundbreaking work in this area, we have been offered the amazing opportunity to partner with various organizations, which allows us to hire and train staff, efficiently mobilize people within the camps and implement our adult and children's programs in areas where they are desperately needed. We are excited about what God is doing through our partnerships, and are looking forward to a year of potential growth.



# Our Work in Numbers

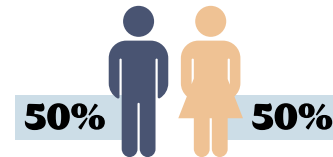
## Heroes Journey



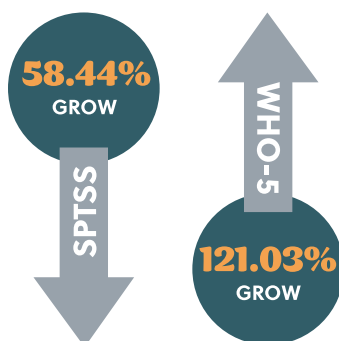
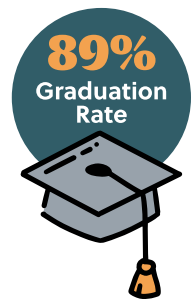
CPSS Average Decrease  
after Heroes Journey  
71.77%

WHO-5 Average Increase  
after Heroes Journey  
44.73%

Overall, the children who  
participated were 50% female,  
50% male.



## GROW



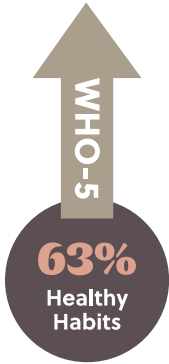
SPTSS Average Decrease  
after GROW 58.44%

WHO-5 Average Increase  
after GROW 121.03%

Overall, the adults who  
participated were 57% female,  
43% male



# Healthy Habits



Avg Percentage Increase in Well-being (WHO-5): 63%

Overall, the adults who participated were 11% female and 89% were male



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- **The Screen for Post-Traumatic Stress Symptoms (SPTSS)** is a brief self-report questionnaire, developed to help identify adults who have high levels of post-traumatic stress.
  - **The Child PTSD Symptom Scale (CPSS)** is a brief self-report questionnaire, developed to help identify children who have high levels of post-traumatic stress.
  - **The World Health Organization-5 Wellbeing Index (WHO-5)** is used to measure well-being among adults and children. Each participant of our GROW and Heroes Journey program has the opportunity to fill in these two scales before and after they attend. This allows us to track change in trauma symptomatology and wellbeing in order to measure the effectiveness of the program.







# Our Commitment to Stewardship

We value integrity. We strive for consistency between our words, beliefs, and the reality of how we conduct ourselves. We are committed to excellence and providing the best support we can for everyone who participates in our programs. We choose to be ethical in our professional and business practices as we recognize that Tutapona's resources are not our own but are entrusted to us for the service of others and require competent, effective and accountable stewardship.

We do our best to ensure that every dollar you donate has the maximum impact possible in the lives of traumatized refugees and survivors of war. Our work is about relationships, and our budget reflects that.

65% of our total expenses in 2022 was staffing. This includes nearly 50 incredible field staff who spend each day listening to people's stories of hurt and responding with compassion and skill needed to help them find healing and hope. It also includes our leadership staff who bring extensive professional skills and expertise to ensure this uniquely sensitive work is carried out to the highest standards, that our staff and participants are safe and cared for, ensuring that we are focusing our efforts toward communities and populations where we can have the greatest impact, and that we continue to move forward as the global refugee crisis continues to develop and change.

We are deeply grateful for your partnership and investment in innovative, effective trauma rehabilitation for refugees and survivors of conflict.





# Mende's Story

## Finding Hope in Heartbreak

We knew ISIS was coming because we heard the shouts, the guns, the sounds of war. I could even hear babies and women screaming. We ran away on the road, and I brought nothing with me, just my children. We became trapped on the road. They started firing, and I had my 8 day old infant with me. I made myself like a wall for my baby and tried to save his life. Others did not survive.

Some men came to fight them, and we ran and hid. All night people from nearby villages were running to where we were hiding. It was so dark, but we knew people were coming. They were walking by the light of their phones. When morning came, we all went up Shingal Mountain. There, we spent 11 days without food or water. I was terrified. I had seen many people killed. We were all suffering, it wasn't just me. It was happening to us all.

*On the 12th day, an airdrop of food and supplies to those seeking refuge on the mountain brought a glimmer of hope. Taking what they could carry on their backs, they set out walking for the Syrian border. After finding no safety, they returned to Kurdistan and lived on the roadside for months, then moved to construction sites and under bridges until a camp was established.*

*"These thoughts; these words that Tutapona has given me, they help me so much. And they help me to raise my kids. Tutapona has helped me to see who I really am."*





*There, Mende's husband was killed. His family stepped in to take custody of her children, and she suffered ongoing emotional and physical abuse from them. Mende dug deep and began a long battle to regain custody of her children. Even after that battle was won, her inner battle continued. When she came to the Tutapona program, she saw a change within herself.*



I was really sad, deep inside myself. But now, I don't cry all the time. I didn't take care of myself before, even if my dress was dirty, I would just leave it. But now I have changed how I live. At the group, we talked about how to focus on life. If you keep looking back on what happened, how will you see your future? If you keep looking around, how can you see what is in front of you. So, I look towards my future. I think about my kids.

I will keep trying, and maybe I will make a salary and save a little bit for my kids, and raise them well. Maybe in a year or two they will go to school. These thoughts; these words that Tutapona has given me, they help me so much. And they help me to raise my kids. Tutapona has helped me to see who I really am.

To read more incredible stories of hope, please visit: [tutapona.com/stories](https://tutapona.com/stories).

## With Sincere Thanks

It is encouraging to reflect on the achievements of 2022. As a leadership team, we are fortunate to work with such dedicated and capable field staff. They have adapted and persevered, and most of the accomplishments listed are a result of their hard work. Their commitment to this work and level of compassion for the people they serve is inspiring.

We are also incredibly thankful for the generosity of you, our partners, who stand with us. Your support enables our staff to reach, sit with, listen to, and pray for people who often feel forgotten by the world. You are changing lives in Uganda, Iraq, and Ukraine, and we could not do this work without you.



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