



BREAKING GROUND

Annual Report 2018

A letter from our founders

Dear Tutapona Friends,

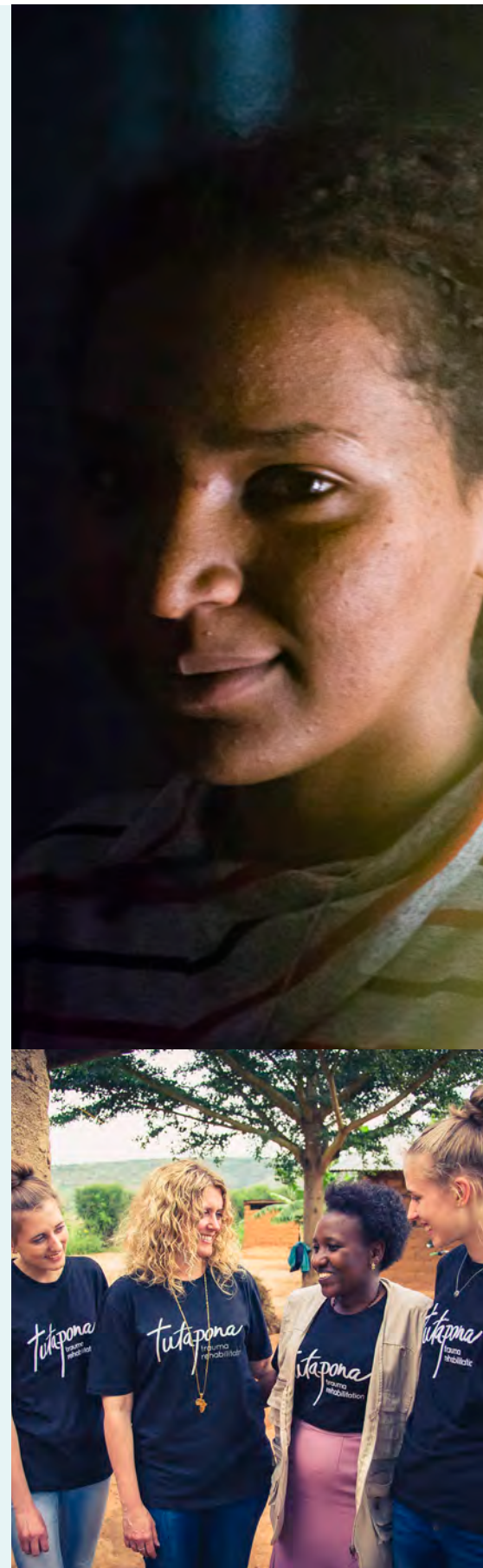
There are so many ways that, together, we are Breaking Ground. Every time someone decides to move forward from their trauma, they are stepping out into uncharted territory. Every time a refugee decides to live again, they are overcoming the barriers of their past. Every time a community chooses peace over centuries of conflict, they are breaking down walls.

This is our desire for every participant. To EMPOWER is to break new ground, enabling people to do what they never thought or believed was possible. To GROW is to break new ground, just as a seed must break through the surface of the ground and flourish. Our mission is not just to bring restoration, but to walk with people on a process of healing and transformation. Transformation means change. It means something new.

The pilot of our first ever children's trauma rehabilitation program, HEROES JOURNEY, took place late last year and was an overwhelming success. The amazing resilience in these children makes us excited for what their futures hold.

It brings to mind children like Miriam* - who fled from her home country, crammed behind the seat of a truck for nearly 3 weeks with her mother and 4 siblings after her father was imprisoned. After arriving in Uganda, her family was suffering from fear and anxiety because of everything they had faced, and they didn't know how to cope.

But after participating in one of our programs, Miriam realized that what she needed was to forgive, that forgiveness holds the key to recovery. Her entire family has benefitted from the program and she has decided to study to become a lawyer, to help bring peace to people in situations like her own.





This story of transformation would not have been possible without people like you. Because of your generosity, Miriam has hope for her future. Her emotional recovery has enabled her to have compassion for other refugees and has ignited a light inside her to change the future for people living stories like hers. We have no doubt that children like Miriam will go on to change their worlds.

That's why with your help this year, we are stretching out to places we've never been before, we are serving people we've never served before.

We are launching new programs, forming new partnerships and training new staff in an effort to bring new hope to the broken and weary. We are praying for new opportunities to reach the lost and broken hearted, and when those opportunities arise, we are ready. With your help, we will go where He takes us.

Together, we are leading people to a place of new resilience, with the power to grow, to thrive and to be a light to those still in the darkness. Together, we are Breaking Ground.

With Much Appreciation,

Carl & Julie Gaede



Carl & Julie Co-Founders

*Name changed to protect the participant's identity



Geoffrey's Story

The Strength to Rebuild

Geoffrey's determination to overcome his situation as a refugee led him to one of our programs. Because of your generosity, he has broken new ground mentally, spiritually and physically and is a pillar in his family and community because of it.

"Even though the situation is still difficult, we live happily, we sleep happily, we do everything happily - it prepares for us a way."

Geoffrey

“When the war broke out, I saw that many people were leaving, everyone was scared for their lives. We had to leave quickly to be safe, and we lost everything except for the clothes we were wearing.

It was four days of walking. We would walk and then hide if we saw people coming because there were many people on the road who were looking to kill us. At night we would hide in the bush or on the riverside, and then we would walk in the day. When we came to the border, we were taken to a reception center.

After a few days we were taken to our plot of land, it was just bush. It was very hard. I was educated and had worked in security, so I didn’t know how to do things with my hands. I had to build my own house, but I had never even made a brick before. Life was so different from what we had before.

One day I saw the Tutapona vehicle nearby, so I went along to the program. I learned about the process we are in [as refugees], that we can rise above our difficulties and come out of them. I learned that we should forgive. Before, I was so stressed that I could not sleep; I would wake up in the middle of the night. In the daytime I was very tired and had headaches. I was sick and weak; I even lost my appetite.

But now sleep is much better. The stress I was carrying is gone. I have learned to forgive - I don’t quarrel with my wife, we do things together.

I have built my own house and I have a shop. I know my life will continue to change. When you have overwhelming stress, it is hard, especially if it is constant. But now since we aren’t focused on those things, we live happier. Even though the situation is still difficult, we live happily, we sleep happily, we do everything happily - it prepares for us a way.”



Gilya's Story

The Courage to Stand

"In 2014, I was with my husband and kids when we heard that ISIS was coming to our village. Everybody ran away. My husband stayed behind to protect the home, 'You go with the kids, you save them!' Since that day I haven't heard anything from him."

Gilya* attempted to flee to Syria, but it was no safer than her home village. So, after struggling to survive in Kurdistan, she made the difficult decision to go to Turkey.

"We were thirsty, and we had no food. My youngest daughter, she was crying a lot, there was no water to drink. I didn't have money, so I said we will go."


With a growing desperation to save her children, she was running out of options. Finally, she made plans to travel to seek asylum. They hid in a small fishing boat and waited as a smuggler steered them to their uncertain future. As the waves crashed, Gilya huddled with her 4 young children, shivering in the winter cold. She held back tears as she recalled the details of their last attempt to escape.

"It was 12:00 at night. In the first 30 minutes a storm came and the motor of the boat stopped working. The smuggler was from Afghanistan, so I did not know what he was saying. Finally, a ship came and took us from the small boat and saved our lives. Then the police arrested us."

Gilya and her children were released from police custody and are now back in the Khanke Refugee Camp where she faces challenges every day as a single mother. Culturally, she is expected to care for the home because she is a woman, not to go out to register her children for school, attend classes, or seek services. She works tirelessly to care for her children but faces criticism and judgment by those around her. After she came to Tutapona, she was no longer alone. She learned the tools to cope, to have the energy to care for herself and for her family.



*Name changed to protect the participant's identity

A photograph of a woman wearing a patterned headscarf and a young girl with dark hair, both looking out of a window. The woman is on the left, partially visible, and the girl is in the center, looking towards the camera with a slight smile. The background is a bright, hazy outdoor scene.

“Only when we are brave enough to explore the darkness will we explore the infinite power of our light.”

Brene Brown

“I try to provide everything for my family, as much as I can. I don’t care what people say. I feel good, and when I’m here [with Tutapona], it makes me forget what’s going to happen in my life. I come here to listen to them, to remember what they say.”

An inspiration to us, her children and her community, Gilya has found the courage to stand. To break barriers. To break ground.

Breaking Barriers





We Will Be Healed

“Tutapona”. It’s not a phrase we take lightly. It’s a way forward, a new beginning. It’s a change, a hope in our hearts coming from deep within.

Tutapona—‘We Will Be Healed’ in the Swahili language—is a phrase we hear resonating through refugee camps and through people’s lives. A declaration of things to come.

In the more than 10 years we have provided trauma rehabilitation support to those fleeing war and conflict, close to 50,000 men, women and children are now able to claim this statement as their own, choosing love over hate, peace over violence and joy over despair. That’s 50,000 people who have been brave enough to do what seemed impossible, to step forward and become a light within their families and communities. These people are breaking through their pasts, Breaking Ground in their lives, and reaching for their futures. They are living proof that real transformation comes from God - and that is truly inspirational.

We’re a growing organization, but no matter how much we change and grow, we will always stay true to our Christian values. We strive to be the hands and feet of Jesus, and we are dedicated to walking alongside our brothers and sisters as God heals their broken hearts and binds up their wounds.

On behalf of our entire Tutapona family, we couldn’t be more thankful for the role you play in making that possible.



**“He heals the
brokenhearted and binds
up their wounds.”**

Psalm 147:3



Isaiah is just one example of the many children who are in desperate need of child-focused trauma rehabilitation. He is one of the 28 million reasons that we developed the Heroes Journey program. To find out more about how Tutapona is supporting children living as refugees, visit

www.tutapona.com/heroes.

Isaiah's Story Bravery Beyond Years

"My name is Isaiah* and I'm 13 years old. I came to Uganda from Congo when I was six. We left everything there, and when we arrived here, it was just bush.

One day, when I was at school the teacher took me to his home. There, he threatened me with a knife and abused me in very bad ways. When it was finished, I ran back home, but all the children knew what had happened. They started saying that I am a woman. They refused to let me be their friend, or even walk near them. Even now, they still talk about it.

I could not return to school after that."

Isaiah stayed in his house, too broken and ashamed to be a part of the community that should have protected him. It wasn't until a year later, when Tutapona ran a program in his area, that he decided to be brave and step out.

"Tutapona came and taught us. They told us that even though we have experienced problems, we should not get discouraged. The program touched my heart; they helped

me realize that school could help me in the future. They told me that I should not stop going to school because of bad friends; they encouraged me to go back to school."

Tutapona's Clinical Therapist arranged one-on-one therapy sessions with Isaiah, helping him to come to terms with the abuse, the rejection and the idea that he could overcome the trauma that had plagued his young life.

"One thing, which has given me so much relief in my heart, they told me that when you have a problem, it doesn't mean that life stops there. That statement touched my heart. That's the reason I started to go to school again.

I know now that I am going to finish school, I want to become a footballer.

There are other children who have had similar things happen to them. Some ran very far away and want to stay there until this story is no longer remembered in the community. I wish they would come back and learn from Tutapona's program like I have."



New Beginnings

New Beginnings: Heroes Journey

Until 2018, Tutapona's programs were only available to adults. But a young girl's story inspired us to Break Ground with a brand new program designed for children. After experiencing unimaginable horror as a child, Nadia* arrived in a refugee settlement in Uganda with a desperation and a yearning for new hope. After months of suffering in silence with her family, alone in their home with the curtains drawn, her aunt took part in Tutapona's trauma rehabilitation program. Wanting her family to receive the same care she had, she dressed her then 9-year-old niece in a hijab and snuck her into the program.

We are no strangers to these stories. Images plastered on the news and across social media have been ingrained in our memories. The body of a boy, washed up on the shore. A child, shell-shocked in the back of an ambulance. They may be only a memory to us, but for the 28 million children worldwide who have fled from violence, these images are part of their everyday reality.

Stories like Nadia's are why we developed a child focused trauma rehabilitation curriculum. HEROES JOURNEY will be implemented in locations across Uganda this year, with an aim to serve over 200 children in 2019.

The HEROES JOURNEY is a hands-on experience that provides a safe place for children to explore the effect their trauma has had on them. It focuses on building resilience through hope, gratitude, kindness, and courage to combat shame and forgive. We want to walk alongside these little ones as they journey to a place of wholeness and recovery. These heroes deserve their best chance in life. We believe their stories can be changed, that they can experience hope, new beginnings and courageous futures.

We believe that these are the children who will go on to change their worlds.

*Name changed to protect the participant's identity





Breaking Ground: The Next Step

At the end of 2018, there were 1.19 million refugees and asylum seekers within Uganda and nearly 2 million internally displaced people (IDPs) living in the Kurdistan region of Iraq.

Because of your generous giving, adults and children alike are finding the strength and courage to Break Ground in their own lives. They are able to receive vital trauma rehabilitation support through our various programs and start rebuilding their futures.

With people like you standing with us, we will be able to continue to grow in faith, ready to Break Ground wherever and to whomever God calls us to serve. We're a growing organization but hold fast to our humble beginnings, Christ-centered identity and vision to reach some of the most vulnerable

people on the planet. We value every individual, family, church, business and organization that has come alongside us and partnered in our work.

Here's how we will break ground in the months and years to come:

- **Implementation of the new HEROES JOURNEY children's curriculum throughout Uganda**, with our initial program beginning in the Southwest in March. We are excited about partnering with other organizations on the ground to maximize our reach and purchase a pop-up tent to be able to run the program in all weather.
- The construction of a **new outdoor, sheltered space is underway in Nakivale settlement** where we will be able to provide individual trauma rehabilitation sessions.
- **A new role, Associate Clinical Therapist, has been added** to ease the burden of high caseloads on our Clinical Therapists in Uganda. We are also implementing triage systems to help identify high risk cases and to aid our staff who are doing individual sessions.
- In continuing our efforts to reach the un-reached in Kurdistan, **we are working on ways to provide the GROW program to elders and heads of families** in the camps which would focus on getting our programming to the decision makers.
- With **the launch of the Kurdistan mobile team**, we're hoping to DOUBLE the number of participants we serve annually. Developing this team has allowed us to expand our services into additional refugee camps.

We couldn't be more excited about what God is doing in Kurdistan and look forward to a year of potential growth as we pray over partnerships and expansion opportunities.



“You visit the earth and water it, you greatly enrich it; the river of God is full of water; you provide the people with grain, for so you have prepared it. You water its furrows abundantly, settling its ridges, softening it with showers, and blessing its growth.”

Psalm 65: 9-10

Working Together: Partnership Update

New Partnerships to Further Our Reach

As people recognize the huge impact that trauma has on the mental health of refugees and on their ability to recover and rebuild, Tutapona has been recognized by a number of major humanitarian organizations for our ground-breaking work. Establishing partnerships with some of these organizations allows us to hire and train staff, more efficiently mobilize people within the camps and reach more people than we could have otherwise. We are excited about what God is doing through partnerships and are looking forward to a year of potential growth.



In Uganda, our 2nd United Nations High Commissioner for Refugees (UNHCR) partnership agreement in the Southwest has been confirmed, which helps us continue to further our reach across three refugee settlements in that region in 2019. Through this partnership, our staff have been supplied with 2 vehicles, which help them to move safely within the settlements, and a new office space in Rwamwanja. We are also looking forward to the construction of a new shelter in Nakivale, custom built for one-on-one trauma rehabilitation sessions.



Our partnership with TEAR Australia in the North has also recently been extended into 2019. This partnership, which has now existed for two years, continues to be very helpful in sustaining our field office in Adjumani as they support South Sudanese refugees.





In 2018, our partnership with Samaritan's Purse in Iraq provided two caravans for group sessions and one-on-one counseling and helped us to reach those who are returning home and rebuilding their lives after so much trauma. Because of these spaces, we're hoping to reach nearly 250 refugees with our programs and an additional 180 with our follow-up care within Khanke Camp.



Last year, our partnership with UMCOR (United Methodist Committee on Relief) in Kurdistan helped provide us with a new head office space in Duhok, turn 2 part-time staff into full-time and contract a driver within Khanke Camp. This driver allowed us to begin a mobile team in the Essiyan camp at the end of 2018 and will allow us to continue this exciting development into 2019. The UMCOR partnership also provided for the new role of Project Manager to be created. We're hoping to double our participants and we look forward to much higher numbers in 2019.



The Gaedes were able to travel to Australia to train and equip staff in delivering the GROW program for an organization, YouBelong, working with Yazidi refugees from Iraq and Syria. This kind of partnership is exciting for us, as we see our experience and expertise being valued and used to equip people worldwide!

FAMILY CHALLENGE

From our very beginning, Family Challenge has partnered with us by providing materials, training and support, with Dr. Robi being the author of our trauma care program. We also feel honored that they've partnered financially with our work in Kurdistan, Iraq over the past 3 years, making us one of the main implementors of the programming on the front lines of the African and Middle East refugee crises.



We Will Break Ground

In 2018 you were a part of

9,127

Program graduates from
Uganda and Iraq

43

Incredible staff
worldwide



2,249

Individual support
sessions

2

New field office
expansions

54.5%

Reduction in self-reported
trauma symptoms

**“For I am about to do
something new. Behold, I have
already begun! Do you not see it?**

**I will make a pathway through
the wilderness. I will create
rivers in a dry wasteland.”**

Isaiah 43:19

Life Impact Study

We asked 57 participants in South Western Uganda about the key personal development concepts the GROW program addresses. Nearly 100% reported they were more emotionally resilient, more motivated to work and were

better able to prepare for what their future holds after attending the two week community program!

Furthermore, on the STPSS test, those who attend our GROW or EMPOWER programs averaged a 53% Reduction of Trauma Symptoms after attending.

Together, in 2019 we hope to see

12,000

Program graduates from
Uganda and Iraq

300

Children's lives
changed through the
HEROES JOURNEY



1

New country office

4,000

Individual support
sessions

25%

Increase in staff and
volunteers



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.

Nearly 65% of our total expense in 2018 was staffing. This includes nearly 40 incredible field staff who spend each day listening to traumatic stories and responding with compassion and skill to help refugees 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 in accordance with evidence-based practices, that our staff and participants are safe and cared for, that we are focusing our efforts toward communities and populations where we can have the greatest impact, and that we continue to move forward strategically as the realities of the global refugee crisis continue to develop and change.

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

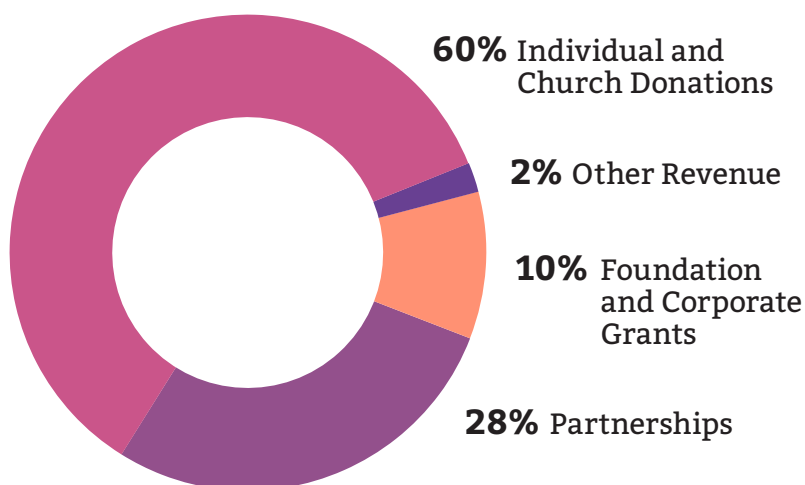




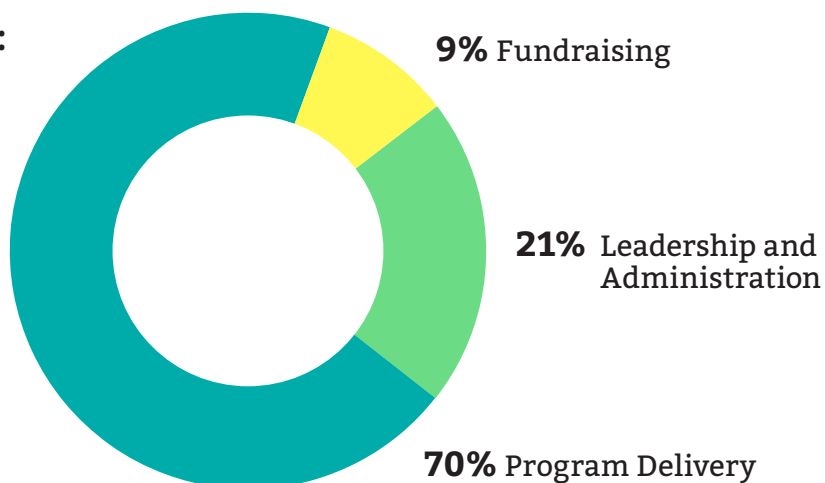
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**Individuals, Businesses, Churches,
and Organizations generously
gave to Tutapona in 2018.**

Total 2018 Revenue:
\$907,227



Total 2018 Expenses:
\$856,608



Did you know?

In 2018, 64% of our expenses went towards staffing — meaning your generosity saw nearly 40 trained individuals go into refugee camps and peoples homes to facilitate 190 life changing programs. Because of this, we celebrated 9,127 program graduates! **We also received the 2018 Gold seal of transparency on Guidestar!**

“Every challenge you encounter in life is a fork in the road. You have the choice to choose which way to go: backward or forward, breakdown or breakthrough.”

Ifeanyi Enoch Onuoha



Tutapona is a 501(c)3 charitable organization (EIN 26-2480207)
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