



# RELATORIU ANUÁL ANNUAL REPORT PRADET 2015



## About PRADET



Psychosocial Recovery and development in East Timor (PRADET) became a national NGO in 2002 and now provides psychosocial services for people who have experienced trauma, mental illness, domestic violence, sexual assault, child abuse abandonment, trafficking, imprisonment and torture.

**PRADET's vision** is for strong healthy community protects and support its most venerable people including those who are affected by trauma, mental illness and other psychosocial problems.

**PRADET's mission** is to strengthen organizational relationship with government through the relevant ministries and other services in order to provide support to vulnerable people that experience psychosocial problems through education, counseling social support, rehabilitation, and medical and forensic services.

PRADET's objective is;

To improve the quality of life and health of people who experience psychosocial problems through psychosocial support, treatment, rehabilitation, and education according to the national and international standard.

Rekoperasaun no dezvoltamentu psikososial iha Timor Leste (PRADET) sai hanesan ONG iha tinan 2002 no dadaun ne'e fornese servisu psikososial ba ema ne'ebé esperiensa ho trauma, moras mental, violensia domestika, asaltu seksual, abuzu labarik, abandonadu, trafiku, torturasaun no prizioneiru sira.

**Vizaun PRADET** nian mak komuidade ida ne'ebé saudavel no protezidu no suporta ema vulneravel inklui sira ne'ebé afeitadu husi trauma, moras mental no problema psikososial seluk.

**Misaun PRADET** nian mak atu haforsa relasaun organizasaun ho governu liu husi ministeriu relevante no servisu seluk hodi fornese suporta ba ema vulneravel ne'ebé hetan problema psikososial liu husi edukasaun, akonselamentu suporta sosial, rehabilitasaun no mediku no servisu forensik.

**PRADET nia objetivu mak;**

Atu hasae kualidade moris no saude ba ema ne'ebé espirensia problema psikososial liu husi suporta psikososial, tratamentu, rehabilitasaun, no edukasaun bazea ba padraun nasional no internasional.

## From the Chair of the PRADET Board



### To Our Dear Stakeholders



2015 was another progressive year for PRADET to continue with dedicated commitment to provide psychosocial programs to the community, especially those who are vulnerable and living with a disability. PRADET maintains effective programs in line with our internal strategic plan and also the national

strategic directions.

We have a long term vision and clear focus to maintain and strengthen working relationship with government departments and partner organizations to serve vulnerable people in Timor Leste. The dedication and commitment of our staff is central to us reaching this objective. We continually seek support and creative ways to improve our services in order to meet the needs of our clients.

This organisation has already existed for more than 10 years and continues to face many challenges. We accept that these challenges are part of the work we do and therefore we look for the lessons to be learnt and finally we want to make a difference in a positive way for our clients.

In 2015 PRADET has extended to the eastern districts with a base in Baucau that provides services to two other districts - Lospalos and Viqueque. This has been possible because of increased funding support from our main donor – Department of Foreign Affairs and Trade (DFAT) through The Asia Foundation (TAF).

This is another significant progress which will enable the community, especially individuals who experience domestic violence, sexual assault and/or child abuse to have access to our services. The establishment of this service brings more opportunity to collaborate with both government and other local NGO's partners to provide holistic support to people who need it.

The growing of our services reflects our goal of “working by identifying the needs in the community and trying to fulfil it with integrated collaboration and support”

In relation to this I would like to say that PRADET and other civil society organisations roles and contribution are very much appreciated, because they expand the plans and the work that our government can do.



## Director Message

Overall I would like to thank the Donors, the Government and Civil Society Stakeholders and other wonderful friends who provide support to PRADET during the year of 2015. We could not achieve good outcomes in our services without their support.

Finally I want to acknowledge the worthy work of PRADET staff, both administrative and professional staff, who have dedicated their time during the year.

### **Silverio Pinto Baptista**

Board President



2015 is the 2<sup>nd</sup> year for the implementation of our Strategic Plan 2014-2018. In this year we focussed on implementing our key goal to provide quality services and psychosocial support to people who need it.

The key goals have been realized through providing direct service and support to clients who need psychosocial support. The clients included those living with a mental illness who participated in our Psychosocial Rehabilitation Centre (PSR) and others who live in the community. We also work with victims of domestic violence, sexual assault and child abuse including clients who are victims of human trafficking, young prisoners and women prisoners in both Becora and Gleno prisons. Quality of services includes tangible support which enables clients to make changes in their lives. We have also created life skills training programs and small enterprises and other activities in Oecusse, Suai and Maliana as part of furthering our support after clients have accessed our frontline services in these municipalities.

The life skills training is a strategy to continue to encourage and support our clients in a more creative way to achieve some economic independence.



Capacity building for staff and partners is an essential part of improving the quality of services to our clients. PRADET staff have received several different trainings delivered by our partners. PRADET also continued to provide training for doctors and health workers on how to conduct medical forensic examinations and collect evidence as well as training to recognize non accidental injuries. We also conduct training on child protection policy.

In 2015 most donors have conducted organisational assessments with PRADET to see how our internal system is being managed and to provide recommendations for improvement. After some of these assessments PRADET received acknowledgement that some donor committed to use us as an implementing partner for the future.

In early 2015, the Christian Blind Mission (CBM), a long term donor who has provided funding for our mental health program since 2003, notified PRADET that they will stop funding from 2016. This presented us with a big challenge but it has enabled us to advocate to the Government for taken more responsibility in terms of funding support and also to continue to build partnerships with other donors. We are grateful to CBM for their support over many years.

Providing psychosocial support to vulnerable individuals and groups is not a simple work and it takes time to measure the outcomes. It can be challenging to meet targets and proposed outcomes. I thank all the individuals, the Timor Leste Government, Donors, Partner organizations and Community groups who have contributed to our achievements in 2015.

I acknowledge all of PRADET's staff, volunteers and the Board for their continued commitment to ensure that PRADET is providing the best possible services to all our clients. We could not do the work that we do without their dedication and support.

**Manuel dos Santos**

Director of PRADET



## Fatin Hakmatek



### Fatin Hakmatek-Victims of Violence



**Fatin Hakmatek (Quiet Place)** provides safety, emergency accommodation, counselling, medical treatment, medical forensic examination and documentation of injuries for people experiencing domestic violence, sexual assault, child abuse, abandonment and human trafficking. Clients are re-

ferred to other relevant services such as ALFeLa (legal services), MSS OPL (Child Protection officers), Uma Mahon (refuges) and health clinics and /or followed up by Fatin Hakmatek staff.

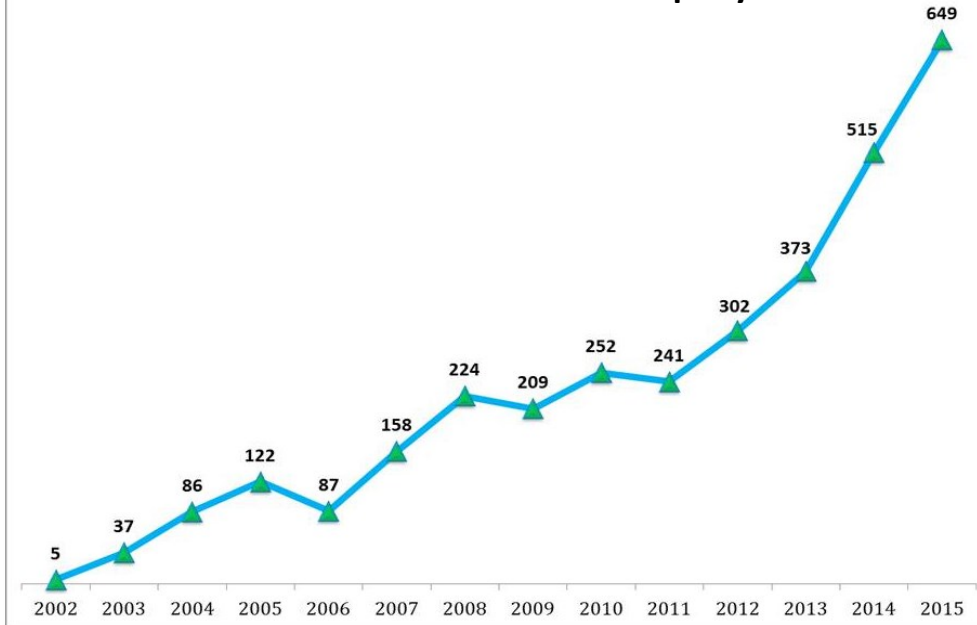
In 2015 there were 5 Fatin Hakmatek in Timor Leste. They are based in Dili, (covering the Municipalities of Dili, Liquica, Ermera, Aileu and parts of Manatuto,) Oecusse, (covering the Municipality of Oecusse,) Maliana, (covering the Municipality of Bobonaro,) Suai (covering the Municipalities of Covalima, Manufahi and Ainaro,) and Baucau (covering the Municipalities of Baucau, Viqueque and Lospalos.) The Dili service based in the National Hospital (HNGV), covers the remaining 5 districts after the Baucau service was officially opened in Baucau on 13<sup>th</sup> of June 2015.

In Dili Fatin Hakmatek midwife/nurse counselors have been accredited as Medical Forensic Examiners by INS (Institute Nacional da Saude), and to date the District services use trained and accredited doctors and midwives from the hospital where they are based, to provide treatment and perform medical forensic examinations. Apart from Baucau FH, that is sharing temporary rented premises with ALFeLa in Baucau, each Fatin Hakmatek has a custom built facility with 3 sleeping rooms for emergency accommodation, (maximum 3 nights) plus providing practical support such as food, basic needs and clothes. Plans are progressing to build a Fatin Hakmatek in Baucau with an Embassy of Japanese Grant of \$90,900

In 2015 all Fatin Hakmatek received a total of 709 new referrals. Since opening the first service in Dili in in October 2002, to the end of 2015, these services have received a total of 3,320 new referrals. The majority of referrals come from Police (70%) although this figure is higher in the districts.



**Total Fatin Hakmatek clients per year**



## Opening of FH Service in Baucau

Fatin Hakmatek service in Baucau was formally opened on 13th June 2015 with the appointment of a coordinator, counsellor and driver temporarily sharing an office with ALFeLa in Baucau. Guest speakers at the ceremony included the Director of Administration Baucau Hospital, TAF Nabilan and the Director of PRADET. Other guests included the President of the PRADET Board, representative from SEM, Baucau Commander PNTL and VPU, all accredited medical forensic examiners from the hospitals and health services in Baucau, Viqueque and Lospalos and the Directors of those hospital/health services, Uma Mahon Paz, MSS OPL, ALFeLa and represent-





## Medical Forensic Examiners

A medical forensic protocol to document injuries and other evidence was first developed in 2004 and subsequently revised by Fatin Hakmatek. Training to become an accredited examiner consists of 5 days of theory and 5 days of practicum with a written examination at the end. Fatin Hakmatek has produced a training curriculum and handbook that has been accredited by the Ministry of Justice, the Ministry of Health and Institute Nacional da Saude, (INS).

In September/October, 2015, 17 more doctors, midwives and nurses received 5 days of theory in Suai and then completed their 5 days of practicum, observing and performing examinations under supervision in Dili FH. Participants included doctors and midwives from Oecusse, Suai, Maliana, Ainaro and Same Hospitals.

This brings the total number of health workers, (doctors and midwives) accredited as medical forensic examiners to 50 although in 2015 only 34 were actually working with Fatin Hakmatek. In 2015 they were based in the hospitals in Oecusse, Suai, Ainaro, Same, Maliana, Baucau, Lospalos and Viqueque. The rest had either moved to other places or were completing further studies.

Fatin Hakmatek has produced a curriculum and manual for 2 day training on “**Recognizing and Responding to Non-Accidental Injuries**”. WHO research shows that most people who have non-accidental injuries will seek assistance from local health centers for their injuries. So it is important that health centers can respond effectively and not just send the injured person home again, possible to more violence.

Fatin Hakmatek provided this training 3 times in 2015. On 19/20 June Fatin Hakmatek provided this training to midwives and 10 birthing attendants from Clinic Bairro Pite. On 23/25<sup>th</sup> September to 17 health workers from 7 Dili Community Health Centers and Bairro Pite Clinic. On 28/29<sup>th</sup> September to the 14 doctors completing the Family Medicine Program organized by RACS (Royal Australasian College of Surgeons.) In November 2015, 18 health workers in Oecusse received this training.

**Other Trainings.** On 1<sup>st</sup> July 2015 Fatin Hakmatek facilitated a half day presentation at the Conference for 100 VPU organized by TLPDP. On 11<sup>th</sup> August Fatin Hakmatek provided 1 day training on the medical forensic protocol to ALFeLa. In October 2015 Fatin Hakmatek provided 2 day community education to students and their parents in Baucau Secondary High School.





### **Client story**

She is 19 years old. She lives with her family and she studies for her high school levels. On Christmas day her sister and brother in-law invited her to go out and buy some new clothes so she went with them. After shopping her sister sent her with her brother in-law to buy some cake, and so she went with him. Her brother-in-law took her in his car to a remote spot where he sexually assaulted her. She screamed a lot and he threatened her if she told anyone. When they arrived home her mother noticed her clothes were dirty and she was bleeding a lot. At first she only cried then she told her mother what had happened. Her parents took her to the police who then rang Fatin Hakmatek asking for transport to bring the victim to the Hospital – FH assisted so she could receive emergency treatment because she was bleeding a lot. She was then admitted to the maternity unit in HNGV for surgery and treatment. After her surgery, Fatin Hakmatek provided a medical forensic examination and documentation, counselling, follow-up treatment, liaison with ALFeLa, and then home visits every 4 weeks. The offender ran away and the police could not find him until 6 months later when he went to the police and confessed. This was reported in the newspaper. He has been arrested and charged and is in remand (prison) waiting for the trial. The girl has recovered from her physical injuries and will be glad when the case is finished. Her family is very angry with the offender and they have no contact with him.



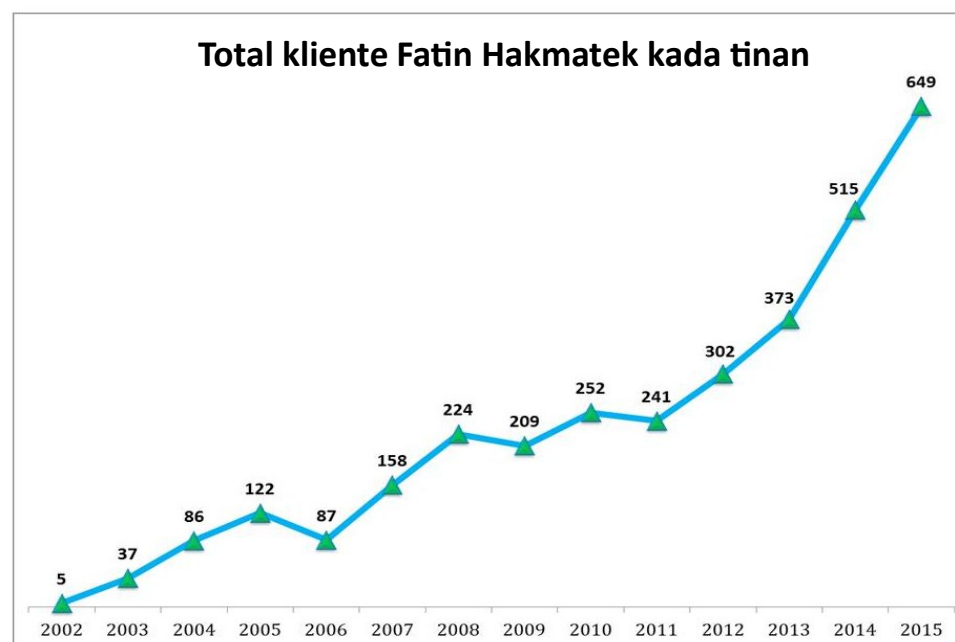
Fatin Hakmatek oferece seguransa, akomodasaun emerjénsia, akonselamentu, tratamentu mediku, ezaminasaun mediku forensik no dokumentasaun kanek ba ema sira ne'ebé iha esperiensa ho violencia domestika, asaltu seksual, abuzu ba labarik, abandonadu no trafiku umanu. FH servisu hamutuk ho ALFeLa, OPL (Protesaun ba Labarik), Uma Mahon no klinika hodi refere kliente sira ne'e ba iha parseiru sira.

Iha tinan 2015 iha ona Fatin Hakmatek 5 iha Timor-Leste, Sira ne'e mak FH Dili kobre Munisipiu Dili, Liquica, Ermera, Aileu no Manatuto, FH Oecuse kobre Munisipiu Oecuse, FH Maliana kobre Munisipiu Bobonaro, FH Suai kobre Munisipiu Covalima, Manufahi no Ainaro, no FH Baucau kobre Munisipiu Baucau, Viqueque no Lospalos. FH Dili baze servisu iha Hospital Nasional Guido Valadares kobre FH 5, depois mak servisu FH Baucau ne'ebé ofisialmente loke iha 13 de Juñu 2015.

Parteira no enfermeiru/konselor sira hetan ona akreditasaun hanesan ezaminadór médiku forensik husi INS (Instituto Nacional de Saúde) nune'e mós doutór no parteira lubuk ne'ebé servisu iha hospital, sira mós akredita ona hodi fasilita tratamentu médiku inklui halo ezaminasaun mediku forensik.

FH Baucau sei uza edificiu hamutuk ho ALFeLa, maibe FH seluk iha rasik ona edificiu propriu hanesan iha kuartu 3 hodi deskansa ba tempu emerjénsia (masimu kalan 3) no mós fasilita hahan, nesiedade baziku no roupa. Planu atu hari edificiu ba FH Baucau iha ona progresu ho fundus husi Embasada Japaun ho montante \$90,900.

Iha tinan 2015 FH simu ona numeru referal foun hamutuk 709. Durante hahu servisu FH Dili iha Outubru 2002 too tinan 2015 remata, servisu ne'e simu ona kliente ho total 3,320. Maioria husi numeru referal mai husi polisia (70%) no husi numeru ne'e, a'as liu maka mai husi munisipiu.





### **Servisu Fatin Hakmatek hahu iha Baucau**

Ofisialmente servisu FH hahu iha Baucau iha loron 13 fulan Juñu 2015, ho apontamentu kordenador programa ida, konselor ida, no kondutor hodi hahu halo servisu no temporariamente sei uza hamutuk hela edifisiu ho ALFeLa . Bainaka sira ne'ebé partisipa iha serimonia ne'e mak hanesan Diretúr Administrasaun Hospital Referal Baucau, Administradór Munisipiu Baucau, Representante TAF Nabilan. Iha mos bainaka seluk ne'ebé partisipa mak hanesan Presidente Board, representate husi SEM, komandante PNTL Baucau no VPU, mediku forensik akreditadu husi Hospital Referal Baucau, servisu saude Viqueque no Lospalos, no mós Diretúr servisu klinika sira, Uma Mahon Paz, MSS – OPL, ALFeLa no representante husi INS.

### **Ezaminasaun Mediku Forensik**

Protokolu Ezaminasaun Mediku Forensik atu halo dokumentasaun ba kanek no mós atu foti evidensia seluk, hahu dezenvolve iha tinan 2004 no halo revizaun bebeik husi Fatin Hakmatek. Treinamentu ne'e hala'o teoria loron 5 no pratika loron 5 hodi hakerek protokolu ezaminasaun to'o remata. FH mós produz ona kurikulu treinamentu no fó gia/handbook ba partisipante sira ne'ebé akredita ona husi Ministerio Justica, Ministerio Saude – Institutu Nasional da Saude (INS).

Iha fulan Setembru-Outubru 2015, mediku nain 17, (doutor/parteira no enfermeirus) simu ona treinamentu teoria iha munisipiu Suai durante loron 5 no kompleta mós pratika, observaun no halo ezaminasaun ho supervizaun iha Fatin Hakmatek Dili. Partisipante mediku sira ne'e mai husi Hospital Referal Oecuse, Suai, Malian, no servisu saude Ainaro no Same. Ho treinamentu ne'e aumenta ona numeru mediku (doutor, parteira no enfermeiru) ne'ebé akreditadu hanesan ezaminador mediku forensik hamutuk nain 52. maske nun'e iha tinan 2015 mediku akreditadu hamutuk nain 34 deit maka sei ativu servisu hamutuk hela ho Fatin Hakmatek. Husi numeru ne'ebé ativu hela ne'e, servisu iha Hospital Referal Oecuse, Suai, Maliana, Baucau no servisu saude Ainaro, Same, Lospalos no Viqueque . Numeru mediku ne'ebé la ativu ne'e tanba muda ba fatin seluk no balun ba kompleta sira nia estudu.

Fatin Hakmatek produz ona kurikulu no manuál treinamentu ba loron 2 kona-ba “Rekoñese no Responde ba Kanek laos Asidente” peskiza Organizasaun Saúde Mundial hatudu katak, ema barak liu ne'ebé hetan kanek laos asidente sei buka assistensia husi sentru saude lokal ba sira nia kanek. Tanba ne'e mak importante ba sentru saúde sira atu responde ho efefivamente hodi labele haruka ema sira ne'ebé hasoru violencia fila deit ba sira nia fatin tanba iha possibilidade atu hetan tan violencia.



Fatin Hakmatek fornese treinamentu dala 3 iha tinan 2015. Iha lora 19-20 fulan Juñu, Fatin Hakmatek fornese treinamentu ne'e ba parteira sira no mos ba daya (parteira tradisional) nain 10 husi Klinika Bairro Pite. Iha lora 23-25 Setembru fornese treinamentu ba pesoal saude 17 husi Sentru Saude Komunitade iha Dili no mos Klinika Bairro Pite. Iha lora 28-29 Setembru, Fatin Hakmatek fornese mos treinamentu ba medikus 14 ne'ebé kompleta programa medisina familia ne'ebé organiza husi RACS (Royal Australasian College of Surgeons). Iha fulan Novembru 2015, pesoal Saude nain 18 iha Oecuse simu ona treinamentu ida ne'e.

Treinamentu seluk. Iha lora 1 fulan Jullu 2015, Fatin Hakmatek fasilita seminariu lora sorin ba VPU nain 100 ne'ebé organiza husi TLPDP. Iha lora 11 fulan Agustu Fatin Hakmatek fornese treinamentu lora 1 ba AL-FeLa nia staf kona-ba Protokolu Mediku Forensik. Iha fulan Outubru 2015, Fatin Hakmatek fornese edukasaun non-formal ba estudante no sira nia familia durante lora 2 iha eskola sekundariu Baucau.



Foto Hamutuk; Doutor, parteira, Staf FH ho INS, Treinador EMF iha Suai Set-Oct 2015



### **Istória kliente nian**

Feto klosan ida ho idade 19, hela ho familia no eskola iha nivel sekundaria. Iha tempu ne'ebá tama ona Natal, entaun nia bin ho kuiñadu tula nia atu ba sosa roupa iha loja. Depois sosa tiha roupa, nia kuiñadu tula nia atu ba foti dose. Iha dalan nia kuiñadu lori fali nia ba iha fatin fuik hodi halo relasaun seksuál. Nia hakilar maibe nia kuiñadu ameasa atu labele dehan sai ba ema se deit.

Bainhira sira fila ba uma, nia ama haree nia hena ne'ebé hatais foer los no ran mós sai barak. Fou-foun nia tanis deit no depois nia informa ba nia ama kona-ba akontesimentu ne'e. Bainhira hatene tiha, nia inan-aman lori kedas nia ba hato'o keisa iha polisia no polisia kontaktu Fatin Hakmatek atu bele ba foti hodi simu tratamentu iha hospital, tamba nia ran sai barak los. Bainhira nia lori tiha mai hospital HNGV, lori liu kedas nia ba unidade maternidade hodi hetan operasaun no kontinua ho tratamentu. Bainhira tratamentu hotu tiha iha HNGV, Fatin Hakmatek halo ezaminasaun mediku forensik, halo dokumentasaun, akonselamentu no halo ligasaun ho ALFeLa no mós halo follow up. Ofendedor subar an tiha to'o fulan 6 nia laran no ikus nia ba entrega an ba polisia. Kazu ne'e mós konsege fo sai liu husi jornal. Ofendedor iha hela prizaun preventiva hodi hein prosesu kontinuasaun.

Kliente nia kondisaun rekopera ona no nia sei sente kontente bainhira nia kazu hetan resultadou ne'ebé diak. Kliente nia familia hirus tebes ho ofendedor no sira seidauk halo komunikasaun ho nia.



## PDAJJ-Program



PDAJJ Program provides activities and psychosocial support to women prisoners in Gleno, young prisoners in Becora, and all who are detained in 72 hour detention in Dili. The program also provides training in the community. In 2015 the activities included art, yoga, drawing competitions, music, counseling, family support and accompaniment, education on drugs and alcohol, managing emotions, good communication, personal development, gender role stereotyping and changing domestic roles in families. We are grateful to our donors – The Asia Foundation (HAKOAK Program), UNICEF and Australia Foundation for Asia and the Pacific (AFAP).

The objective of the program is to provide support to young prisoners and to women in prison and to increase the knowledge of the community on drugs and alcohol, improve family relations and personal development and therefore to enable changes in family life in Timor Leste.



Follow Up training in Cribas Village, Manatuto District



Official Village Police Training in Baucau

## Prison Visiting Program



The activities involved 38 young prisoners in Becora Prison. The program we facilitate is trying to reduce the psychological pressure the young people feel being locked up in a very small space. We also work to provide family support encouraging the young prisoner's families to visit the prison. Some families did attend with support from PRADET which was very important to their family member in prison.

PRADET integrates its programs so that the young men and women in prison can receive information on mental health and psychosocial wellbeing.

PDAJJ and PAMM provide psycho – social activities that increase the knowledge of women who are prisoners in Gleno. The activities include art and craft, relaxation such as yoga, education on women's health, drugs and alcohol and managing emotions. This is funded through The Asia Foundation (HAKOHAK Program), UNICEF and The Australian Foundation for Asia and the Pacific (AFAP). There were 24 women in prison at this time.

The staff of the program carry out daily assessments of all prisoners attending 72 hours detention. We can then organize education and counselling depending on their needs. We carried out 215 assessments, most were men.

### Prisoner Story

A.C is a prisoner from one of the municipality, who came to prison at the age of 17. He was charged with murder. A.C was active in the PRADET program in Prison and felt changed. He said "I am as prisoner who has just come to prison for 3 months, everything is new for me. Sometimes I sit quietly alone and do not know what to do, when I think about the future as a guilty person. I really feel depressed as I am not ready yet for the next court session where I will hear the sentence given to me. Therefore, PRADET support is valuable in my situation. I feel less alone because there are people to listen to me and care for me. They teach me about anger management so I can control my feelings".

I am happy, because of the activities provided and the other things including support to my family to visit me, providing sports material and other basic needs to entertain, shared information to change my attitude in the future. This is important for when I return to my family and community.

The information I received will be a reference to improve my life in the prison. With the support from PRADET I am now ready to attend the next court that will be held next year. This is because the prison is not place to punish but it is the place for mental rehabilitation for every prisoner.



Programa PDAJJ hala’o atividade no suporta psikososial ba prizioneiru foinsae nain 38 iha prizaun Becora. Programa ne’ebé oferese maka hane-san suporta atu hamenus presaun psikolojika husi prizioneiru foinsae sira ne’ebé sente, moris iha fatin ne’ebé la propriu. Ami mós servisu hodi ajuda familia hodi visita sira nia oan sira iha prizaun. No familia balu ne’ebé halo ona visita ne’e importante tebes ba sira nia membru familia ne’ebé iha prizaun.

PRADET organiza program ne’ebé integradu atu nune prisoneiru foinsae no mos prizioneiru feto sira bele simu informasaun kona-ba saude mental no mos saude psikososial. Programa PDAJJ no PAMM hala’o atividade psikososial ne’ebé bele ajuda maluk prisoneiru foinsae no feto sira iha prizaun hodi aumente sira nia kuñsamentu. Atividade ne’ebé hala’o inklui artejenatu, yoga, edukasaun kona-ba saude feto, droga no alcohol no maneja emosaun. Atividade ne’e finansia husi The Asia Foundation (HAKOHAK Program), UNICEF no The Australian Foundation for the Peoples of Asia and the Pacific–AFAP. Iha tinan 2015, maluk prizioneira hamutuk 24 maka sei iha hela prizaun.

Staff programa sira hala’o asesementu loro-loron ba prizioneiru hotu ne’ebé hetan detensaun oras 72. Ami organiza edukasaun no akonselamentu depende ba sira nia presiza. Ami hala’o asesementu ba ema hamutuk nain 225 ona no barak liu mak mane.

Fahe informasaun no poster ba partisipante kona-ba impaktu husi Alkohol no Droga





### **Istória husi Prizoneiru**

A.C nudar prisoneiru husi munisípiu ne'ebé tama iha prizaun preventiva ho idade 17. Nia hetan alegasaun ho kazu omisídiu. A.C ativu iha programa PRADET no sente hetan mudansa. Nia dehan hau hanesan prisoneiru ne'ebé foin tama iha prizaun fulan 3, buat hotu foun ba hau. Dalaruma hau tur nonok hodi tanis tamba hau lahatene atu halo saida, bainhira hanoin futuru no hanesan ema maksalak ida. Hau sente iha depresaun tebes tamba seidauk prontu atu tuir fali julgamentu tuir mai hodi rona hau nia sentensa to'o tinan hira. Tan ne'e,

PRADET nia suporta valor tebes ba hau nia situasaun.

Hau sente ladun mesak tamba iha ema balu ne'ebé bele rona no fo atensaun. Sira hanorin kona-ba oinsa bele maneja emosaun no hau bele kontrola hau nia sentimentu sira hotu. Hau mos sente kontente tamba liu husi atividade no inklui suporta hau nia família mai visita hau, suporta matériel desportu no nesesidade báziku nian atu anima, fahe informasaun hodi muda hau nia hahalok ba moris aban bain rua kuandu fila-fali ba família no comunidade. Ho informasaun sira ne'ebé hau hetan, sai hanesan referensia ida atu hala'o hau nia moris iha prizaun ho diak. Ho suporta sira ne'e hotu, agora dadaun hau prontu atu tuir julgamentu ne'ebé mak sei hala'o iha tinan oin mai. Ida ne'e sai rajaun, tamba hau sente katak prizaun laos fatin kastigu maibe hanesan fatin rehabilitasaun mentalidade ba ema prisoneiru sira.



## Tau Matan-Program



The Tau Matan program was supported by the Ministry of Social Solidarity (MSS) working with government's institution such as the Immigration Police, and other national and international NGOs to provide services to victims of human trafficking in Timor Leste. Tau Matan receives victims and organises shelter, counselling and supports basic needs for the victims. Tau Matan program also organises workshops to educate on human trafficking to the 152 Border Guards. Socialization was also provided to 106 participants consisting of students and teachers in border areas that are considered to be possible areas for human trafficking such as Maliana (Batugade and Tunu Bibi) and Lospalos. The objective of these workshops were to equip them with the information of how to identify and recognise the activities of human trafficking.

By working together with partners and community, the Tau Matan program received and accommodated 11 referral victims consisted of 4 men and 7 women. There was also an experience with 5 victims (4 women and 1 man) that were identified as victims of human trafficking at the Dili Airport. These victims were being flown from Dili to England as they had been promised support to get work with a good salary in England. Through the documents checking, Police identified that these victims did not have the relevant documents to work overseas.

Therefore, they were referred to PRADET for further assessment and shelter assistance. Finally, PRADET together with Police returned them back to their family in Municipality.

Share Human trafficking ways information to the Police in PRADET







Programa Tau Matan suporta husi Ministerio Solidariedade Social (MSS) hodi servisu hamutuk ho instituisaun governo hanesan Polisia Imigrasaun, NGO nasional no internasional sira hodi halo atendementu ba vitima trafiku umanu iha Timor Leste. Tau Matan, simu vitima no organiza akomodasaun, halo akonselamentu no suporta nesesidade baziku ba vitima sira. Programa Tau Matan mós organiza ona workshop ba Unidade Polisia Fronteira hamutuk 152 hodi kapasita sira kona-ba asuntu trafiku umanu nian. Halo mós sosializasaun ba estudantes no profesores sira iha area fronteira hanesan Maliana (Batugade no Tunu Bibi) no Lospalos ho total partisipantes 106. Objetivu husi workshop ne'e mak atu fó informasaun ba sira kona-ba oinsa atu identifika no koñese atividade trafiku umanu nian.

Liu husi servisu hamutuk ho parseirus no comunidade, Programa Tau Matan simu no akomoda ona vitima hamutuk 11 kompostu husi mane nain 4 no feto 7. Nune'e mós, iha esperiensiha ho vitima nain 5 (feto 4 no mane 1) ne'ebé mak identifika hanesan vitima trafiku umanu iha Airo portu Dili. Vitima sira atu sai ona husi Dili ba Inglaterra tamba ema halo promesa falsu katak atu suporta sira hodi servisu iha Inglaterra. Hafoin pasa revista ba dokumentu sira, polisia identifika katak sira laiha domumentu ne'ebé relevante atu servisu iha estranjeiru.

Nune'e, ema hirak ne'e refere kedas ba PRADET hodi halo asesmentu liutan no hetan asistencia akomodasaun. Ikus mai, PRADET hamutuk ho polisia refere fali sira ba familia iha munisipiu.



## PAMM -Program



PAMM is a priority program in PRADET that is supported by Ministry of Social Solidarity, Christian Blind Mission, The Australian Foundation for the Peoples of Asia and the Pacific–AFAP and Rotary in 2015. The objective of the program is to support people living with mental illness, promote public awareness about people living with mental illness and reduce the discrimination and stigma suffered through offering training, workshops, socialisations and the education of families and the community.

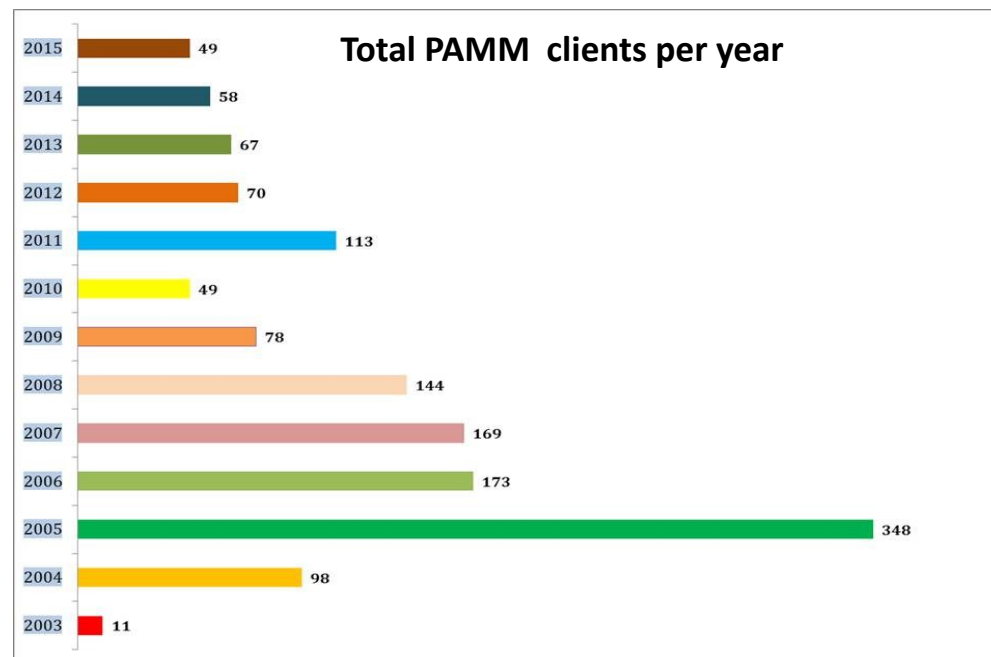
The program activities provided by PRADET’s counselors include providing clients assistance to meet basic needs such as food (rice, oil, noodles, soap etc). This is supported through MSS for the most vulnerable clients. Assessment of medical treatment in health facilities is important because PRADET staff are trained mental health workers who collaborate with Mental Health Case Managers in municipalities to plan activities, to assess the needs of clients and to plan referrals including referring to the Psychiatrist at HNGV and the St. John of God Centre in Laclubar for intensive treatment.

Then we continue to follow clients when they reintegrate back into their families and communities to try to assist them with social inclusion. We also reinforce their health needs including encouraging them to take their medication and encourage the clients to participate in the program offered

at our PSR Centre in Dili.

This program offers a broad range of activities to clients including computer skills training, cooking, dancing and music, sewing and weaving, yoga and recreation activities.

PAMM is involved with the following municipalities: Liquica, Ermera, Aileu, Ainaro, Baucau, Manufahi, Dili-Post Administrative Atauro. The PAMM program assisted a total of 379 clients in 2015.





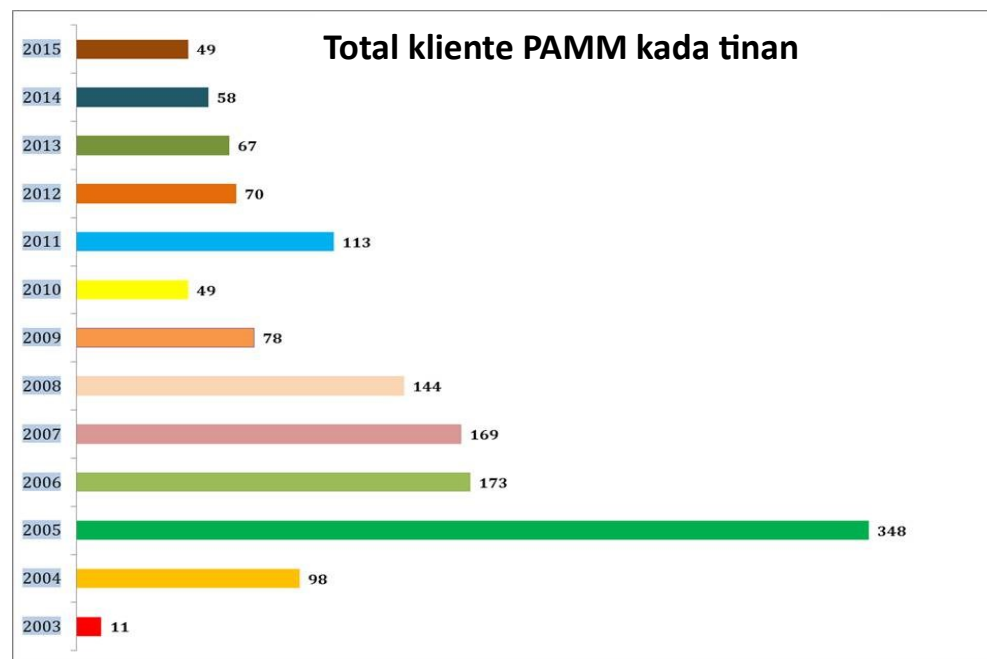
PAMM hanesan programa prioridade ida iha PRADET ne'ebé suporta husi Ministerio Solidariedade Sosial, Christian Bliend Mission, The Australian Foundation for the Peoples of Asia and the Pacific–AFAP no Rotary iha 2015. Objetivu husi programa ne'e mak atu suporta ema ho problema psikosocial, promove konsiensia publiku kona-ba problema psikosocial no redus diskriminasaun no stigma liu husi fornese treinamentu, workshop, sosializasaun, edukasaun ba familia no comunidade.

Atividade programa nian ne'ebé mak fornese husi PRADET nia konselor sira inklui fo assistensia baziku ba kliente sira hanesan aihan (fos, supermie, sabaun no etc). Suporta ne'e, apoio husi MSS ba kliente sira ne'ebé mak vulnerabel liu. Asesmentu no tratamentu medikamentu iha facilidades saude sira importante los, tamba ne'e staff PRADET sira facilita treinu hamutuk ho Doutor Psiquiatria ba profissionais saude sira ne'ebé servisu hamutuk ho Case Manager iha munisipiu sira hodi planu atividade, atu halo asesmentu ba kliente nia nesesidade nune'e, bele halo planu referal inklui refere ba Doutor Psiquiatria iha HNGV no Centru Sao Joao de Deus Laclubar atu hetan tratamentu intensivu.

Nune'e mós, ami kontinua halo follow up ba kliente sira waihira sira reintegra fila-fali ba familia no comunidade hodi fo assistensia ba sira iha inklusaun sosial. Ami mós reforsa kliente sira nia nesesidade saude,

enkoraja sira atu hemu aimoruk no mós enkoraja sira hodi participa iha programa ne'ebé mak fornese iha sentru PSR Dili.

Programa ne'e oferese atividade lubuk ba kliente sira inklui treinamentu ba skill komputadór, tein, dansa no musika, suku, homan, yoga no atividade rekreasi/paseiu. PAMM nia programa kobre iha munisipiu: Liquica, Ermera, Aileu, Ainaro, Baucau, Manufahi no Dili-Postu Administrativu Atauro. Programa ne'e fo ona assistensia ba kliente hamutuk nain 378 iha tinan 2015.



## Personal Development Course



The Personal Development Course (PDC) activities for the year 2015 involved running the program in 10 sucos of the Covalima Municipality. Because of its success we continued with the same course we had run in 2014 with support from UNDP.

In 2015 PDC was implemented in the following five sucos. The course was run in sucos of Matai, Tazhilin, Zulo, and Raimea with continued funding support from UNDP. We also ran the course in the sucu Camenasa with support from TAF who also supported the follow up that was done in all 5 sucos. The course involves workshops on managing emotions, calming strategies, good communication, creating good relationships, gender and culture, domestic violence, drugs and alcohol and gender equality. The course depends on good collaboration with local leaders because they provide the information to the families and the broader community.

The objective of the PDC course is to reduce violence in the community, to promote gender equality and to make changes in attitudes and behaviors within the homes.

To be able to know the impact of the course, we follow up participants and their families and interview them to see if any change has occurred in their family life since they took part in the course.

These interviews are carried out in their home and focus on practical changes that have happened as a result of the training – eg. Is the participant taking on some of the caring and cleaning duties in the home?



Training Activity



Personal Development Course (PDC) nia atividade iha periodu 2015, foku ba parte rua hanesan kursu no follow up iha suku 10 ne'ebé mai husi muni-sipiu Covalima. Atividade ne'e hanesan kontinuasaun husi tinan 2014, ne'ebé hetan suporta husi UNDP.

Iha periodu 2015, PDC kontinua implementa atividade kursu ba suku 5 hanesan suku Matai, Tazhilin, Zulo, Raime ne'ebé hetan suporta kontinua-saun husi UNDP no kursu iha suku Camenasa hetan support husi TAF. Ma-teria ba kursu ne'e mak Manajementu emosaun, stratejia kalma, komu-nikasaun diak, kria relasaun diak, jeneru no kultura, violencia domestika, droga no alcohol, direitos no igualidade jeneru. Kursu ne'e, hetan kolabora-saun diak husi lideransa lokal sira ho rajaun katak iformasaun importante ba desenvolvimentu familia no comunidade.

PDC nia objetivu maka atu redus violencia bazeia ba jeneru liu husi servisu hamutuk ho comunidade lokal sira iha nivel suku, hodi promove igualidade jeneru no halo mudansa ba atetude ka hahalok iha uma laran no iha comunidade.

Atu atinji objetivu ne'e, PDC fasilita kursu hanesan meus ida hodi hariku comunidade ho informasaun atu nune'e sira iha referensia no opsaun kona-ba oinsa desenvolve moris balansu no seguru.

Hado'ok ema husi violencia laos fasil, liu-liu hanesan mentalidade, atitude no kultura ne'ebé mak eziste iha sistema patriarka nian hanesan iha Timor Leste. Mentalidade, atitude no sistema kultura patriarka sai hanesan dezafiu ida ba comunidade no familia nia moris diak, balansu no seguru. Ekipa PDC no participantes sira nafatin iha esperansa katak liu husi kursu ne'e, ho materia ne'ebé simples no koresponde ba comunidade nia pratika moris loro-loron nian, maske neneik maibe bebeik sei iha mudansa posi-tivu iha futuro.

Atu bele hatene impaktu husi kursu ne'e, realiza mós follow up ba participantes sira ne'ebé mak participa no simu ona materia sira. Meus ne'ebé uza ba follow up maka vizita direita participantes sira nia familia hodi halo investigasaun no husu direita participantes kona-ba pratika diak ruma ne'ebé mak sira uza ona iha comunidade hafoin hetan tiha koñese-mentu sira iha leten.





Training Activity

Participant Interview Follow up





### **Rastiana da Costa - Story**

I used to argue with my husband and we would hit each other and then he would swear. Then one day I was lucky to receive an invitation to participate in the PDC course which was delivered by PRADET. I learnt about emotional management, calming strategies, good communication and creating schedules to share work. I applied all this information to my own home situation and also explained the information to my husband.

In my experience when my husband and I were angry each other we could not talk to each other for one or two weeks. We look at each other very angrily and with a hard face. On one occasion, I used the knowledge I learnt to apply it in the following situation that we both encountered:

Recently, my husband and I had a quarrel because our child fell from the bed. At the time, I tried to use the calming strategy of “deep breathing, keeping quiet and not reacting”. I was waiting until the situation calmed down and then I approached him by using the “kiss strategy”. I kissed my husband and embarrassed him. I was also using a good communication method to explain what happened. He then understood the situation. At the time, we were starting to think about how to share work including looking after our child. One day, my husband looked after our baby for a whole day and he recognized that the work involved in looking after our baby is a heavy job. My husband regretted his lack of understanding of this and learnt that looking after a child is not an easy job.

Through using the method I learnt on the course I can reduce the small problems that sometimes do not get resolved for a long time. Now we are able to solve the problems straight away with no negative result.

I had learnt valuable material in the 6 days course I attended. I learnt very important information of the method that can be used to develop a peaceful environment in my family. I had learnt valuable material in the 6 days course I attended.



### **Istória Husi Rastiana da Costa**

Uluk hau ho hau nia laen sempre istori malu to’o baku malu no dala balu nia hasai lia fuan ne’ebé hau lamerese. Hanesan sorte ida, hetan konvite, partisipa iha kursu ne’ebé fasilita husi PRADET hodi aprende kona-ba oinsa kontrola emosaun uza stratejia kalma, halo komunikasaun diak, halo horario hodi fahe servisu ba malu. Hau uza informasaun hirak ne’e hodi aplika ba hau nia an no esplika mós ba hau nia laen.

Hanesan esperiensi ne’ebé hau hasoru katak wainhira hau hirus malu ho hau nia laen, ami nain rua lakoalia durante semana 1 to’o 2 nia laran, dala balu ami hatudu jestu hare malu oin bo’ot deit. Iha tempu ida, hau uza stratejia sira ne’ebé mak hau aprende hodi aplika ba situasaun ida ne’ebé mak ami nain rua hasoru henesan esperiensi tuir mai.

“Foin dadauk ami rua hirus malu tamba labarik monu husi kama leten. Hau nia laen hirus los. Iha momentu ne’e, hau koko uza stratejia kalma hanesan dadais naruk no koko atu laresposta hasoru nia. Hau pasensia hein to’o situasaun kalma, hau hakbesik ba nia uza stratejia “rei” hau rei hau nia laen no hakuak tiha nia. Hau mós uza meus komunikasaun diak hodi esplika situasaun ne’ebé akontese. Ikus mai, hau nia laen komprende kona-ba situasaun ne’e. Hahu husi ne’e, komesa mosu hanoin ba ami nain rua hodi halo oráriu no fahe servisu uma laran inklui troka malu hare labarik (ami nia oan). Wainhira orariu muda ba hau nia laen hodi hare labarik durante loron balu, hau nia katuas oan rekoñese katak haree labarik ne’e servisu todan. Hau nia laen aprende no arpende katak haree labarik ne’e servisu ida ne’ebé laos fasil tamba ne’e nia hili atu halo servisu seluk no tein deit tamba haree labarik todan liu.

Ho meus sira ne’ebé hau aprende no uza maka problema ki’ik ne’ebé dala balu ami dada to’o tempu kleur, agora ami bele resolve kedas ho dalan nebe diak no lahamosu resultadu nebe negativu. Hau aprende ona materia ne’ebé valor tebes, bainhira hau partisipa iha kursu durante loron 6.

## The Blue Dress Fundraiser



### The Blue Dress Run

In November 2015 PRADET staff took part in some unique fundraising activities. The Dili Hash Harriers organized a Blue Dress Run to raise funds for mental health and kindly donated their funds to PRADET. Five of the staff at PRADET took part in the event which involved walking through the streets of Dili wearing a blue dress. The staff at PRADET got into the spirit of it with some marvellous costuming and little embarrassment it would seem.

PRADET would like to thank Corey and Tori and all the Hash Harriers who participated for their support in organizing this event which raised \$585.00. We would also like to thank the Rotary Club of Dili who contributed a mini van to PRADET to transport clients to attend PSR Centre.

We look forward to next years.

### Movember

Seven of PRADET's staff also took part in Movember. Movember was supported and organized by Captain Nathan Graham from the New Zealand Defence Force. It raised \$6,600.00 for PRADET's work. This is the first time that PRADET's male staff had participated in such an event. You can judge for yourself if you think their moustaches are an asset or otherwise.

Many thanks to Nathan and his work colleagues who supported this and raised so much money. \$1,055.00 of this money was carried over from last year's fundraising after Chris Jackson who has a construction company in Dili donated his time to finish the construction of seating for visiting families at the National Hospital. His generosity was PRADET's gain.

PRADET intends to use these funds to purchase weaving looms and other craft materials so clients can learn crafts, such as TAIS, and then sell the craft they produce. We would like our clients to have economic independence. We plan to develop our Day Centre so that we can teach good quality craft that is able to be sold by clients to support themselves and their families.





### **Movimentu Kamiza Azul**

Iha fulan Novembru 2015 staff PRADET hola parte iha atividade uniku ba halibur fundus. Dili Hash Harriers organiza ona *Blue Dress Run* atu halibur fundus ba Saude Mental no fó fundus ba PRADET. Staff nain 5 husi PRADET hola parte iha eventu ne'ebé involve lao iha Dili laran, hatais ropa azul. Staff PRADET iha espiritu ba atividade ida ne'e no iha kustume furak, maske moe oituan.

PRADET hakarak agradese ba Corey no Tori no Hash Harriers hotu ne'ebé partisipa hodi organiza eventu ida ne'e, ne'ebé hetan ona osan dolar \$585. Ami mós hakarak agradese ba Rotary Club of Dili ne'ebé kontribui ona kareta mini bus ba PRADET hodi fasilita kliente sira tuir atividade iha sentru rehabilitasaun.

Ami espera ita nia koperasaun iha tinan sira tuir mai.

### **Movember**

Staff PRADET nain hitu mós hola parte iha Movember. Movember suporta no organiza ona husi Kapiton Nathan Graham husi forsa Defesa Nova Zelandia. Ho eventu ne'e halibur osan hamutuk U\$6,600.00 hodi suporta servisu PRADET. Ida ne'e hanesan dahuluk ba PRADET staff mane sira partisipa iha eventu ne'e.

Ita boot bele kontribui mos se ita hanoin sira nia hasanrahan dalaruma sai hanesan vantajen ida.

Agradese barak ba Nathan ho nia kolega servisu ne'ebé suporta ona atividade ida ne'e hodi halibur osan ne'ebé signifikante. Osan U\$1,055 ida ne'e kontinuasaun (*carried over*) husi halibur fundus tinan kotuk nian depois Chris Jackson iha kompañia konstrusaun ida iha Dili ne'ebé fó nia tempu atu remata konstrusaun fatin tur ba familia vizitante sira iha Hospital Nasional. Nia iha laran luak tebes ba PRADET.

PRADET hakarak uza fundus ida ne'e atu sosa material produzaun liman badaen nian nune'e kliente sira bele aprende hanesan TAIS, nune'e bele faan sira nia liman badaen ne'ebé produz ona. Ami hakarak ami nia kliente iha ekonomia rasik. Ami planu atu dezenvolve ami nia sentru nune'e ami bele hanorin liman badaen qualidade diak ba kliente sira hodi suporta sira nia an no familia.



## Finance Report



### STATEMENT OF INCOME AND EXPENDITURE

Income	2015	2014
PROGRAM Revenue	\$ 740,865.47	\$ 745,016
Rent received	\$ 9,000.00	\$ 8,470
Miscellaneous Income	\$ 9,230.00	\$ 18,471
Project Cont. to Overheads	\$ 8,225.47	
Venue	\$ 75.00	
<b>TOTAL INCOME</b>	<b>\$ 767,395.94</b>	<b>\$ 771,958</b>
Expenses		
PERSONNEL COSTS	\$ 346,261.13	\$ (331, 995)
Staff Overnight	\$ 1,600.00	
OPERATIONAL COSTS	\$ 120,928.49	\$ (118,677)
Office equipment	\$ 1,935.00	
Program Costs	\$ 282,284.20	\$ (226, 757)
<b>TOTAL EXPENSES</b>	<b>\$ 753,008.82</b>	<b>\$ (717,429)</b>
<b>Net Income</b>	<b>\$ 14,387.12</b>	

## PRADET Board



Silverio Pinto Baptista	The Head of Human Right Institution	PDHJ	Boar President
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Recardina Coe

Estelvania da Cunha Moniz

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Silvina Dulce Dos Santos

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Lourensa das Neves

Sebastiana Ornai

Domingos Gonjaga

Julio da Cruz

Agostinho R. Soares

### Volunteers

Anais Arrighi

Bernie McEvoy

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Hospital Nacional Guido Valadares

Hospital Referral Baucau, Maliana, Oecusse, Suai

Office of the Public Defender

Office of the Prosecutor General

PNTL – National Vulnerable Persons Unit; Community Policing Unit; National Investigations Division.

Ministry of Social Solidarity – Office of Child Protection; DNACS

SEPI – State Secretariat for the Promotion of Equality.

## Donors 2015



## Civil Society Partners and Friends



ALFeLa	FPWO-Uma Mahon Oecusse
ADTL—Disability Association	FTM
Timor Leste	Fundasaun Alola
ALKODIB	Holy Spirit Salele
ASSERT	IOM
Australian Red Cross	Health Alliance International
Ba Futuru	Klibur Domin
Bairo Pite Clinic	Kongregasaun SSPS
Caritas Australia	Marie Stopes International
Casa Vida	Rede Feto
FFSO-Legal Aid	RMIT University
Fokupers	Sao Joao de Deus Laclubar
FONGTIL	Timor Aid
Uma Mahon Maria Tapo/Fokupers	



Sophia Cason speaking for DFAT at opening ceremony Fatin Hakmatek Baucau



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