

# PRADET ANNUAL REPORT



## Psychosocial Recovery And Development in East Timor



## PRADET Annual Report Timor Leste, 2010

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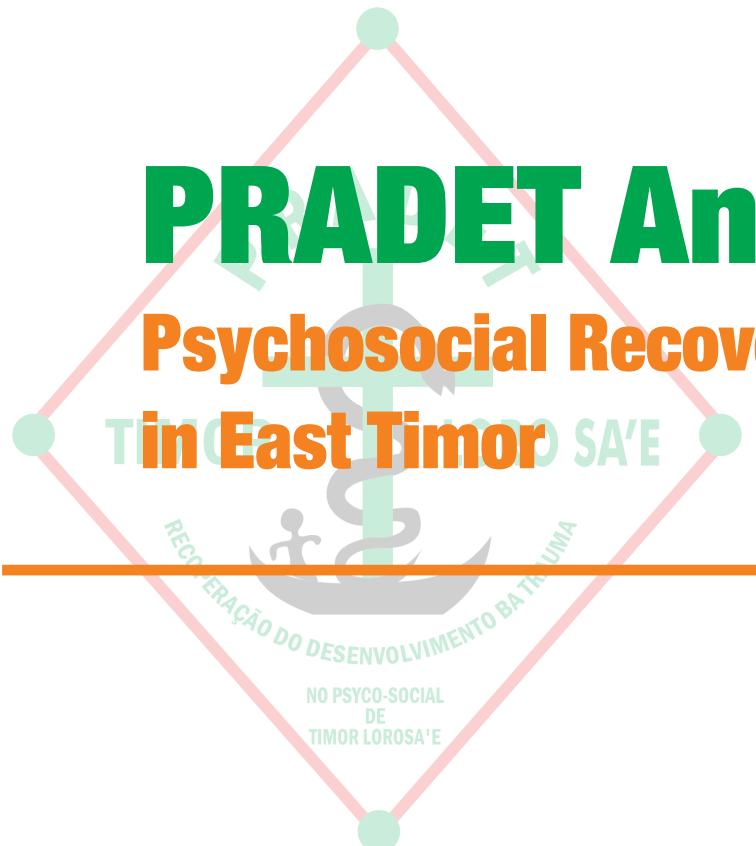
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# HEALTHY MINDS - HEALTHY NATION

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## PRADET Annual Report

### Psychosocial Recovery And Development in East Timor SA'E



Timor Leste, 2010



**JUSTICE FACILITY**  
A Bilateral Co-operation between the  
Governments of Timor-Leste and  
Australia  
2008-2013



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**Australian Government**  
Aid Program

## FOREWORD

On behalf of the Board and staff of PRADET we are pleased to present the 2010 Annual Report to our friends and donors, the Government of Timor Leste, other stakeholders and partner organizations that have supported and cooperated closely with PRADET during 2010. Their combined efforts have made it possible to implement our plans and activities to achieve constructive outcomes.

PRADET's work has achieved high recognition among the communities and stakeholders and the organization has closely cooperated with the donors to achieve its goals in the areas of domestic violence, sexual assault, child abuse, abandonment, imprisonment, human trafficking and people with mental illness. All PRADET's programs encompass a human rights based approach. This is demonstrated through a commitment to provide adequate services while upholding integrity, sensitivity, care and respect for all clients, their families and the programs partnerships with government and non-government stakeholders.

Despite achievements during 2010, the organization faced challenges and concerns some of which have emerged through the natural course of growth of the organization. The number of activities and projects increased, as well as donors' demands and expectations regarding the technical and management capacities of the organization. The main challenges have been managing finance and governance policies. Donors and friends worked with us as close partners to overcome these problems and PRADET is thankful for all this support. It has been essential to ensure the continuation of our programs and maintain PRADET's reputation in the local and international communities.

As you read this annual report it will provide you with an insight as to how PRADET is working to meet the increasing demand for its services, now and in the future. We would also like to take this opportunity to thank all the individuals, donors, partner organizations and community groups who contributed to the achievements during 2010 either through donations, grants and/or emotional and moral support to PRADET.

We are now looking forward to another challenging year, and we would like to 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 its clients, continuing to contribute directly and indirectly to reducing problems at national level.

Dn. Mira Martins da Silva



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Director  
PRADET



Dr. Silverio Pinto Baptista



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Chairman  
PRADET Board



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# PRADET – Psychosocial Recovery and Development in East Timor

## Introduction and Background

PRADET was constituted as a national NGO (Non-Government Organization) in 2002 to provide a psychosocial service for people who are experiencing trauma, mental illness and other psychosocial problems in Timor Leste. The focus of the programs is two fold.

The first focus is providing direct services in response to the needs of vulnerable people, those experiencing a serious mental illness or suffering from severe stress and grief, imprisonment, victims of domestic violence, sexual assault, child abuse, abandonment and victims of human trafficking.

The second focus is to provide community education and training regarding the nature and impact of these issues on individuals, their families and the community as a whole while incorporating strategies for prevention (such as conflict resolution and anger management, relaxation techniques and stress management). These interventions utilize a human rights based approach with an emphasis on child protection, women's rights, and PRADET's client rights.

PRADET was the only organization in Timor Leste providing information and training to communities regarding the impact of alcohol consumption and abuse. Alcohol abuse is a significant factor affecting many clients in PRADET's programs, and is also the source of much of the violence, both public and private in Timor Leste.

In 2010, psychosocial services were delivered by twenty-five men and women, who have a background in nursing, midwifery and/or in public health. In addition they are also experienced trauma counselors and educators. The counseling staff was supported by a finance officer and assistant, an office administrator and assistant, two cooks/cleaners and six drivers.

PRADET views mental health and trauma recovery as a journey of healing and transformation. The individual is encouraged to live a meaningful life in the community of his/her choice in order to achieve their potential in a safe environment, supported by both family and their community. The result is overall enrichment for the individual, associated families and the community as a whole, making Timor Leste a stronger and healthier nation.

PRADET enjoys and works hard to maintain relationships with many government ministries and departments, international and national NGO's, the UN, the Church and community.

In 2010 PRADET has a Memorandum of Understanding (MoU) with the Ministries of Health, Justice and Estatal. Advocacy for clients and communities is aimed at providing better treatment and implementing preventative programs.

In March 2010, PRADET moved its office from Taibessi to a new location next to the Fatin Hakamatек facility in the HNGV (Hospital Nasional Guido Valadares). The land was donated to PRADET by the Ministry of Health (for a list of other donors please see Appendix A). This provided the much needed extra space, additional training facilities and close proximity to the Fatin Hakmatek premises. PRADET was also seeking donors to complete the second floor thus providing extra training facilities that could be rented out, providing independent funds.



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Australian Government  
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17 June 2011

Chair, PRADET Board

Dear Sr. Silvero

On behalf of the Justice Facility team, I wish to congratulate PRADET on working through what has a very challenging year for the organization. PRADET's programs continue to be of a high quality and extremely important to victims of crime. The Justice Facility is very proud to have provided a total of \$493,019.00 in grant funding to PRADET. This has supported a range of initiatives, including the Fatin Hakmateks (Safe Room/ place) at the National Hospital in Dili, which

- provided immediate safety and treatment, forensic examination, counseling and several services to 252 new clients in 2010 and a 24 hour emergency response helpline, unique to Timor Leste.
- worked closely with the police receiving more than 200 referral from the police during 2010
- provided training to 570 students and community members on child rights, domestic violence and prevention of violence including a 5 day training course for trained medical staff from the referral hospital on the medical forensic protocol in 2010
- contributed to the design of Fatin Hakmatek which will be built and opened as a partnership with the Facility in Oecusse (2011), Suai and other districts (2012). Over \$500,000 in additional Australian aid funds have been set aside for the establishment of these facilities.

Other PRADET programs supported relate to psychosocial training and support to women and in the districts of Baucau, Ermera and Viqueque, development of Forensic Medical training in the areas of domestic violence, sexual assault and child abuse, training for convicted prisoners, and extended now to communities in 14 sub districts of 7 districts, on anger management and effects of alcohol as a trigger for violence against women.

Over the last 6 months, we have worked together as close partners with PRADET's to overcome management and governance challenges, and have been encouraged by PRADET's transparency, their commitment to reform and the positive action they have taken, including

- strengthening their governance, management and financial management practices
- appointment of a new Deputy Director Manuel Dos Santos who is active in supporting the organization and Director
- the drafting by staff, and subsequent approval by the board, of finance and salary policies

These changes have been essential in ensuring PRADET's reputation for good governance matches its longstanding reputation for delivering essential and high quality programs, and we look forward to being an active partner in the further strengthening of PRADET as an organization.

Yours sincerely,

Craig Ewers  
Facility Manager

## I. OVERVIEW OF PRADET's SIX PROGRAMS IN 2010

In 2010 PRADET provided individual counseling, community education and training across six programs, all of which focused on the treatment and reduction of trauma and mental illness. Following is a summary of the six programs.

### I.i PROGRAMA ASISTENSIJA BA MORAS MENTAL – PAMM

(Program Assisting Mental Illness)

**Funded by:** CBM (Christian Blind Mission, Germany), Ministry of Social Solidarity

**Staffing:** Six nurse counselors and one driver (sadly, one nurse counselor, Mr. Tobias passed away in August 2010)

**Location of activities:** Dili, Ermera, Ainaro, Manatuto, Aileu, Bobonaro and Liquica.

#### **Objectives of this program:**

- Promote public awareness of the community's mental health issues and reduce stigma associated with mental illness.
- Provide assessment of new clients in each district and psychosocial support services
- Follow up visits for clients in seven districts and thirty-four sub districts based on the client's category (A, B, C and D).
- Increase access to and coordination of quality mental healthcare services
- Work closely with all partners-Local Government Officials, International Agencies and NGOs.

The program provided psychosocial support to people with stress, trauma and serious mental illness and their families in the seven districts, listed above. The objective is to provide services that will help clients and their families to improve their level of functioning within the context of their illness.

This includes counseling support to individuals and families, referral to appropriate services such as the Mental Health Services for medication, local health clinics and the Ministry of Social and Solidarity provides basic needs such as rice, domestic goods, garden tools and funding for transportation to access other services. PAMM staff provided education to the community regarding 'mental illness' (causes, symptoms, treatment, and support) and created local networks of support for the client and their family. This included PNTL and health workers, Chefe de Sucos/Aldeias, teachers and other NGO contacts.

PAMM staff has a close working relationship with Ministry of Health, Ministry of Social Solidarity and also with Police Nationale Timor Leste (PNTL). This consists of regular training sessions and policy advice.

PAMM staff also provided psychosocial and medical assessments for a small number of ex-political prisoners registered with the Living Memory Project. This has been part of a Pilot Project only.

Category A – refers to new assessment with no signs of symptoms of mental illness

Category B - refers to clients who have signs of symptoms of mental illness

Category C – refers to clients with mental illness but in a stable situation of mental illness

Category D – refers to clients in a very good situation and who do not need PRADET assistance or who disappeared or left the country



Before 1999 there was no modern treatment and/or medication. People with psychosis were locked up and this situation still exists, mainly in rural areas. PRADET works with Saude Mental to provide appropriate treatment.

## Activities in 2010

### 1. Direct assistance to clients and their families

In 2010 PAMM received 49 new referrals, 36 females and 13 males

New referrals by districts

Gender	Ailieu	Ainaro	Bobonaro	Dili	Ermera	Manatuto	TOTAL
Female	3	2	6	19	2	4	36
Male	2	1	0	7	1	2	13
<b>TOTAL</b>	<b>5</b>	<b>3</b>	<b>6</b>	<b>26</b>	<b>3</b>	<b>6</b>	<b>49</b>

PAMM has received a total of 1,065 referrals since the services commenced in 2003. In 2010, staff provided forty-nine new assessments and regular follow up treatment to another 186 clients and their families. Follow-up visits for most clients occurred each time the workers attended their allocated districts, which was usually once per month. Other clients received fewer home visits, sometimes every two or three months.

Number of clients seen in 2010 in seven districts

Year	Districts							
2010	Ailieu	Ainaro	Bobonaro	Dili	Ermera	Liquica	Manatuto	TOTAL
	<b>44</b>	<b>14</b>	<b>29</b>	<b>53</b>	<b>66</b>	<b>26</b>	<b>41</b>	<b>273</b>

A total of 172 females and 101 males in seven districts

Approximately one third of PAMM clients are referred by family members. This is closely followed by referrals from Saude Mental and health clinics, local NGO's, neighbours, PNTL and friends. Few referrals are received from the Church and local authorities. The majority of clients have been diagnosed with either major depressive disorder or schizophrenia than any other conditions, all of which are found in Timor Leste.

## Diagnosis of New Referrals to PAMM in 2010

Diagnosis	Aileu		Ainaro		Bobonaro		Dili		Ermera		Manatuto		Total
	M	F	M	F	M	F	M	F	M	F	M	F	
Alcohol Abuse							2	1					3
Bi-Polar Disorder								1	2	3			6
Epilepsy			1					2					3
Major Depressive Disorder	1	2				2	2	6					13
Mental retardation							2	1					3
Post Partum Depression											1	1	
Dementia											1		1
Post Partum Psychosis						1							1
Post Traumatic Stress								2			1	3	
Schizophrenia	1	1		2		3	1	5			1	1	15
<b>TOTAL</b>	<b>2</b>	<b>3</b>	<b>1</b>	<b>2</b>		<b>6</b>	<b>7</b>	<b>18</b>	<b>2</b>	<b>3</b>	<b>2</b>	<b>3</b>	<b>49</b>

## 2. Community Education

PAMM provided a one-day workshop to the communities in five districts. Participants included Chefe de Sucos/Aldeias, nurses, midwives, youth groups and women's groups. Topics covered information about mental illness and trauma, the categories of mental illness, causes and treatment. Discussions centred on community attitudes and resources.

Total number of participants in workshops in seven Districts in 2010

No	District	Sub District	Male	Female	Total
1	Aileu	Remexio	30	0	30
		Liquidoe	19	1	20
2	Bobonaro	Bobonaro	24	6	30
3	Ermera	Letefoho	23	7	30
4	Dili	Atauro	27	3	30
		Metinaro	14	16	30
5	Manatuto	Soibada	15	17	32
<b>Total</b>			<b>152</b>	<b>50</b>	<b>202</b>

**Note: It is interesting to note that more men than women attended these workshops**

## 3. Train the Trainer (TOT) Volunteer Workers

From June-September 2010, PAMM provided "Training of Trainers" for volunteer health workers attached to health posts in four districts. This is part of the SISCA program developing community health. Since 2003 there has been only one government mental health case manager in each district. As part of SISCA, these case managers now have other duties. Eighty volunteers participated in basic training to assist people with mental illness, supported by PRADET.

## TOT for Volunteers

No.	District	Male	Female	Total
1	Aileu	7	13	20
2	Bobonaro	5	15	20
3	Ermera	6	14	20
4	Manatuto	0	20	20
<b>Total</b>		<b>18</b>	<b>62</b>	<b>80</b>

## 4. Working with partners

In the seven districts, PAMM has worked closely with partners, local district administrators, District Heads of Health, Saude mental workers and local NGOs. MSS has provided rice for many clients and pensions for those who are eligible (according to MSS regulations).

PAMM works with other organizations including Caritas Australia, Belun, Plan International, Assert, Katilosa, Ba Futuru, Klibur Domin and Timor Aid.



People with mental illness are more likely to live in poverty. PAMM, in partnership with MSS support these families with basic needs such as food.

## 5. Health care for ex-political prisoners

In 2010 PAMM began a pilot program to provide psychosocial and medical services to ex-political prisoners referred by the Living Memory Project. In 2009 PAMM staff had attended two consultations in Dili and Baucau and a conference hosted by the Living Memory Program in Dili where ex-political prisoners stated that health care was one of their greatest needs. In February 2010, PRADET signed a MoU with the Living Memory Program and in March/April assessed eight ex-political prisoners. The project continued from October 2010 until February 2011 and a total of sixteen clients had been seen. The report is available on the PRADET website ([www.pradet.org](http://www.pradet.org)).

## 6. World Mental Health Day

In May 2010 PRADET contributed to World Mental Health Day in Baucau, sub-district Venilale and also in Dili. MSS provided funds to PRADET for activities such as the one-day seminar held in Dili for the students and participants from other organizations. This was in partnership with the Mental Health department in the Ministry of Health.

## I.ii PEACE AND DEMOCRACY ASSISTANCE FOR JUVENILE JUSTICE (PDAJJ)

**Funded by:** ICCO (International Christian Church Organization, Prison program Justice Facility and AFAP have funded Alcohol Community Education)

**Staffing:** four staff members: one midwife/counselor, one psychologist, and two with Public Health degrees.

**Location of activities:** Becora and Gleno prisons with follow up home visits and community education in the home districts of the prisoners.

### **Objectives of this program:**

The overall objective of this program is to reduce violence among youth in Timor Leste by providing them with alternatives to violence in their communities. By providing the youth and their families with opportunities through individual psychosocial support, community workshops and vocational preparation these young men can be more successfully integrated after prison.

PDAJJ provides psychosocial services for young people who have been convicted of a range of serious crimes and who are sent to prison. PDAJJ advocates with other NGO's and the Government to co-facilitate a support service for young prisoners during and after their time in prison. Support includes group activities in the prison, individual and group counselling, support for families to visit their children in prison and the reintegration of young prisoners when they are released. After young ex-prisoners have returned to their family and community, PDAJJ staff continues to provide follow up counselling to ensure they are stable, provide information, and to ensure a safe environment until these young ex-prisoners feel united with their communities and are integrated back to a normal life. As part of the mentoring process, PDAJJ staff facilitates access to schools and vocational training such as welding, electrical, mechanics, and carpentry at Dom Bosco Comoro, Dili.

PDAJJ also offers an assessment and counselling services to boys and men who are arrested and detained in Dili District PNTL Station for seventy-two hours and then released back to the community. This program provides specific community education in the districts and sub districts where the prisoners came from.

In addition, PDAJJ staff also provided a two-day community education program in Baucau, Emera, Manatuto, Los Palos, Ainaro, Viqueque, and the Gleno and Becora Prisons about the nature and impact of Alcohol, co-facilitated with PNTL (National Community PNTL).

For all activities, PDAJJ works closely with the Government Ministries and departments (such as the Ministry of Justice, Ministry of Health, Ministry of Social Solidarity, Ministry of Estatal, PNTL, and Prison authorities) and other NGO's, including Caritas Australia, Plan International, Human Rights / UNMIT, UNICEF, FTM, PDHJ and the Alola Foundation.

## Activities in 2010

### **1. Psychosocial Program for juveniles and young men in Becora Prison, ages 12-25**

In 2010 PDAJJ staff worked with sixty-two young male prisoners, visiting for two hours a day, two days a week, providing both individual and group sessions. Each prisoner was assessed to identify the problems they face in prison and provided with support, either individual or group activities, to control their emotions, depression and stress. PDAJJ staff identified eleven juveniles and twenty-five young men as having particular mental health issues.

PDAJJ staff aim to guide the young prisoner to think about their future activities when they are returned back to the community. They are given information about stress management, anger management, the impact of violence, health / hygiene and alcohol awareness. Activities offered include playing guitar and/or piano, drawing, singing, art, telling stories and playing football. In this way, prisoners are encouraged to change their lifestyles. Those prisoners identified as having a serious mental illness are referred to Saude Mental for medication.

The main challenge is to encourage the prisoner to change his attitude. Many just want to receive material goods and not information and/or they are afraid of the guards and will not attend sessions.

### **2. Facilitated family visits/family support**

This service is only offered to families of prisoners under eighteen years old, where a problem has been identified. There may be difficulties within the family, such as violence, divorce, and poverty. Many families do not visit their children for a variety of reasons which may include lack of finances, transport and/or shame. PDAJJ provides family counselling, some money and food for families who wish to visit their children and this support is continued when the youth are released. In 2010 families of prisoners and ex-prisoners were followed up in Dili, Ainaro, Baucau, Ermera, Lautem and Liquica. Most were happy to be linked to their families and this enhances successful rehabilitation (re-integration, school re-insertion, learning a new trade, obtaining a job in a safe environment etc). PDAJJ staff usually monitors the boys for six months after their release.

### **3. Workshops “Reducing violence through anger management”**

In April 2010 PDAJJ conducted two two-day workshops, one at Prison Becora and one at Prison Gleno with thirty youth attending each. Topics included the impact of violence, managing emotions such as anger and sadness, grief and loss, and depression.

### **4. Specialized services for vulnerable juveniles and young men who are detained in Dili PNTL Station for seventy-two hours**

Through January-June 2010, PDAJJ staff attended Dili PNTL Station each day, offering support to twenty-two young males, including art to reduce their stress, information and assessment for mental illness. Drawings done by prisoners were exhibited on International Children's Day on 1 June 2010.

## 5. Community Education on Alternatives to Violence

PDAJJ has provided TOT for facilitators and SISCA workers to train participants selected from six districts in 2008 and 2009. Districts included, Dili, Baucau, Suai, Bobonaro, Ainaro and Lautem. In 2010, PDAJJ provided follow-up training for this group. Topics included the impact of violence, conflict resolution, anger management, stress management and alcohol awareness. The facilitators have been conducting training in their own districts, with SISCA health staff and KADER (local volunteers). A total of nineteen participants attended the follow-up training in Dili.

## 6. Peace Activity

In 2010 PDAJJ provided peace activities in seven Sucos in two districts, Lautem and Covalima. The activities occurred over two days in each place and included talking about stress and anger management, impact of violence, conflict transformation and sporting activities, such as basketball, football and volleyball. PDAJJ provided sporting equipment too. A total of 222 people participated.

List of communities that received peace activities

No.	Date	District	Soco	Participants		Total
				F	M	
1	25-27 May 2010	Lautem	Raça	12	20	32
1	25-27 May 2010	Lautem	Com	4	8	12
1	25-27 May 2010	Lautem	Pitileti	21	24	45
2	25-27 August	Covalima	Tilomar	14	9	23
2	25-27 August	Covalima	Zumbalai	13	22	35
2	25-27 August	Covalima	Mauquatar	8	32	40
2	25-27 August	Covalima	Suai Loro	1	34	35
TOTAL				73	149	222

## 7. Community Education Workshops

This was a formal activity that was part of the general peace activity. The workshops entitled “Together we Build Peace through Sharing of Information”, were held at the same time in Covalima and Lautem districts. Despite the problems with lack of transport, inadequate funding and conflict on the border in Covalima, thirty people attended each workshop and the evaluations were positive.

## 8. Re-integration of Ex-detainees into the community

PDAJJ works closely with PNTL, MSS, and Community leaders to re-integrate ex-detainees safely into the community. Communities are often afraid ex-prisoners will commit more crimes and there is stigma attached to their return. Also, the victim's family may seek reparation or revenge.

In 2010 PDAJJ staff followed up nine ex-prisoners in Ainaro, Baucau, Dili, Ermera, Lautem, Liquica and Manufahi. This included home visits, provision of information to families, counselling, rice and some money for education of the children. There were the usual challenges of locating the boys in remote areas, lack of telephone/contacts, and recurrence of boys “dropping out” of school again and/or disappearing, and domestic violence within the families. Staff is further hindered by bad road con-

ditions in remote areas. Eight ex-detainees attended vocational training at Don Bosco. However only four of them completed the training; one young man was treated for tuberculosis (TB), one returned to school and two re-joined their gangs. Overall, the re-integration program has had more successes than failures, but long-term research is required.

## **9. Public Awareness about PDAJJ and Violence Prevention**

**Radio Programs:** In November 2010, PDAJJ broadcasted on Radio RTK (National Coverage) seven sessions (Tuesdays 10.00). Topics included PRADET's psychosocial programs, anger management, impact of violence and alcohol, mental illness, domestic violence and human trafficking. PDAJJ collaborated with all PRADET's programs for this.

**Pamphlet and Brochure:** PDAJJ produced a pamphlet "Life in Prison is Difficult" and a brochure "Peace". The first one informs the community about life in prison and the other promotes peace for the future. These were redistributed in all trainings and community activities.

## **10. Strengthen Anti-Violence Networks**

PDAJJ works closely with the (MoJ), (MSS), (MoH), PNTL and Prison Officers to help prisoners, ex-prisoners and their families. Regular referral pathway meetings are held, including participants from other NGOs. Issues discussed include case plans for individual prisoners, ex-prisoners and their families, as well as policy issues such as reviewing all draft legislation for Juvenile Justice.

## **11. School activity**

PDAJJ collaborated with all projects in PRADET in a presentation to thirteen high schools in Dili District. Posters and pamphlets about reducing violence and understanding trauma and alcohol abuse were distributed to 747 students.

## **12. Alcohol Awareness training**

For two years PDAJJ has been conducting two-day community education programs about the use and abuse of alcohol with PNTL (Community Police) co-facilitating. This is the only program in Timor Leste giving information about the nature and impact of alcohol and has been well received, especially by the Chefe de Sucos and other local authorities, who say that alcohol is one of the major problems in their community.



## 2 Day workshop “Alcohol Awareness and its Impacts”, PDAJJ and PNTL Community PNTL

Workshop	Donor	Date	Place	Profile of Participants	No. of Participants
1	AFAP	6-7 July 2010	Baucau	PNTL, youth, Chefe de Sucos, community and women's group	32
2	AFAP	29-30 June 2010	Manatuto	PNTL, youth, Chefe de Sucos, community and women's group	14
2	AFAP	29-30 June 2010	Ermera	PNTL, youth, Chefe de Sucos, community and women's group	29
3	Justice Facility	19, 20, 23, 24, 26, 27 August 2010	Becora Prison	Prisoners (all male)	297
4	Justice Facility	6-7 October 2010	Gleno Prison	Prisoners (5 female)	29

### I.iii FATIN HAKMATEK (SAFE ROOM)

**Funded by:** UNFPA, TLPDP, JUSTICE FACILITY, MSS (microfinance)

**Staffing:** Five (female) midwives, one male nurse, one driver, and one cook/cleaner.

**Location of activities:** Located in the grounds of HNGV, Fatin Hakmatek receives referrals from all thirteen districts in Timor Leste.

#### Objectives of this program:

- To consolidate and strengthen the emergency services for the provision of safety, counselling, medical treatment and documentation of injuries that Fatin Hakmatek staff provide to people who have experienced domestic violence, sexual assault, child abuse and abandonment.
- To ensure consistent counselling services and medical follow-up to all clients in all districts and sub-districts.
- To continue to strengthen the referral pathway to ensure the delivery of optimal care.
- To exchange information and experience with other partner organizations, in order to learn from each other and provide optimal care for victims.
- To exchange lessons learned and challenges concerning the prevention of sexual assault, domestic violence and child abuse, and penalties for offenders.
- To increase networking between women's organizations, especially in relation to these crimes.
- To conduct workshops designed to develop local community strategic responses by working with their available networks to develop a reliable referral pathway. This will enable victims to access services, and provide local communities with strategies for the prevention of violence throughout all districts and sub-districts.

**Fatin Hakmatek** is located next to the main PRADET office at Dili National Hospital (HNGV). This program provides safety, counselling, medical and forensic documentation for people experiencing domestic violence, sexual assault, child abuse and abandonment. This program receives referrals from all thirteen districts and provides counselling, medical treatment and forensic documentation of injuries with ongoing referrals to appropriate agencies or services. In 2010, plans to establish a Fatin Hakmatek in each of the five referral hospitals commenced with consultation in the Oecusse Hospital. Along with providing clinical services Fatin Hakmatek staff provides community education, particularly promoting the concept of the referral pathways to meet the needs of victims and their families. Client's rights and prevention of violence are emphasized. Fatin Hakmatek offers training to other health workers and PNTL representing victim's needs at the government level. The number of referrals has increased since the promulgation of the Domestic Violence legislation in 2010.

**The Safe Room provides a 24 hours emergency response through helpline: (+670) 725 4579**

## Activities in 2010

### 1. New referrals

From the time Fatin Hakmatek opened in 2003 until December 2010, 1186 clients have been assisted. In 2010 Fatin Hakmatek provided services for 252 new clients, 246 females and six males. The number of new referrals has increased each year except in 2006 when many services were closed.

2003 – 42 cases  
 2004 – 84 cases  
 2005 – 123 cases  
 2006 – 83 cases (crisis)  
 2007 – 151 cases  
 2008 – 212 cases  
 2009 – 202 cases  
 2010 – 252 cases (promulgation of the Domestic Violence Legislation)

Fatin Hakmatek receives referrals from variety of sources, but the majority come from Vulnerable Persons Unit (VPU) in PNTL.

Referral by :	0-10 years		11-14 years		15-20 years		21-30 years		30+		Total
	F	M	F	M	F	M	F	M	F	M	
Agencies											
Alola Foundation			1				1				2
Caritas Australia			1								1
Casa Vida			1								1
FOKUPERS			2		5		5		2		14
JSMP (VSS)	1				1		1				3
Hospital (HNGV)	2						1		2		5
Family					3		2		2		7
Government Agency	1		1		1						3
PNTL	12	2	17	2	38	1	66	1	77		216
<b>Total</b>	<b>18</b>		<b>25</b>		<b>49</b>		<b>77</b>		<b>83</b>		<b>252</b>

During 2010 Fatin Hakmatek also conducted follow-up visits for 135 clients and their families in thirteen districts.

## 2. Training Medical-Forensic Protocol

In 2010 Fatin Hakmatek provided a five day training in the Theory of Medical Forensic Examinations. This is part of wider plan to open Uma Fatin Hakmatek in the five Referral Hospitals in Oecusse, Maliana, Suai, Baucau and Maubisse.

The training has several components such as:

- Production of curriculum and resource manual.
- Five days theory ToT (Training of Trainers).
- One week practicum in Fatin Hakmatek.
- Follow-up visits to each hospital to assess progress and challenges.

The training was attended by all Fatin Hakmatek midwives and five representatives from the five referral hospitals, midwives and doctors. The curriculum was presented to ICS for accreditation and has been approved.

The challenge remains to ensure the Minister of Health approves the training of midwives to be accredited Medical Forensic Examiners. Both, the Vice Minister of Justice and the Prosecutor General also approved the curriculum in 2010.

## 3. Training for community and students

Fatin Hakmatek staff provided three days training in six sub-districts in 2010, one day for students and two days for community members.

No.	District	Sub-Districts	Students	Community members	TOTAL
1	Baucau	Venilale	60	35	95
2	Ainaro	Hatu-Udo	60	35	95
3	Covalima	Tilomar	60	35	95
4	Viqueque	Ossu	60	35	95
5	Manufahi	Betano	60	35	95
6	Oecusse	Oesilo	60	35	95
<b>TOTAL</b>			<b>360</b>	<b>210</b>	<b>570</b>

Topics for students include healthy relationships, domestic violence, sexual assault, child rights and child abuse, referral pathways and strategies to prevent violence.



Approximately one third (1/3) of Fatin Hakmatek referrals are children under eighteen years of age, so they are an important group to be targeted.

The same topics were presented to Community members including the Chefe de Sucos/Aldeias, PNTL, health workers, local NGO's, Church representatives, women and youth groups, allowing more time for discussions about local strategies and referral pathways.

#### **4. Workshops with students and teachers**

Fatin Hakmatek provided a half-day workshop to students and teachers in twelve Secondary High schools in Dili District. One week was spent in consultation with the Directors of all twelve schools. The topics included healthy relationships and referral pathways. Approximately sixty students and teachers from each school participated. The total number was 720 participants.

#### **5. Project for abandoned women**

Fatin Hakmatek was provided with small grants from MSS to support abandoned women. This project was extended to women in the five districts of Dili, Manatuto, Ailieu, Maliana and Ermera and additional two-day Activity Groups were held in Dili, Manatuto and Ermera. The first day was spent talking about the women's stories and their emotions whilst introducing the concept of budgets and ideas for small businesses. The second day was teaching skills, such as baking cakes and biscuits that could be sold in the market.

#### **6. Cooperation with stakeholders and trainings attended**

- Fatin Hakmatek staff attended Referral Pathway meetings hosted by MSS and other organizations.
- Fatin Hakmatek provided specific training to PNTL, VPU and contributed to the curriculum and resource manual.
- In 2010 Fatin Hakmatek received USD 30,000.00 from TLPDP (Timor Leste Police Development Program) to renovate the Fatin Hakmatek facilities in HNGV. An extension was added to provide a new office for the coordinator, a new kitchen and dining area, separate from the clinical area, a new security wall, improved clean water supply, a new roof and interior /exterior painting.
- One member of Fatin Hakmatek attended a one week training program in Indonesia, supported by Rede Feto.
- One member of Fatin Hakmatek attended the two-week training program "Healing Memories" facilitated by Father Michael Lapsley (South Africa) funded by the International Centre for Transitional Justice.
- Fatin Hakmatek celebrated Sixteen Days Against Violence in Natarbora, by facilitating a two-day seminar on the Domestic Violence Legislation. The UNFPA Gender Project Coordinator was the main presenter, at the invitation of Fatin Hakmatek. Participants included health workers, PNTL, teachers, Church, sub-district Administrators, local youth and women's groups and students. Much attention was focused on the concept of the 'referral pathway', as Natarbora is very remote.

## I.iv TAU MATAN – COUNTER TRAFFICKING PROGRAM

**Funded by:** IOM (International Organization for Migration)

**Staffing:** Five case workers and one driver

**Location of activities:** Dili (safe shelter)

### **Objectives of this program:**

- Provide direct assistance in a safe shelter for victims of human trafficking, women, men, youth and children at risk of being trafficked, as well as nationals and non nationals.
- In cooperation with IOM (International Organization for Migration) assisting and providing safe return and repatriation to the victim's country of origin.
- Providing information and raising awareness about human trafficking and the associated risks, with the aim of preventing sexual and labour exploitation.

As the implementing partner of IOM (International Organization for Migration), Tau Matan provides assistance to individuals identified to have been trafficked in Timor Leste. People are trafficked both externally and internally. Throughout the trafficking process of recruitment, transfer and reception, young people are subjected to forced labour and/or begging and prostitution deprivation of their earnings, and may receive threats against themselves and their families back home. The abuse and exploitation resulting from the trafficking have a damaging impact on their psychological, physical and social development. Women are trafficked in and out mainly for sexual and domestic exploitation while men, mainly non-nationals, are trafficked for labour exploitation on land and fishing boats.

The services offered by Tau Matan staff, include safe accommodation for local and international trafficked victims (male and female), in-depth interviews, counselling and psycho-social support, health assistance and assisting the international victims of human trafficking with the safe, voluntary return and repatriation to their home countries - in close cooperation with IOM. The most common nationalities of the victims assisted by Tau Matan include individuals from Myanmar, Cambodia and China as well as some local East Timorese trafficked from the remote areas to the towns. Other implementing partners for Tau Matan program are the Department of Immigration, PNTL, MSS, MFA, SEPI, Alola Foundation and UNPOL. The counter trafficking efforts and assistance can only be fully effective when a strong and well-defined referral system is in place and when the law enforcement agencies and justice systems are effective.

### **Activities in 2010**

#### **1. Direct assistance for clients**

During 2010 Tau Matan staff assisted seventeen victims of trafficking all were from China, Cambodia and Myanmar except for one underage East Timorese girl. Only two cases were female the remaining fifteen were male clients. Assisted victims ranged from the age of thirteen to thirty-eight, with 20% under eighteen. All international referrals came from IOM and the one national case was referred by the local NGO “Street Children”.

Tau Matan provided the beneficiaries with direct assistance in the shelter, while IOM in cooperation with respective IOM offices in the countries of origin followed the process of voluntary return for the beneficiaries. The length of stay in the shelter varied case by case from one month to one year. Clients' departures to their home countries are often delayed due to the complications of the trafficking situation. The backgrounds and profiles of clients, difficulties within the country of origin, the process of identification and issuance of the temporary travel documents add to their length of stay in Timor Leste. Almost 40% of the assisted cases during 2010 stayed in the shelter for more than one year.

This is a new program for Timor Leste and PRADET provides the only shelter service in the country.



This photo shows Tau-Matan assisting some young men from Cambodia and Myanmar to access medical care.

Many challenges emerged in 2010;

- No established mechanisms to identify and rescue victims of trafficking resulted in fewer referrals of women in particular. For example, despite repeated requests UNPOL has not conducted any raids on suspicious premises since June 2009.
- The number of young men referred as victims of trafficking was unexpected, and therefore preparation was minimal. This created the problem of requiring a separate safe place.
- Staff was insufficiently prepared to assist male victims.
- The International Advisor who assisted in establishing this program, completed her contract in December 2009. In 2010 there was no international mentor to provide Tau Matan staff with adequate professional and technical support.
- Funding is due to stop by the end of 2011 and PRADET is already considering the future of the program and future funding.

## **2. Trafficking information and awareness raising for students**

During 2010 Tau Matan provided information and activities to students in twelve secondary schools in the Dili district through a series of seminars. The objective was to distribute information and to understand the complicated phenomenon of human trafficking by clarifying some of the major misconceptions. It was also hoped that students would have a clearer understanding of this issue and be able to identify situations where they or someone they know, might be at risk. With increased knowledge, students can make informed decisions about their future and this can protect them from becoming victims of trafficking.

The total number of students aged fifteen to twenty-five was 518, 260 were male and 288 female.

### **3. Community education**

Information was distributed through community education activities facilitated in four Sucos in Dili, Suco Caicoli, Suco Vila Verde, Suco Lahane Oriental and Suco Lahane Occidental. The aim was to promote PRADET's services and inform participants about the risks of human trafficking. The information included the definition of human trafficking, the main elements involved in trafficking, and the similarities and differences between trafficking and smuggling. Topics also included how to prevent the risks of being trafficked, further exploitation, and where to seek help if trafficking is happening in their communities. A total of 190 community members attended these activities, both men and women.

### **4. Cooperation with other partners and stakeholders**

During 2010, Tau Matan collaborated with other actors and stakeholders from government and NGO's, International Organizations and agencies such as the PNTL, the Ministry of Foreign Affairs, Ministry of Social and Solidarity, Immigration Border Department and UNPOL. Cooperation relied on the clear exchange of information and experiences regarding the services offered to clients with similar profiles and needs, and many meetings to consolidate the referral pathway. Trainings and workshops were also held.

Tau Matan supported the MTV Exit Live concert in Baucau that took place on 9 October 2010. The concert was funded by USAID and the Government of Timor Leste. 15,000 young people participated. The concert featured some of Timor Leste's most popular artists and the event brought together a number of NGOs who distributed information about human trafficking in Timor Leste and related issues. PRADET participated in the MTV facilitators TOT in Dili, assisting MTV to find a East Timorese victim of attempted trafficking to speak on camera and provided an information booth at the concert.

## **I.v SUPPORT VICTIMS OF CONFLICT (SVC)**

**Funded by:** TROCAIRE

**Staffing:** One midwife counselor, one graduate in public health, and one driver

**Location of activities:** Dili and Liquica

### **Objectives of this program:**

SVC was established in 2009 to reduce trauma and restore emotional stability to young people who have experienced broken relationships, unrest or other civil conflict in their lives. Many people in Timor Leste are still experiencing trauma resulting from the widespread public violence in 1999, 2002 and 2006. SVC's objective was to provide a guide for recovery to both affected individuals and communities by building healthy relationships within their families and communities. Many people who are still experiencing the effects of those traumatic events, benefitted by this community education. SVC's interventions provided a channel for affected communities to recover from the psychological crisis and to start re-building healthy relationships.

## Activities of SVC in 2010:

### 1. Peace Activities – Liquica District (March – April 2010)

A one-day workshop was held in six Sucos in two sub districts of Liquica. Chefis de Sucos in these places have a list of people registered in their communities who have experienced trauma and/or torture. The following table provides this data.

<b>Registered List of People tortured in Liquica</b>					
<b>No.</b>	<b>Sub district</b>	<b>Name of suco</b>	<b>F</b>	<b>M</b>	<b>Total</b>
1.	Bazartete	Asumanu	83	108	191
2.	Bazartete	Leorema	71	233	304
3.	Bazartete	Bazartete Vila	93	47	140
4.	Maubara	Maubara Lisa	40	61	101
5.	Maubara	Lisa Dila	97	34	131
6.	Maubara	Guglen	48	64	112
<b>TOTAL</b>			<b>432</b>	<b>547</b>	<b>979</b>

During March and April 2010, a total number of 404 people attended the one-day workshop (refer to the table below)

<b>Total number of participants in SVC workshop, March- April 2010</b>					
<b>No.</b>	<b>Sub district</b>	<b>Name of Suco</b>	<b>F</b>	<b>M</b>	<b>Total</b>
1.	Bazartete	Asumanu	19	53	72
2.	Bazartete	Leorema	7	48	55
3.	Bazartete	Bazartete Vila	18	48	55
4.	Maubara	Maubara Lisa	9	28	37
5.	Maubara	Lisa Dila	11	70	81
6.	Maubara	Gugleur	22	76	98
<b>TOTAL</b>			<b>89</b>	<b>318</b>	<b>404</b>

The workshops targeted young people, providing information about conflict resolution, stress, trauma, anger management, peace education and referral pathways for treatment of injuries and illness. Strategies for managing emotions were also discussed.

Each of these workshops was followed by a sporting activity with approximately thirty students from each of the six Sucos. The total number of students participating was 270. Of the 979 people registered as torture survivors with the Chefis de Sucos, seventy-three people have been referred to PRADET's PAMM program for further assessment of possible mental illness. Those people with physical complaints and/or illness have been referred to HNGV or the local clinics.

## 2. Peace activities – Dili District

The same activities were organized in six Sucos in Dili District

<b>Total number of participants in SVC workshops, March- April 2010</b>					
<b>No.</b>	<b>Sub district</b>	<b>Name of suco</b>	<b>F</b>	<b>M</b>	<b>Total</b>
1.	Vera Cruz	Balibar	17	44	61
2.	Cristo Rei	Metiaut	18	23	41
3.	Cristo Rei	Mota-Ulun	14	33	47
4.	Nain Feto	Acadiruhun	22	33	55
5.	Dom Alexio	Fatuhada	13	44	57
6.	Dom Alexio	KampoAlor	16	42	58
7.	Dom Alexio	Bairo-Pite	15	21	36
<b>Total</b>			<b>115</b>	<b>240</b>	<b>355</b>

## 3. Follow up visits/home visits to clients in Liquica and Dili District

A total of six people who attended the workshops were identified as having a mental illness, five in Liquica and one in Dili. These people were treated by PRADET's PAMM program.

- From June – July, SVC conducted two three-day workshops, one in Dili and one in Liquica. Participants included young people, Chefe de Sucos, Madres, women's groups and other community leaders. A total of sixty-five people attended the workshops, thirty from Dili and thirty-five from Liquica (39 males and 26 females). Topics included anger management, management of emotions, stress and trauma, and conflict resolution techniques. Individual referrals were made to the appropriate services.
- From 30 November 2010 till 02 December 2010, SVC staff conducted a three-day TOT for young people, community leaders and community members from Dili and Liquica at the PRADET office in Dili.

<b>Number of participants in the Training of Trainers in PRADET</b>				
<b>No.</b>	<b>Representatives</b>	<b>F</b>	<b>M</b>	<b>Total</b>
1.	Community leaders	4	2	6
2.	Young people	5	8	13
3.	Community members	6	5	11
<b>TOTAL</b>		<b>15</b>	<b>15</b>	<b>30</b>



SVC staff supporting families of victims of conflict in Liquisa

This program ceased in December 2010.

#### I.vi PROMOTION OF PSYCHO –SOCIAL ACTIVITIES (PPS)

**Funded by:** Justice Facility

**Staffing:** Three staff, one midwife, one public health graduate and one driver

**Location of activities:** Six Sub-districts in the three districts of Viqueque, Baucau and Ermera

#### Objectives of this program

PPS provided psychosocial activities in two sub-districts in Viqueque, Baucau and Ermera Districts. Activities included information and community education for school children, parents, community leaders and community members. Topics included information about trauma, mental illness, public and domestic violence, alcohol, anger management, strategies for resolving conflict and healthy relationships. Parents were also informed about age appropriate behaviour. This information was first given to children and parents and problems and emerging issues were then presented in workshops to the community. Strategies for prevention and referral pathways were discussed. Gaps in the provision of and access to services were identified.

The key aims of this program were:

- To increase the knowledge and understanding among students, teachers, parents, local leaders and key community members about the nature and impact of stress, trauma and mental illness, for both the individual and the community.
- To provide knowledge about the psychological needs of children so they are able to grow into psychologically healthy adults.

- To provide information about services available and how to access them through the referral pathways.
- To assess the general conditions of the communities, such as food, security, unemployment, access to education, health care and safety.
- To understand the concept of 'safe community' and how to maintain safe environments.

### Activities of PPS in 2010

Activities were conducted in Lacluta and Ossu, sub-districts of Viqueque, Venilale and Quelicai, sub-districts of Baucau, Hatolia and Atsabe, sub-districts of Ermera.

- All sub-districts were visited to consult with heads of schools, and sub-district administrators about the proposed activities and to obtain their permission and cooperation.
- PPS provided a one-day workshop with students only and a second day workshop with students, teachers and parents.
- PPS then provided a two day workshop with community leaders, including the heads of schools, sub-district administrators, heads of health clinics, Chefe de Sucos/Aldeias and other community members including Church officials, PNTL, teachers, women and youth groups.



Parents were given information about age appropriate activities to encourage their children through role-plays and case stories. Community leaders discussed strategies for the prevention of violence, including access to available services. There was a particular focus on children up to eighteen years of age who had experienced violence in 1999, 2002 and 2006.

Number of students and parents in 6 sub-districts in 2010

No	Participants	Districts	Sub-districts	F	M	Total
1.	Parents	Viqueque	Lacluta	4	31	35
	Students	Viqueque	Lacluta	17	18	35
<b>TOTAL</b>				<b>21</b>	<b>49</b>	<b>70</b>
2.	Parents	Viqueque	Ossu	13	22	35
	Children	Viqueque	Ossu	20	15	35
<b>TOTAL</b>				<b>33</b>	<b>37</b>	<b>70</b>
3.	Parents	Buacau	Venilale	4	31	35
	Children	Baucau	Venilale	16	19	35
<b>TOTAL</b>				<b>20</b>	<b>50</b>	<b>70</b>
4.	Parents	Baucau	Quelicai	10	25	35
	Children	Baucau	Quelicai	11	18	29
<b>TOTAL</b>				<b>21</b>	<b>43</b>	<b>64</b>
5.	Parents	Ermera	Hatolia	18	14	32
	Children	Ermera	Hatolia	20	15	35
<b>TOTAL</b>				<b>38</b>	<b>29</b>	<b>67</b>
6.	Parents	Ermera	Atsabe	18	17	35
	Children	Ermera	Atsabe	16	19	35
<b>Total</b>				<b>34</b>	<b>36</b>	<b>70</b>
<b>GRAND TOTAL 411</b>						

This program ceased in December 2010.

## **II. COOPERATION WITH THE GOVERNMENT OF TIMOR LESTE**

PRADET continues to benefit from a strong relationship with a number of different government ministries and departments. PRADET has a Memorandum of Understanding with the Ministry of Health (MoH), Ministry of Justice (MoJ) and the Ministry of Estatal (MoE).

### **II.i Ministry of Health**

- a) PRADET has continued to work closely with the Mental Health Services in Dili and the districts, providing assistance to people who have mental illness. Those who need treatment with medication are referred to the MoH Mental Health Service and PRADET continues with psychosocial follow-up treatments and monitoring of the medication.
- b) PRADET (Fatin Hakmatek Program) continues to provide a medical and forensic service for victims of domestic violence, sexual assault and child abuse.
- c) PRADET is now based on the grounds of the National Hospital in Dili (HNGV) and currently holds a ten-year lease on the land. PRADET moved to the new office in April 2010.

### **II.ii Ministry of Justice**

- a) PRADET has an approved regular psychosocial program for prisoners and ex-prisoners in Becora and Gleno Prison (PDAJJ).
- b) PRADET had regular meetings in 2010 with the Prosecutor General Dr. Ana Pessoa and Vice Minister of Justice Mr. Ivo Valentin to legitimize the medical forensic protocol.

### **II.iii Ministry of Estatal**

PRADET has a good connection with most District and Sub-District Administrators. PRADET always consults with and seeks permission from the District Administrators for any activities to be conducted in the Districts and Sub-Districts.

### **II.iv Ministry of Social Solidarity**

This ministry has provided significant support to clients assisted by PRADET

- a) In 2010 PRADET (FatinHakmatek) received two grants of USD 10,000.00 and USD 15,000.00 to assist female clients who were abandoned by their husbands, to establish small businesses. PRADET provided group training and activities, such as cooking and sewing, with regular follow-up visits to individual clients.
- b) MSS supplied rice for 675 clients and their families in Dili, seven Districts and thirty-four sub-districts during 2010. Each family was entitled of one sac of 25 kg rice.
- c) PRADET staff continued to work closely with the Child Protection Officers in MSS across all districts, providing safety and access to services for children at risk.

- d) PRADET staff continued to attend regular monthly Referral Pathway Meetings for victims of violence and neglected cases, hosted by MSS. These meetings aimed to improve service provisions for vulnerable people offered by different organizations and partner NGO's.
- e) PRADET has successfully collaborated with MSS to provide social support for people with mental illness and people with disability who are living in poverty.
- f) PRADET successfully collaborated with MSS in 2010 to provide social support for young ex-prisoners who have returned to their families and communities.

## **II.v Secretary of State for Equality and Promotion of Women (SEPI)**

PRADET's two programs, Tau Matan and Fatin Hakmatek, have continued to work closely with SEPI throughout 2010 to promote the prevention of sexual assault, domestic violence, child abuse and human trafficking within the community, and also to promote equality for women to access justice, education, health care and economy.

## **II.vi PNTL (PNTL)**

- a) PRADET has continued to work with many sections of the PNTL providing assistance to individuals experiencing domestic violence, sexual assault, child abuse and public violence. Many victims are extremely vulnerable (children, people with mental illness and widows). In 2010 PRADET worked with the Vulnerable Persons Unit (VPU), Community Police, Investigation Unit, Narcotic Unit and UNPOL at the national and district level.
- b) PRADET provided training at the PNTL Academy for VPU and Community Police about victim care and assistance for adults and children.
- c) In 2010 PRADET and community Police (National) jointly facilitated a two-day community education program about alcohol in the Becora and Gleno prisons and also in Baucau, Manatuto and Ermera communities.

### **III. COOPERATION WITH NON-GOVERNMENT ORGANIZATIONS**

III.i PRADET has Memorandum of Understanding (MoU) with both Fokupers and JSMP (Justice System Monitoring Process) as both services are an integral part of the Referral Pathway. Fokupers provides long-term assistance in a safe house, counseling support for victims and contributes to community education about domestic violence, sexual assault and child abuse.

III.ii The Victim Support Service (VSS) is part of the Justice System Monitoring Process (JSMP). VSS consists of lawyers who advise and support victims of violence through the national justice system and monitor the progress of individual cases.

III.iii Casa Vida is a long-term safe house for girls under eighteen who have been sexually assaulted and PRADET refers many clients to this organization.

III.iv ASSERT, Katilosa and Klibur Domin provides services to people with disabilities (mainly physical).

III.v Caritas Australia has provided financial support to PRADET in the past.

III.vi Ba-Futuru provides support and activities for children who have been traumatized.

Other NGOs that PRADET cooperates closely with are the Alola Foundation, Timor Aid, Fred Hollows Foundation, Living Memory Project, Oxfam, Dom Bosco, Klibur Domin, Assert, Plan International and Street Children.

#### **A. COOPERATION WITH UN AGENCIES**

1. UNFPA
2. IOM
3. UNICEF
4. UNIFEM
5. UNMIT

#### **B. COOPERATION WITH OTHER AGENCIES**

In 2010 TLPDP (Timor Leste Police Development Program) provided US\$30,000.00 to the Fatin-Hakmatek program to refurbish the facility in HNGV. This included extensions to create a new office for the coordinator and a new kitchen and dining room for visitors and staff. PRADET also worked closely with TLPDP in 2010 providing specialist training to all VPU (PNTL) members.

## **C. COOPERATION WITH OFFICIALS IN THE DISTRICTS AND SUB-DISTRICTS**

In 2010 PRADET continued to maintain good relationships with all District and Sub-district administrators where trainings and workshops are being provided. Other community officials include:

- Heads of Health sector
- PNTL
- MSS Child Protection
- Chefe de Sucos/Aldeias
- Head of schools

## **IV. CAPACITY BUILDING FOR PRADET**

- International Mentor Susan Kendall worked in PRADET for 24 weeks in 2010
  - 8 weeks February - April
  - 8 weeks June - August
  - 8 weeks October - December
- Website development and maintenance: Ms. Louise Nash, ABV, July 2010
- Database and statistical analysis: Mr. Wes Baker, ABV, 6 weeks, June-July 2010
- Epilepsy training: Facilitated by Dr. Valen, Neurologist (Perth), 2 days, April 2010
- Psychosocial Training, facilitated by Cindy Eggington, AVI
- Assessment, diagnosis and treatment of mental illness: Prof. Parameshvara Deva and Dr. Andrew Mohanraj, 3-day training, November 2010
- PRADET Strategic Plan 2010-2014, facilitated by the Institute of Cultural Affairs Australia 3-day Workshop, 25-27 October 2010

## CHALLENGES

PRADET has finite resources and the health system in East Timor still has many challenges and restrictions, particularly in the districts. Medications for mental health illnesses are not always available and it is simply not possible to address all the needs of all the clients.

- There is no national inpatient facility for people with mental illness. A small hospital in Manatuto sub-district of Laclubar exists that only admits people from Manatuto.
- Transport is a major issue. The roads are particularly challenging, PRADET's cars are not new and mechanical problems are frequent. There is often a shortage of vehicles due to repairs which limits activities in the districts.
- Some donors have reduced their funding and most are late in providing funds. This results in a delay of activities and difficulties implementing plans and projects on schedule.
- Another USD 30,000.00 is needed to complete the new office in HNGV.
- The cost of living in Timor Leste has significantly increased, including the price of fuel.
- The activities and support from the PRADET Board need to improve and some of the Board members have to be more active and committed to their responsibilities.
- There is no safe house for the women with mental illness.
- Some staff members have more responsibilities than others. Workloads need to be more evenly distributed.
- Finance and management require more technical support. PRADET has not had an International Advisor in these areas since 2007.

## CONCLUSIONS

Overall PRADET has consolidated its position in the community. Its activities are highly regarded and the organization has gained respect from all sections of the community. The past history of violence, particularly in 1999 and 2006, have led to trauma and mental illness becoming serious issues in Timor-Leste. The services that PRADET provides are essential and it is hoped that the Government will take more responsibility and initiative to assist PRADET with its programs.

Learning from past experiences, achievements and challenges, PRADET aims to improve the overall performance of the organization and to provide more qualitative services to all clients. This was one of the strategic goals envisaged as a priority during the strategic planning workshop held in October 2010. One of the more specific objectives is to improve the organizational management through a rigorous process of organizational development.

**“Healthy Minds - Healthy Nation”**

## APPENDIX A

List of donors and other funds obtained by PRADET for the new office building:

1. Blue Mountain Sisters (10,000 USD)
2. Ramos Horta Human Rights Prize (15,000 USD)
3. Mr. Atul Khare Special Representative of UN Secretary General (25,000 USD)
4. Other individual donations (3,000 USD)
5. PRADET provided Trauma Support Workshop to PNTL in 2006-2007 (22,000 USD). This was supported by TLPDP (AusAid)
6. Furniture for the office donated by Austcare when they closed their office in 2010
7. AusAid (6,000 USD)

## APPENDIX B

Materials developed and published:

PRADET developed and distributed materials and tools such as pamphlets and posters for the community education programs and orientation training manual for new staff.

**For the community education activities PRADET distributed the following:**

- PRADET Activities Booklet
- Mental Health Pamphlet
- Trauma Pamphlet
- Being in Prison Pamphlet
- Peace Activities Pamphlet
- Fatin Hakmatek Pamphlet
- Poster and Leaflet on Referral Pathways for Victims of Sexual Assault, Domestic Violence and Child Abuse
- Alcohol poster

## APPENDIX C

**PRADET Board Members:**

1. Silverio Pinto Baptista – President of Board
2. Antonia Carmen da Cruz – Board Member
3. Teresa Verdial de Araujo – Board Member
4. Feliciano da C.A.Pinto – Board Member
5. Olga dos Reis Marcal – Board Member
6. Manuel dos Santos – Board Member

## **PRADET Staff**

### **Administration Staff:**

1. Mira Martins da Silva – Director ( Former Director)
2. Evelio Antonio de Sousa – Vice Director (Former Vice Director)
3. Manuel dos Santos – Office Administrator (Current Acting Director)
4. Julio Jose – Administration Assistant
5. Antonio Esteves – Finance Officer
6. Sabino Perreira – Finance Assistant
7. Etelvina Doutel Sarmentu – Assistant Program Coordinator – FH
8. Jeremias M.M. Felipe – Driver I
9. Vicente dos Reis Marcal – Driver II
10. Felipe Osvaldo Pinto – Driver III
11. Mariano Henriques Xavier – Driver IV
12. Jose Freitas Lemos – Driver V
13. Florecensia Soares – Office Keeper I
14. Expedita de Jesus Soares – Office Keeper II
15. Alarico Xavier – Office Security I
16. Ananias da Costa Maya – Office Security II

### **Program Staff:**

1. PAMM Staff
  - Anibal Idalino Loe – Nurse/Program Coordinator
  - Nogueira Soares – Nurse/Counsellor
  - Silvina Dulce dos Santos – Nurse/Counsellor
  - Maria Isabel de Deus – Nurse/Counsellor
  - Tobias Jose Soares – Nurse/Counsellor (passed away August 2010)
  - Diana Francisca Ximenes Carvalho – Nurse/Counsellor
2. Fatin Hakmatek staff
  - Luisa dos Reis Marcal – Midwife/Program Coordinator
  - Natalina de Jesus Amaral – Midwife/Counsellor
  - Hortencia Fatima Miranda – Midwife/Counsellor
  - Ediana da Costa Lobo Soares – Midwife/Counsellor
  - Silvia de Jesus Araujo – Midwife/Counsellor
  - Zezito da Silva – Nurse/Counsellor
3. PDAJJ staff
  - Luisa Marcal de Jesus – Nurse/Counsellor
  - Arlinda de F.A.M – Psychologist/Counsellor
  - Lubelia G. dos R.A – Community Facilitator
  - Julio do Rosario – Community Facilitator

4. SVC staff
  - Angelica Fatima Freitas – Nurse/Program Coordinator
  - Anita de Jesus Menezes – Community Facilitator
5. Tau Matan staff
  - Santina F.A da S – Case Worker
  - Elde Jose Cardoso – Case Worker
  - Ermelinda Lese - Case Worker
  - Diana Novita Solihati – Case Worker
  - Idinha Maria V.C – Case Worker
6. PPS staff
  - Faustina da C.A – Nurse/Counsellor
  - Francisca Castro Belo – Community Facilitator

