

Six Monthly Report – April – September 2015

The last six months, from April-September 2015 we have reached out to 14693 individuals directly through our programs, 1552 individuals through our public and policy advocacy and have reached 18696 individuals through social media.

In this report we will provide the outreach of all projects of Arpan and their impact. The impact primarily maps knowledge, skill enhancement and attitudinal shift in relation to Child Sexual Abuse through Pre and Post questionnaires (absolute and mean difference are used depending on the nature of assessment question).

Outreach and Impact of Projects, April-September 2015

1. Project I: Sensitization of Public

The first wheel in the circle of intervention at Arpan is focused on unveiling the issue of child sexual abuse. This is done through following activities - civil society events (NGO events, corporate events, college events etc.), representing Arpan in social media and participating in exhibition and conferences. Arpan organizes/initiates and/ participates in these activities to create greater sensitivity, visibility about the issue of Child Sexual Abuse and Arpan's programs for the same.

Outreach of the Project

We have reached out to 742 individuals through events and exhibitions

- At Oberoi Splendor, LGBT event, ASSCA conference, Process documentation book launch, Swaddle event, Logic Talk at Logicserve.
- In the last six months Arpan has reached out to 18696 individuals through various social media platforms like Facebook, Twitter, and Blog etc.

2. Project II: Policy Advocacy

In order to create a sustainable and scalable model of intervention, Arpan advocates for systemic level change at local, state, and national level with various stakeholders like, Law Ministry, Women and Child Development and Education departments etc.

- Rescue & Remedy
 - Arpan released the book 'Rescue and Remedy: A Process Documentation of Psychotherapy with Children in Institutions' on the 9th of July, 2015 at the Y B Chavan Centre in Mumbai. Ms. Sangeeta Punekar, Founder, Advait Foundation, Dr. Rani Raote, eminent psychotherapist, Onir, Well-known director-producer along with Dr. Manjeer Mukherjee and Pooja Taparia from Arpan unveiled the book. An enlightening discussion followed on trauma, psychotherapy, outcomes of therapy and how children in institutions can benefit from it. Honorable Minister of Women and Child Department of Maharashtra, Pankaja Munde and Mr. Sonjoy Chatterjee, Co-head,

Goldman Sachs India sent their messages of support. More than anything that touched and inspired all present were the stories of hope and change by the girls who underwent psychotherapy.

- Political Savvy Workshop, Mandatory Reporting consultation, National Woman's Conclave in Surat
- Talk on Incest by Nehal (Manager – Prevention services) at Delhi for a function held in Delhi by Counsel to Secure Justice ("CSJ") and HAQ: Centre for Child Rights ("HAQ") which partnered on a project funded by Human Dignity Foundation to improve access to justice and restorative care to child sexual abuse ("CSA") victims and survivors in Delhi.

Outreach of the Project

We have reached out to 1552 individuals through various forums to create awareness and advocate for the personal Safety Education Program in schools.

Project III: Personal Safety Education

Personal Safety Education project is one of the core interventions of Arpan. The project includes the implementation of a life skill module that has been developed by Arpan to prevent the risk of CSA and seek support in case of violation. Arpan conducts this module with children in privately owned and government schools as well as with highly vulnerable groups of children through NGO's, shelter homes, orphanages etc. The PSE project also involves awareness building and skill enhancement of adults like parents, teachers and institutional caretakers who are the primary stakeholders and caregivers in a child's life.

Outreach of the Project

From April 2015-September 2015,

- Arpan has reached out 12417 individuals including 6940 children through 17 schools, 1 children's home and 1 institution.
- All the 6940 children were provided with an individual sessions with the trainer so that they can talk about any past/ongoing experience of abuse.
- Post disclosure, 407 children and their families were provide with 334 counseling sessions.
- 5477 parents, teachers and staff were also empowered on Child Sexual Abuse through personal safety education project.

Impact of the Project

- During an individual session in a school, a 12 year old girl currently staying in an institution (Home) spoke to the trainer about her past abuse incidents. Her father died when she was 5years old. After her father's death her mother left them and she stayed with her grandmother. She had multiple experiences of abuse and traumatic incidents in her childhood. The concerns were anger outbursts, self-harming behaviors, guilt and fear of losing her mother. Once referred to the Arpan counsellor psychoeducation, Expressive therapy (storytelling and art) and narrative therapy (writing Letters to mother) were done with her.

Post therapy she is now more aware about her anger outburst. New strategies to control anger and regulate behaviors are discussed. She can identify the triggers. She knows that her mother is there and she can communicate her fears to her. Better interpersonal relationships at home can be noticed.

Project 4: Conducting Awareness and basic skill building sessions with diverse stakeholders

Arpan conducts regular awareness sessions with various target groups (for e.g., Teachers, Parents, Caretakers, NGO Professionals and Staff, Social Workers, police officials and health professionals) in order to create greater sensitivity and awareness about the issue of CSA.

Outreach of the Project

Awareness talks were conducted with over 2000 individuals from miscellaneous network. The break-up is as follows:

- Over 1000 were sensitized on Child Sexual Abuse and empowered with parenting skills
- Over 100 college students were made aware about Child Sexual Abuse
- Over 400 teachers were also made aware of Child Sexual Abuse
- Over 380 NGO professionals and community workers were also made aware of Child sexual abuse

Impact of the Project

One parent, has two children, her son studying in the school where PSE is being conducted. She shared that once her daughter was coming from a shop and one man touched her chest. The girl shared the incident to her mother. The mother realized her daughter is showing the signs of being abused which were mentioned in the session that was conducted by Arpan and she validated her daughter's feelings. The mother understood the importance of counselling and referred her daughter to the Arpan's Counselor.

Project 5: Counselling and Psychotherapeutic Services

Arpan provides both mainstream and alternative therapeutic services to children, adult survivors of child sexual abuse and their families. These services are offered at the Arpan's center and at the community level with support of NGO's and social service organizations.

Arpan through its project on Psychotherapeutic Services within Institutional set up reach out to the highly marginalized group of rescued minors and children at risk within institutions and shelter homes with an aim to provide long term and intensive individual and group psychotherapeutic services. The project also aims to build capacity of caretakers within the institutional set up in order to create a care and support network for the children.

Outreach of the Project

In the last six months, Arpan has conducted 30 individual and 27 group sessions with the following stakeholders:



- Counseling sessions with 8 children and 11 adult survivors of child sexual abuse. Arpan also conducted 8 sessions on psycho-education with parents.
- 29 clients were reached out with long term psychotherapeutic cases in institutions

Impact of the project

The impact post multiple counseling sessions has been primarily in the area of:

- Gathering the strength and language to communicate about past child sexual abuse experience
- Reduction/riddance of approval seeking behavior, which is one of the key indicators of trauma.
- Improvement in assertive communication and reduction in either passive / aggressive behavior
- Reduction/riddance of impulsive behavior especially stealing, self-harm behaviors as they have improved impulse control, learnt delayed gratification, have developed resources to deal and express negative feelings
- Development of trust in others and overcoming suspicion
- Self-awareness of feelings and expressive of one's needs helping in inter-personal communication

Project 6: Training and Capacity Building

Arpan conducts an intensive training of teachers/ trainers project which aims at building the capacity of teachers, school management and institutional trainers in undertaking Personal Safety Education Program implementation at their school or organizational/ institutional level.

Arpan also focuses on building capacity of the staff within like-minded non-governmental organizations in order to sensitize and empower their staff with adequate information on CSA.

Arpan plays the role of a resource agency by conducting trainings and workshops for mental health and social service professionals on alternative psychotherapeutic intervention strategies like Dance Movement Therapy, Play Therapy, Trauma resolution therapies, Somatic Experiencing and Psychodrama etc.

Arpan is also running successfully the Working Group on Trauma for the last 5 years. This is a group of mental health professionals and social workers who work in conjunction with a mentor/ resource person towards understanding the effects of Trauma and building their skills to facilitate effective healing process of children and adults survivors of CSA and their families.

Outreach of the Project

In last six months, Arpan has trained 33 middle and secondary school level teachers of a school in Valsad, Gujarat, 66 Superintendents of 76 institutions in Worli Zone, Thane Zone and Chembur Zone and 55 managers of Magic Bus Community from their various branches in Pune, Gujarat, M.P, and West Zone - Mumbai .

Project 7: Primary and Secondary Research

Arpan is focusing on developing an authentic and holistic knowledge base on the issue of child sexual abuse to understand the phenomenon and create appropriate intervention. This knowledge development through primary and secondary research will feed in Arpan's interventions.

In the last six months:

- Building New MIS Systems
 - We are trying to put a new system in place, which will decrease the possibilities of human errors and will make the data more systematic.
- Finalizing content for M&E manual & Case Intervention Manual
 - The M & E Manual will be an addition to the PSE manuals and will help the users to evaluate their projects in more efficient manner.
 - The Case Intervention Manual, will be like a guide for the therapist who join Arpan and will be very useful for them to handle the cases addressing CSA.

Project 8: Resource Development

Resource Development is a critical component at Arpan to support the direct PSE implementation as well as capacity building of professionals. Arpan is also designing various tools, resources and modalities to scale and replicate their services across geographies and socio-economic and cultural groups.

In the last 6 months Arpan:

- Piloted Grade 7
 - Based on the feedback from the Advisory Board Meeting with the teachers, parents and children we made few changes to the modules, which were more age appropriate and add the required information for the children of 7 & 8 grade.
- Process Documentation Translation –
 - Post the book release on 9th July - "Rescue and Remedy" – based on our study at Advait Home for the last 5 years, we want it to reach out to as many as possible, hence it is important that we translate it to Hindi and Marathi. We have reached out to LionBridge Technologies Inc to translate it for us.
- School Poster Evaluation
 - Post the PSE in schools we put the posters in the schools. It was important for Arpan to go back and reflect if they were useful for the children and teachers. This activity will help us do it. We are covering it in 7 schools.
- E- Survey sent for PS Workbook & My Little Body Book
 - It is important to evaluate our publications to understand its' effectiveness. To do that we have created E – Survey for our publications and hope to get a good response from the users.

Challenges Encountered

Arpan has been able to over achieve in most of the projects and make imprint in the lives of its stakeholders. However the past six months also threw multiple challenges and gave us new learnings. The critical challenges were:

- Lack of time for training external stakeholders
- Lack of time for planned pitching to schools to advocate for the PSE programme.
- Mediums of language other than Marathi, Hindi and English pose a challenge for the trainers to speak in
- School issues – unplanned leave, holidays, lack of communication from schools in spite of regular follow up, poor infrastructure of schools
- Difficulty in finding Case Supervisors and Resource Persons for Training
- Language as a barrier in therapy for non-Marathi Speaking Counsellors in Marathi Schools
- System database integration
- Missing Data
- Operating system vulnerabilities

Future Plan

In next six months, Arpan looks forward to continue the current pace of work and reach the annual target as planned.