

Foundation
wings of hope
Bosnia and Herzegovina



Fondacija «Kрила наде», Bosna i Hercegovina

Report for year 2016

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Empowers women. Opens up perspectives.

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Situation analysis

During the 2016, the Foundation remained the leading center for psychotherapy and counseling in Sarajevo. Partners, such four primary schools involved in the IN Foundation Project and three additional schools in Sarajevo Canton, already use WoH as a Resource Centre, referring project participants, children and their parents to WoH for psychotherapy, counseling and educational support .

During 2016 The Foundation's cooperation with Sarajevo Open Centre and Raiffeisen Bank Sarajevo continued, including referring project participants, their members, or employees, to WoH for psychotherapy, legal assistance, or support in seeking employment. WoH serves as first choice comparing to public institutions regarding seeking psychological support. Center for Mental Health Novi Grad, Novo Sarajevo, Vogošća and Ilidža are sending clients to WoH.

During 2016 Cognitive–Behavioral Treatment Program for Violent Behavior in School Children project in cooperation with IN Foundation was continued. New component of that project was implemented, which is peer supports group being organized in four partner schools in Sarajevo.

During 2016 we had an influx of people - both children and adults - showing an interest in attending classes of different subjects, such as Maths, Chemistry, Physics, English, German and Bosnian. We were also directly contacted from different schools because their pedagogues saw an opportunity in WoH to motivate their students to learn.

During 2016, the Centre provided individual support for those who had dropped out of school, but are now continuing their secondary education. Three new participants who want to finish their primary school education were also offered support. They were offered financial support and support in learning.

During 2016 WoH continued to organise training sessions for long-term unemployed single mothers, female survivors of violence and adult school drop outs. Three training sessions were organized: in Konjic (March 2016), Visoko (October 2016) and Sarajevo.

Activities and Results achieved

Psychotherapy

WoH's goal in the field of mental health is for individuals with mental health issues, problems and disorders, as well as survivors of violence living with long-term traumatisations through the war to be enabled to deal positively with the challenges in their everyday life, to restore their dignity and to regain their human rights.

WoH's therapists and social workers provide counselling, psychotherapy, psychological and psychosocial support to marginalised children, adults, and families with mental health issues, problems and disorders. In 2016, **11** psychotherapists and **one** psychiatrist worked with **181** clients. Of the **181** project participants, children aged from 2 to 13 numbered **40**; adolescents aged from 17 to 22 numbered **41**; adults numbered **100**. Of 181 project participants **108** were female - **59,66%**.

Collaboration with Centre for Mental Health in our local community – Municipality Novi Grad was continued. WoH psychologists supported the Centre for Mental Health in Novi Grad, Novo Sarajevo, Vogošća and Ilidža in its work with **6** difficult cases in the re-socialization process.

WoH collaborated with Sarajevo Open Centre from January to December 2016 by providing counseling and psychotherapy for **19** LGBT clients from Sarajevo and Tuzla.

In 2016 cooperation within WoH and Croatian NVO "Transparent" was established. In frame of that collaboration, one day training named "Mental health of transsexual youth" for psychologists and psychotherapists in Zagreb, on 1. November 2016 was provided.

Within the project The Cognitive-Behavioural Treatment Program for Violent Behaviour in School Children on May 2016 WoH organized a round table entitled "Including the key stakeholders of the local community in the prevention and treatment of violent behaviors in schools" in which took part 20 participants, including representatives from elementary schools included in the project, representatives of the Centre of Mental Health and Centers for Social Work of Novi Grad and Novo Sarajevo municipality, as well as representatives of the Novi Grad municipality and Community Police of Novi Grad.

New component of the project was started in 2016 - building peer supports groups in four partner schools. Realization of that project will be continued in following year 2017.

The collaboration with the web portal tacno.net was continued. One article which focuses on violence against children - specific types and signs of recognition and steps for prevention was published: <http://www.tacno.net/sarajevo/fondacija-krila-nade-i-ove-godine-nastavlja-projekat-usmjeren-ka-prevenciji-vrsnjackog-nasilja-u-osnovnim-skolama-bih/>. The collaboration with Network of Peace (Mreza Mira) was also introduced and one article on their website was published: <https://www.mreza-mira.net/vijesti/aktivnosti-mreze/odrzana-edukacija-krila-nade>.

During 2016, WoH psychologist held training for **14** CBT therapists in cooperation with the Domino Association of CBT therapists for anger management and anxiety management in children.

Education



The goal of WoH in the field of education is that socially excluded children, children with learning difficulties and/or behavioural problems are successfully integrated into the school system.

The Foundation provided **3,341.5** individual and group school hours for **311** students of who **57%** female. Classes in Mathematics, English, German, Philosophy, Bosnian, Chemistry, Physics, and Statics for local students, plus Bosnian language lessons for

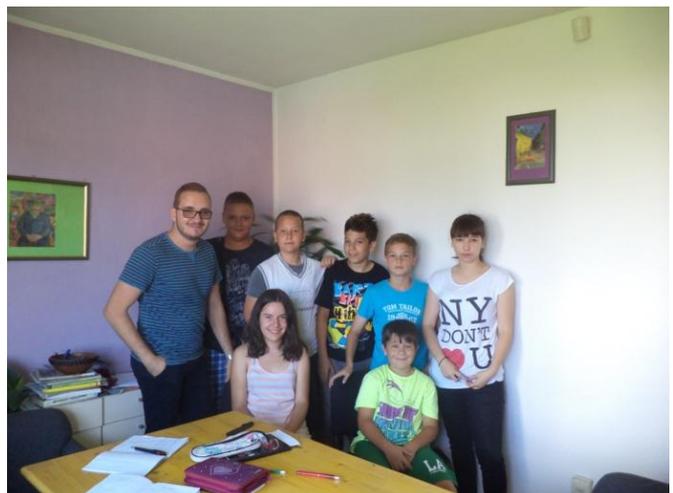
volunteers were organised.

More than 90 students were also included in counselling, mostly those between ages of 11 and 14.

One social worker, **4** teachers and **7** volunteers have worked with our participants during 2016.

Winter and Summer schools were organized.

WoH education professionals and psychologists provided trainings and guidance for teachers, pedagogues,



school psychologists and directors in order to develop their capacity to provide high-quality inclusive education and prevent violence at school. **Four** trainings with the topic "Role of teacher in preventing peer violence." were organized. **150** teachers and education professionals and **12** psychologists participated them.

Support for Centre for Social Work in Sarajevo was continued. WoH provided support in their work with 4 difficult cases.

Employment

Regarding unemployment, the goal of WoH Foundation is to support single mothers, female survivors of domestic violence and adult school dropouts, who have been unemployed on a long-term basis, to become better equipped for a successful job search. Goal was being met by organizing trainings and coaching for a successful job search. **28** persons received support (mentoring, etc.) and **17** of them received scholarships to complete their formal education. **3** participants finished their education and received their diploma in the period from January to December 2016.

During 2016, WoH organised **three** training sessions about active preparation for job search with altogether **32** participants. **90%** of them were female, all of them are over 18 years old and **35%** of them are over 30 years old.

Besides training in Sarajevo, there were organised two training sessions in smaller cities mainly for female participants who do not have the possibility to access this kind of events and develop skills and attitudes regarding their CVs and motivation letters.

The first training course, which was organized in Konjic in March 2016 was organized with the cooperation with a local NGO "Žene za žene" (Women for Women); the second one was organised in Visoko in October 2016, with the cooperation with a local NGO "Budi mi prijatelj" (Be my friend) and the third one in Sarajevo for people we supported in continuing with their education.

From last year's **5** students, who were enrolled in the school year 2015/2016, **2** of them finished their final year of studies and received a diploma. Additionally for one student we payed all exams he had to finish to receive a diploma and he managed to **complete his education in 2016**.

In total, **59%** of participants are older than 30 years, **53%** are women, and all are in a bad socio-economical situation. **72%** of them are coming to the Centre for more than one year and are involved in other activities the Center has organized.

We currently have several new applicants and still **15** participants on the waiting list, from which **2** still need to finish their primary school education. Most of them face obstacles

caused by bad socio-economic situation, discrimination, because of being a part of Roma minority, or discrimination against their sexual orientation.

Networking/Cooperation with other stakeholders, projects, organisations and institutions

Two articles about project against peer violence in school realized with IN Foundation were published on <http://tacno.net/> :

<http://www.tacno.net/sarajevo/fondacija-krila-nade-i-ove-godine-nastavlja-projekt-usmjeren-ka-prevenciji-vrsnjackog-nasilja-u-osnovnim-skolama-bih/>

and <http://mreza-mira.net/> :

<https://www.mreza-mira.net/vijesti/aktivnosti-mreze/odrzana-edukacija-krila-nade/>

Staff members of WoH were also included in the article published on <http://lgbti.ba/> :

<http://lgbti.ba/psihoterapija-mjesto-sigurnog-prostora/>

Staff members of WoH were guests at media:

- In January 2016 one staff member was a guest on a show aired live on TV Sarajevo.
- In March short interview on Radio Konjic
- In October 2016 four staff members of WoH were guests at Nešto novo!? on TV Alfa

Wings of Hope Foundation works extensively with a variety of both local and international partners:

- Private ordination Berina Karahasan Aleksić, BiH
- PSIHO - INTEGRUM, BiH
- Domino, Association of CBT therapists
- Four elementary schools in Sarajevo
- Pediatric Clinic of Sarajevo
- Association of Pedagogues of Canton Sarajevo
- Denver University
- Northwestern University
- Sarajevo Open Centre



The Foundation is also a member of couple of networks:

- the Network for the Elimination of Violence against Children NEVAC
- Balkan Investigative Reporting Network
- The Network for Affirmation of NGO Sector – MANS
- Network for Building Peace
- Mreza Sporazum Plus
- international groups and groups for legal aid.



mreža za
izgradnju mira

