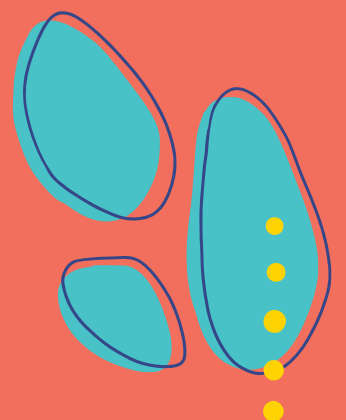




Refugee Healing Network

ANNUAL REPORT 2023

amna.org



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Letter from the Chair of the Board of Trustees

Dear Friends and Supporters,

The year 2023 marked a milestone for Amna—a year of transition, reflection, and renewed commitment to our mission.

We began the year by taking a thoughtful pause. After seven years of growth, beginning with our founding in Idomeni in 2016, through to our expansion into a global healing network. We recognised the importance of stepping back to ask: What have we learned? What do we need to strengthen? And how do we continue to show up with integrity and intention for the communities we serve?

With the generous support of our donors, Amna suspended new programme development to carry out a wide-reaching review of our work to date. We listened carefully - to our partners, funders, team members, and most importantly, to the communities at the heart of our mission. These reflections shaped the foundation for our new five-year strategy (2024–2028), which will guide us in scaling our impact while staying rooted in care, dignity, and community leadership.

This was also a year of transition in leadership. Our beloved founder and CEO, Zarlisht Halaimzai, made the decision to step down from her role after many years of visionary and compassionate leadership. Her legacy is deeply woven into the fabric of Amna, and we remain grateful for the path she has paved.

We were also proud to formalise Amna’s UK Charitable Incorporated Organisation (CIO) status, and to welcome a new CEO into the team. Alongside this, we successfully fundraised to strengthen our internal systems and resourced our team for the journey ahead.

Even as we paused to reflect, Amna continued delivering direct programming and capacity building in Greece and across our international hubs, including launching two new hubs one in Albania for Afghan refugees and an additional hub in Ukraine. We remained present, responsive, and committed to the wellbeing of those affected by displacement and crisis.

It has been a year of deep learning, courageous transition, and steadfast belief in our collective vision. On behalf of the Board of Trustees, I want to thank you, our supporters, partners, and communities, for walking with us. We look forward to continuing this journey together.

With gratitude and hope,

Dan Robinson
Chair of the Board of Trustees, Amna



About Us

Amna envisions a world where refugees can shape their futures, free from the impact of trauma, conflict, and displacement.

We are a refugee-centred organisation, committed to expanding mental health support and community-led psychosocial services for displaced people. We work globally to fund, train and equip frontline organisations and humanitarians to deliver community-based, trauma and identity-informed care to people experiencing conflict and displacement.

Our approach blends evidence-based methods with creative, cultural healing practices, offering communities safe spaces to grieve, express and release trauma and regain a sense of safety. By fostering safe spaces for healing, we aim to break the cycle of intergenerational trauma and address the long-term impact of displacement, creating lasting change.

Founded in 2016 at the height of the refugee crisis in Greece, Amna began with a simple but powerful idea: that healing is possible when people feel seen, safe, and connected. Since then, we have grown into a global healing network—supporting thousands of frontline workers, caregivers, and displaced communities through creative tools, accessible resources, and care-centred training.

OUR APPROACH

Amna means safe in Arabic and our name really represents the core of what we do – help displaced communities to feel safe again by supporting their mental and emotional wellbeing.

Our vision is of a world where refugees can determine their futures, unbounded by the impacts of conflict and displacement and our mission is to build community capacity for collective healing.

We partner with community organisations around the world to offer trauma and identity-informed psychosocial care to people affected by conflict and forced displacement. We invest in and train local organisations and connect them to a healing network that can support their practice. We help partners to develop/deepen, reflect on and design/build psychosocial programmes/interventions in collaboration with refugee communities and we do it all with a values-based, trauma-sensitive and identity-informed approach.

By helping partners develop and integrate non-clinical psychosocial approaches we ensure that psychosocial support is available and accessible to those who need it.



Our Work



PROGRAMME HIGHLIGHTS

Dinami

Dinami, which means “power” in Greek, is Amna’s youth-focused programme designed to support refugee and host-country youth (ages 14–25) in building friendships, fostering understanding, and feeling empowered as they integrate into host communities. Grounded in a holistic and trauma-informed approach, Dinami offers psychosocial support, community building, teamwork, and professional development.

Amna co-creates each programme with young people, inviting them to help shape the skills and experiences offered. Activities are delivered through a project-based learning (PBL) approach, with participants working on both individual and collaborative projects

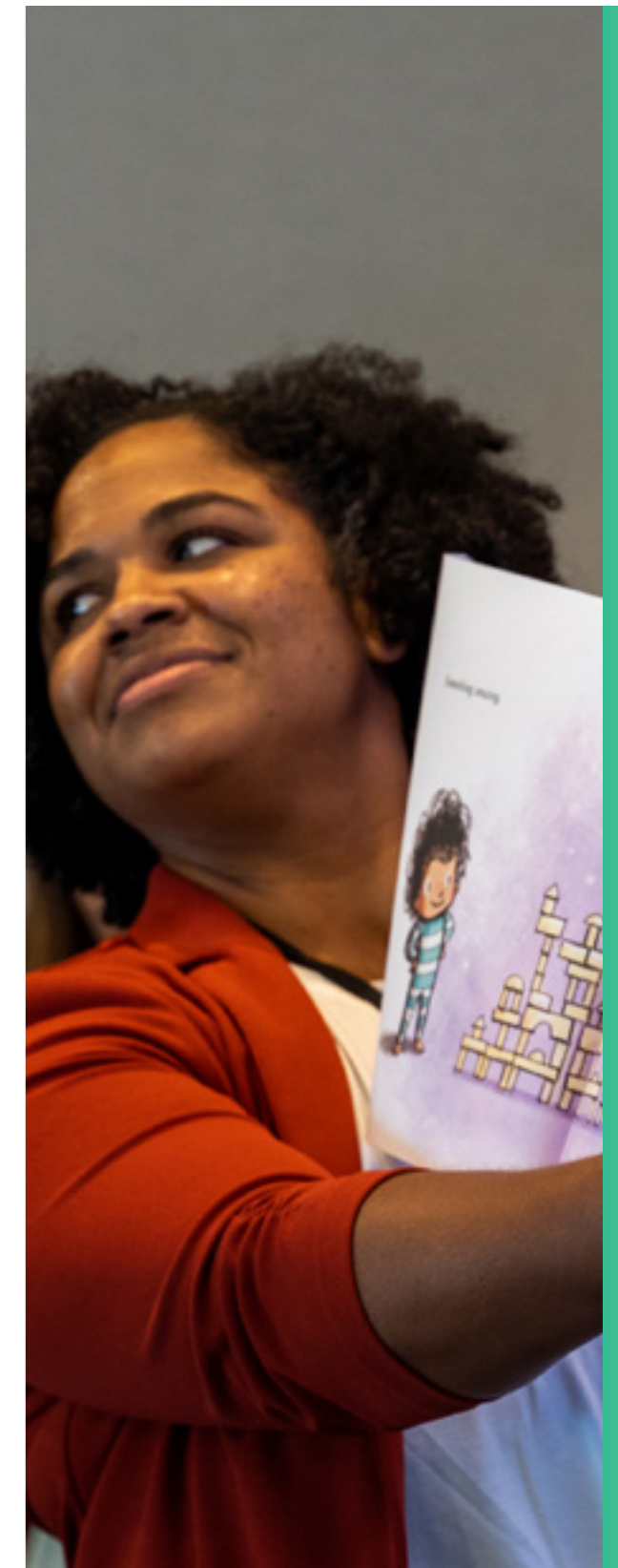
aligned with their personal goals. Workshops have included music, photography, filmmaking, theatre, comedy, and jewellery-making.

In 2023, Amna directly facilitated several Dinami programmes including the After School Club, Dinami Friends Events, Dinami Girls Club, the monthly Football4All sessions, and the Sistech programme. A total of 73 project sessions were delivered, with Amna training facilitators to implement their own Project Based Learning programmes with youth led Psychosocial Care embedded.

Throughout the year, 469 refugee youth (63% male, 37% female) participated in Dinami across Greece. Engagement was high, and feedback from both participants and educators consistently highlighted the impact of the welcoming environment and relatable facilitation. A teacher from a school where Amna facilitates an After School Club shared:

“They [the students] become more sociable, have more courage to speak and express themselves, and show less shyness. The fact that you come with lived experience, and you’re not like a traditional teacher, inspires them. Even using words from their own language makes a big difference.”

– Natasha, Dinami Girls Club teacher



INTERNATIONAL TRAINING & CAPACITY BUILDING

Emergency Response Hubs—2023

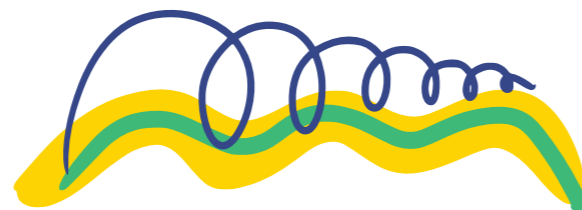
PAKISTAN

In 2023, Amna continued to support emergency response efforts through several regional hubs. In Pakistan, Amna sustained its community partnerships hub launched in 2022 with four local organizations, including:

Amna's four Pakistan-based partners, YAD, Prime Foundation, Seher, and SHARP, collectively delivered impactful psychosocial programming rooted in Amna's trauma- and identity-informed approach, these are the key focus of their programme outcomes and most significant impact in 2023:

• Trauma-and Identity-Informed Practice:

Across the four partners, there was strong evidence of trauma- and identity-informed practices being applied in community settings. Partners integrated Amna's psychosocial tools—such as breathing exercises, grounding techniques, and safe group spaces—into their work with caregivers, youth, and facilitators. Several adapted Amna's frameworks into their Train-the-Trainer models, creating ripple effects within their organisations and communities. These practices supported emotional expression, inner safety, and resilience, and were particularly effective when delivered by community-based para-psychologists and facilitators, reinforcing Amna's non-clinical, values-based approach to healing.

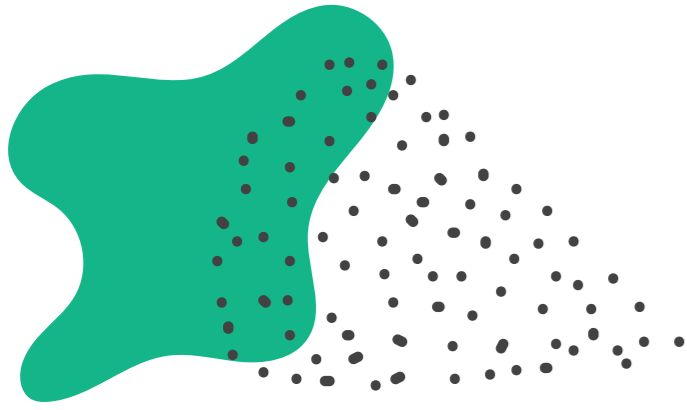


• Community Trust and Participation:

Partners placed a strong emphasis on building trust, accessibility, and relational safety, which translated into high levels of community engagement and retention. Healing sessions were made culturally resonant by integrating joy, music, storytelling, and rituals that spoke to local experiences. By centering relational wellbeing and designing inclusive activities for men, women, and youth, they strengthened social cohesion and participation. This approach created safe, welcoming spaces where community members could express emotions, connect with others, and begin to heal collectively.

• Integration of Amna's Training and Learning:

While reporting depth varied, all partners demonstrated efforts to incorporate Amna's training into programme delivery. Techniques and values introduced by Amna were reflected in activity design, group facilitation styles, and language used in community sessions. Some partners localized Amna's approach—for example, framing community pain through locally understood narratives—which made the work even more impactful. Engagement in Amna's Organisational Support Calls further supported learning uptake and adaptation, even when this wasn't fully reflected in written reports.



- **Refugee Inclusion and Local Leadership:**

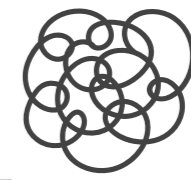
All four partners consistently promoted refugee inclusion and community-led programming. Refugees and affected populations were involved as facilitators, psychologists, and organisers, contributing to both programme delivery and design. This leadership model enhanced trust, accessibility, and cultural relevance. Notably, women from refugee communities played visible roles in outreach and facilitation, helping create spaces where participants felt seen, heard, and supported. These efforts aligned closely with Amna's commitment to power-sharing and community ownership.

- **Reach and Engagement:**

Despite diverse capacities and local contexts, partners collectively reached a significant number of children, caregivers, and youth. Activities ranged from emotional regulation sessions to community healing events, awareness campaigns, and support circles. Some partners, such as YAD, achieved broad reach through public events, while others like SHARP offered more targeted, intensive support, including one-on-one sessions and structured trauma care. These efforts demonstrate both scalability and depth in how Amna's approach was delivered across different community settings.

- **Cross-Partner Collaboration and Peer Learning:**

The Community of Practice (CS) calls were used actively by most partners to reflect, share learnings, and support one another. Partners contributed thoughtful insights, shared emerging strategies, and sought feedback from peers, creating a vibrant learning environment. This horizontal exchange not only enhanced individual practice but also strengthened the network as a whole, allowing partners to adapt approaches based on what was working elsewhere in the programme. CS calls were especially useful for surfacing integration of trauma-informed practices not always captured in formal reports.



Aqila's Story: From Fear to Leadership



Aqila, a 21-year-old former athlete from Afghanistan, fled to Pakistan with her younger brother after being threatened and harassed by relatives who sought to seize her inheritance. Orphaned and alone in a foreign country, with no financial support or knowledge of the local language, Aqila was consumed by fear, depression, and anxiety. She suffered from panic attacks and lived in constant dread that her cousin would track her down in Pakistan.



When Aqila arrived at the Safe Spaces for Refugees centre—supported through Amna’s Community Partnership Programme—she began receiving regular psychosocial support from trained counsellors. The safe and caring environment, combined with consistent trauma-informed sessions, helped her regain a sense of security. As her trust in the space and staff grew, Aqila’s mental health began to stabilise. Recognising her background and strength, the staff invited her to lead yoga and exercise sessions for other women in the centre.



This opportunity transformed Aqila’s journey. Not only did her panic attacks subside, but she also found renewed purpose and connection through helping others. Today, Aqila speaks of peace and fulfilment:

“Now I am at peace. I enjoy teaching the community all the physical activity which helps overcome my stress.”

Her story reflects the power of Amna’s approach—centred on healing, dignity, and community leadership—to create lasting change in the lives of displaced women.”



“We were guided about exercises, relaxation techniques, stress management techniques...”

And we received the evaluation of our first emergency hub pilot response.



RESULTS OF THE EVALUATION

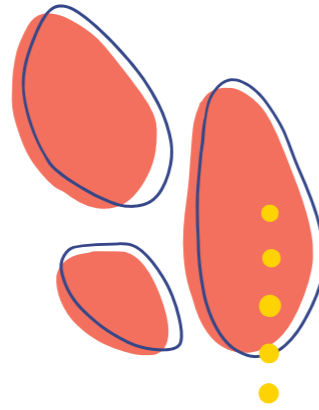
An independent evaluation of the response was conducted by T.H. Chan School of Public Health, Harvard University which emphasised the importance of Amna’s identity informed approach as community members highlighted the importance of maintaining their cultural values, traditions and identity.

Key findings included:

- Through qualitative interviews, it became clear that mental health support is a critical necessity for refugees, compounded by the distress caused by displacement and stigma experienced in host communities. The findings highlight the urgent need for trauma-informed care and underscore the importance of preserving cultural identity, which not only mitigates mental health challenges but also brings joy and a sense of belonging to displaced individuals. Amna’s approach to working with displaced communities is validated by these findings, as it focuses on helping individuals and communities retain their sense of self, culture, and traditions.



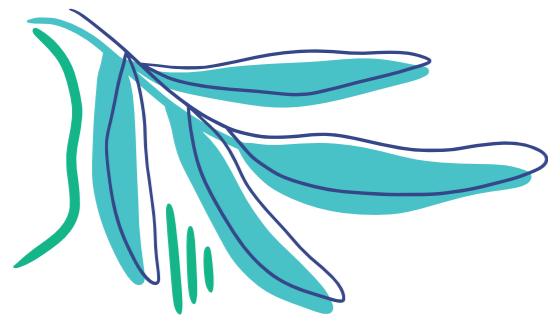
- Strengthening the capacity of partner NGOs working with Afghan refugees has proven essential in meeting these needs. Amna's training efforts in Pakistan equipped partner staff with new knowledge and skills, resulting in immediate benefits such as improved stress management and the creation of safe spaces where Afghan refugees could come together and find support.



We like to celebrate our festivals, having wonderful gatherings and spending quality time together. This gives me a true sense of happiness.

At the hub conclusion this hub reached: more than

7400 Afghan participants across Pakistan



Ukraine Response 1 and 2

Our primary focus this year was expanding our existing support for Ukrainian refugees. We extended our Ukraine Hub 1 Community Partnership, working with six partner organizations across Poland, Ukraine, Serbia, Greece, Moldova, and Romania. In parallel, Amna launched a second Ukraine Hub with nine new partner organizations (including two joint initiatives) supporting displaced Ukrainians across the same six countries.

In total, we selected seventeen organisations across two cohorts (or Hubs) to receive training and consultation to support their work, along with financial support for these efforts. These organisations were located in different countries across Europe, including two operating out of Ukraine. We provided training to these organizations to establish programming for children, young people, and caregivers, as well as other age groups and identified categories. The aim of this programme was to deliver immediate psychosocial support activities and create a space for community wellbeing and solidarity. We worked to support each organisation develop and/or strengthen their trauma and identity-informed practice through financial support and through provision of training and ongoing monthly capacity-building follow-up meetings.

Over a 6-month training journey:

Ukraine Hub 1 (extension) and Ukraine Hub 2 reached more than **5800 UKRAINIAN REFUGEES** across Europe

22 SESSIONS of training and support

53 FACILITATORS AND FRONTLINE WORKERS from partner organizations

An external evaluation conducted by Chapin Hall at the University of Chicago highlighted the significant impact of Amna's approach across both programme hubs.

KEY HIGHLIGHTS

• **Widespread Reach:**

Partner organisations served a diverse range of communities, reaching between 12 and 2,200 individuals per project. Most services supported youth, adults, and caregivers, with a majority of participants being women.

• **Meaningful Training & Capacity Building:**

- Two major training hubs delivered a mix of virtual and in-person training to frontline staff and organisational leaders.
- Participants reported increased understanding of trauma-informed, identity-informed, and values-based practices.
- Trainings were described as empowering, collaborative, and practical, with high satisfaction across both hubs.
- Follow-up support, including reflective practice calls, deepened learning and supported staff wellbeing—particularly for those working in or near the conflict zone.

• **Transformative Impact on Practice:**

Partners incorporated Amna's approach into their work in key ways:

- **Safe Spaces:** Establishing emotionally supportive environments for healing.
- **Creative Healing:** Using art, movement, and drama to support emotional regulation and connection.
- **Community Connection:** Fostering belonging between refugees and host communities, even where language was a barrier.
- **Staff Wellbeing:** Embedding staff self-care and peer support into organisational culture.
- **Knowledge Sharing:** Some partners trained other local organisations and educators, expanding Amna's impact beyond direct delivery.

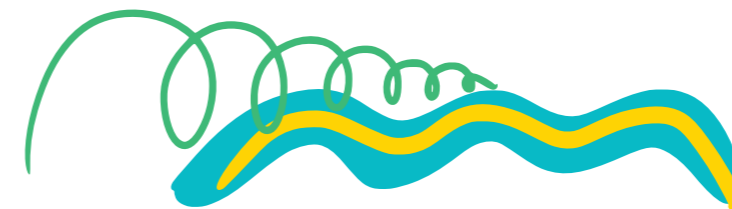


• **Challenges and Learnings:**

- Attendance to virtual support varied; future programming will emphasise continuity and onboarding of new participants.
- Language barriers and maintaining community engagement were noted, though partners used Amna tools to address them.
- Flexibility in grant structure was highly valued by partners and allowed programmes to respond effectively to local needs.

CONCLUSION:

Amna's Ukraine Urgent Response Programme provided timely and meaningful support to organisations responding to one of the largest humanitarian crises in recent history. The programme not only built capacity for trauma-informed practice in the immediate term, but also laid the groundwork for longer-term, community-led healing. Partner organisations continue to integrate Amna's tools and values into their services—demonstrating the lasting impact of urgent, responsive, and relationship-centred support.



PUBLIC TRAININGS



Amna's online introductory trainings started in 2021 and continued to run through 2023. These are free, public online sessions that equip humanitarian workers, frontline practitioners, and volunteers with foundational knowledge and practical tools to deliver safe, trauma-sensitive psychosocial support in crisis settings. These three-hour interactive sessions introduce participants to identity-informed trauma care, ensuring that refugee communities remain at the centre of their own healing. By providing accessible training worldwide, Amna helps practitioners integrate safe, culturally responsive psychosocial support into their work, strengthening trauma-informed care across sectors.

In 2023, Amna delivered 10 online trainings facilitating learning for 168 humanitarian workers from 16 organisations around the world.

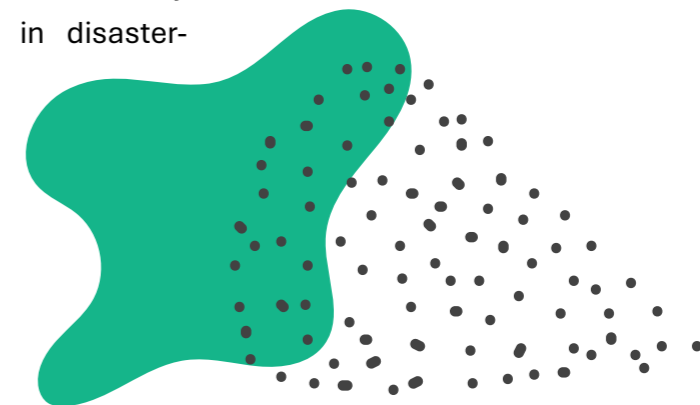
EMERGENCY RESPONSE

In addition to our longer term emergency response work through our community hubs, we also offer rapid response training for communities responding to urgent emergencies such as natural and manmade climate emergencies, or brief surges of conflict, where mobilising teams, often volunteers, need immediate training in how to provide psychological first aid and trauma sensitive care with little previous experience.

The need for trauma-sensitive interventions intensified when additional climate disasters struck in 2023:

- **A devastating earthquake in Turkey and North West Syria in February 2023 which claimed over 42,000 lives and displaced millions, further exacerbated existing vulnerabilities among Syrian refugees in Turkey and internally displaced populations in Syria.**
- **A powerful earthquake in Morocco (March 2023) resulted in numerous casualties and displaced families.**
- **Severe flooding in Afghanistan (July 2023) and Libya (September 2023) led to the loss of thousands of lives and widespread displacement.**

These events revealed an urgent need for context-specific psychosocial support, particularly for frontline responders, humanitarian workers, and local community members assisting survivors in disaster-affected regions.



Recognizing this, Amna conducted a rapid emergency needs assessment in early 2023 and identified a critical gap in training for practitioners working in climate and conflict-affected communities. In response, Amna introduced two specialized introductory trainings:

- **Setting Up Safe Healing Spaces for Climate & Conflict-Affected Communities** – designed primarily for those supporting earthquake-affected populations. Amna delivered 4 trainings targeted mostly to the earthquake affected communities in Syria and Turkey reaching 27 frontline workers from 23 organisations in both countries.
- **Safe Healing Spaces for Children and Families in Emergencies** – a child-focused intervention tailored to those establishing child-friendly spaces in crisis settings. Amna delivered three bimonthly ECD trainings (2 sessions each) reaching 58 humanitarian workers from 43 organisations.
- **A partnership with ATIM University in Turkey**- to train their ECD department and volunteer teachers in skills for setting up play based healing centres for young children and their caregivers affected and displaced by the Syria-Turkey earthquake. In total, Amna trained 42 students and volunteer teachers.



These targeted introductory, easy to access, MHPSS interventions aim to reach the most vulnerable populations within climate-affected communities, equipping responders in the aftermath of a crisis with the skills and frameworks needed to provide trauma-sensitive, identity-informed care MHPSS.

CONSULTANCIES



A major goal for Amna is the integration of high quality trauma and identity informed healing into national services and the practices of large INGOs still responsible for providing humanitarian care to the majority of the world's refugees.

In 2023, Amna delivered eight tailored consultancies to a diverse range of organisations, institutions, and local authorities across Europe, both in person and online. These consultancies followed Amna's trauma- and identity-informed principles, with a strong emphasis on creating safe, inclusive spaces and fostering organisational wellbeing. From onboarding sessions and staff training to organisational care coaching, the sessions addressed varied needs— from frontline support in humanitarian crises to mental health awareness in statelessness contexts.

Key engagements included: a capacity-building session with Mercy Corps on supporting frontline workers responding to the war in Ukraine; organisational care coaching for Family Values at Work; trauma-informed training for local authority teams like Lancashire County Council in the UK and NGO staff at Julian House; and reflective wellbeing workshops with the European Network on Statelessness.

Across these consultancies, Amna reached 160 professionals through 16 sessions, enhancing psychosocial support practices and deepening the reach of our care-based methodologies.

Well-being Groups



In 2023, Amna continued to provide Humanitarian Wellbeing Spaces—dedicated, trauma- and identity-informed reflective spaces for humanitarian workers and volunteers supporting displaced communities. These sessions, facilitated by Amna’s qualified associate therapists, were designed not as therapy but as structured, confidential environments to promote emotional regulation, self-reflection, and wellbeing practices among frontline workers. The spaces offered grounding exercises, collective reflection, and tools to manage the emotional impact of humanitarian work, helping participants sustain their care work while protecting their own wellbeing.

Amna collaborated with three main partners: **Groundwork, Breaking Barriers, and the Ukrainian International Association of Psychologists for Grief and Bereavement.**

Across all partnerships, Amna delivered 62 wellbeing sessions, reaching 162 participants. Participants expressed a strong need for these spaces, highlighting their role in fostering a sense of rest, emotional safety, and peer support. As one attendee shared, the value was in “having a free and confidential space to share our concerns,” while others emphasized the importance of “a supportive space to check in with myself and my colleagues” and “communal connection and support for the emotional, thought-provoking side of our work.” These groups have proven essential not only for individual resilience but for nurturing a culture of reflective practice and collective care across the humanitarian field.

“This training has inspired me to keep informed and educated on the importance of values, identity and positionality in the NGO sector and when working with vulnerable



persons, as well as reiterated the importance of self-care in order to keep burning for the work we do without burning out Earthquake and Climate Emergencies introductory training.”

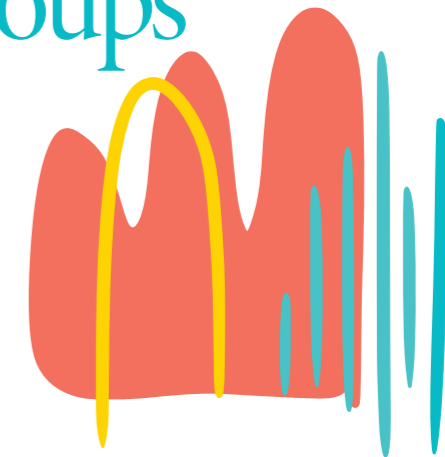
Participant from Northern Lights Aid

“The training modelled the creation of a safe and welcoming and accepting space with a group online and offered suggestions as to how to create such a space for others. The use of music and experiential practices woven through the training and the clear and informative slide presentations were very helpful and have given me lots of ideas to work with.”

Training Participant



Therapeutic Groups



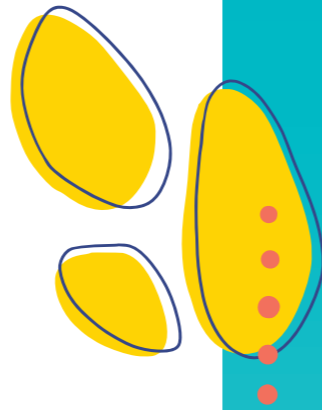
In 2023, Amna continued to provide therapeutic group sessions for displaced individuals, offering safe, trauma-informed spaces where participants could explore and reflect on shared experiences such as injustice, waiting, dehumanization, and the complex emotional terrain of migration journeys. These groups focused on psychoeducation, emotional processing, and collective healing through mindful body awareness, storytelling, and a strong emphasis on identity and power dynamics. Sessions frequently addressed the emotional toll of systemic injustice, racism, xenophobia, and other intersecting forms of marginalization, while also holding space for participants to reclaim agency, explore coping strategies, and build inner resources for resilience.

Amna facilitated five therapeutic groups in 2023, some of which began in 2022 and continued into the year. These included a Body and Mind group, two dedicated Men's groups (one in English and another in Urdu in Pakistan with Afghan refugees living there), a Farsi-speaking women's group, and a group in Hazaragi for Hazara women's therapeutic group. Across all five groups, Amna delivered a total of 141 sessions, reaching 127 participants, with the expert facilitation of eight Amna therapists. These sessions prioritized deep engagement with themes such as the psychological impact of

the asylum process, trauma held in the body, and the struggle for dignity amid systemic delays and discrimination.

A core theme throughout the sessions was the journey into Europe, often marked by trauma, loss, and violation. Within the group, participants were encouraged to bring awareness to how these experiences had shaped their internal landscapes and relational dynamics. Discussions around justice and injustice were pivotal in helping participants make meaning of their suffering and begin to transform pain into resistance and empowerment. Group members also examined the coping strategies they had developed to survive, such as disassociation or substance use, and were supported in gradually replacing harmful habits with compassionate, trauma-informed self-care practices. Amna's therapeutic groups served not only as spaces for emotional healing, but also as critical interventions in restoring connection, autonomy, and hope for those navigating life in exile.

Global Healing Network – Lean Testing



In July 2023, we continued to test our Global Healing Network—a platform designed to foster continuous learning, knowledge exchange, and community-building across its global partnerships. The network brings together Amna’s local and international partners from all hubs since its founding, including Baytna, Balkans & Italy, Pakistan, Ukraine 1, and Ukraine 2.

We hosted a partnership event which gathered 14 partner organisations from a pool of 30 invited, affirming a strong initial commitment and shared enthusiasm.

As part of the lean testing phase of this initiative, Amna piloted a series of three training electives, each offering a deeper dive into trauma-informed, narrative-based, and co-production practices. These sessions were attended by 74 participants from 11 different partner organisations, covering a range of roles and geographies.

The electives included:

- **Working with Severe Forms of Collective Adversity** with Prof. Renos Papadopoulos (37 attendees), which invited participants to reflect deeply on the ethics and mindset of humanitarian work.
- **Room Full of Stories** with Amna trainers and a Baytna Hub facilitator (23 attendees), which introduced narrative and storytelling approaches in trauma care.
- **Trauma-Informed Co-production: Centring Lived Experiences** with Amna trainers (4 attendees), exploring how to co-design programming with communities in meaningful, inclusive ways.

Feedback from participants was overwhelmingly positive. Many highlighted the emotional depth and personal resonance of the sessions, noting how the electives encouraged reflection not only on professional practices but also on personal resilience and relational approaches to trauma. One participant noted: “These sessions helped me shift my perspective—not just focusing on problems but on people’s feelings, relationships, and strengths. It will help me in both my work and life.”

The Global Healing Network, even in its early phase, has already begun shaping a vibrant cross-regional learning space. By combining world-class facilitation with participant-centred design, Amna is cultivating a global community of practice that centres healing, storytelling, and shared values in humanitarian action.



Our Impact



In 2023, 6546 individuals, including 4059 children and 553 caregivers received trauma- and identity-informed mental health and psychosocial support (MHPSS) informed by Amna's approach to collective healing. In addition, the staff and volunteers from the 218 community organizations that received training in MHPSS from Amna this year reported significant positive shifts in their practice and understanding of trauma and identity-informed care. A teacher from the Dinami School Club in Greece reported the following impact of Amna's training on her students,

“[they]..Become more sociable people. Courage to speak and express, less shyness, and the fact that you [Amna trainers] as people with lived experience and background and you are not a teacher in the school, this affects them positively to hear you and take inspiration from you. And you use words from their own language, this has a significant impact on them.”

EXTERNAL EVALUATIONS:

Three independent external evaluations of Amna's work concluded in 2023. Their findings highlight Amna's accountability and effectiveness in both our in-person and online programming.

1. Afghanistan Response (Italy and the Balkan Community Partnership): Chapin Hall at the University of Chicago (September 2023).

An evaluation of a training and support initiative provided by Amna to six partner organisations in the Balkan Region (Italy, Albania, and Kosovo) to establish or improve services to refugees and displaced persons from Afghanistan. The programme was implemented between 2021 and 2022:

Key Findings:

- Staff increased their knowledge and understanding of identity- and trauma-informed MHPSS and acquired useful therapeutic tools and strategies to support their work with Afghanistan refugees and other marginalized groups.
- Overall, Amna's training either met or exceeded their expectations.



2. Afghanistan Response (Pakistan Community partnership):
Department of Global Health & Population, Harvard T.H. Chan School of Public Health, Harvard University, (September 2023).

Amna’s Pakistan Community Partnership Programme was implemented between 2022 and 2023.

Key Findings:

- **Cultural Preservation:** Refugee communities emphasized the importance of not having their culture misrepresented and the value of coming together to celebrate traditions, such as festivals and shared meals. Amna’s response prioritizes an identity-informed approach, which respects and reinforces the heritage and sense of belonging of refugee communities.
- **Trauma-Informed Services:** Amna’s rapid response to train and support local service providers in Pakistan successfully integrated trauma- and identity-informed services on the ground, which were highly valued by the beneficiaries. This was achieved through Amna’s deep local expertise and a blend of in-person and virtual mentoring, resourcing local providers to implement key strategies with the refugee communities they serve.
- **Community Benefits:** Programme attendees particularly valued stress management activities, many of which were incorporated into their daily lives, as well as the creation of safe spaces for their children to play and learn.



3. Ukraine Programmes Evaluation (2022 -2023)
Chapin Hall at the University of Chicago (July 2024) :

A retrospective evaluation of the Ukraine Response Fast Track Training. The evaluation reported here is designed to provide data on both implementation and participant

Key Findings:

- The training provided a safe space for participants to learn and reflect on their own mental health and therapeutic practices.
- The facilitators provided opportunities for Ukrainian participants to understand the trauma in their bodies, and to find ways to help them heal themselves while also healing others. When there was an especially bad bombing campaign in Ukraine during the last days of the training, the Amna staff temporarily stopped the training to create a caring community, where those who needed could share their feelings.
- Every partner interviewed by the external evaluators mentioned how Amna training helped support their staff to take care of themselves while simultaneously taking care of the community, and that the supported organisations were able to transfer these methods and skills to other aspects of programming.

AMNA GENERAL IMPACT INDICATORS	AMNA REACH 2023
Total Children Reached	4059
Total Youth Reached	230
Total Caregivers Reached	553
Total Nbr Individuals Trained	675
Total Number of Refugee reached (not children or caregivers)	841
Total Nbr of Sessions Delivered	325
Total Nbr Organziations Trained	218
Therapeutic Group Participants (unique)	26
Wellbeing Spaces Participants	162
TOTAL AMNA'S UNIQUE REACH	6546



Financial Overview

Our Funders

MAJOR DONORS & FUNDERS

RTI Hellas Not for Profit Company

Type of Income	Restricted	Unrestricted	2023 Total	2022 Total
Grants	€ 239,097	€ 66,306	€ 305,403	€ 510,700
Intra-company Transfers	€ 82,549	€ -	€ 82,549	€ 207,972
Individual Donation	€ -	€ -	€ -	€ -
Online Donations	€ -	€ 68	€ 68	€ 837
In Kind Donation	€ -	€ -	€ -	€ -
Consulting	€ -	€ -	€ -	€ -
Deferred to/from 2021	€ 441,011	€ -	€ 441,011	€ 554,148
Deferred to 2022 & 23	€ 372,878	€ -	€ 372,878	€ 441,011
Grand Total	€ 389,779	€ 66,372	€ 456,151	€ 832,647

Type of Expenditure	Restricted	Unrestricted	2023 Total	2022 Total
Programmes	€ 231,828	€ 1,182	€ 428,054	€ 428,054
Core Cost	€ 130,357	€ 5,370	€ 137,848	€ 137,848
Staff Capacity Building & Trainings	€ 1,170	€ 93	€ -	€ -
HR Staff Wellbeing	€ 3,214	€ -	€ 1,550	€ 1,550
Fundraising	€ 15,737	€ 802	€ 7,880	€ 7,880
Advocacy	€ 1,538	€ 152	€ 59,390	€ 59,390
Capital Costs	€ 3,048	€ -	€ 8,353	€ 8,353
Grand Total	€ 386,894	€ 7,379	€ 640,875	€ 323,029

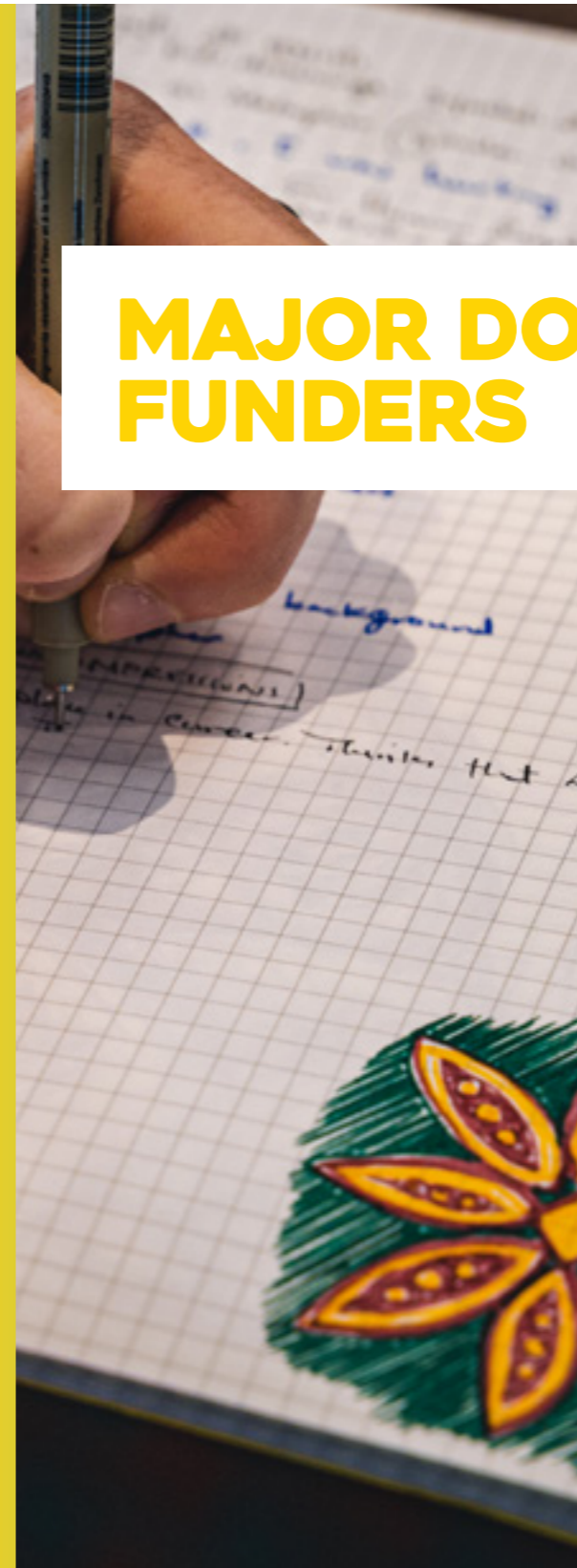
Type of Expenditure	%
Programmes	71%
Core Cost	19%
Staff Capacity Building & Trainings	0%
HR Staff Wellbeing	0%
Fundraising	2%
Advocacy	7%
Capital Costs	0%
Grand Total	100%

RTI UK Under the auspices of Prism the Gift fund

Restricted	Unrestricted	2023 Total	2022 Total
€ 661,976	€ -	€ 661,976	€ 1,153,364
€ 88,589	€ -	€ 88,589	€ 183,763
€ -	€ 21,592	€ 21,592	€ 14,000
€ 5,136	€ 20,382	€ 25,518	€ 83,445
€ -	€ -	€ -	€ 813
€ -	€ -	€ -	€ -
€ 611,060	€ -	€ 611,060	€ 596,981
€ 221,336	€ -	€ 221,336	€ 611,060
€ 988,272	€ 41,974	€ 1,030,246	€ 1,033,574

Restricted	Unrestricted	2023 Total	2022 Total
€ 707,728	€ 52	€ 707,780	€ 646,372
€ 147,079	€ 36,056	€ 183,135	€ 206,878
€ 3,000	€ 3,405	€ 6,405	€ -
€ 1,739	€ -	€ 1,739	€ 1,155
€ 6,409	€ 24,262	€ 30,671	€ 60,429
€ 53,597	€ 208	€ 53,805	€ 61,594
€ -	€ -	€ -	€ 10,089
€ 988,553	€ 63,983	€ 1,052,536	€ 343,232

- The Van Leer Foundation
- Comic Relief
- The Hilton Foundation
- Porticus
- The Rockefeller Brothers Fund
- The Linbury Trust
- The Dr. Martens Foundation
- The Bosch Stiftung Foundation
- Schooner Foundation
- TheirWorld
- Open Society Foundation



Looking Ahead



The year 2023 was a pivotal year in Amna's journey—from consolidation to scale, from reflection to renewal. We made key strides in strengthening our foundations, expanding our global reach, and deepening the impact of our trauma- and identity-informed approach. Below are some highlights:

Strategic Milestones

- **Amna becomes a UK-registered Charitable Incorporated Organisation (CIO)**, formalising our long-term presence and governance structure in the UK.
- **We finalised Amna's 2024–2028 strategy**, in partnership with DRK Foundation and Spring Impact, setting a bold course to scale our collective healing model to reach 5 million people by 2028.
- **Launch of Amna's Global Healing Network**, bringing together 14 partner organisations from across Europe, MENA, and South Asia to build a shared community of practice.

Operational Achievements

- Delivered **325 trauma-informed sessions** across humanitarian wellbeing, therapeutic support, and public trainings.
- Supported **218 organisations** and trained **675 practitioners** in trauma- and identity-informed care, embedding our approach across sectors—from education and health to refugee response and climate emergencies.
- Responded to six major global crises—including earthquakes in Syria, Turkey, and Morocco; floods in Libya and Afghanistan; and conflict escalation in Gaza and Ukraine.



Programmatic Innovation

- Introduced **specialised emergency trainings** on early childhood development in crisis settings and safe healing spaces for climate-affected communities.
- Delivered **8 consultancies** across Europe and MENA—including with Mercy Corps, Lancashire County Council, Family Values at Work, and ATIM University in Turkey—adapting our model to diverse frontline contexts.
- Piloted **narrative healing electives** within the Global Healing Network, deepening field practice in co-production, storytelling, and collective adversity.

Recognition & Influence

- Our work was independently evaluated by **Chapin Hall at the University of Chicago** and the **Harvard T.H. Chan School of Public Health**—with all three evaluations affirming the depth, cultural relevance, and effectiveness of Amna's trauma-informed programming.
- Amna was invited to share its model with **leading humanitarian platforms and global mental health communities**, contributing to the sector-wide shift toward lived experience-led care and decolonised mental health practice.
- **The Sada Project** continued to receive international media attention, highlighting Amna's commitment to refugee-led storytelling and advocacy.

We spent 2023 preparing for the future: reviewing strategy, strengthening systems, and letting go of some programmes (e.g., Dinami, therapeutic groups) to focus on scalable models.

We move forward with renewed purpose—to reach more people, with more partners, through healing-centred, community-led care.





Refugee Healing Network

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