

Amna

Refugee Healing Network

Annual Report 2022

amna.org

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Letter from the Chair of the Board of Trustees

Dear Friends and Supporters of Amna,

As I reflect on 2022, I am filled with deep admiration for the care, courage, and commitment that defined Amna's work this year.

The year 2022 was a year of extraordinary growth. We expanded our reach to new regions, responded to urgent humanitarian crises, and deepened our partnerships with grassroots organisations around the world. From our emergency responses in Afghanistan and Ukraine to the continued delivery of our youth and early childhood programmes in Greece, Amna remained firmly rooted in our values-centring safety, belonging, and collective healing.

We also laid the groundwork for our future. With the support of our donors, partners, and community members, we began a process of strategic reflection - recognising that growth alone is not enough. Our goal has always been to scale with intention, ensuring that our healing-centred approach remains responsive, trauma-informed, and grounded in lived experience.

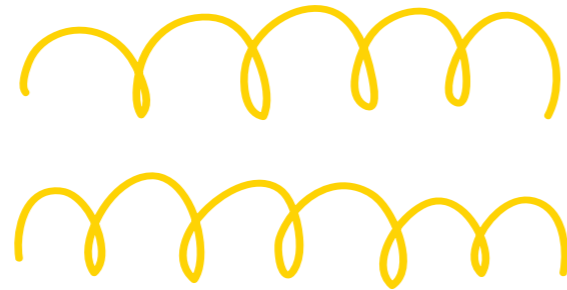
Throughout this year, I have witnessed the power of Amna's vision: that displaced communities should not only survive but be supported to heal, thrive, and shape their own futures. Our team, partners, and facilitators - many of whom are themselves part of these communities - carried this vision forward with deep integrity and care.

On behalf of the Board of Trustees, thank you for being part of Amna's journey. Your support makes our work possible, and your belief in our mission gives us strength as we look to the future.

With heartfelt gratitude,

Dan Robinson
Chair of the Board of Trustees, Amna

Introduction to Amna



Our Story

In 2016, thousands of refugees were stranded at the border between Greece and North Macedonia. Unable to continue their journeys to safety, without most basic needs and with their future uncertain, refugees of all ages were stranded. This is where Amna's story began. Our Founder Zarlisht Halaimzai set up a tent and invited refugees to talk and share in a welcoming space.

We met children who held so much stress that they felt aches all over their bodies, adults and youth who had witnessed horrific things and felt so much fatigue and overall, a feeling of wanting to be heard and to feel safe and secure again. With only a tent and using play, mindfulness and creative activities, we helped people process their stress and feelings, enjoy moments of relief and reconnect to joy.

Since 2016, we've reached over two million people through our welcoming, healing approach. In 2022 we began a review to scale up our approach to more regions across the world so that as many people as possible have access to vital psychosocial support.



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, 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.

Refugee Leadership

Refugee leadership and meaningful participation are core principles at Amna. We enable forcibly displaced communities to lead their healing – after all, they are the experts in their healing, not us. We co-design our programmes with the communities we work with, train community facilitators and recruit refugee youth leaders to work with Amna.

Representation also benefits the communities we work with. For example, refugee facilitators in the Baytna programme made unique contributions to the programme. They built trust and rapport with Baytna families, resulting in stronger relationships with caregivers, served as linguistic and cultural translators, helping international or host country facilitators communicate with and understand families better, and deepened Baytna partners' identity-informed practice, helping them to creatively and appropriately ground their practices in the identities of the community. Most importantly, facilitators from the refugee community understood what displaced families and children were going through and brought a level of awareness, empathy, and dedication that made them some of the most effective Baytna facilitators.

Impact

In 2022 Amna increased its impact and reached:



Responding to the Needs of Displaced Populations



Our wellbeing is dependent on many things from shelter to food. But human beings need more than these basic needs for their wellbeing. Amna responds to the psychosocial needs of displaced populations, recognising that people have different and complex needs to feel safe again.

Work Carried Out in Greece Baytna

Baytna meaning 'our home' in Arabic is a pre-school intervention for children aged 0-8, their siblings and caregivers. It is intended to be a whole family-based approach that nurtures the emotional wellbeing of children and their caregivers to facilitate healing from toxic stress and trauma, healthy development, reconnection within families and preparation for education.

The programme focuses on empowerment, co-creation and building on children's natural desire to learn and explore. Our facilitators develop positive and purposeful relationships with children, support children to build relationships with their peers and work with caregivers to develop positive and healthy relationships with their children. Baytna has been incredibly successful since its inception because of its responsive nature and the respect given to families who enter the Baytna space.

Amna's first Baytna Hub pilot programme was established in 2019 to bring this vital support to more families. During the three-year pilot, Amna trained and supported partner organisations: Athens Comic Library, Elix and Open Cultural Center, to set up and deliver values-based, trauma-sensitive and identity-informed early childhood spaces for children and their families across Greece. Amna also trained and supported a diverse group of facilitators, which included host country facilitators, refugee facilitators, and international volunteers.

In 2022 Amna received the independent evaluation of our flagship pilot, conducted by the University of Virginia Humanitarian Collaborative.

The research questions focused on three areas:

- (1) effectiveness of training and capacity building;**
- (2) impact on organizations, staff, and children and caregivers; and**
- (3) lessons and considerations for future programming.**

The report summarizes the recent refugee crisis in Greece. It also provides background on the importance of early childhood development, and the particular need for services like those provided by Baytna. After describing the research methodology and limitations, it provides detailed findings on these research questions and then outlines lessons, recommendations, and considerations for the future.

Overall, the review identified the following key findings and lessons about Amna's implementation of the Baytna Hub:

1. Baytna's approach is aligned with a strong body of evidence and meets the specific needs of its target populations – refugees and young children and their families. For example, Baytna emphasizes safe, stable, and nurturing relationships, which the American Academy of Pediatrics (AAP) recognizes as critical to children's development, addresses trauma and toxic stress using identity informed trauma -sensitive approaches, and meaningfully supports refugee participation and representation in programme design and delivery.
2. Baytna fills critical gaps, providing services that families and children need and for which there are limited alternatives, including safe spaces, psychosocial support, a sense of community and support for caregivers, and childcare. For many refugee children who cannot access the public school system, Baytna also provides access to educational opportunities.
3. Amna is excellent at training, both in person and online and successfully provided continuous capacity building support for facilitators, drawing upon best practices for professional development from the teaching, social work, and counseling fields (i.e., coaching, peer support, clinical supervision, etc.). As a result, within a few months the Amna was able to train and support most facilitators to effectively deliver Baytna programming.
4. Amna focuses on supporting its partner organizations' staff with attention to wellbeing. This is especially important in the humanitarian field settings where staff are more likely to suffer from vicarious trauma and burnout. Additionally, Amna focuses on diversity, equity, and inclusion (DEI), which challenges some existing norms in the humanitarian sector
5. While Amna was able to train Baytna facilitators to embody its values, it had less success influencing organizational change and helping organizations adopt and institutionalize Baytna values, especially those that challenged power dynamics and established norms in humanitarian response.

“We increased our range of tolerance which allowed us to be more patient, to listen, to be better role models and we have done personal and conscious work on boundaries... We learnt from the cultural diversity and the multilingualism that are both fundamental features of our Baytna space...we started to think about intersectionality and how different layers of our background play together and influence the way in which people see us. We think that having more theoretical lenses, for example focusing on social injustice and discrimination, helped us to understand the practice in trying to give the best of ourselves.”

-Baytna Facilitator



As Amna expands its work to reach displaced communities around the world, the Baytna model has been integrated into our emergency response training and is informing the development of our other programmes and the expansion of Baytna. It has also helped us to reflect on what Amna can do to better support organisational sustainability beyond our funded partnership.

“When I saw the approach of Baytna and started thinking about my experience as a child, I would have loved if I, as a child, had this chance to be in Baytna. One of the things that affected my life was that ... things were happening around me, and I was always afraid...These two hours would have made a big difference in my life because it was a safe place. Many parents say, ‘Oh, it’s only two hours.’ I want to tell them: ‘I didn’t have these two hours. If I had these two hours, my life in the past would have been different.’”
-Baytna Facilitator

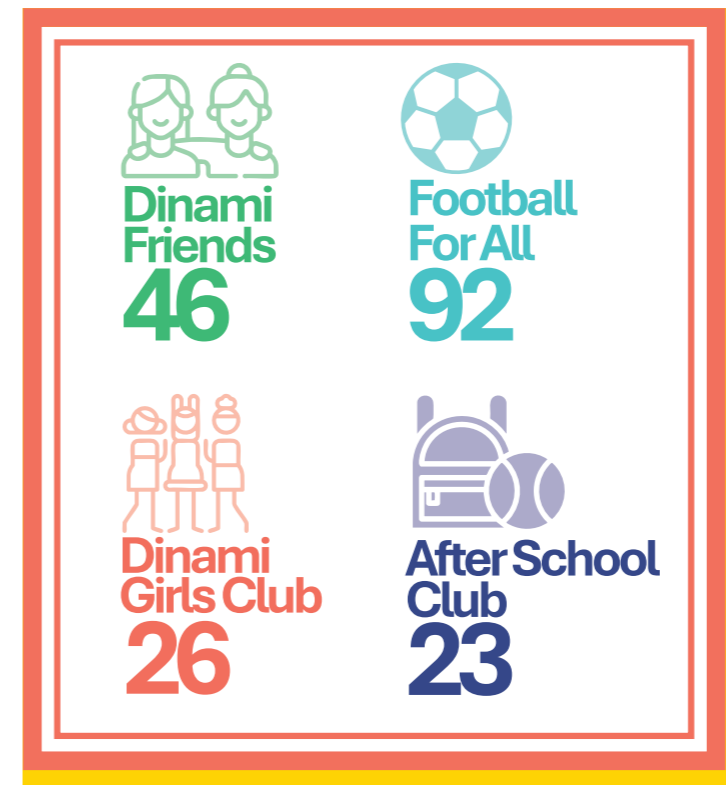


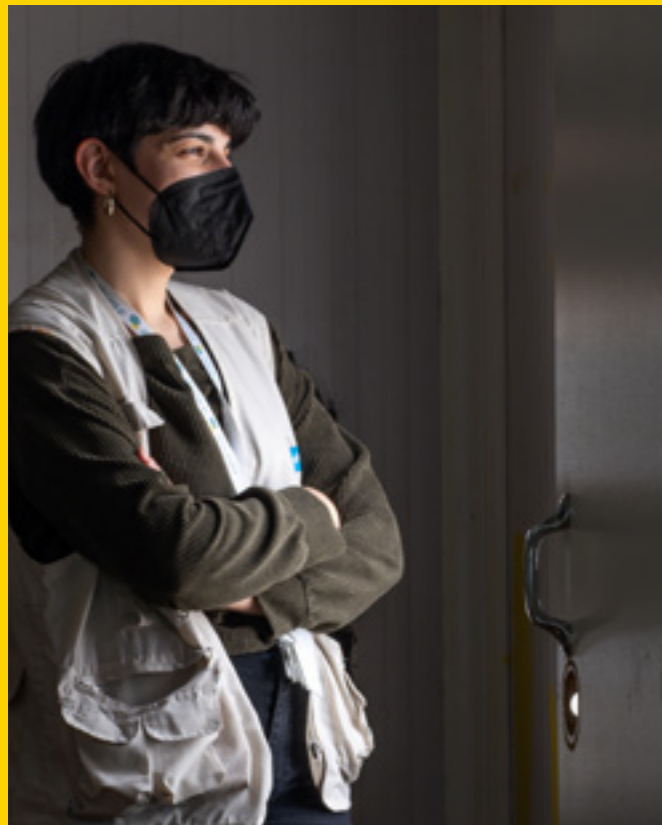
Dinami

Dinami is a community healing programme for young refugees residing in Greece. Through creative community building activities, young people friendships, share experiences, explore skills and practice psychosocial healing tools and selfcare together.

Refugees in Greece face social exclusion, discrimination and racism. Each school year, young refugees begin school in new, unfamiliar places where they may not receive the support they need to settle in. Amna’s Dinami team is small consisting of a Team manager and two refugee youth facilitators working part-time. Dinami Facilitator’s Training

In 2022 the Amna Dinami team facilitated the following spaces for refugee youth in Greece:





Building on the success of Amna's refugee youth trainees facilitating Dinami spaces, we launched the Dinami Facilitator Training in January 2022. It trained young refugees residing in Greece aged 21-30 to serve as psychosocial youth facilitators in their communities (in camp and urban settings) through skills building in leadership, community organising and psychosocial care.

The training helped participants develop leadership and other skills needed to set up safe spaces and design and implement psychosocial projects for refugee youth through theoretical and practical training.

“This training came as a cure for me. It helps me and at the same time I can help other refugees.”

Amna's Dinami team delivered a 6-month training programme consisting of 38 sessions. In the theoretical part of the training, participants learned how to set up collective healing safe spaces, how to be trauma and identity informed, values-based practices, data collection, and safeguarding procedures. The practical part of the training involved supporting participants to develop their own youth projects, as well as the designing and delivering of the projects. Following the completion of the training, Amna continued to support participants in the designing and delivery of the projects both financially (by providing monthly vouchers to the participants based on their attendance) and through capacity building calls regarding challenges and opportunities arising from their projects.

Participants who completed the programme facilitated projects in the Schisto Camp in Athens, where they also live. They reported that their projects were popular among the camp's population, as they were the only facilitators providing psychosocial support activities. One participant facilitated a music project, while another facilitated a women's-only yoga class which continued after the end of the training. A number of participants also shared that this programme enabled them to get jobs including as youth facilitators.

Following the success of this training, the Dinami team is exploring opportunities to expand the facilitators training to other European countries to further spread Dinami values and to contribute to the healing process of as many people as possible on the continent.

Dinami Youth Programme

Dinami Friends is a mixed gender group of youth between 14 to 25 years of age. Originally conceptualised as a mixed gender group it has Dinami Friends is a face-to-face community for young boys and girls aged 14-25, initiated by some alumni members of previous Dinami projects. It is a project that takes place on a weekly basis and is mostly organized by the members themselves, by bringing topics for discussion and reflection, always with Amna's support. It is a psychosocial support (PSS) -focused group with activities and room for reflection, collective healing and connection.

“When I'm with Dinami Friends, I feel free.”



Dinami Girls Club

The Dinami Girls Club supports girls between 14-25 years of age in a welcoming community that encourages friendship and wellbeing through various creative activities. The idea for the Dinami Girls Club was conceived by a group of girls who attended Dinami Friends. They wanted their own space to talk, express themselves and led the creation of the group. The project takes place on a weekly basis and continues to be led by the members themselves who come up with the topics for discussion and reflection, with Amna's support. It is a psychosocial (PSS) focused group with fun activities and room for reflection, collective healing and connection.

Football For All is a monthly event that takes place every first Saturday of the month and is open to all young people aged 14-25 years old. People from all over the city of Thessaloniki gather together to play football, make connections and have fun.

Dinami School Club

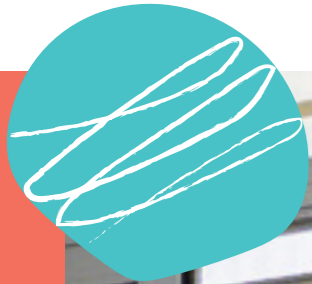
Amna's Dinami School Club supports refugees to continue their education by providing an intercultural community space to build friendships and a sense of belonging.

School Clubs provide a safe space where young people feel welcome, supported by a community have a sense of belonging and can connect to their strengths, passions, and hobbies.

The Dinami team simultaneously facilitated the weekly space and provided live training to the school staff to carry this programme forward.

In 2022, Dinami reached 200 young people in Greece.

**143 male and 57 females
aged between 13 to 24**



Emergency Response

Emergencies can cause extreme distress for individuals, families and communities. People may witness or experience multiple tragedies and grief, and loss continues to impact them even when they are in a relatively safe place.

The importance of a rapid psychosocial response in emergencies cannot be overstated. Early interventions can reduce the occurrence of trauma and stress symptoms and disorders, and the need for clinical mental health care.

In 2021, Afghanistan fell to the Taliban impacting millions of Afghans-who have already been impacted by conflict and displacement for over 40 years. This huge political change resulted in hundreds of thousands of Afghans becoming internally and externally displaced. The event brought with it confusion, fear and retraumatisation as many Afghans fled their homes for the second or even third time in their lives.

Given Amna's longstanding commitment to Afghan communities through our work in Greece, where they at the time were the biggest demographic we worked with, we decided to test expanding our work outside of Greece to support other displaced and refugee communities in other contexts, and assess whether Amna's methodology developed in Greece had a meaningful impact in other contexts.

After a scoping review exercise, we identified two key regions where there were large numbers of Afghans evacuating or fleeing to, and where there was an identified gap and therefore need in community mental health care training:



1. In Europe and the Balkans: A number of countries in this region offered to house evacuated Afghans to get them out of Afghanistan while the countries they were due to be finally resettled to negotiated their processes. This included Albania, whose leadership showed moral leadership from a country who had themselves have been refugees and offered to support, evacuate and house 4000 Afghans during their resettlement processes.

2. Pakistan: Pakistan borders Afghanistan and it is estimated that 1.4 million to 3.5 million Afghans were living in Pakistan in 2021 This included around 700,000 who arrived after the Taliban takeover in August 2021. The UN estimates that about half of these refugees are undocumented. There are over 1.3 million registered Afghan refugees in Pakistan, according to UNHCR, more than half of whom are children.

In February 2022, Russia invaded in Ukraine and a new war started in Europe and it is estimated that 11million people became displaced –7 million to neighbouring countries and 4 million internally. Encouraged by the success of Amna's pilot emergency response in Pakistan, we launched an emergency response programme to train organisations working with Ukrainian refugees in and around Ukraine.

Afghanistan – Italy & Balkan response (2021-2022)

In August 2021, Amna launched an emergency initiative in response to the conflict in Afghanistan. During the Afghanistan Response (AR) 'fast track' training, we condensed and adapted Baytna's training and learning journey into a training and support initiative to be carried over six months. We trained organisations to establish programming for children, young people, and caregivers that delivered immediate psychosocial support activities and created a space for community

wellbeing and solidarity. The aim was to help 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. We selected six organisations to receive training and consultation to support their work with Afghan refugees, with all but one also receiving financial support for these efforts.



Four of the programmes were based in Albania where thousands of Afghanistan refugees were placed, mostly in resort settings that operated as camps. The other two programmes were based in Italy (Rome) and Kosovo. In Italy, refugees were dispersed across several areas of the country in various types of settings. The refugees in Kosovo were more transitory and were based in a camp that closed in early spring 2022, with the remaining population moved to another location in North Macedonia. There were two multi-day virtual trainings held in between December 2021 and February 2022. Initially the training was planned to be conducted in-person, but the COVID-19 pandemic required a shift from in-person to virtual training. Front-line professionals and service providers and members of the senior leadership team (SLT) from the partner organisations participated in the training, which included both informational content and active learning opportunities. Additional online meetings were regularly conducted to strengthen the capacity of organizations, until June 2022, offering structured spaces for reflective practice that allowed partner organisations to share experiences and provide support to each other.

The pilot programme was evaluated by University of Chicago Chapin Hall. The evaluation highlights strong uptake of Amna’s methodology, with clear evidence of positive impact for participating organisations and the communities they serve.

Despite the challenges of delivering a multi-day virtual programme in a complex humanitarian context, the evaluation found that partners significantly improved their understanding of trauma-informed, identity-informed, and values-based care, and applied these practices in meaningful and sustained ways.

Key Evaluation Findings:

Participation and Engagement:

- Highest participation was during the initial training sessions, with some drop-off over time—largely due to work demands and field-based emergencies.
- Peer support calls were valued but difficult to attend consistently, especially when organisational representatives hadn’t participated in the earlier training phases.

Impact on Knowledge and Practice:

- Partners reported increased understanding across core content areas, including trauma-informed care, identity-informed practice, and collective healing techniques.
- Satisfaction with the training was high; participants appreciated the structure, emotional support, and opportunity to connect with peers from other organisations.
- Partners described specific techniques they adopted from the training, such as:
 - Check-in and check-out rituals
 - Safe space creation
 - Staff wellbeing practices
 - Identity-informed engagement with communities

Service Delivery and Reach:

- Partner organisations served a total of 844 individuals across six programmes, with around 58% of participants identifying as female.
- Most organisations reached their intended populations—children, youth, and caregivers—as outlined in their Expressions of Interest.

Community Engagement:

- Five of six partner organisations involved Afghan community members in programme delivery through roles such as group facilitation, translation, music provision, and outreach.
- Programmes employed participatory approaches, including needs assessments and regular participant feedback loops.

Sustainability and Continued Application:

- Partners reported continued use of Amna tools and practices, with emphasis on:
 - Preparedness for future emergency responses
 - Staff safeguarding and self-care
 - Identity-informed engagement with displaced and marginalised communities
- Funding was identified as a primary constraint to sustaining the work, a common theme in humanitarian programming.

Conclusion:

The evaluation concludes that Amna's Afghanistan response had a meaningful and sustained impact on partner organisations and their ability to support refugee communities. The programme not only strengthened service delivery in the short term but laid the groundwork for longer-term, community-led healing practices. The continued engagement of partner organisations with Amna reflects both the programme's value and the significant ongoing needs of Afghan refugee communities.

Afghanistan - Pakistan response

For this pilot Emergency Response Community Hub, Amna partnered with four organisations providing funding, training and capacity building support over a 6-month period.

We launched partnerships with four organisations in Pakistan, working across the breadth of the country including Balochistan, Khyber Province, Islamabad, ensuring Afghan children, youth and adults are able to access safe, healing, psychosocial spaces.

The Amna training team delivered the initial training in person in Pakistan, followed by online reflective practice and organisational support sessions.

• SEHER

Seher is a Baluchistan-based NGO focused on vulnerable and socially excluded groups including women, minorities, and refugees. It has long-standing experience in child protection and refugee support, especially through its partnership with UNHCR. SEHER worked hard with Amna programme to integrate psychosocial support into its services for newly arrived Afghan refugees, following capacity-building support under the Afghanistan response in 2022.

• Prime Foundation

Prime is a humanitarian and development NGO active across Khyber Pakhtunkhwa, delivering health, nutrition, and protection services in both host and refugee communities. It currently runs two projects focused on Afghan refugees, particularly around SRH and GBV. With Amna, Prime trained healthcare staff to integrate trauma-informed psychosocial support into its health services, expanding its scope beyond clinical care.

• YAD (Youth Association for Development)

YAD is a youth-led civil society initiative based in Baluchistan, working on human rights, peacebuilding, and participatory development. It engages both host and refugee communities, particularly youth and children. With Amna training and support, YAD was able to address the significant gap in mental health support for Afghan refugees and integrate it into its programming and advocacy efforts.





- **SHARP (Society for Human Rights and Prisoners' Aid)**

SHARP is a national NGO promoting human rights through legal aid, advocacy, and community services. It is UNHCR's lead implementing partner and supports highly vulnerable refugee populations across Pakistan. With Amna programme, SHARP was able to train its legal and psychosocial staff in trauma-sensitive approaches and will establish trauma support centers to offer dedicated care.

We will continue this work into 2023

Collectively, the response reached 7355 Afghan refugees and displaced people. Through our partners, we are supporting community resilience through positive coping tools and mental wellbeing including the use of creative healing tools to promote wellbeing and community connections.. We trained members of our partner organisations in integrating psychosocial, trauma-informed and identify-informed approaches in their work. Our partners are now applying this in ways that are relevant to their contexts. They are sharing many examples of how communities are taking ownership of these practices are sharing ideas for how stigma around mental health can be overcome. Communities, particularly women have been moving away from a request for medication to using singing and weaving together as ways for healing, while sharing experiences, building relationships and learning about their stress, grief and trauma



Ukraine Response 1

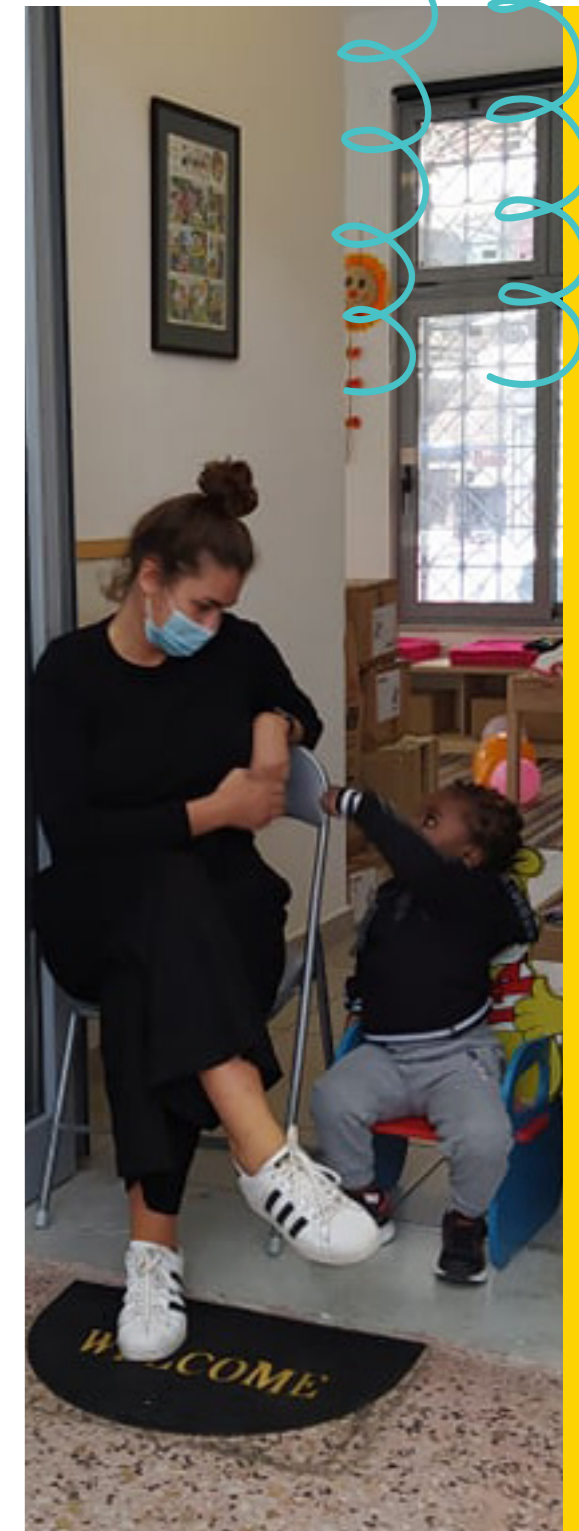
The war in Ukraine began on 24th February 2022, upending the lives of millions. Amna was able to rapidly respond, drawing on learnings and lessons from our emergency Afghanistan response, as well as a rapid assessment visit to Poland conducted by Amna's CEO and Head of Programmes.

Our response had three components:

- **Introductory Training to set up safe spaces:** Online 3-hour introductory sessions (a continuation of Amna's Afghanistan response programme) informing principles and basic practice when establishing safe spaces for refugees.

- **Selfcare for frontline staff:** Frontline staff are offered safe spaces where they can come together to share their experiences and look after their own mental health—ultimately enabling them to better model wellbeing and create space for more effective help for others.

- **Amna Training & Capacity strengthening programme:** Amna partnered with organisations who were either already supporting refugees from Ukraine and planning to support them and helped them integrate trauma-informed approaches into their work. Partner organisations were trained to develop community services and deliver structured psychosocial support activities. Organisations were supported by small grants, short-term intensive trainings and ongoing, organisation-specific capacity strengthening to help facilitate programme implementation.



“It was a safe space to share all kinds of experiences, thoughts, challenges and difficulties we encountered in our work. We could discuss them and share ideas and eventually we would find a solution or support from our colleagues which is one of the most valuable things in our job.”

In 2022 Amna launched the first of two, 6-month emergency response community hubs. The first round partnered with 8 community organisations across seven countries in Europe to strengthen community and psychosocial responses to forced displacement from the war.

For Hub One, the main focus of the initiative was two five-day virtual trainings, one held in May 2022 and the other in June 2022. Front-line professionals and service providers and members of the senior leadership team (SLT) from the partner organisations participated in the trainings, which included both informational content and active learning opportunities. Additional capacity-building online meetings were regularly for six to nine months post training, structured spaces for reflective practice that allowed partner organisations to share experiences and provide support to each other.

In their initial applications, partner organisations reported their need to expand identity-informed and trauma-informed support for refugees and displaced persons, with a particular emphasis on creation of safe spaces, community outreach, and enhancement of staff capabilities in particular to support women and children. Evaluators found that with Amna’s support, organisations were able to offer various types of services, including direct support in groups and workshops, language classes, art activities, community spaces. They were also able to develop materials and trainings to work with other community groups.



Programmes attributed to Amna in and changes to partner practices were found in the following areas:

- Mental health and psychosocial support-through development of safe spaces and emotional regulation. Use of collective healing practices implemented in various settings by non-clinically trained frontline workers, blending evidence-based approaches with cultural wisdom and traditions, with the goal that communities can come together to make meaning of their experiences.

Incorporating art and creative tools as healing processes-use of art, movement, drama and writing exercises, focusing on the check-in and check-out process as a support for transitioning into and out of what might be emotionally intense activities.



- Organisations also learned to use tactile sensory experiences as a healing technique. Non-verbal activities and body language facilitated communication and connection where there was a language barrier.

- Fostering community connection-One aspect of collective healing is the development of a sense of community that emerges from the use of tools and strategies, especially participants who did not speak the same language or had different backgrounds. Non-verbal activities and body language facilitated communication, connection, and belonging where there was a language barrier. Organisations noted that helping participants connect back to their own body to then connect to the greater community was an essential element learned through the trainings, including engagement in the larger community of their host country.

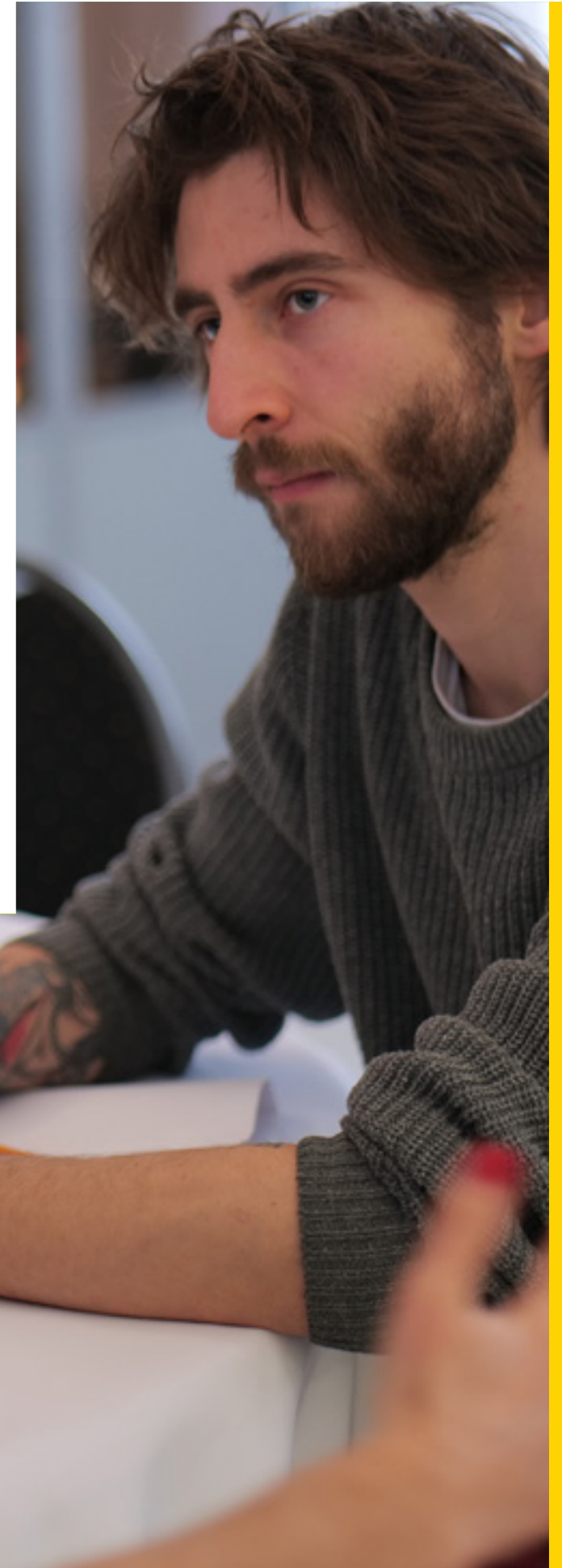
- Organisational wellbeing-Amna promotes care for the well-being of organisation staff, protecting their mental health and preventing burnout, important given the heaviness of their work in addressing the trauma of the communities they worked with, especially when staff have lived experience. Examples include encouraging breaks and the importance of basic self-care practices, self-massage techniques, and understand warning signs for when compassion fatigue and trauma are starting to take over and when to reach out to others.

- Working with other community organisations-Instead of providing direct services, some partners took the lessons from the Amna training and presented it to others working and living with Ukrainian and other refugees (e.g., preparing teachers for meeting the needs of school children by providing a deeper understanding of emotional regulation and recognizing how needs may differ across populations.

“I feel much more relaxed and calm now.”

Testimonial from Ukrainian community member

“I think, what was the most important at the time was more, how to take care of ourselves, of those people who are helping or supporting and working with refugees... It was super stressful and emotionally, just, really, really hard. And what we were actually looking for in these workshops with Amna is how we can be strong. I don't know how to put it, let me think how we can help our[selves] with the contact, like the constant contact with clients with trauma, and hearing all the horrible stories that they were telling us so how to take care of ourselves.”



As part of this response, Amna trained 468 front-line workers, supporting Ukrainian refugees, in safeguarding and self-care. This training has provided them with the necessary tools and practices to protect themselves while helping others. All partners interviewed also reported that Amna's training helped improved staff wellbeing and self-care practices, while supporting others.

Through our partners we also reached 1,778 community members. Feedback showed that community members expressed feelings of gratitude and hope, and some began to heal and settle into their new country. They found jobs, learned a new language, returned to school, and even got married. One participant stated that the safe spaces workshop was the best experience they've had in their training life, as the participants had left behind their families, parents, husbands.

“[...] I highly value group communication, highly value the way and your approach that we as participants reflect on external and internal personal resources, we teach that a person understands himself better, is in harmony with himself and becomes independent and successful. Recognizing others share similar feelings and experiences can make us feel less alone and by supporting people to feel safe enough to interact communicate with others, thank you very much.”

Facilitator, TdH Kosovo



“Taking part in the RTI training was an enriching experience. This was a hands-on, thought-provoking program that left me inspired; feeling much more influential with many actionable take-aways I can apply immediately. All of the trainers were excellent, extremely professional and knowledgeable, and created positive learning environments. I am looking forward to the next one.”

Project creator,
Different & equal

Amna's work also had significant impact within partner organisations. Many partners reported learning new methods and skills that have been useful in other aspects of their programming. For example, one organisation was able to use collective healing methods to supplement their practical life programmes, so those engaged in employment services were also working on healing their trauma. Another partner organisation expressed that Amna's values have encouraged them to think internally about their own values and how they want to spread similar methods worldwide.



“I can already see a difference in myself. I feel more confident talking with other people and my classmates.”

“Sharing the common but in the same time remaining unique is very inspiring. You don’t have to change people but rather respect diversity and support them to evolve in a positive way”

Head of Programmes
TdH Albania



“They are supporting the widow women, the orphan children, they have a center that is actively working from some time. as we are living here in this area the only center that help migrants is the Amna project that really help the Afghan refugees. Personally, at my home they have conducted many sessions, they are collecting and inviting females and give them trainings, they have provided some training both for male and females, and we are very happy from their services.”

Male Afghan Refugee, Sharp -01





The Amna Healing Network: Testing Sustainability Solutions

In 2022, inspired by the excellence and drive of our community partners, and findings from our Greece Baytna Evaluation which challenged us to think about how we can support the sustainability of the work of our community partners, Amna had the idea of building a Global Healing Network – an international community of practice of organisations who have partnered with Amna and been trained to provide community led collective healing care who we could engage with Amna and each other to continue learning, upskilling and driving the momentum of the work we started together.

In 2022 to test this approach Amna launched a series of elective trainings – which were on creative, therapeutic skills to build on and deepen the practices Amna had trained partners in.

We wanted to test the following:

- **If partners will be interested in attending**
- **How engaged will they be**
- **How much the training is valued**
- **How translation and interpretation can be approached given the various language needs in the group**

Changing the Field

Humanitarian crises are often not dealt with on a ‘human’ level. Interventions typically prioritise material needs without acknowledging the psychological impact of forced displacement. Toxic stress and trauma have long-term effects on health and wellbeing if early support isn’t given. Amna emphasises early and consistent emotional support to prevent the adverse effects of trauma through simple, community-based interventions.



Making Wellbeing Accessible

Amna’s mission is making wellbeing and healing available to all who need it. Many communities we work with are still on the move and ideally need access to mental health and psychosocial support (MHPSS) support that can accompany them on their displacement journey. In 2022, Amna conducted research to assess the impact of Covid on the mental health of refugees. With Covid restricting access to essential spaces for learning, volunteering, job searches, health, MHPSS support and social connections, refugees reported worsening of mental health and feeling trapped and hopeless. To address this situation, and to meet the needs of Afghan refugees being evacuated across the world, in 2022 Amna launched a pilot service of accessible, digital opportunities for healing.

Therapeutic Groups



Amna's therapeutic groups are aimed at people with lived experience of forced displacement. They are safe and confidential spaces where people can access support from a supportive group and a trained therapist.

The therapeutic spaces use approaches including talking, movement and creativity and are led in a range of languages including Farsi, Dari, Hazara, English and Arabic in order to:

- Facilitate a safe community space, where people are able to share about their life, experiences and seek support as needed.
- Promote a sense of safety in participants, while enhancing their resilience.
- Help people develop and practice emotional regulation tools to reduce symptoms of stress and trauma.

**In 2022
39 therapeutic sessions
took place for 38 participants
in English and Farsi**

Amna has a team of Associate Therapists, trained and supervised by Amna who facilitate the therapeutic groups. Amna provides one-off induction training (one-off) and monthly mandatory clinical supervision to all active Amna associate therapists. In clinical supervision as well as providing a reflective practice space for therapists, Amna's Clinical Supervisor is responsible for monitoring Amna therapists competency and responsible practice according to Amna principles (clearly outlined in Amna induction training; Amna working with trauma booklet for

**In 2023 Amna will pilot
in-person therapeutic groups
with Afghan communities in Pakistan**



Introductory Trainings

Amna's Introductory Trainings are our flagship free, online training offer, facilitated by the International Training & Capacity Building Team on a monthly basis and open to anyone interested in learning more about how to provide safer psychosocial spaces for displaced communities. As such, it means holding a space for a diverse range of actors – from frontline mental health practitioners to refugee accommodation providers, creative storytellers to yoga trauma specialists – often coming from a range of different geo-political realities.

Within this unique co-created space, we seek to provide an overview of values-based practice and to model the principles that guide everything we do – namely, respect, curiosity, understanding and connection. Together with participants we reflect on our identities, privileges, biases and how they (inevitably) impact our work with refugee communities. We then look to apply both these lenses – values-based and identity-informed – to explore what we mean by trauma, the biological changes in the body that influence our behaviour following traumatic episodes, and the importance of recognising how socio-cultural context will always impact how we both experience and understand trauma.

The training sessions are three hours long and designed to be experiential, participatory and reflective in order for participants to somatically experience the training content and to destigmatise the idea that only expert trauma professionals can or should be holding this kind of work.

In 2022 Amna ran 11 introductory sessions on the principles for setting up safe collective healing spaces.

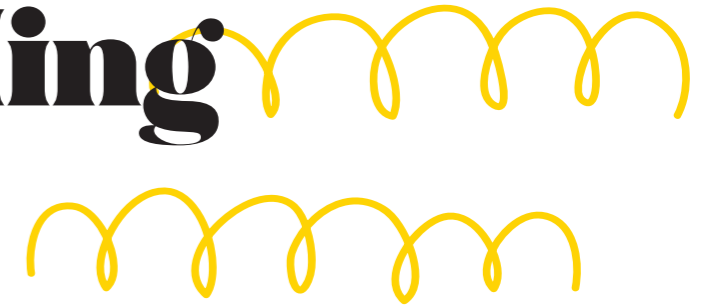
Across the 11 sessions, Amna reached 249 individuals from 155 organisations. Attendees join the online space from all over the world, from Qatar to the USA. The training has received great interest from organisations working with refugee communities across the world and yielded plentiful positive feedback from attendees.



“It was instrumental in terms of sparking off many thoughts and ideas developing within us. Connecting professional experiences with these ideas and new information was productive.”

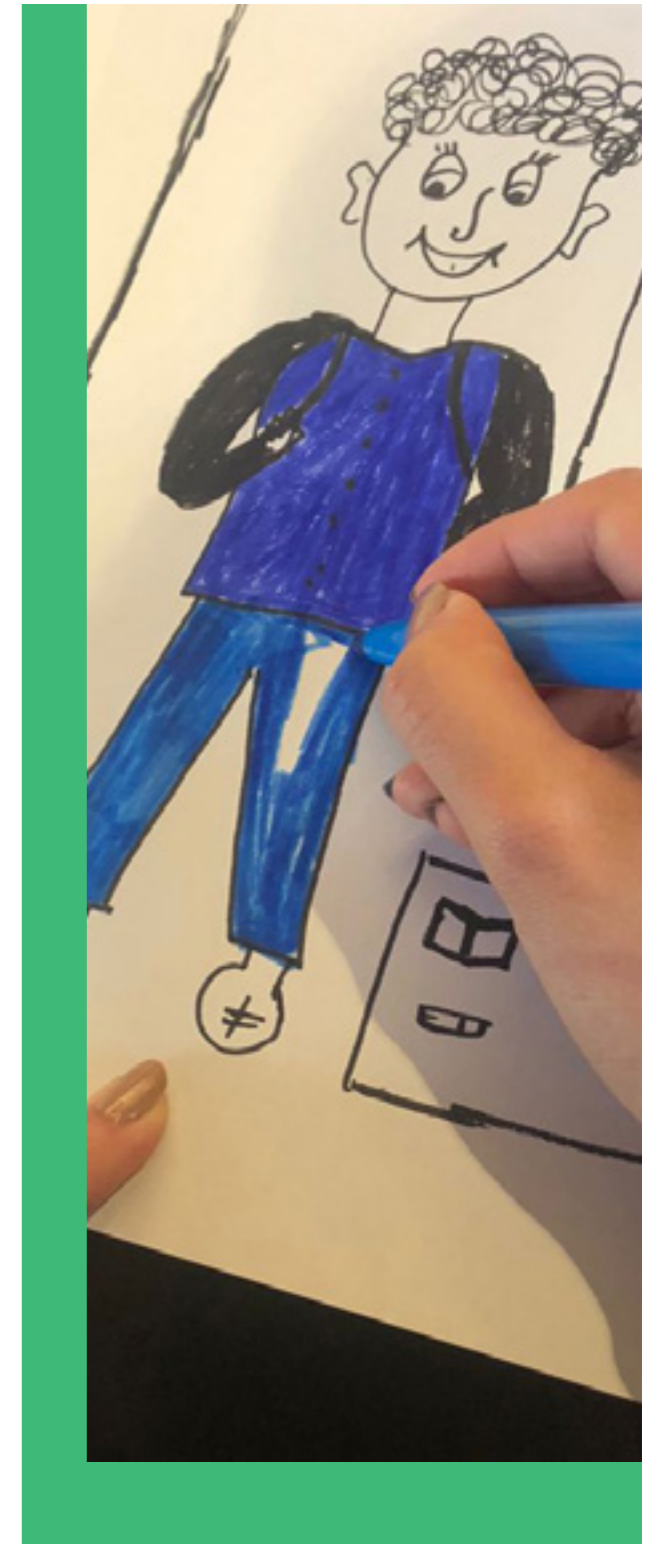


Storytelling



Amna uses storytelling to fight for a world where refugees' rights and identities are respected, celebrated and supported. Our storytelling is reflective of our wider trauma-sensitive, values-based and identity-informed approach and we engage with different medias to change the narrative on refugees' rights and wellbeing and advocate for a kinder, compassionate approach to those fleeing crisis.

First-person storytelling, particularly regarding forced displacement, is important for many reasons. Forcibly displaced communities are often talked 'about' and do not always have a chance to tell their story on their own terms. This is what Sada enabled our storytellers to do- share messages about their experiences that they wanted audiences to understand. By highlighting authentic voices and stories told on peoples own terms, we offered a counter-narrative to simplistic refugee stories in the mainstream.



Sada

While the physical journey undertaken by forcibly displaced communities has been extensively covered, what is less understood is its complex emotional impact. The Sada Project, a multi-media digital storytelling project – shed light on this through six personal stories of refugees from Afghanistan to Ukraine.

The stories are centred around six 'stages' of displacement:



The Decision

The story of Maryam, a young Afghan woman who is forced to leave her home and dreams behind after the Taliban take over the country.

The Journey

Yasser, a father of three, and his wife take a dangerous and uncertain journey in the hope of being able to cross from Syria to safety in Turkey.



The Arrival

Ruth came to Greece hoping to find safety and security for her and her young son. Instead her arrival marked the beginning of more challenges.

Resettlement

Rahma and her husband were given the opportunity to begin a new life in the UK. It meant separating from family and friends.

The Present

Forced displacement isn't a singular event. In this autobiographical short film, Jawed describes how his displacement from Afghanistan shaped his whole life.

The New War

Yana fled to Poland after war broke out in her home of Ukraine. There she began supporting children who had fled the same war as her.

The Sada Project was launched by Amna on World Refugee Day (20th June) 2022. Through Amna's online networks and media coverage, the Sada storytellers accounts and experiences reached over four million people.

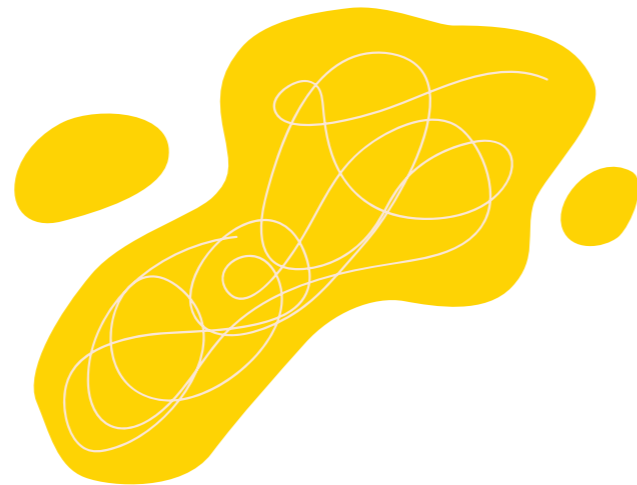




Amna utilised its Mailchimp, Facebook, Twitter and Instagram to promote the site to its followers and supporters. Amna's Founder Zarlisht Halaimzai also took part in an online event with Deborah Frances-White, a British-Australian Comedian in order to further the reach of Sada. High profile figures also boosted Sada's profile including but not limited to:

- **Neil Gaiman**
- **Margaret Atwood**
- **Khaled Hosseini**
- **Lyse Doucet**

The Sada stories were further amplified through opinion articles by storytellers Maryam and Yasser in Haaretz and The Independent.



Social Media

Amna uses its social media to connect directly with its supporters, raise awareness of its activities, spread psychoeducation, fundraise and mark international days and events. We use Facebook, Instagram, Twitter, LinkedIn and Mailchimp to build online communities. Amna's rebrand from Refugee Trauma Initiative also marked the introduction of social media templates. These created a visual consistency across social media platforms.

In 2022



Our Facebook audience grew from **5970 to 6418**



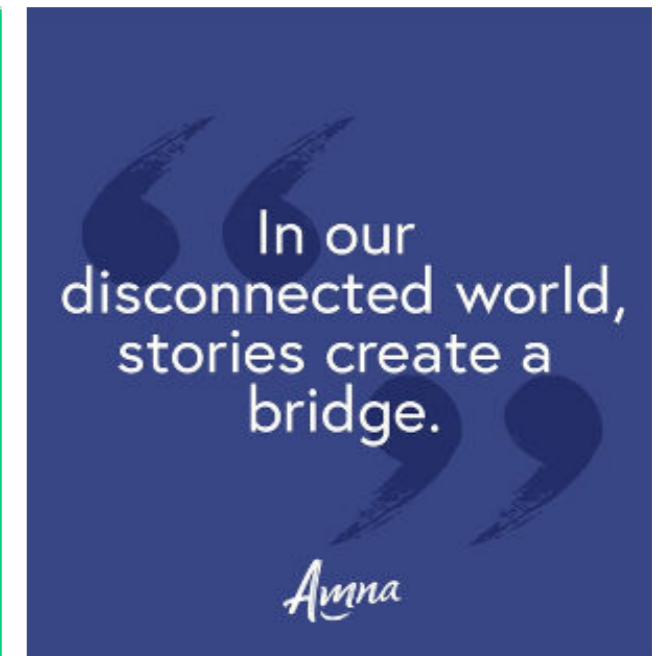
Our Twitter audience grew from **1459 to 2103**



Our Instagram following grew from **4465 to 5221**

Our Twitter account received **6663 engagements** over 2022

Our Instagram account reached **42,390 people**



Finance

FINANCIAL OVERVIEW 2022

RTI Hellas Not for Profit Company

Type of Income	Restricted	Unrestricted	2022 Total	2021 Total
Grants	€ 245,584	€ 265,117	€ 510,700	€ 849,337
Intercompany Transfers	€ 207,972	€ -	€ 207,972	€ 116,544
Individual Donation	€ -	€ -	€ -	€ -
Online Donations	€ -	€ 837	€ 837	€ -
In Kind Donation	€ -	€ -	€ -	€ -
Consulting	€ -	€ -	€ -	€ -
Deferred to/from 2021	€ 554,148	€ -	€ 554,148	€ 24,699
Deferred to 2022 & 23	€ 441,011	€ -	€ 441,011	€ 554,148
Grand Total	€ 568,693	€ 265,954	€ 832,847	€ 436,432

Type of Expenditure	Restricted	Unrestricted	2022 Total	2021 Total
Programmes	€ 426,504	€ 1,550	€ 428,054	€ 245,944
Core Cost	€ 126,463	€ 11,385	€ 137,848	€ 63,304
Staff Capacity Building & Trainings	€ -	€ -	€ -	€ 256
HR Staff Wellbeing	€ 1,550	€ -	€ 1,550	€ 4,598
Fundraising	€ 5,667	€ 2,013	€ 7,680	€ 8,006
Advocacy	€ 2,944	€ 56,445	€ 59,390	€ 88
Capital Costs	€ 3,446	€ 2,907	€ 6,353	€ 1,303
Grand Total	€ 568,574	€ 74,301	€ 640,875	€ 323,528

Type of Expenditure	%
Programmes	67%
Core Cost	22%
Staff Capacity Building & Trainings	0%
HR Staff Wellbeing	0%
Fundraising	1%
Advocacy	9%
Capital Costs	1%
Grand Total	100%

RTI UK Under the auspices of Prism the Gift fund

Type of Income	Restricted	Unrestricted	2022 Total	2021 Total
Grants	£ 1,150,088	£ 3,276	£ 1,153,364	£ 844,332
Intercompany Transfers	£ 183,763	£ -	£ 183,763	£ 103,678
Individual Donation	£ -	£ 14,000	£ 14,000	£ 16,544
Online Donations	£ -	£ 63,445	£ 63,445	£ 31,533
In Kind Donation	£ 613	£ -	£ 613	£ -
Consulting	£ -	£ -	£ -	£ -
Deferred to/from 2021	£ 596,981	£ -	£ 596,981	£ 357,712
Deferred to 2022 & 23	£ 611,056	£ -	£ 611,056	£ 596,981
Grand Total	£ 952,853	£ 80,721	£ 1,033,574	£ 349,464

Type of Expenditure	Restricted	Unrestricted	2022 Total	2021 Total
Programmes	£ 641,075	£ 5,297	£ 646,372	£ 177,319
Core Cost	£ 186,837	£ 18,040	£ 204,878	£ 78,021
Staff Capacity Building & Trainings	£ -	£ -	£ -	£ 5,911
HR Staff Wellbeing	£ 1,155	£ -	£ 1,155	£ 1,331
Fundraising	£ 17,817	£ 42,612	£ 60,429	£ 44,440
Advocacy	£ 55,613	£ 5,961	£ 61,574	£ 35,287
Capital Costs	£ 10,088	£ -	£ 10,088	£ 924
Grand Total	£ 914,586	£ 71,930	£ 986,516	£ 343,232

The Year Ahead



As Amna looks to the future we are continuing to address the lack of empowering, quality, community-led healing/psychosocial spaces for refugees and build community capacity for collective healing, as per our mission and goals.

Amna's initial aim was to have 15 partner organisations in three countries within one or two regions of the world within the next two years. This goal was met, in part due to the success of Amna's emergency responses. As such in 2022 a review of the strategy took place. This review and realignment of the strategy will be complete in 2023.



Donors and Partners

Partners

- Step by Step Center for Education and Professional Development ROMANIA (SbS Center)
- STEP BY STEP MOLDOVA/SBSM (Programul Educational Pas cu Pas)
- Charity Fund Early Intervention Institute for Children with Developmental Delays and Disabilities (CF EII)
- Psychosocial Innovation Network (PIN)
- The Kosova Rehabilitation Centre for Torture Victims (KRCT)
- Global Health – Disaster Medicine
- Foundation for Somalia
- Nomada
- MacArthur
- Atlantic Fellows for Health Equity
- Child Bereavement UK
- Sharp (Society for Human Rights & Prisoners' Aid)
- Seher (Society for Empowering Human Resource)
- YAD (Youth Association for Development)
- Prime Foundation

Donors

- OSF
- Choose Love
- Kahane
- TheirWorld
- Comic Relief
- BvLF
- Hilton
- RBF
- Bosch Foundation
- Linbury Trust
- DRK
- Together Rising
- Compass pathways
- GLG
- Caring Family Foundation
- Ralph's Footprint
- Missionary Sisters
- Rituals with in-kind donation
- Schooner Foundation





Refugee Healing Network