

Psychosocial interventions among adolescent survivors of trafficking in Egypt

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Background

- Capture
- Trafficking routes
- Captivity and treatment
- Release / escape

Background

Around 400 victims of trafficking in
Cairo,
~ 40% of them are minors

Issues

- Unstable living situation
- Basic needs often not met
- Difficulties in accessing education
- Health issues, sleeping problems & nightmares

Issues

- Security concerns
 - Recapture
 - General security situation in Egypt

Case Management

- Organizations providing case management for VoT UCY in Cairo: PSTIC and AMERA
- In-depth initial assessments & Action Plans
- Providing information and facilitating access to services,

Project

- Group psycho-social intervention to complement individual case management
- 12-week group intervention, held in a CBO
- Aim: Creating a safe space to share difficulties, enhance problem solving skills and identify new coping strategies

Participants

- Group of young people who encountered similar challenges in their daily lives
- Under the age of 21
- Basic understanding of Tigrinia
- Living in or near Ardeliwa
- Having their basic needs met *

Facilitators and interpreters

- 2 facilitators, both with case management and group experience
- 2 interpreters, experienced in interpreting psycho-social



topics with and for

Africa & Middle East Refugee
Assistance



منظمة أفريقية و الشرق الأوسط لمساعدة
اللاجئين

Topics

- Possible topics identified based on observed interests and needs
- Discussion within the group
- Final topics chosen by participants



Topics

- Budgeting
- Nutrition
- Emotional, psychological and physical wellbeing
- Problem solving
- Strategies to manage sleeping problems
- Music
- Adapting to life in Egypt



Structure of the sessions

- Warm-up activity
- Two main activities
- Relaxation activity
- Evaluation
- Learning log



Evaluation methods

- Weekly:
One good thing, one bad thing
Evaluation wheel
- In the last session:
Overall evaluation of the group
- Two months after the group ended:
Final evaluation session

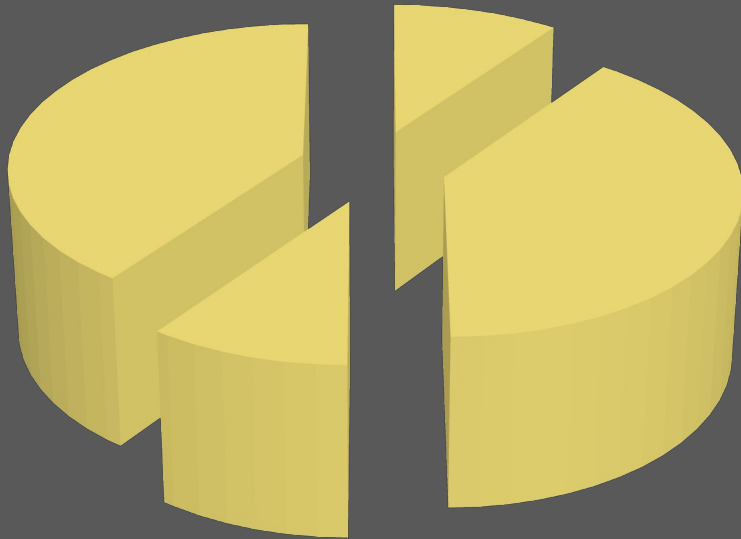
Participants' opinion

- “I kept coming because I felt it was benefiting me. I feel like I'm better than before”
- “The group rules were more important because we are living without rules”

Participants' opinion

- “Talking in a group is a good idea, even if there is no direct solution. We can share ideas and come up with anything”

Monitoring outcomes



Refers to participants who had / have AMERA caseworkers. All other participants receive psycho-social services from PSTIC, the Psycho-Social Services and Training institute in Cairo

- Ongoing case management to Tier 2
- Ongoing case management to check-in phone calls every 2-3 weeks
- Intensive case management to ongoing case management
- Stayed in ongoing casemanagement

Lessons learned

- Set-up of group and location
- Duration
- Transportation money
- Participants as co-facilitators
- Integrating non-VoT
- Health and sexual education

Challenges

- Challenge of human resources
- Balancing resources for individual case management vs group work
- Financial resources –
transportation/ interpreters

Next steps

- Expansion of the group model - 3 groups per year
- Second group started in September 2013
- Increased collaboration with other organizations (ICRC, Tadamon)

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