

# BIRTH, FIJI

## (Building Innate Resilience Through Hearts)

QUATERLY REPORT NO 3

JULY2019-SEPTEMBER2019

The Organisation continues to offer counselling services and community outreach programs. Clients are referred by words of mouth and also by referrals from our previous as well as existing clients. One counsellor was abroad has returned. Other counsellors and members are working as a team to play their roles and keep the Centre open. M/s Asenaca Vakacequ from AusAID Support Facility paid another visit and encouraged the staff to apply for funding. Birth Fiji has also been registered with Department of Women and Culture. Satib Nisha Khan, BIRTH Fiji Team Leader is also a Board Member of Virtues Project of Fiji. During their last meeting it was approved that BIRTH Fiji could work under the project registration as a charitable trust as a separate project. BIRTH Fiji is working towards getting its own registration as a charitable trust.

### **Counselling and Community Work**

Activities for this quarter apart from providing counselling services and client support were as follows:

- Moral support to women to attend court and filling of the legal forms. (3 moral support accompaniments to court house with client)
- Home visitation to some of the clients especially those bed bound. (4 home visits)
- Referrals to other services such Social Welfare, hart home, police and Health Services.
- Therapy sessions with families. (4 family therapy sessions)
- Networking meets with stakeholders – 5 meetings
- Community outreach – 3visits
- Case referrals from VHSC continued-5 cases
- Home visit for mental health support with the mental health nurse to review medication and provide psychological support – 3 visits
- Provided emergency psychological support to 2 suicidal cases. Case management now being continued.
- Private practitioner referral – Stress case attended to.

### **Community Awareness Programs**

1. Team leader headed Horticulture meeting.
2. Bimla attended Active Women's Forum
3. Awareness sessions – Nasarevi Methodist Women's Group – Gender and laws re: Domestic Violence
4. Awareness sessions – Gender based Violence with Nasarevi Methodist Youth Group – Mereoni.
5. Nisha and Mereoni went with the Sai Medical Team to Natalau village for community awareness and counselling support.

### **In the Second Quarter – July to September 2019, BIRTH Fiji attended to:**

- Others---19 new cases
- DV-----6 new cases
- Sress-----4
- Ph. Counselling---2 new

All the above cases have been provided with ongoing counselling and social work/advocacy support.

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### **Staff movement and Staff Capacity Building**

1. Attended the Korean International Careers Association Presentations at the University of Fiji.
2. More volunteers have been supportive during this time
3. Debriefing and supervision continued – 5 sessions
4. Staff had a lunch out together during the time.
5. Staff are having a four-day week with Friday as a day off during this period.
6. Bimla joined the office team as a full-time volunteer counsellor.

### **Achievements So Far**

1. Continue to use office and other facilities which came in as donations, without having to pay for the electricity or water.
2. Continuation of counselling services provided to clients.
3. Saturday mentoring classes for young kids from vulnerable families conducted and work in progress to develop a mentoring/life skills development program for these children.
4. Home visitation and moral support continued for clients.
5. Professional development in the form of Debriefing and group supervision for counsellors
6. Increase in the number of full-time volunteers especially professional counsellors.
7. Very positive feedback from clients received and outcomes from counselling sessions are encouraging especially from clients who came in for stress or panic disorder cases.
8. A children's corner created with story books and few toys. (more toys needed)

### **Challenges are the same as per previous quarter:**

1. Finances – to provide for expenses for volunteers especially while attending to clients
2. Volunteers spending out of pockets can get exhausting and loss of interest in work
3. Transport for home visits and family therapy.
4. Lack of time and expertise in doing the financial manual, policies and writing proposals.
- 5.

### **Future Plans**

1. Continue to review and develop policies and procedures manuals
2. Financial manual to be adapted and set up
3. Work at proposals for funding to sustain the services
4. Programs to be developed to provide for community awareness
5. Promotion of services once the setup is satisfactorily completed
6. Toys for children to make the environment more child friendly

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### *Good Story*

A university student who had panic attacks had given up on her studies as she was not able to function normally after some traumatic events in her life. She was referred by the local health centre for counselling before the doctor could put her on psychotic medication. After several sessions of counselling and mental health therapy, she improved step by step to normal functioning. At first, it took time for her to build trust in the counsellor before she could honestly look at the traumatic events which she had been through, then she was able to set goals she wanted to achieve, then worked on homework activities towards her goals, which help decrease the number of panic attacks she was having, slowly she worked on her isolating behaviour, then she managed to move towards a normal living with her family and friends. The mother of this young woman came to thank the counsellors just before the final session and told us that this young lady had now enrolled back in to the university to continue her studies. She thanked us for having brought her daughter back to them as a family, and all of them had been impacted positively.