

BIRTH, FIJI

(Building Innate Resilience Through Hearts)

QUATERLY REPORT

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JAN 2021 – MAR 2021

The Organisation continued to provide services with **five qualified counsellors** working on full time voluntarily bases providing free “Counselling and Social Work Support” services. **One counsellor** has been out of practice due to health reasons. **Two new qualified counsellors** joined the team and are nearing the completion of their internship program being mentored by the experienced counsellors to meet the needs of our clients and the organisation standards.

Activities:

1. 171 counselling sessions conducted. (56 new clients 115 plus ongoing cases)

56 new clients as follows:

- 20 stress case (Mental Health and Anxiety cases)
- 10 domestic violence cases
- 10 (abuse, relationship issues, socio economic issues etc.)
- 2 child abuse/protection cases
- 14 male clients (Anxiety, Attempted suicide, DV, Socio economic & Relationship issues)

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

2. 29 Home visits for family therapy and psycho education sessions
3. Floriculture group meeting with women earning through selling of pot plants.
4. Provision of food packs to those clients in urgent need
5. Distribution of 50 Hygiene packs from FWRM
6. Support to client admitted in Hospital (and her children at home)
7. Mentoring of a client diagnosed with Schizophrenia (with continued counselling and Mental Health therapy)

8. Networking:

1. Visits to Koroipita (MTCT) Home, Viseisei Sai Health Centre and Golden Age Home to attend to referrals from them.
2. Visitation from Ministry of Agriculture for Floriculture meeting at Birth Fiji Office
3. Fiji Women’s Fund visitation.
4. Part of FWRM hygiene pack distribution program – distributed 50 hygiene packs
5. Case consultation meets with VSHC medical team
6. Visit to DCOSS office to re-engage networking with them
7. Several clients were referred to FRIENDS for emergency food assistance
8. Attended CSO meet with UK Deputy Commissioner Mr. Paul Welsh at FRIENDS HQ
9. Few clients were referred to Domestic Help Line services for emergency Domestic Violence assistance.
10. Clients were referred to Koroipita, Salvation Home and Lovu Hart Home for accommodation needs

11. Individuals in the community provided food assistance for our clients upon request
12. Assisted "Smile Foundation" of Lautoka with CSO registration and discussed networking opportunities.
13. Application support for a 17yr old to the Emerging Leader Forum Training with FWRM
14. Visit to Ministry of Education to provide counselling to students – unsuccessful.
15. Called Zone Nurse to refer a case for home visitation in Lawaki.

16. **Staff Capacity Building**

1. Clinical Supervision with staff (role plays, custody of children[legal & social implications])
2. 2 group supervision with Dr. Jenny Manson of Australia through Zoom
3. EMDR supervision session with Dr. Allister Bush
4. In house - Case conceptualization (one on paedophilia and one on Suicide)
5. Deepika and Dorina attended a 3 days Basic counselling skills training conducted at Hexagon Hotel by the Eden Safe Haven Fiji, facilitated by Ms Kerela.
6. In-house training on Emotional Focussed Therapy (EFT) training by Nisha
7. In-house presentation/refresher on Anger Management for clients

8. **Achievements So Far**

- 7 of the clients who were referred for anxiety and depression and had regular counselling sessions have recovered and were living a better quality of life and no longer had the symptoms.
- A student who was having difficulty attending school due to her anxiety was referred to counselling by the Stress Ward Doctor. She has been able to recover and go off all medication, return to her school and picked up her grades.
- A wheel chair given to a client was returned and given to another who was in urgent need.
- We have maintained and continue to use the office space with improved setup to suit our client needs, using confidential rooms for counselling services.
- Induction of one new staff to assist with counselling and administration work has increased our capacity to meet the needs of our clients.
- Proposals have been sent for funding Fiji Women's Fund
- Partnership with Fiji Women's Rights Movement in "Improving Access to Justice Program" was approved. Dr. Swaran Naidu had recommended to FWRM that the program be carried forward by BIRTH Fiji.
- Dr. Swaran of Veseisei Sai Health Centre recommended BIRTH Fiji to do the distribution of 50 Hygiene packs from Fiji Women's Rights Movement (FWRM) thus successfully linking BIRTH Fiji with FWRM.
- BIRTH Fiji professional counsellors are enjoying the services of Dr. Jenny Monson of Australia in maintaining the quality of profession counselling and social work support provided to our clients. They are impressed with the quality of the sessions.
- S. Nisha Khan our EMDR therapist has continued to receive Professional Supervision support from EMDR Institute NZ and has been offered the opportunity to the next training in October this year.
- A 12 year old child was not getting any assistance because she was being raised by her dad. People helped other homes with female single parent families but not them due to her dad being a male. Her dad has been sick from December last year with no income. This family was assisted with food and school assistance for the child.

9. Challenges

- Finances - to provide for staff/volunteers livelihood as they work passionately to improve the quality of life in our communities
- Transport – especially where home visitation is necessary for psycho education to engage/improve support networks, to do couple therapy sessions, visit the home bound and other work activities.
- Finance to cover for program costs, client support and office management.
- Expertise in sources funding, policy development and auditing.

10. Future Plans :

- a. Follow-up on registration of BIRTH Fiji which was lodged in February
- b. Set aside time to do proposals for funding to meet the organisation needs
- c. Capacity Building and Organisational Strengthening activities with Fiji Women's Fund
- d. Work with Fiji Women's Rights Movement
- e. Plan Community Awareness Programs

11. Positive Outcomes:

Many good outcomes were seen during this period. Many clients who were referred for Anxiety/Panic Attacks/Depression had recovered after regular counselling sessions. Others continue to have ongoing sessions. Two teenage pregnant cases were provided with support resulting in enhanced safety, health needs being met, education needs and support networks. A woman in domestic violence situation with high risk of harm to both her and her child was supported to negotiate a safe plan. She is now in a safe place with her child and working for an income to support her while her case is in court. Two relationship counselling cases resulted in couple therapy sessions. Both the couples are now in a much improved relationships with better bonding between the couples. Their children are safer and happier as their parents are now more focussed on maintaining a healthier family. Approximately ten food packs were given to clients who were in urgent need of food assistance. A number of young people had sessions which motivated them to set life goals to work towards, while some were assisted with school supplies.

Report By: Nisha