



Kivu Care
Au service de la communauté



Why do we do what we DO?

Eastern Democratic Republic of Congo has been marked by decades of prolonged conflicts, violence and war. While the physical wounds may heal, the emotional and spiritual pain often goes unnoticed and build up more cycle of violence, abuse and hopeless.

“Nearly 40% of people in conflict zone suffer from mental disorders [trauma] yet mental health services remain severely underfunded”- WHO

Unresolved generational trauma and grief fuel cycles of violence, addiction, and conflict, leading to broken families, harmed individuals, fractured communities, and diminished hope for the future.

Our theory of change is grounded in the **Bio-psycho-social and spiritual** model of healing, promoting holistic therapeutic approaches to alleviating human suffering. In doing so, we acknowledge, promote and integrate existing Congolese unique cultural practices such as music, dance, storytelling, prayer, and community to foster hope and rebuild lives and communities. Our initiatives to bring hope and healing are centered on three significant and measurable key programs:

1. Trauma healing and Counseling

The ongoing violence, grief and trauma have created urgent mental health needs for children, families, and communities. Kivu Care provides grassroots support and resources for these challenges. Our trauma recovery approach incorporates body-mind techniques alongside Congolese cultural practices, including music, dance, prayer, and community engagement. We believe that creating safe and equitable spaces for physical, emotional and spiritual healing that is happening in the community is critical to breaking cycles of stigma, supporting recovery, and building healthy families, communities, and churches, ultimately helping to end the cycle of violence in the DRC.

2. Substance Abuse / Addiction Recovery Support

Trauma creates needs and leads to a maladaptive coping desire called addiction. Kivu Care is the only organization in the region providing an Alcoholics Anonymous (AA) program in the cities of Goma and Beni. We use official screening tools such as The Alcohol Smoking and Substance Involvement Screening Test, known as [ASSIST](#), to assess the level of severity of addiction in individuals before they are admitted in our AA support groups.

Our AA program is a 12-week process where we focus on psychological and spiritual wounds to repair soul and broken relationships helping participants heal and break free from substance addiction. Furthermore, Kivu Care has introduced a new initiative entitled "**Barbecue sans alcohol**" (Barbecue without alcohol). This ongoing program serves as an inclusive and secure environment, open by invitation for youth. Each weekend, 40 to 50 young participants from various communities including educational institutions and individuals with disabilities are welcomed to take part in the activities.

The program focuses on raising awareness about substance abuse and addiction, providing honest information about drugs, and assessing addiction needs for possible referrals and support. In addition to the scripture, we also invite local former drug users to share their experiences and use materials from [Drugs Free World](#) to reinforce our evidence-based message.

3. Mental Health Consulting and Education Service

Supporting traumatized people and communities can be rewarding but may also cause secondary trauma. Many organizations face a significant gap in mental health and psychosocial support for their field teams. We provide self-care sessions and psychoeducation in schools and

organizations to help prevent suicide, depression, and addiction. We also teach healthy coping skills to improve overall health and social cohesion.

Any organization seeking services from Kivu Care should be aware of the organizational mental health care frame of intervention. As an organization with Christian values, Kivu Care does not impose Christian beliefs nor discriminate against people who do not align with the Christian faith. In addition, Kivu Care also does not underestimate, the power of religious practices and wisdom that permeate Congolese culture to promote trauma healing, addiction recovery and peace building.

The brokenness and need is overwhelming....But there is HOPE!

Since 2022, over **6000** people have directly benefited from Kivu Care programs. We have supported people in displacement camps, on the streets, and in many various community settings including schools, hospitals and international organizations, and NGOs. We want to see the population of the Kivu region and country healed and transformed from their previous and ongoing trauma and pain, so that they can deploy their potential in the service of the community and the nation. This kind of authentic community is what Jesus calls us to build on earth as it reflects his Kingdom (Matthew 6: 9-13).

Our Current Goal: To serve over **30,000** individuals, both children and adults, through Kivu Care by the end of 2028.

Kivu Care upholds the following values:

- **Availability:** We are on the front lines to serve and provide care.
- **Listening:** We offer safe space where our beneficiaries feel heard, valued and supported
- **Confidentiality:** We stand alongside victims and protect their stories
- **Inclusion:** We serve all communities without discrimination against religious beliefs, gender, disability, or needs
- **Training:** We equip, empower, and transfer skills to the local community to become agents of change and holistic transformation.