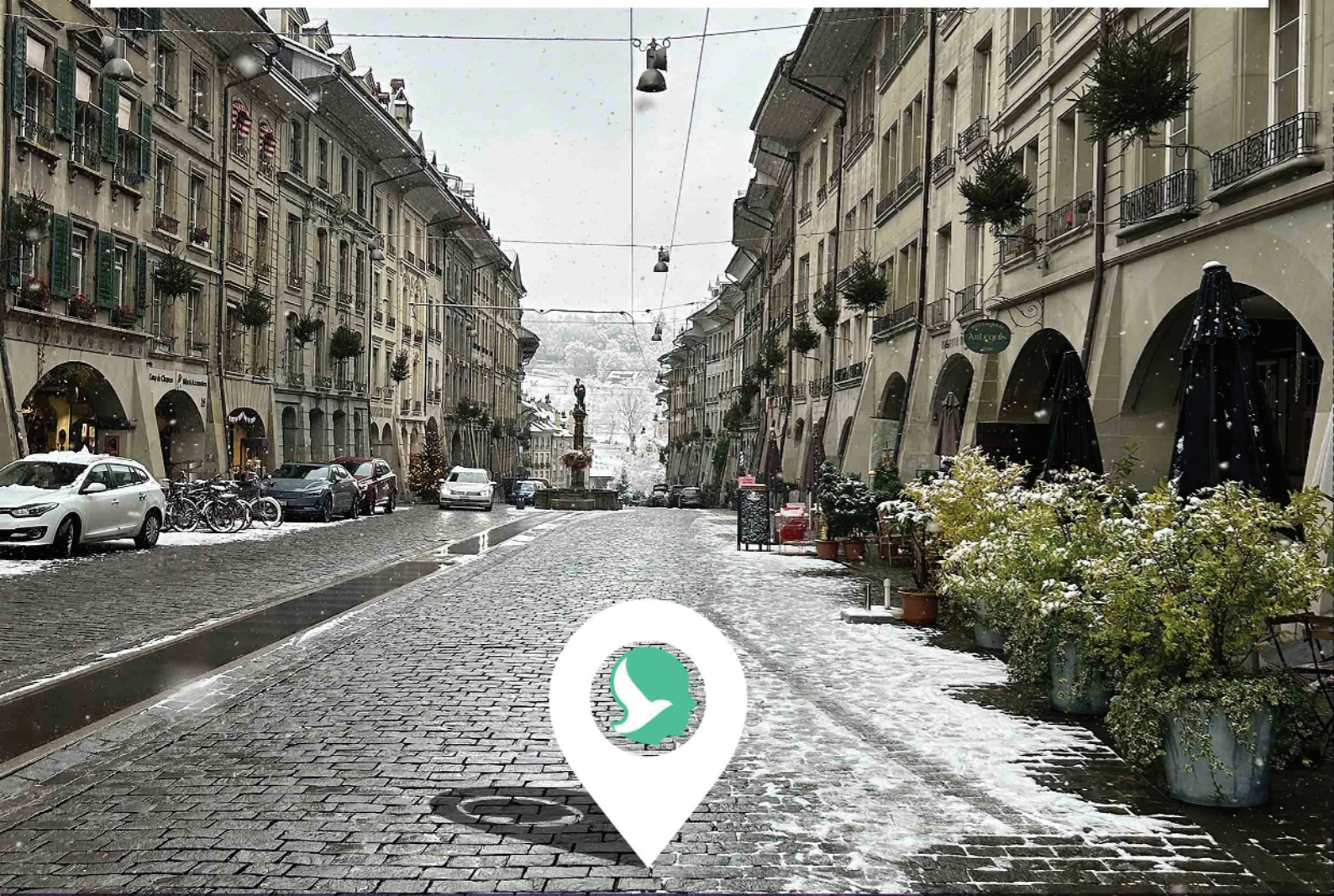




Peace of Mind
Association (PoMA)

**ANNUAL REPORT
SWISS
OFFICE**

www.pomaglobal.org



ABOUT POMA

PoMA is a global organization with three operating offices, in the **US, Switzerland** and in **Afghanistan**, with a common vision and mission to help people achieve peace of mind. Each PoMA office independently leads projects and programmes, focused on mental health, **MHPSS, Protection, Gender and GBV**, and research across these disciplines. Around the world, PoMA works with a broad network of organizations, partners, government ministries, and talented individuals to help improve the lives of the most vulnerable members of society. Particularly trauma-affected, women and girls, religious and ethnic minority communities, and those with disabilities.





Peace of Mind Association (PoMA)
Gerechtigkeitsgasse 3011, 21 Bern, BE, Switzerland

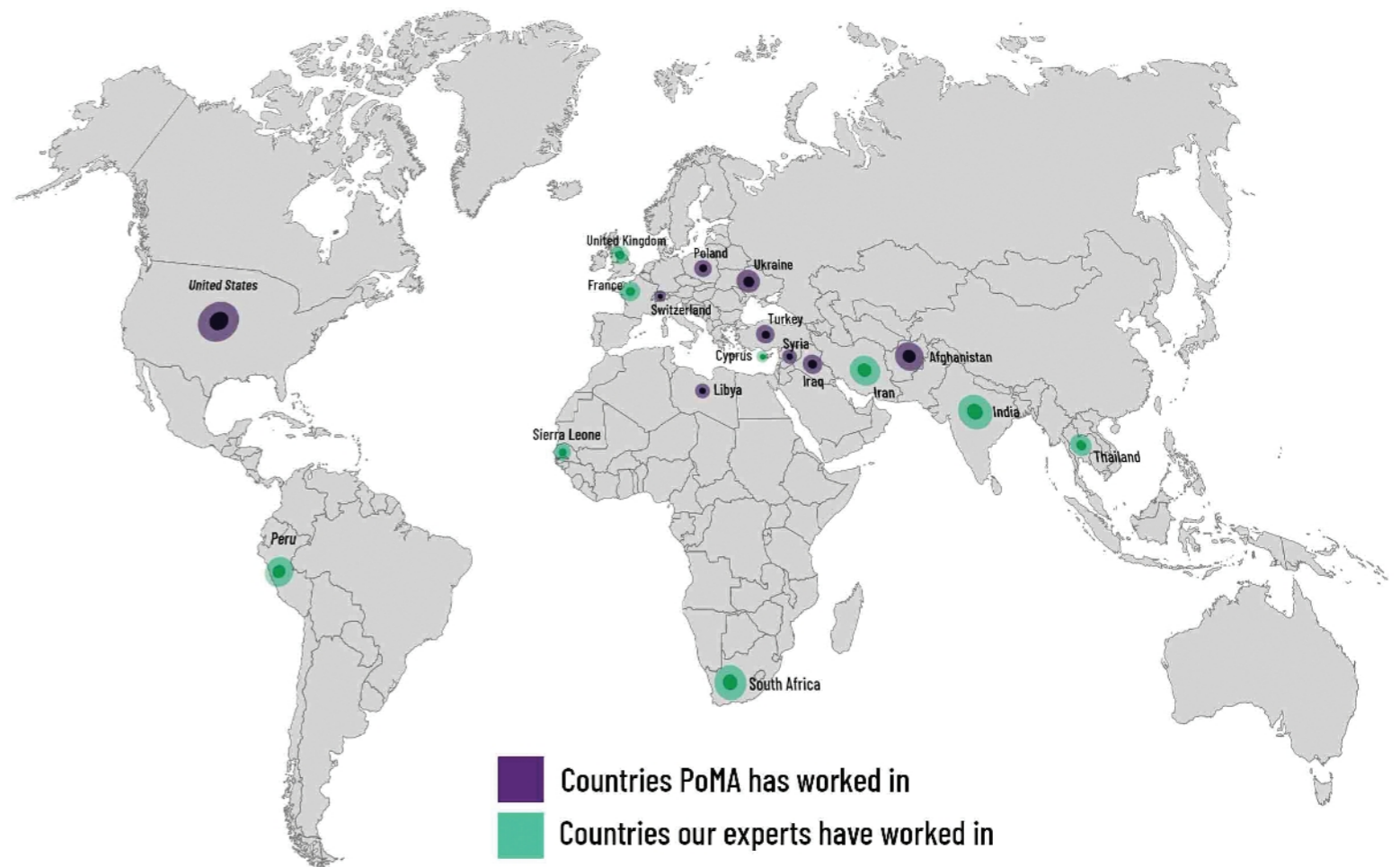
These combined efforts have supported life-changing work in

9
COUNTRIES

since our inception in

2018

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-  **Linkedin:** <https://www.linkedin.com/company/peace-of-mind-afghanistan/>
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Initially conceived and operated as a national mental health awareness campaign aimed at sharing messages about psychological well-being in Afghanistan in 2018, PoMA has evolved into a female-led transnational network of psychologists, community leaders, researchers, and development practitioners focused on fostering a more just and equitable society. Under the stewardship of Lyla Schwartz, PoMA provides a range of services that have grown beyond dispensing specialized mental health and psychological support services for those working with at-risk populations in Afghanistan. Since the crisis in 2021, we have expanded our focus beyond the country, expanding our reach to regions where our consultants have considerable experience and knowledge.

OUR PHILOSOPHY

When you are at peace with yourself, you are at peace with others



We seek a world of hope, tolerance and social justice, where poverty has been overcome and people live in dignity and security



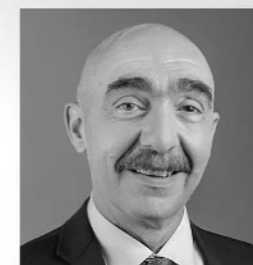
POMA

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WHO OVERSEE AND SUPPORT OUR SWISS OFFICE AND INTERNATIONAL PROGRAMMES.



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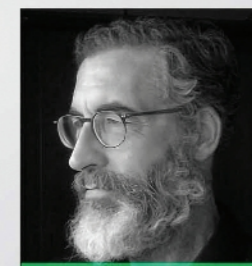
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OUR WORK IN SWITZERLAND

Our work in Switzerland involves helping refugee and asylum-seeking communities here and reaching out to support vulnerable communities globally. Since 2021, PoMA has been operating out of Switzerland, at first, supporting the people fleeing Afghanistan after the fall of Kabul, and since, supporting a number of communities affected by conflict and migration. Our goal has always been to create and advocate for equal access and availability of mental health care for marginalized communities in Switzerland and elsewhere. Two key themes run through our work:

1 DEVELOPING AND ADVOCATING FOR CULTURALLY APPROPRIATE CARE

At PoMA, we incorporate findings from our own field research into the development of mental health care for persons from different communities and cultures now living in host countries in the Global North. We do so to ensure care is evidence-informed, less likely to re-traumatize, and more relatable to the person being treated; improving the effectiveness of treatment and lasting results. We advocate for the implementation of culturally appropriate care across host countries, highlight the benefits of doing so and campaign for increased funding to this type of care.

2 BRIDGING THE GAP BETWEEN DONORS AND IMPLEMENTATION

PoMA's office in Switzerland allows us to better network and connect with European institutions and organizations working in the same fields. With this, PoMA aims to promote care for the most vulnerable communities inside and outside of Switzerland, advocate for increased funding and bridge the gap between donors and implementation.

THIS YEAR AT POMA

This year has strengthened PoMA's presence within Europe, helping communities where mental health has been negatively affected by conflict and migration.



DEVELOPMENT WORK

PoMA worked with three prominent organizations in Europe, Mixed Migration Centre (MMC), Danish Red Cross, and Ukrainian Red Cross, helping to inform on the mental health and protection services available for Ukrainian communities at-risk.



MMC – DATA COLLECTION ON TRAFFICKING RISKS IN WARSAW

PoMA conducted a large-scale data collection project conducted in Warsaw, Poland, to gather information on vulnerabilities to trafficking for Ukrainian refugees to support MMC in producing a 'Rapid Actionable Assessment of Human Trafficking and Migrant Smuggling in the context of the Ukrainian War'. Our team coordinated 12 enumerators in Warsaw, in collecting a total of 600 interviews; 500 with Ukrainian nationals and 100 with third country nationals.

Coordinated Enumerators	12
Total Interviews	600
Ukrainian Nationals	500
Third country Interviews	100

Our data has been used by MMC to produce a briefing paper "Displaced from Ukraine to Warsaw: A case study on journeys, living conditions, livelihoods and future intentions", exploring the profiles of people from Ukraine in Warsaw, their journey from Ukraine, needs, drivers and aspirations, potential discrimination in the city, and long-term migration plans.



<https://mixedmigration.org/resource/displaced-from-ukraine-to-warsaw/>



DRC AND URCS – MHPSS REVIEW AND ASSESSMENT

PoMA conducted a thorough review of all Mental Health and Psychosocial Support (MHPSS) activities and services provided by Danish Red Cross and the Ukrainian Red Cross. Our team collected primary data through KIs, FGDs, and observation of 6 sites across Ukraine and produced a detailed assessment report of our findings, with recommendations for improved MHPSS services across Ukraine, for donor audiences.

6

Sites across UKRAINE



People interviewed included beneficiaries, staff, and community stakeholders. While results varied across Ukraine, a common theme emerged: the need for increased awareness for mental health services to decrease stigma. In addition, the need for increased mental health services in rural areas was also noted throughout.

HIGHLIGHT OF THE YEAR



PoMA's work focused on identifying and reporting the mental health and protection needs of Ukrainian communities, supporting other organizations in their mission to provide emergency and long-term psychological support.



PoMA enumerators interviewed a

TOTAL OF

600

UKRAINIANS AND THIRD-COUNTRY NATIONALS IN WARSAW

on their experiences en-route and since being in Poland.



OVER

700

UKRAINIANS

were interviewed or surveyed on their access-to and experiences-of Psychosocial Support Services provided by the Red Cross.



LOOKING FORWARD TO 2024

- ▶ **PoMA Afghanistan** will begin a two-year project with three local partners in Afghanistan; **CordAid**, **HADAAF**, and **RCY** to deliver a **MHPSS** and Peacebuilding project across four provinces in **Afghanistan: Herat, Daikundi, Khost, and Nangarhar**. PoMA will be leading **MHPSS** activities, focusing on building the capacity of the existing mental health care system, and creating new and sustainable resources and materials to promote long-term change in how mental health is treated, prevented, and discussed across communities.
- ▶ **PoMA US** will continue to deliver the course on Psychosocial Support to students in **Syria**, supporting them through classroom learning and field placements until Fall **2024**; after which we will make any necessary changes to our course and welcome a new year of students. By building the capacity of **Syrian students**, we can increase the availability of sustainable, skilled, local teams in delivering crucial care.
- ▶ **PoMA Switzerland** is committed to continuing to advocate for renewed attention on conflict-related and migration-related mental health through further research and the development of evidence-informed programs. In connection with our teams in the field, we aim to bridge the gap between research and implementation.

