



# WEBINAR INSPIRE TRAINING

13<sup>TH</sup> & 14<sup>TH</sup> APRIL 2021

Presentation By:  
TPO Uganda



Restoring Hope,  
Transforming Lives

# **INSPIRE: Seven strategies for ending violence against children training series, Response and Support Services**

**Adaptation of the Cognitive Behavioral Therapy (CBT) in responding to MHPSS needs of children survivors of VAC.**

**By**  
**Muwairwa Michael**  
**TPO Uganda**

**13<sup>th</sup> April 2021**



## STRATEGIC PLAN

2017 - 2022



# ABOUT TPO Uganda

Operating in Uganda since 1994.

TPO Uganda is rights based NGO that works in partnership with communities, civil society, the private sector and government to empower communities improve their mental health and socio-economic wellbeing in a sustainable way.

## Our INSPIRE interventions



**Enforcement and implementation of laws**



**Social norm change interventions**



**Parent and caregiver support**



**Response and support services**

### INSPIRE: Seven Strategies for Ending Violence against Children

Implementation and enforcement of laws



Norms and values



Safe environments



Parent and caregiver support



Income and economic strengthening



Response and support services



Education and life skills



# A brief context/ problem which is being addressed by the model/promising approach

## Quick facts from the Uganda VACs survey

- One in four girls (25%) and one in ten boys (11%) reported experiencing **sexual violence** in the past year.
- one in four children (girls, 28%; boys, 24%) ages 13-17 years who experienced **physical violence**.
- One in five 13-17 year old children reported experiencing **emotional abuse** in the last year
- 13-17 year old boys and girls who experienced any form of violence significantly reported mental and/or psychological distress.

**Limited age appropriate MHPSS services for VAC survivors.**

Survivors of violence suffer a wide range of negative physical, mental, social, and cognitive outcomes.

# Name of the model/promising approach and the specific INSPIRE strategy to which it is



## Cognitive Behavioural Therapy

as

**Response and support services strategy** under INSPIRE

# **Background.**

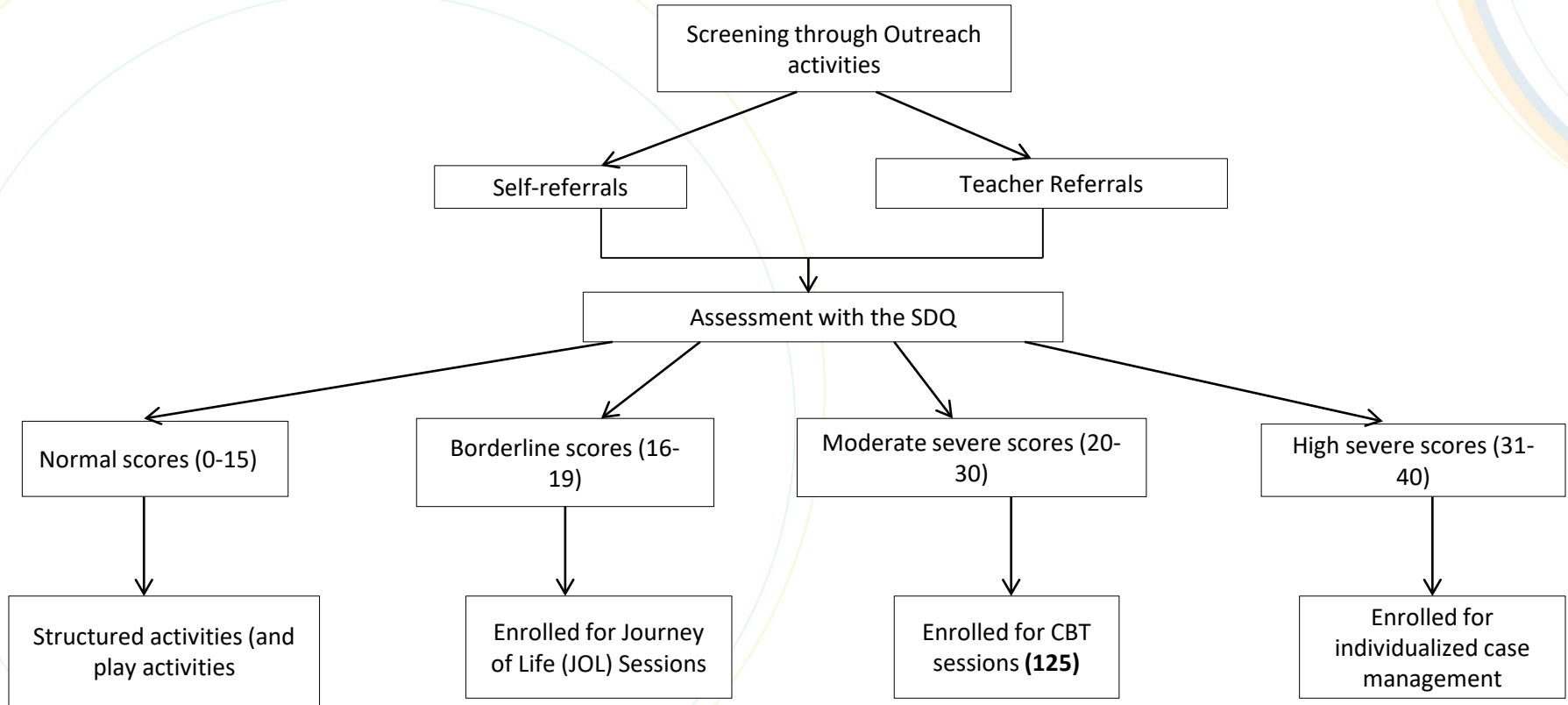
*TPO Uganda implemented the Cognitive Behavioral Therapy (CBT) through building local capacity among caregivers and health workers to identify, screen and deliver lay trauma focused Cognitive Behavioral Therapy to children identified with trauma, psychological distress and poor emotional wellbeing.*

The purpose of Cognitive Behavioral Therapy is to empower individuals to take control of their own lives.

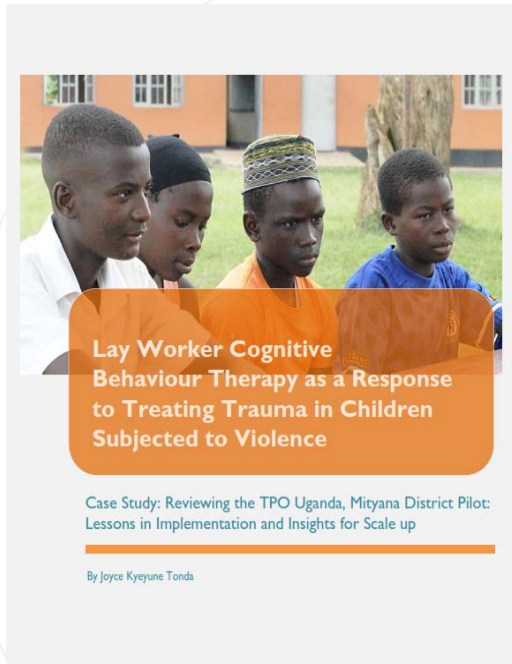
## **Learning objective**

- 1. How effective is the Cognitive Behavioral Therapy in responding to MHPSS needs of boys?*
- 2. How can boys be supported to refer and report cases of GBV?*

# Methodology.



# Effectiveness of the CBT modal under INSPIRE



TPO Uganda

- Reduction in family VAC esp. sexual abuse, harassment and exploitation
- Strengthened social connectedness and support.
- Improvement in school attendance
- Improved case identification and response
- Improved self esteem and positive relationships of enrollee children e.g child-parent and child-child relationships
- Reduced levels of psychological distress among enrollee children (*from above 58% to below 20%*)

