



SHANTHIHAM
Association for Health & Counselling

2021

Annual Report



SHANTHIHAM

ASSOCIATION FOR HEALTH & COUNSELLING



SHANTHIHAM

HEALTH

Our Story

The need for an institution to deal with trauma victims saw the establishment of the Association for Health and Counselling (AHC) popularly known as Shanthiham in 1988. Since then Shanthiham has developed as an organization that provides both a Counselling Centre and Training Centre for Mental Health and Psychosocial Support (MHPSS) for the Northern part of Sri Lanka.

Shanthiham from its origin was deeply involved in and focused on counselling of individuals, families and communities who had been traumatized due to the prolonged war, which resulted in the increase of traumatized persons in the North and East, Shanthiham increased its Counselling and psychosocial activities directly and virtually reaching a large number of people all over the island and supporting during recent difficult times of COVID19 pandemic.

Our Services

Mental Health

To contribute and advocate for the enhancement of Mental Health Services and outreach

Distribution

To provide essential personal hygiene items to the people affected by COVID19 and other challenging situations

Livelihood

Support and promote the generation of a local economy that uses the valuable assets in the region to create local jobs and opportunities.

Trainings

Developing psycho social training of trainers for capacity building of front line workers, officials and community groups.

Capacity Building

Training on mental health and psycho social interventions for people and groups, front line workers, officials, community members and organizations, teachers and students.

Tele- Counselling

Tele- counselling enables individuals to access support from the trained, and well-experienced counsellors over phone calls or social media platforms irrespective of the time, and place they are in. It enables us to reach out to many more people to provide Mental health assistance and ensures confidentiality, protects peoples identity, and is cost effective.

Psychosocial support

As part of providing psychosocial support for the vulnerable communities, Shanthiham has provided income generation projects during COVID-19 exigency period, equipping intermediate care centers with necessary medical equipments, items for recreational activities, separate nursing rooms, child-play area, and dry-ration packs for the most vulnerable ones.

Human Resources

Develop and implement mental health and psycho social interventions in the selected communities with the support of donors and field experts.

MESSAGE FROM THE PRESIDENT

Shanthiham has come through yet another year of challenges having performed exceptionally well in all aspects of its work. I write this message with deep gratitude, and my appreciation goes to the Director, staff and Council of Management for their unwavering commitment to see that Shanthiham continues to grow and lead the work in Mental Health support for our local communities in innovative and creative ways.

Despite months of lockdown owing to the covid-19 crisis, and the economic crisis that followed, Shanthiham has shown grit and determination not to allow any of these to slow it down, or to hamper the quality and diversity of its work. With five major donors, UNICEF, Neelan Thiruchelvam Trust, IMHO (Canada), Swiss Federal Department for Foreign Affairs and USAID/SCORE supporting us, Shanthiham has been able to serve the community through major projects providing emergency psychosocial support to the most affected regions in all five districts in the Northern Province as well as provide individual counselling directly and through telephone. Over 2000 people received counselling / PS support services over the phone. Along with mental health work, Shanthiham offered a helping hand in distributing in kind donations to quarantine centres and disadvantaged communities during the lockdown period.

As part of its mandate Shanthiham has provided training for public health workers and befrienders who work on the ground supporting well-being of communities during this very trying period. We also completed the Counselling Course after it was delayed owing to long periods of lockdown. Our website has been redesigned and given a new face. A much needed renovation of the roof was undertaken as well as that of the Round Shed, and the office was refurbished giving Shanthiham a fresh and new look. A five year strategic plan was initiated and it is hoped that it will soon be completed broadening our horizons.

With restrictions on movement becoming the new normal, Shanthiham used the opportunity to reach out to various groups of people providing training in psychosocial support work as well as workshops helping student groups to deal with new circumstances.

We look back over the year with pride and deep appreciation for the contribution of individuals and organisations who have supported us to carry out all this work. While things around us continue to pose new challenges every day, Shanthiham too continues to rise up to these challenges and responds in constructive ways to sustain the well-being of our local communities.

Ms. Vasuki Rajasingham, President of the Management Council, Shanthiham

MESSAGE FROM THE SECRETARY

The psychosocial work done by Shanthiham for many years has made a great contribution to social development. Shanthiham will always be remembered by many people in Northern province for enthusiastic involvement in many livelihood projects to relief the people during Covid-19 pandemic. Shanthiham is currently working in five districts namely Jaffna, Kilinochchi, Mullaitivu, Mannar and Vavuniya. My heartiest thanks to everyone who helped for the successful implementation of many projects that were undertaken in the districts by Shanthiham.

Specially, I would like to appreciate the commitment and dedication of the staff of Shanthiham. They had performed various activities to enhance the psychosocial development of people. As the secretary, I extend my sincere gratitude to Mr. Thileepan, Director of Shanthiham, Administrative staff and the psychosocial workers for their fullest support and coordination in many ways.

Further, I would like to thank the president and all the members of the council who spent their valuable time and rendered their immense services in the progress of Shanthiham. Many thanks for your continued support beginning of the last year and helping to create a safe and pleasant environment for all

I wish Shanthiham all the very best for its future endeavors for the progress and upliftment of our society.

Dr.K.Kajavinthan, Secretary of the Management Council, Shanthiham

MESSAGE FROM THE DIRECTOR

Over the past year, Shanthiham staff have continued to step forward in unimaginable circumstances facing the ongoing global threat of COVID-19 by bringing the best service to the public together with the Health Department of Northern Province. My heartfelt thanks, and gratitude to the staff who worked tirelessly even at the late nights, early mornings, and weekends who have dedicated themselves to protecting our health and safety while simultaneously balancing out the same challenges of working from home. To say that the 2021 year was challenging is truly an understatement. It is evident that COVID-19 has affected and continues to affect our community's well-being in numerous ways. The populations we serve, are continuing to experience barriers as they navigate their way through the pandemic, and adding to that the country's dire economic situation which started at the end of last year has amplified the challenges, and hardships people experience.

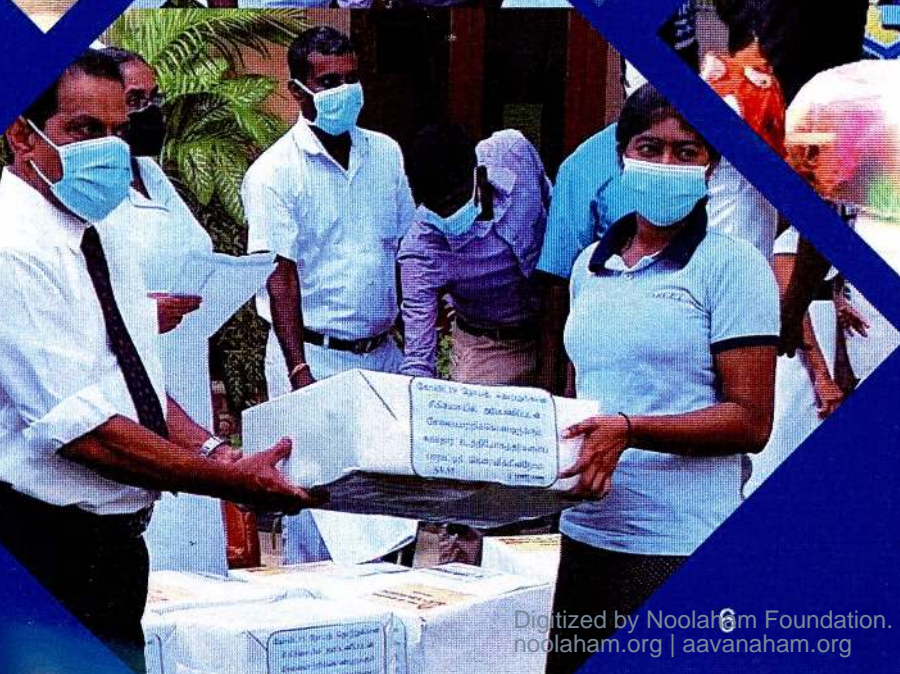
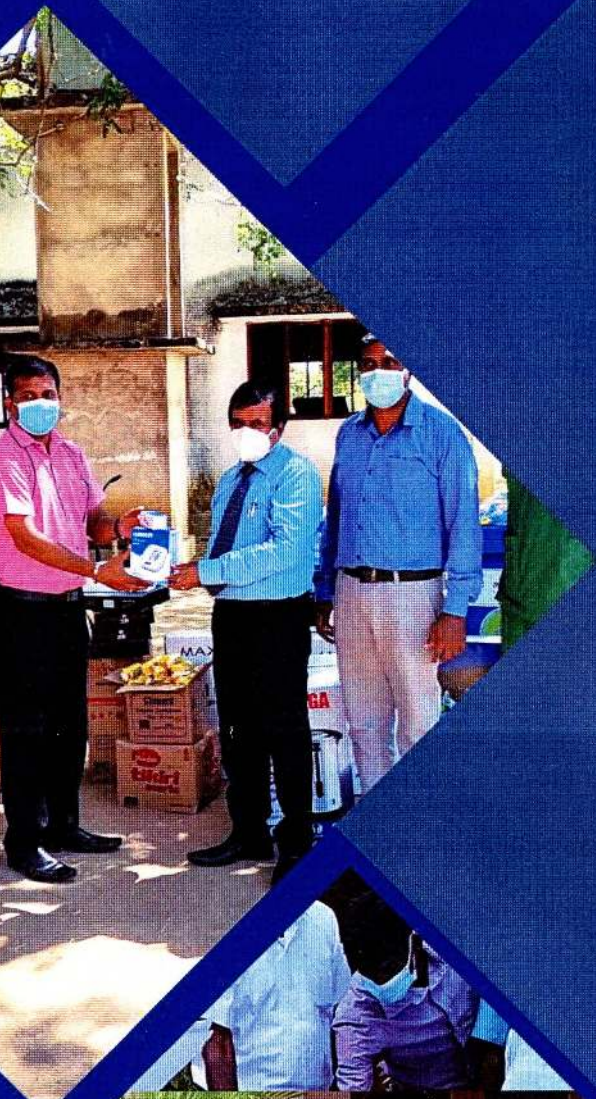
This report not only summarizes Shanthiham's programmatic and fiscal achievements for 2021 but also demonstrates our resolve to promote the health and psychosocial well-being of communities through various means we serve.

As we continue to face challenges nationally and globally, Shanthiham was also on a strategic visioning and planning process to define our strategic directions and planning of innovative ways to continue supporting communities while committed to Health and Counselling.

I am really excited and honored to lead the team of Shanthiham's activities and endeavors through these historical times, diminish the devastation of COVID-19 and seek to reduce health inequities and PS wellbeing through our programs. I thank the Staff and Council of Management for their timely support which took to new heights this past year as they adapted to the challenges of a global pandemic and delivered uninterrupted service for the populations we served when they needed us the most.

Mr. Sypherion Thileepan, Director, Shanthiham

Our Projects



PSYCHOSOCIAL SUPPORT FOR EMOTIONAL WELL-BEING OF COVID – 19 POSITIVE INDIVIDUALS AND FAMILIES.

Target group – COVID – 19 positive individuals and families.

Duration – July 2021 to September 2021

- Provided psychosocial services:
Remote helplines (Tele-counselling and Psychosocial support), befriending, and other psychosocial services. In total 88 people have received counseling and improved their emotional wellbeing through the intervention of the project.
- Project has provided special psychosocial services to those who were quarantined in ICCs it helped to overcome psychological difficulties such as separation, anxiety and uncertainty regarding the speculations of mis-conception of COVID-19, inadequate awareness on vaccination
- People have learned some of the self-psychological techniques for managing their difficult situations so it reflects the project's service suitability.
- The project guided people in handling psychosocial challenges such as the grief of losing a closed one, domestic violence, child abuse, less preparedness, lose of jobs, and income generation.
- COVID 19 pandemic-related psychosocial problems have been identified and exposed across different ages and gender. It will Subsequently, it ensured to support people with COVID-19 difficulties as a society by encompassing individuals from different age groups, and gender.
- Children have received guidelines and awareness about how to handle online education systems and protect themselves from cyber threats.
- Virtual training programs conducted successfully to school teachers and parents for how to manage current online education challenges with pandemic struggle.
- Created a way to get livelihood assistance through project networking and referral strategy.
- People have received important need-able information from distributed leaflets, posters, videos through the project.
- Hygiene kit packs provided to ICCs centers and help to developed some infrastructure development facilities for improving their mental and physical wellbeing.



JAFFNA DISTRICT



917

**people improved emotional
wellbeing**

Counselling

88

Befriending

62

Psychosocial Support

767



NEELAN TIRUCHELVAM TRUST

Program Description – Develop emotional wellbeing of COVID – 19 positive individuals and families through psychosocial intervention such as counseling, creating awareness, provide hygiene items.

EMERGENCY MHPSS IN JAFFNA

COVID 19 SUPPORT

Target group – Vulnerable COVID – Positive people.

Duration – 9 June 2021- 8 December 2021

- A teleconsultation is the technical tool that was introduced by Shanthiham to allow people to communicate with the professionals over the phone or online platforms to get assistance during pandemic situations through this project.
- Counseling service access was simplified with a professional approach through the online platform such as vice call, Viber, WhatsApp, and zoom and provided psychosocial support to need able people with several possible ways.
- A Large number of people have gotten benefits from the online platform counseling system not only in northern provinces and other provinces also.
- Provided essential awareness about COVID 19 through social media and other means such as massages, posters, leaf leaflets, and video clips.
- 300 hygiene kit packs had been distributed among vulnerable women and girls in the Jaffna district.
- 1248 people have received counseling and other psychosocial support from the project.
- 32 Selected beneficiaries have gotten a variational resilience pack for economic empowerment based on their income-generating options.



JAFFNA DISTRICT



300

hygiene packs have been distributed



1248

people received counselling and psychosocial support



32

Selected beneficiaries have gotten a variational resilience pack



USAID
FROM THE AMERICAN PEOPLE

Project Description – Empower people to overcome psychosocial challenges of COVID – 19's third waves impact through tele – counseling awareness programs and some livelihood supports.

COVID 19 Relief under USAID SCORE Activity

Psychosocial Support

1113

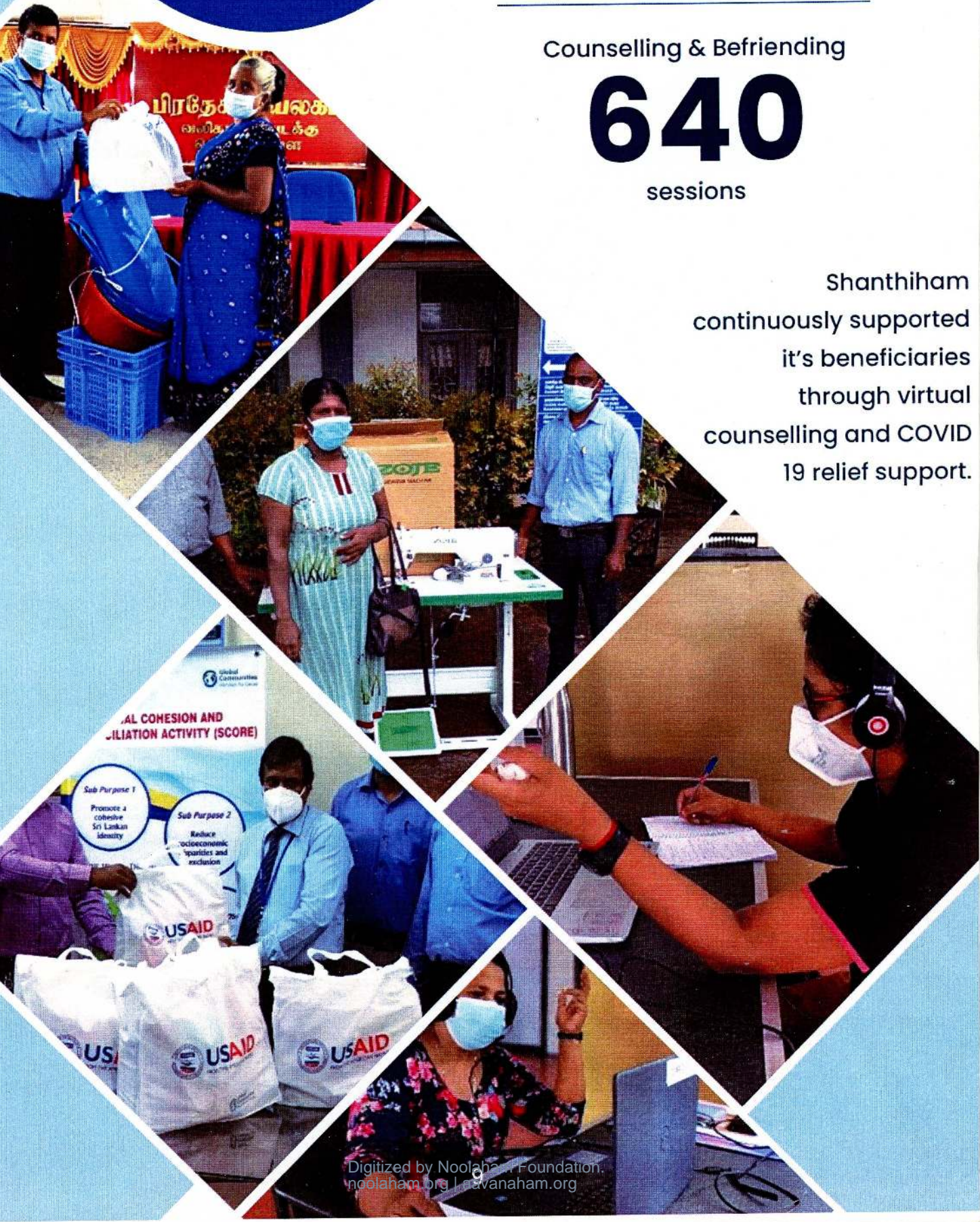
sessions

Counselling & Befriending

640

sessions

Shanthiham
continuously supported
it's beneficiaries
through virtual
counselling and COVID
19 relief support.



SUPPORTING FRONTLINE PUBLIC HEALTH INSPECTORS TO RESPOND TO COVID 19

Duration: 21 May 2021 to 20 November 2021



150 PHIs received PPE Kits.

97 PHIs participated and benefited from the workshops.

75 beneficiaries received home gardening packages.

- PHIs have actively participated from Jaffna, Kilinochchi, Manner, and Vavuniya and learned MHPSS related phenomenons for handling COVID cases in the field.
- Occupational Stress and Resilience refresher workshop impacted the participated PHIs in developing resilience in order to manage the challenges in the work and life. Besides, they realized the importance of being empathetic, keeping the internal self-healthy. 97 PHIs participated and got benefits from the project' workshop
- To ensure protection while providing support in the front-line during COVID-19 Shanthiham provided personal protective /measures to support them during the COVID emergency situation. 150 PHIs received PPT kits.
- Distributed home gardening packages helped the beneficiaries to find income generation options to stabilize themselves to a certain extent to manage their daily expenses among 75 beneficiaries and it enabled them to obtain nutritional supplements for their daily nutritional need.



Shanthiham provided personal protective /measures to support them during the COVID emergency situation.



Project Description - **Provision occupational stress and resilience reform workshop and safety protective measures to the public health inspector.**

Summary of the Clients and family members details

Client Service Summary Sheet		Month 1 - January		Month 2 - February		Month 3 - March		Month 4 - April		Month 5 - May		Month 6 - June		Total Clients	Total Sessions
		Females	Males	Females	Males	Females	Males	Females	Males	Females	Males	Females	Males		
Psychosocial Support for	ICC & Home Quarantine List	0	0	0	0	0	0	0	0	2	4	12	7	25	8
	Received Call	0	0	0	0	0	0	0	0	2	1	0	0	3	6
Counselling & Befriending for	COVID-19 Related Problems	2	0	2	2	3	2	5	3	7	5	5	2	38	63
	General Psychosocial Problems	1	2	1	1	2	1	3	3	4	3	11	8	40	76
Total		3	2	3	3	5	3	8	6	15	13	28	17	106	153
Total number of clients received MHPSS		3	2	3	3	5	3	8	6	15	13	28	17	106	153
Total number of family members received MHPSS		0	0	0	0	0	0	0	0	0	0	0	0	0	0
Total		3	2	3	3	5	3	8	6	15	13	28	17	106	153

Summary of the Clients and family members details

Client Service Summary Sheet		Month 7 - July		Month 8 - August		Month 9 - September		Month 10 - October		Month 11 - November		Month 12 - December		Total Clients	Total Sessions
		Females	Males	Females	Males	Females	Males	Females	Males	Females	Males	Females	Males		
Psychosocial Support for	ICC & Home Quarantine List	13	9	50	55	138	209	73	144	15	2	0	0	708	840
	Received Call	10	8	32	32	26	38	11	42	12	5	2	1	219	259
Counselling & Befriending for	COVID-19 Related Problems	11	6	10	10	20	24	12	21	19	3	1	0	137	199
	General Psychosocial Problems	12	10	34	8	16	11	6	15	27	4	2	1	146	302
Total		46	33	126	105	200	282	102	222	73	14	5	2	1210	1600
Total number of clients received MHPSS		69	32	122	101	197	279	101	218	46	13	5	2	1185	1561
Total number of family members received MHPSS		2	1	4	4	3	3	1	4	2	1	0	0	25	39
Total		71	33	126	105	200	282	102	222	48	14	5	2	1210	1600

EMERGENCY PSYCHOSOCIAL SUPPORT FOR THE EMOTIONAL WELL-BEING OF COVID – 19 POSITIVE PEOPLE IN KILINCHCHI DISTRICT

Target group – COVID – 19 positive people.

Duration – 23 June 2021 to 22 October 2021

- The Project has identified challenges faced by different age and gender groups in COVID – 19 Struggle situation. And it found out background factors of Challenges among individuals who were in the ICCs and who were home-quarantined.
- 859 people received benefits from tele counseling and the virtual psychosocial support system of Shanthiham. Ensured children’s psychosocial wellbeing through counselors’ home visits and some special attention.
- Parents, Teachers, and Children were made aware of the suggestions for handling the online education system-related issues during COVID – 19 pandemics.
- Thousand home quarantined vulnerable families have gotten basic essential hygiene items by the project and it helped to recover from COVID – 19 them soon.
- Some of the care centers have ensured their safety from COVID -19 threats by hygiene items assistance of the Shanthiham.
- Distributed a large number of leaflets, posters and created videos for awareness and educating the public on COVID 19.
- Shanthiham is one of the model organizations in the north for providing psychosocial services through the virtual platform as well as Shanthiham reached 35,201 people through online media.



**KILINCHCHI
DISTRICT**



1000

hygiene Kits to most
vulnerable families

35,201

reached via social
media platforms



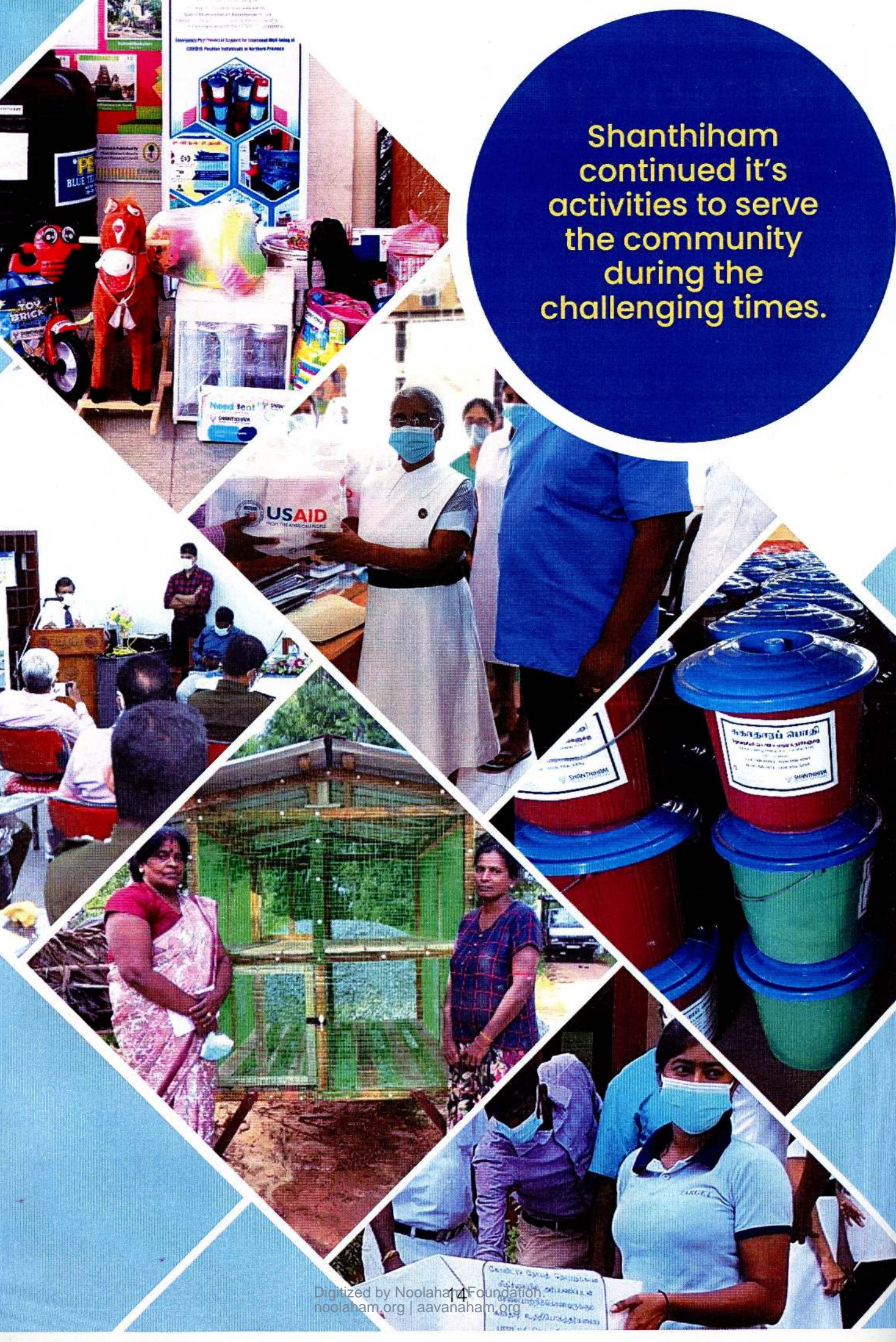
SHANTHIHAM IS ONE OF THE **MODEL ORGANIZATIONS IN THE NORTH FOR PROVIDING PSYCHOSOCIAL SERVICES THROUGH THE VIRTUAL PLATFORM**



SWITZERLAND

Project Description – Empower people from COVID 19 impact through psychosocial interventions and social support.

Shanthiham continued its activities to serve the community during the challenging times.



EXPANDED SUPPORT FOR DURABLE RESETTLEMENT AND REINTEGRATION IN SRI LANKA

Duration - December 2021 to July 2022



KILINOCHCHI AND MULLAITIVU

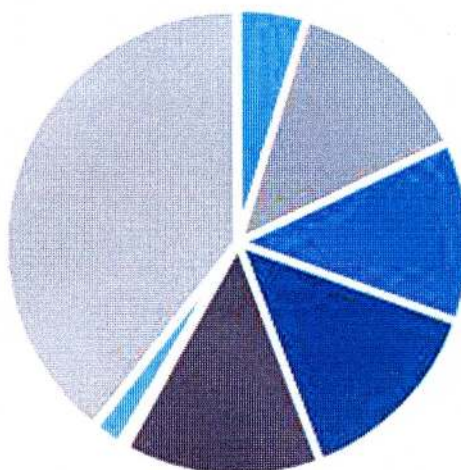
- Staff orientation and staff training sessions have been conducted successfully under the best resource persons' involvement.
- Children's psychosocial challenges have been identified by field visits and appropriate interventions have been developed to handle that phenomenon
- Baseline data have been collected for project implementation through the village and school profiles.
- Arrangements have finished for befrienders training and village level child development committee formation process also going on.

Project Description - project mainly focuses on strengthening child wellbeing structures, systems, and individuals who support this work with the central focus on children based in the war-affected vulnerable community such as Mullaitivu and Kilinochchi.



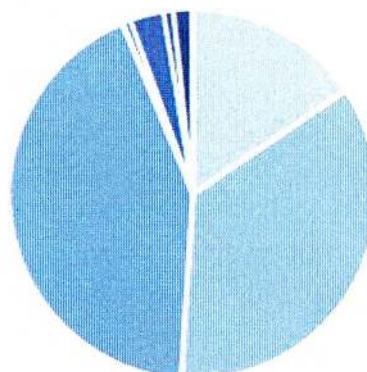
FINANCIAL STATUS - 2021

Donors	Budget
UNDP	1,697,943.62
NTT	4,670,000.00
SFDFA	4,400,000.00
USAID - SCORE	4,845,500.00
USAID - SCORE	4,874,000.00
Donation	155,569.00
IMHO	742,582.92
UNICEF	13,848,400.00



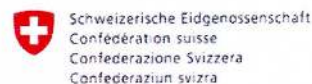
- UNDP
- NTT
- SFDFA
- USAID SCORE
- USAID SCORE 2
- Donation
- IMHO
- UNICEF

Description	Income
Bank Interest	761,342.66
Individual Donation	1,727,724.79
Donation - GIK	2,070,743.62
Membership fee	6,500.00
Counselling Course	32,000.00
Asset Sales	142,600.00
Book Sales Income	41,600.00
Consultancy	80,900.00
	4,863,411.07



- Bank Statement
- Individual Donation
- Donation GIK
- Membership Fee
- Counselling Course
- Asset Sales
- Book Sales Income
- Consultancy

Our Donors



Embassy of Switzerland to Sri Lanka and the Maldives

Shanthiham on Social Media

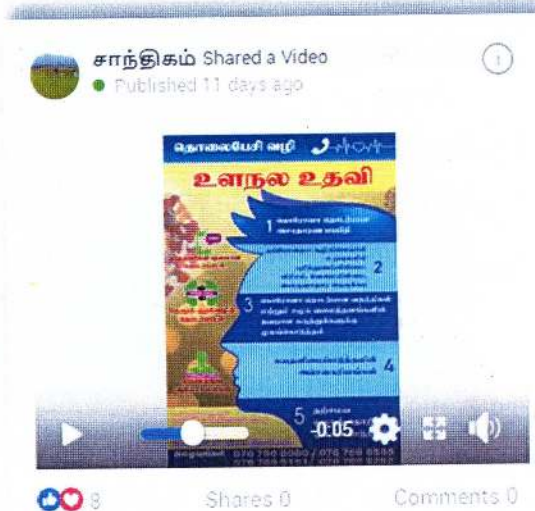
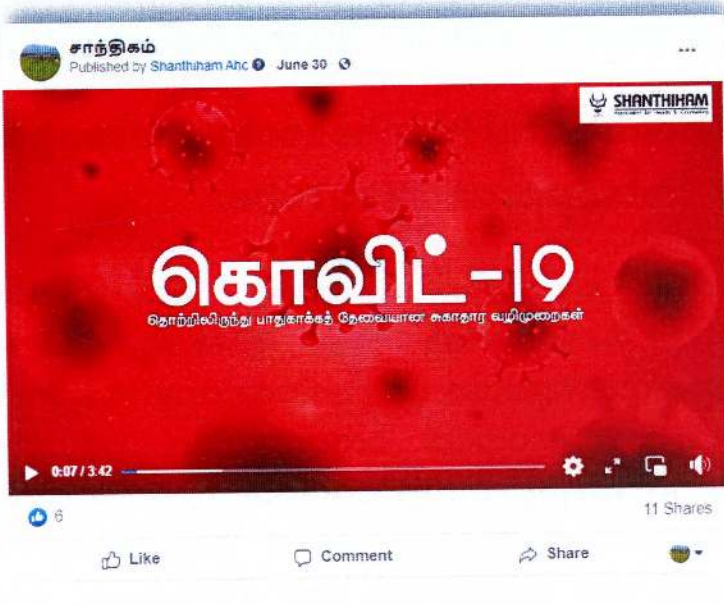
Promotion of latest Mental Health and Psychosocial messages through Facebook, Viber, WhatsApp, and YouTube.

Due to the inevitable pandemic situation, everyone's day-to-day functionality had gone disoriented. Accordingly, it was able to observe that people were experiencing several physical, psychological, emotional, and social challenges. As a psychological organization, we are responsible to support people in taking good care of their mental well-being. Thus, we created content that explains psychological challenges that can arise during the pandemic and its subsequent effects. Also, the contents were involving how and where people can get assistance if needed, how they can cope with negative situations if encountered any.

	சிறகடிக்கும் சிட்டுக்கள்	உளவளத்துணை நிலையம்	சாந்திகம்
REACH 	23,674	48,961	35,201
ENGAGEMENT 	1,198	2,553	1,883



Social Media...



Copy Post Link

View Post

Post Details

உளவளத்துணை நிலையம் (Sharing a COVID-19 Update) June 14

உளவளத்துணை நிலையம் உதவிகளையும் ஆலோசனைகளையும் கொவிட்-19 தொற்றை எற்படக்கூடிய மாற்றங்களைத் தடுப்பதில் மூலமான உதவிசேவை

Performance for Your Post

31,049 People Reached

417 Reactions, Comments & Shares

256 Likes	160 On Post	40 On Shares
31 Comments	25 On Post	6 On Shares
153 Shares	154 On Post	29 On Shares

1,322 Post Clicks

132 Photo Views, 89 Link Clicks, 1,151 Other Clicks

NEGATIVE FEEDBACK

1 Hide All Posts, 0 Report as Spam, 0 Unlike Post

Tele Counselling Service
தொகாலேசி வழியான உதவிசேவை

30.00 மணி முதல் 6.00 மணி வரை
கொவிட்-19 தொற்றை எற்படக்கூடிய மாற்றங்களைத் தடுப்பதில் மூலமான உதவிசேவை

Voice Call, SMS, Consultations

தொலைபேசி: 076 766 8080 / 076 766 8585

உளவளத்துணை நிலையம் (Mental Health Service)

31,049 People Reached, 1,739 Engagements

Shared on Jun 15, 2021 By Shanthiham

People Reached: 16.3K, Message Conversions: 18

157 Likes, 13 Comments, 154 Shares

Post Details

உளவளத்துணை நிலையம் (Sharing a COVID-19 Update) June 14

உளவளத்துணை நிலையம் உதவிகளையும் ஆலோசனைகளையும் கொவிட்-19 தொற்றை எற்படக்கூடிய மாற்றங்களைத் தடுப்பதில் மூலமான உதவிசேவை

Performance for Your Post

27,526 People Reached

594 Reactions, Comments & Shares

448 Likes	373 On Post	75 On Shares
6 Comments	4 On Post	2 On Shares
18 Shares	9 On Post	9 On Shares

498 Post Clicks

232 Photo Views, 36 Link Clicks, 230 Other Clicks

NEGATIVE FEEDBACK

0 Hide All Posts, 0 Report as Spam, 0 Unlike Post

தொகாலேசி வழி உளநல உதவி

தற்போதைய சூழ்நிலையில்...

- கொவிட்-19 தொற்றை எற்படக்கூடிய மாற்றங்களைத் தடுப்பதில் மூலமான உதவிசேவை
- உளநல உதவிசேவை வழியான உதவிகளையும் ஆலோசனைகளையும் கொவிட்-19 தொற்றை எற்படக்கூடிய மாற்றங்களைத் தடுப்பதில் மூலமான உதவிசேவை
- தொலைபேசி: 076 766 8080 / 076 766 8585

உளநல உதவிக்காக அழையுங்கள்...

076 766 8585

உளவளத்துணை நிலையம் (Mental Health Service)

27,526 People Reached, 1,092 Engagements

Shared on Aug 20, 2021 By Shanthiham

People Reached: 12.1K, Post Engagement: 689

376 Likes, 9 Comments, 121 Shares

OUR TEAM

Staff Members

Mr.S.Thileepan	Director
Mr.T.D Niroojan	Finance manager
Y.Mayuarn	Project Coordinator SCORE
R.Ronney Guy	Project Coordinator SCORE
K.Mathiyalahan	Counsellor
A.Paul Rajesh	Counsellor
P.Marilina	Counsellor
J.Vithurshiga	Counsellor
N. Yogarani	Counsellor
K.Kankarathan	Office Assistant

Management Council Members Details 2021

Ms. Vasuki Rajasingham	President
Dr.K.Kajavinthan	Secretary
Mr.D.Stephen Leonard	Treasurer
Dr.S.Jeevasuthan	President Elect
Mr.S.Ravi	Vice President
Mr.R.Thavaseelan	Vice Secretary

Members

Mr.S.Sabesan
Mr.S.Ravindran
Mr.K.Gauthaman
Mr.K.Sripathy
Ms.J.Shiromi Leonard
Mr.S.Rasendran
Mrs.T.Sivaskaran



"None of us, including me, ever do great things. But we can all do small things, with great love, and together we can do something wonderful." - Mother Teresa

CONNECT WITH US

Monday - Friday 8AM - 6PM Offices 6/L, Katpaha Vinayagar Lane, Off Kakkcheri Nallur Road, Jaffna.

Visit our social pages



Home

Who we are

What we do

Learning Centre

Be a part with us

Contact

Donate

Mental illness may not be a choice... but recovery is... Reach out!

SHANTHIHAM

Shanthiham is a non-profit local Non-Governmental Organization collaborate with the communities to improve their well-being, working at Northern and Eastern regions of Sri Lanka since 1988.

OUR VISION

A healed and restored community that is able to celebrate life in all its wholeness.

OUR MISSION

To develop the capacity and fulfil the needs identified in relation to mental health and psychosocial wellbeing in Northern Sri Lanka at the individual, family and community well.



www.shanthiham.org



www.facebook.com/shanthiham



[www.facebook.com/ShanthihamAHCVirtual Media](https://www.facebook.com/ShanthihamAHCVirtualMedia)



0094 212 223 338



SHANTHIHAM
Association for Health & Counselling

*No.8/1, Katpahavinayagar Lane,
Off Katcheri Nallur Road,
Jaffna*

www.shanthiham.org

