



Annual Report 2021

Board of Directors



Dr. Mohammed Abu Shahla
Chairman



Dr. Majed Abu Ramdan
Vice Chairman



Mr. Naser El Sarraj
Secretary



Ms. Maha Al Taweil
Treasurer



Dr. Mona Kaskeen
Member



Mr. Hisham Abu Shaban
Member



Mr. Abdul Kareem Ashour
Member



Ms. Nihaiya Abu Nahla
Member



Mr. Shahada El Oboeney
Member

Distribution of GCMHP's Services in the Gaza Strip in 2021





Opening Statement

Dr. Mohammad Abu Shahla

Chairman

I always remember Dr. Iyad El-Saraj when we, members of the board of directors, experience hardship. I vividly picture how he was calm and collected in the face of challenges, maintaining that confident smile which communicated a feeling that he was capable of solving all kinds of problems. Now I recall a lot of memories with that great man who proactively solved community issues and attended to those who were in need of support. He was able to uniquely communicate and convince at the same time, a quality which made everyone feel secure in his presence.

Now we desperately miss him. We have been working devotedly, not expecting a thank-you from anyone; and the recent years have witnessed a significant development on the managerial and the service provision levels to the point that GCMHP has become a source of inspiration for the many.

Even in last year, the performance recorded in this report, which is in your hands, has shown success despite severe difficulties, including the pandemic, the scourge of war and other challenges. Be that as may, we have had to undergo strict procedures to guarantee the continuation of the fund needed to keep GCMHP providing its services to the community.

May God have Mercy on Dr. Iyad El-Saraj, we wouldn't have had to go through all these difficulties, had he been among us. If he were there, he would have faced these challenges with his charismatic personality.

We pray that this program will remain a beacon that illuminates the path for those who need support and for those who aspire to follow suit.

Introduction

Dr. Yasser Abu Jamei

Director General



Another year has elapsed, and another report shall be written to present the most important services Gaza Community Mental Health Programme has provided to the Palestinian community. Certainly, we are providing through this work a reflective look at the difficulties and challenges we faced and how we worked to tackle them.

Speaking of challenges, last year was not much different from the year before. Quite the opposite, it was even more difficult and complex.

The year 2021 has revived memories of previous attacks, with everyone witnessing ten thousands of people being displaced as they sought sanctuary from war horrors. We were rocked by the sounds of explosions and had to breathe in the smell of destruction during the 11-day military offensive.

The psychological impact left by this offensive will last for years to come. Some of us have lost friends and loved ones, others have lost their homes, while so many of us have lost the feeling of security. Living this traumatic experience during the emergency situation of corona pandemic has just added fuel to fire. The report speaks of the most important achievements during 2021, which constitutes the end of the three-year strategic plan. The first year of it was marked by the events of the 'Great March of Return' protests; the second year was marked by Corona emergency situation, and the third one was shadowed by the painful events of the military offensive compounded with two waves of Corona pestilence.

During those three years, GCMHP services reached more than eighty thousand beneficiaries, more than half of whom were women. Twenty-seven thousand people of those beneficiaries received various treatment and rehabilitation services; four thousand and five hundred beneficiaries received a variety of training services, in addition to seven thousand clients who benefited from the telephone counseling service.

As for crisis intervention, and considering the fact that each year witnessed a different crisis with different conditions, the number of male and female beneficiaries increased to more than thirty thousand people, most of whom received psychological first aid services after last year's offensive.

On the strategic level, we were able to build our strategy for the next three-year period, based on the approach of late founder Dr Eyad El-Sarraj, R.I.P, which provides a variety of holistic services that contribute to alleviating the psychological effects that human rights violations survivors endure. Such work shall remain to function as a beacon locally and internationally for MH and Human Rights activists.

Table of Content

• Executive Summary	5
• The Gaza Strip 2021	9
• Most Important Achievements in 2021	13
• Achievements under Strategic Goal 1	19
• Achievements under Strategic Goal 2	37
• Achievements under Strategic Goal 3	49
• Challenges	57
• Lessons Learnt	61



Executive Summary

Protecting and supporting mental health in the Gaza Strip has been Gaza Community Mental Health Program's weighty responsibility over 32 years, during which time the Palestinian population has endured numerous traumatic events. Every year has brought along its different challenges though shaded with the same state of uncertainty and volatility. The year 2021 has presented Gaza community and GCMHP with an unprecedented crisis situation.

While the Gazans were contending with the adverse socioeconomic impact of Covid-19 and still suffering from the raw memories of previous military attacks, an 11-day military offensive launched by Israel in May brought the whole community to the verge of collapse. As we rose out of the ruins, we found ourselves facing the huge burden of providing support not only for the populace, but also for the services providers and those working on the frontlines as well as ourselves. These serious challenges wouldn't have been overcome without the serious efforts put out by GCMHP and its partners and the generous support made by the Consortium of Donors (NRO, SDC, and Sweden), and other friends, supporters and funders. As a result, GCMHP succeeded in recording achievements in providing appropriate and immediate intervention for the community, reaching 44,998 direct beneficiaries together with dozens of thousands of indirect beneficiaries. These figures have been reached through mobilizing more mental health field crews and mobile clinics, recruiting more psychotherapists, quintupling the free telephone counselling line, providing intervention-related training to other partner organizations working in the field of mental health, and providing them with supportive professional supervision.

On the level of protection and prevention, GCMHP has been working proactively with the community to address all the mental health and human rights issues stemming from or aggravated by the pandemic situation, the economic challenges or the political conflict. GCMHP has worked on keeping the population one step ahead of the ramifications of the different crises, through closely following the events and proportionately promoting awareness by using a variety of online and offline tools.

GCMHP also contributed to overcoming obstacles that prevent access to services, especially those facing women and girls, including the provision of toll-free telephone lines for counselling. That, in turn, increased the number of women who sought service and counseling from the GCMHP. The GCMHP gave equal opportunities to women, men, boys, girls and children of both genders to benefit from its services without discrimination (RAI-2021).

GCMHP, established reputation and experience in providing interventions at the different layers of the MH Pyramid and the trust it enjoys in the Palestinian community has enhanced accessibility to its services. In 2021, GCMHP visited and provided psychological first aid to 5,242 affected families including 23,324 direct beneficiaries (6,557 men and 6,426 women, 5,348 boys and 4,993 girls) and 4,991 indirect beneficiaries under the crisis interventions.

2021 has also been marked with another achievement to be added to GCMHP annals. Dr. Yasser Abu Jamei was presented with the international 'Community Resilience Award' as a token for his organization's hard work in supporting the psychological resilience and well-being of the Palestinian community. The solid relationships and collaboration at community level, and at national and international ones were also a key success in facing such critical situations. GCMHP had the great opportunity to conduct its 8th international conference entitled: "Mental Health in the Gaza Strip: An Area Populated by Refugees", through which GCMHP engaged with many national, regional and international stakeholders in reviewing MH status, and social and economic conditions of the local population. This event enhanced the knowledge exchange and gave insights about shaping and developing the MH policy and service design and delivery, especially after discussing the MH gaps and ways for bridging them.

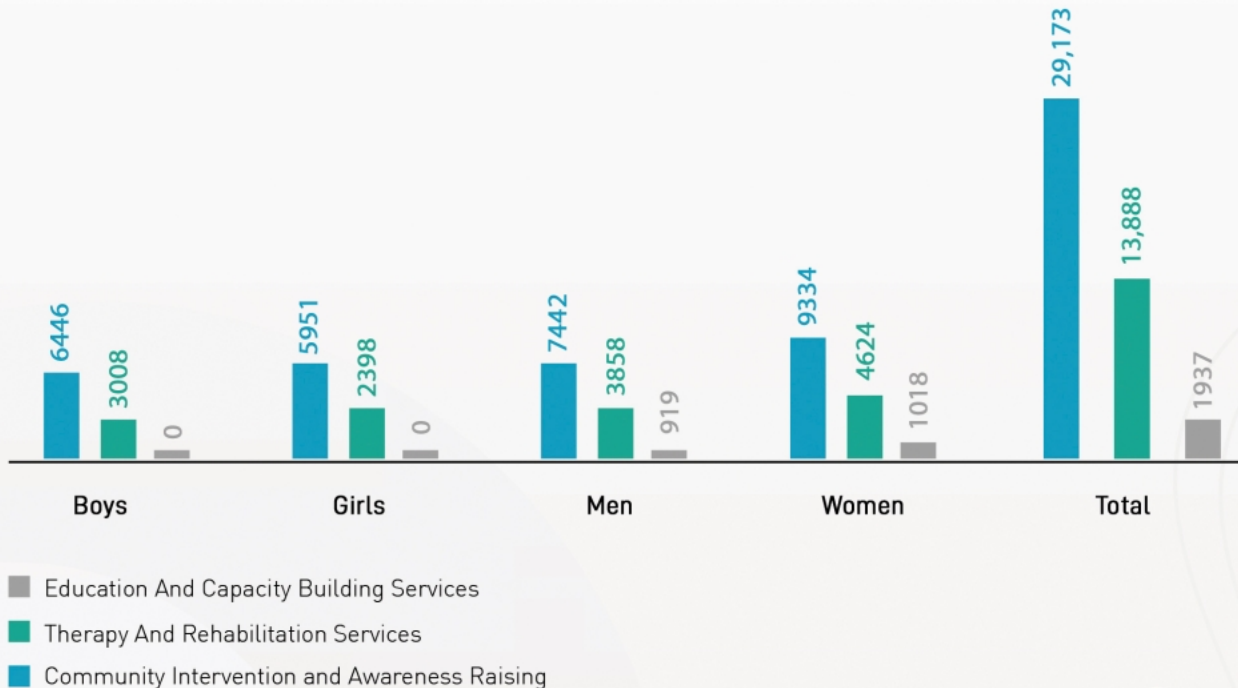
GCMHP continued its leadership role as a resource center through producing scientific papers, factsheets, and monthly snapshots tracking the MH state of the population, while making sure to globally share and exchange knowledge, information and experiences in this connection through participating in international platforms, discussion sessions and webinars. GCMHP also contributed in formulating the May 2021 Escalation Flash Appeal and Humanitarian Needs Overview (HNO) 2022, by adding inputs and providing feedback. This led towards the design of the Humanitarian Response Plan (HRP) 2022 which is managed by UN agencies such as UNICEF, WHO, OHCHR, OCHA and oPt Humanitarian Fund. An important accomplishment during the 2021 was preparing the new strategic plan 2022-2024 with all relevant annexes. This process was full of learning, knowledge and experiences exchange. The formulation of the strategy was supported by an independent external evaluation process that drew a conclusion and put forward suggestions and recommendations.

This report highlights the achievements over the year 2021 focusing on the improvements in MH outcomes, incorporated in GCMHP's 3-year strategic plan in addition to the Emergency Response Plan (ERP 2021).

GCMHP Beneficiaries in 2021

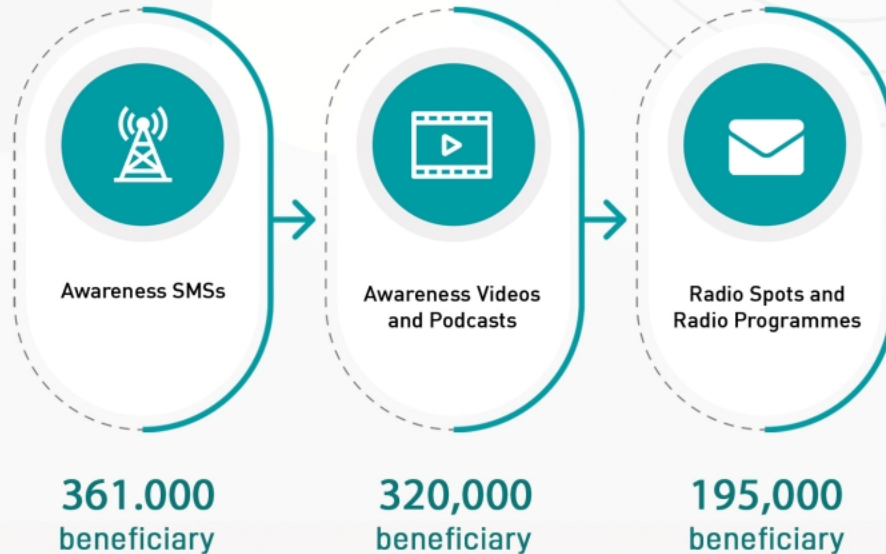
In 2021 GCMHP services directly reached 44,000 beneficiaries through the provision of psychotherapy, rehabilitation therapy, education, awareness raising, and capacity building.

The chart below provides breakouts of the beneficiaries' numbers reached by GCMHP over 2021 based on their gender and the type of services provided.





People benefited from awareness activities



Comparison between numbers of beneficiaries in 2020 and 2021:

- There is a significant increase in the number of psychosocial service beneficiaries due to the awareness activities conducted through media platforms and digital tools.
- There is an increase in the number of people who benefited from the therapeutic and rehabilitation services compared with those who benefited from these services in 2020, in addition to an increase in the number of women and children who benefited from the same services.

Gaza Strip in 2021

The 2021 INFORM Global Risk Index places Palestine at a risk rate of 5.2 globally. Having been rated as such, Palestine comes in 34th place on the scale of risk. This risk rating is derived from multifold issues: exposure (5.4), vulnerability (6.4) and lack of coping ability (4.1).

The last offensive launched against the Gaza Strip has destroyed the infrastructure and stopped service provision. 2,300 buildings were destroyed, comprising 991 homes and commercial units, with 678 homes rendered completely unusable. During this offensive 6 hospitals and 11 primary health care centers were damaged. Gaza Electricity Distribution Company reported damages in its main grids, which resulted in decreasing the power supply to less than 8 hours a day.

Since last aggression on May 10, 2021, according to the Office of the High Commissioner for Human Rights, 253 Palestinians were killed in Gaza, including 66 children, 39 women (four of whom were pregnant) and 148 men. At least 14 families in Gaza experienced the loss of three or more members in the same traumatic event - a total of 77 deaths. According to the Ministry of Health, 1948 Palestinians were injured, including 610 children, 398 women (three of whom were pregnant), and 940 men.

The General Humanitarian Needs Assessment issued by the United Nations Office for the Coordination of Humanitarian Affairs (OCHA) in December 2021 showed that the military offensive in Gaza had exacerbated the existing mental health crisis. Even before the onset of the aggression, COVID-19 pandemic had placed unbearable pressures on basic services, increased domestic violence and exhausted coping mechanisms.



Gaza Community Mental Health Programme has documented the challenges and experiences of MHPSS organizations during and after May offensive through a fact sheet based on a survey entitled, "Mental health and psychosocial support services provided by NGOs during May-2021 offensive". GCMHP concluded that there were many challenges and difficulties during the eleven days of the military offensive due to the lack of security and safety for service providers, lack of data on the affected, and Covid-19 pandemic.

These difficulties made service providers focus on providing remote and online services while field relief services were limited to the displaced. The fact sheet showed that ministries and providers of mental health and psychosocial support services returned to providing their field services immediately after the offensive, within the limits of the available capabilities and resources.

The sheet also presented facts related to the most affected groups, which included women, children and people with disabilities who needed more intervention during and after the military action. MHPSS organizations highlighted gaps during escalation which included: lack of rapid needs assessments, poor coordination, poor accessibility, lack of safety measures, psychological stress endured by MHPSS staff being part of the affected people.

Strategic Partners

Consortium of Donors:

- Swiss Agency for Development and Cooperation (SDC)
- Norwegian Representative Office to the Palestinian Authority
- The Consulate General of Sweden

Local and International Networks:

- Protection Cluster chaired by the Office of the United Nations High Commissioner for Human Rights (OHCHR)
- Child Protection Working Group chaired by UNICEF
- GBV Working Group chaired by UNFPA
- MHPSS Working Group chaired by UNICEF
- Health Cluster chaired by the WHO
- Palestinian Non-Governmental Organizations Network (PNGO)
 - International Rehabilitation Network for Torture victims (IRCT)
 - Mental Health Working Group managed by the Ministry of Health
 - Protection Cluster managed by MoSD
 - Palestine Global Mental Health Network.

Local Partners:

- Ministry of Education (MoE)
- Ministry of Health (MoH)
- Ministry of Social Development (MoSD)
- UNRWA
- 117 national and international organizations, 85 of which are from the Gaza Strip and 3 organizations from the West Bank, in addition to 29 regional and international organizations. The partner organizations included (for example but not limited to): Médecins Sans Frontières (MSF) International, Physicians for Human Rights, Filystiniat, Terre des hommes (TDH), Norwegian Refugee Council (NRC), Women Affairs Center, MA'AN Development Center, United Palestinian Appeal, etc. GCMHP cooperated also with the National Rehabilitation Society, Al Wafaa Hospital, and Al Maghazi Rehabilitation Association in order to enhance access to people with disabilities in the Gaza Strip.

Non-Consortium Donors, Supporters, Friends:

- United Nations Voluntary Fund for Victims of Torture (UNVFVT)
- Bread for the world (BFT)
- German Corporation for International Cooperation (GIZ)
 - Gaza Mental Health Foundation
 - UN - Occupied Palestinian Territories Humanitarian Fund (UN-oPt HF)
 - UNICEF
 - Grassroots International,
 - War Child Holland
 - Defence for Children International
 - Trocaire
 - WE-Trust
 - Gazzella Onlus
 - Palestine Solidarity Association (PGS)
 - European Union (EU)
 - Palestine Foundation



Most Important Achievements in 2021

- **GCMHP has prepared and implemented an Emergency Response Plan (ERP-2021):**

ERP-2021 was designed based on previous experiences in intervening in and responding to crises caused by military offensives in the years: 2009, 2012, 2014 and during and after the events of the Great March of Return in 2018-2019, And during the outbreak of coronavirus pandemic in 2020.

As soon as a ceasefire was declared, GCMHP embarked on dealing with the psychological aftermath of the hostilities, by launching awareness programs, providing psychological first aid to the population, expanding the scope of service provision at community centers, and field clinics, multiplying the free telephone counselling lines, bulding the capacity of community organizations, and providing stress management sessions for caregivers and MH professionals.

GCMHP also participated in the process of discussing and addressing community needs with other partners working in the Gaza Strip.



- **Greater Accessibility, Community Education about Crises and Their Consequences and How To Obtain Services:**

This was achieved through intense media activity and various awareness campaigns, during which GCMHP professionals presented more than 30 awareness videos as well as interactive discussions broadcast live on the organization's web pages. In addition 44 radio programs were broadcast on local radio stations and social media platforms. GCMHP also produced 6 detailed newsletters, 6 issues of Amwaj magazine, 4 television programmes, 3 awareness films, 15 posters, 9 brochures and awareness flyers. Besides 4 comprehensive campaigns, 4 educational seminars, 4 workshops and an international conference were organized. Thousands of SMS messages were sent via mobile phone as part of these campaigns.

- **GCMHP Succeeded in Providing Psychological First Aid Services to 23,324 Beneficiaries (6,557 Men; 6426 Women;5,348 Boys;1,520 Girls).**

As these beneficiaries were directly affected by different types of crises such as the Israeli aggression in May on the Gaza Strip, the Corona pandemic in addition to other appalling occurrence. The number of indirect beneficiaries of the affected families reached about 4,991 beneficiaries (1079 men, 916 women, 1,520 girls, 1,476 boys). The beneficiaries were reached through continuous follow-up and coordination with the Ministry of Health and the Ministry of Social Development, as well as the community.

- **Expanding the Scope of Free Telephone Counselling in Response To May-2021 Offensive on the Gaza Strip:**

GCMHP succeeded in providing a free telephone service for psychological support to 3,187 cases (1038 men, 1,103 women, 650 boys and 396 girls), of which 524 cases were referred to the specialized mental health services provided in the community centres of GCMHP (337 referred to the Gaza Community Centre; 74 to the Deir Al-Balah Community Centre, and 113 to Khan Yunis Community Center), as well as 304 cases to other service providers who were in need of Legal aid and other health services.

- **Enhancing the Victims' Access to GCMHP's Services:**

GCMHP paid a great attention to the difficult economic situation which has directly affected the beneficiaries' access to its various services, especially the therapeutic one. Thus, GCMHP provided transportation for poor cases and people with disabilities. On the other hand, GCMHP has strengthened its presence in the most affected and vulnerable areas in the Gaza Strip through the five community-organization-based clinics spread across the five governorates of the Gaza Strip. These CBO-based clinics provided counselling services for 2,855 cases.

- **Providing Specialized Mental Health Services to an Unprecedented Number of Cases:**

In response to the increasing demand for specialized mental health services, GCMHP's three community centers provided clinical services to 3,938 cases (605 boys, 420 girls, 1,487 men, 1,426 women), which is the largest number of cases GCMHP has ever provided mental health for support. A treatment service evaluation study, conducted through using the approved standards, as well as some evaluations conducted during the year, indicted that there was a positive impact on the mental health of children and adults who received these services.

- **Training and Capacity Building:**

Training and capacity building services were provided fo 545 professionals (230 men and 315 women) working with governmental and non-governmental service providers on various topics related to mental health and human rights. Among these trainees were 400 social workers who provided their emergency services within the framework of the Child Protection Network of the Ministry of Social Development in five governorates of the Gaza Strip. Those formed 100 psychological first aid teams to visit the affected families immediately after May Offensive.

- **The 8th International Conference:**

GCMHP organized the 8th International Conference under the rubric: "Mental Health in the Gaza Strip: and Area Populated by Refugees". The event created a space for presenting 55 important research papers related to the psychological conditions of the population. These research papers were presented by a group of local and international experts and researchers. The conference was attended by 820 participants (271 face-to-face and 549 over Zoom).





Implemented by
giz
German Institute
for International
Cooperation GmbH

المؤتمر الدولي الثامن:

النفسية في قطاع غزة كمنطقة مأهولة باللاجئين

8th International Conference

Mental Health in the Gaza Strip: An Area Populated by Refugees



Achievements

Under the Strategic Goal 1

Contributing to improving the mental health situation of the population in the Gaza Strip.

First: Awareness Activities

Awareness Videos and Live Interactive Discussions

- 15 awareness videos were recorded and broadcast on social media platforms, reaching more than 57,000 viewers.
- 15 interactive discussions were broadcast live and posted on social media, reaching 20,000 viewers.



Through these recorded videos and interactive discussions GCMHP addressed many important topics, for example: dealing with mental health problems for adults and children in times of crisis, psychological trauma, violence against women, the most common mental health problems among children and adolescents, dealing with psychological stress, psychological first aid, post-traumatic stress disorder. (Live Interactive Discussion on parents' psychology in times of Crisis).

Workshops

4 workshops were implemented to cover several occasions and international days, with the participation of more than 300 people, representing NGOs, community centers, governmental agencies and donors.



Media Campaigns

4 media campaigns were launched in major mental health and other international events.

- The first campaign was launched on the occasion of International Women's Day in March 2020 under the theme "Let's all choose the challenge".
- The second campaign was organised on the occasion of the International Day in Support of Victims of Torture.
- The third campaign was organised on the occasion of World Mental Health Day under the theme "Mental Health for All - Let's Make It Real".
- The fourth campaign was mounted, under the title "Enough!", on the occasion of the International Day for the Elimination of Violence against Women, and continued for 16 days until the International Day of Human Rights on December 10.

Notably, the fourth campaign of the International Day for the Elimination of Violence against Women, which ran for 16 days, included multiple and large activities compared with the previous campaigns mentioned above. This campaign included the implementation of 3 youth awareness workshops in coordination with three universities: Al-Aqsa University, the Islamic University and Al-Azhar University, with the participation of 435 male and female students attended these workshops. In addition, an awareness video, in which 10 GCMHP female psychologists participated with written messages reflecting some facts about the cultural heritage of the community on some women's issues, in addition to broadcasting a recorded awareness session on Facebook conducted by a GCMHP specialist to focus on specific aspects related to violence against women.

The video was published on December 2, 2021 under the title "I Have Decided To Say No!". Digital posters designed with awareness messages directed towards women and the society were also published on Facebook, in addition to 10,000 educational awareness text messages sent to citizens to promote the free telephone counseling service.



Amwaj Magazine

Established in 1998 to be a source of mental health information, a tool of enhancing coping mechanisms and promoting help seeking behaviour and accessibility to services, Amwaj Magazine has been a means of reflecting Gaza community's psychosocial issues and attending to them. The content of the bimonthly magazine is prepared in cooperation with GCMHP mental health experts in order to provide information related to the most common psychosocial issues. As importantly, it covers the multiple activities and campaigns implemented by GCMHP in order to manifest its leading role in the community and share experiences with other actors.



Over 2021, the PR and Media unit published 6 issues of the magazine (133 through 138), covering the most prominent topics and events, among the highlights of which was the psychosocial impact of May offensive and covid-19 pandemic on the mental health state of Gaza population.

Radio Programs

GCMHP reaches out to a wide sector of the grassroots through radio programmes which focus on a variety of issues. These programmes are broadcast as part of the campaigns carried out during mental health and human rights occasions, or in response to emerging social issues or crisis situations.

In the aftermath of the Israeli military offensive in May 2021, a number of radio programmes were broadcast to raise the population's awareness of the symptoms of trauma and how to identify affected individuals and what needed to be done to provide them with support. The programmes also addressed psychosocial issues stemming from the impact of covid-19 on the population.

Radio Spots

Being brief, catchy and carrying a message that is subtly prepared, radio spots are among the most effective media tools used by GCMHP to bring about a change in people's perception towards mental health and other psycho-social or human rights issues.

Educational SMSs

GCMHP has been using text messages as a tool to reach out to people who do not have access to the internet or do not have smart gadgets to view digital posts, or those who are not big fans of social platforms.



TV Programs

GCMHP uses TV as a medium to bring members of the community together at the mental health table and generate an awareness-raising dialogue between family members and friends, taking advantage of main mental health and human rights occasions. The TV programs that GCMHP broadcasts in cooperation with local TV channels host mental health specialists or social work professionals to help people build a clearer perception of psychosocial matters.



Brochures

9 awareness brochures related to various issues were prepared based on the professional evaluation of the most important awareness topics that the community needs. All of them included the introduction of the free telephone counseling line (1800222333).

In addition, a set of digital posters were designed and posted as part of the media campaigns during crises to guide the public on how to deal with problems and psychological pressures resulting from these situations.



Awareness Meetings for Parents of School Students

47 awareness meetings were carried out for parents in schools, sports clubs, and community based organisations. 839 parents (144 men, 695 women) benefited from these meetings. CMHP specialists discussed with parents many issues related to the mental health of school-age students.



Parents Awareness Videos and Live Interactive Discussion in Public Schools

2 awareness videos were implemented, and 2 interactive sessions were recorded and published on social media and GCMHP's website.



Educational Meeting and Interactive Discussions in Kindergartens

35 parental awareness meetings were carried out in kindergartens, attended by 619 parents (22 men and 597 women), in addition to broadcasting 5 awareness videos and 4 interactive meetings.

Preventive Mental Health Services In Kindergartens

Mental health services were provided in 13 kindergartens managed by 13 local NGOs. These services directly targeted 230 children with behavioural and emotional problems through play therapy, play therapy is administered to the case in special play therapy rooms that are prepared and equipped by GCMHP. GCMHP's Professionals also implemented 117 supervisory visits to KG caregivers, targeting 72 people. Besides, GCMHP distributed 1,400 bags for children at KGs, which included a set of toys, colours, stories, and hygiene materials.

Preventive Mental Health at Schools (Counselling Units)

8 schools from across the Gaza Strip governorates were targeted by this service in coordination with the Ministry of Education. benefited from the counselling unit service 2353 students (1,319 boys and 1,043 girls).

- 8 counselling units have been furnished and equipped with the necessary tools to provide psychological interventions.
- 733 students (75 males and 698 females) benefited from the counselling service provided by school counsellors under the supervision of GCMHP's professionals.

"Sports for Smile" Project for School-Age Children

500 school-age children (275 boys and 225 girls), 63 of whom with disabilities (42 boys and 21 girls), were targeted in cooperation with four local sports clubs. The selection process of the children was conducted in cooperation with UNRWA schools.



Booklets

A booklet was produced containing an educational message, the free telephone counselling number, and addresses and telephone numbers of the three community centers of GCMHP.



Billboards

A number of billboards were designed and installed at crossroads and vital streets in the Gaza Strip.



Measuring Results Achieved Regarding Awareness Activities

In 2021, GCMHP conducted several surveys and used a variety of tools to measure indicators and assess the extent to which goals and targets are being achieved. The results were as follows:

Result 1.1: psychological well-being of people receiving preventive interventions improved at community level.

A pre-post-test was administered to children who benefited from GCMHP services in 13 kindergartens run by a group of community-based organizations. The results showed that the total rate of improvement in children's difficulties was 15% from the parents' point of view and 15.5% from the caregivers point of view. Both the caregivers and parents reported a qualitative improvement in the treatment of children's behavioural problem and hyperactivity, while the overall improvement rates reflected the effectiveness of the interventions .

GCMHP also conducted a pre-post study for children who benefited from the activities of Sports for a Smile project in sports clubs. The results showed that 86.5% of the children had improved in the subject of psychological wellbeing, and 81% of them reported an increase in their knowledge about psychological stress management techniques and self-care. The overall improvement rates also reflected the effectiveness of the interventions.

Another survey was conducted to assess the attitude towards mental health and mental illness among GCMHP's beneficiaries. The sample of surveyed people consisted of 155 participants (92 men and 63 women).

The results showed that the overall negative attitude towards mental health and mental disorders was 29.9% among men and 21.3% among women. The percentage of stigma among men was (29.3%) compared to (20%) among women, while the help asking behaviour was (24.3%) among men compared to (13.8%) among women.

Second: Counselling and Specialized Mental Health Services

Therapeutic services were provided through the GCMHP three community centers:

- 3,938 treatment services beneficiaries
- 1,353 new cases (291 boys, 216 girls, 397 men, 449 women)
- 2,585 follow-up cases (314 boys, 204 girls, 1,090 men, 977 women).

The cases were divided as follows:

Children:

- 985 children
- 467 new cases (271 boys and 196 girls)
- 518 follow-up cases (314 boys and 204 girls)

General Cases:

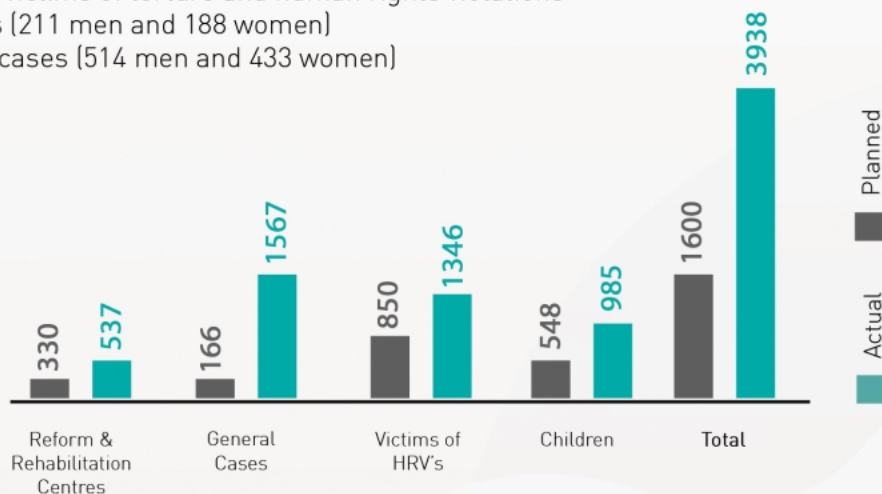
- 1,567 beneficiaries
- 447 new cases (186 men and 261 women)
- 1,120 follow-up cases (576 men and 544 women)

Therapeutic Interventions in Reform and Rehabilitation Centers:

- 537 inmates in the Reform and Rehabilitation Centres
- 113 new cases
- 424 follow-up cases
- The professional interventions included psychological and drug therapy as well as family counseling.

Victims of human rights violations (direct and indirect):

- 1,346 cases of victims of torture and human rights violations
- 399 new cases (211 men and 188 women)
- 947 follow-up cases (514 men and 433 women)



Psychodrama (Children Group Sessions):

40 children (50% girls) received psychodrama sessions. the children were divided between 5 groups in their CBOs in different areas across the Gaza Strip.

Free Telephone Counselling Line:

3,187 callers (1824 women, 1235, 22 girls, 16 boys) benefited from the services of the telephone counseling in 2021, with 20% increase compared with the year before.

Psychological Consultations:

401 cases (129 boys, 77 girls, 106 men, 89 women) received psychological consultations at GCMHP three community centres.



Measuring Results Achieved Regarding Counselling and Specialized Mental Health Services

Result 1.2: psychological well-being of people with mental health disorders who received psychological counselling and specialized therapeutic interventions in the community centres of the Gaza Community Mental Health Programme improved.

GCMHP used the Strength and Difficulty Questionnaire (SDQ)– a 25-item brief behavioral screening questionnaire – to assess the effectiveness of therapeutic interventions with children. The results showed that 84.6% of the children had an improvement in the total difficulties after the third stage of assessment, and 79.5% of them showed an improvement in positive social behaviour after the third stage. The overall improvement rate among children after the third stage was 12.1%. behavioural problem rate in shown in the pre-assessment was 50.7%, while that in the post-assessment was 38.6%. This indicates a decrease in problems and an improvement in positive social behaviour by 20%. The rate of improvement in total difficulties after the second stage in children was 14.8%, and 12% after the third stage. Improvement in emotional problems have registered the highest improvement rate at 24.6%, followed by positive social behaviour at 20.3%.

As for the effectiveness of therapeutic interventions with adults, GCMHP used the International Classification of Functions and Disabilities (ICF) questionnaire. The results showed that 89.3% of adults had an improvement after the third stage of evaluation, indicating an increase in the cases' overall functional ability in addition to a decrease in the psychological disabilities they suffered from. The overall improvement rate after the third stage also increased by 40% as the pre-assessment was 40%, while the post-assessment reached 80%. This shows improvement by 25% among adults from stage 1 to stage 2, carried out after 5 treatment sessions; And from stage 1 to stage 3 performed after 9 sessions represented 40%.

Updated data collection tool was used (the satisfaction questionnaire) which included 23 items to assess the accessibility, effectiveness, responsiveness, trust and quality of the services provided. The tool was filled with a random sample of 460 cases (51.3% men, 48.7% women), and the results showed the overall customer satisfaction with the services provided was 84.3%.

Third: Occupational Therapy

Occupational Therapy covers a wide range of objectives and activities and it's generally known as a therapy for patients recovering from physical or mental illness. The end goal is to encourage rehabilitation through the performance of day-to-day activities.

- Occupational therapy service was provided to 110 cases (45 men and 65 women) who receive psychological treatment at GCMHP community centres.
- These cases included 56 new cases who had been treated during the year 2021, in addition to other 54 cases worked with during the year 2020 and continued to be followed up in 2021.

This GCMHP occupational therapists used standardized screening and assessments to make recommendations for treatment, which may include:

1. Patient and caregiver education
2. Practicing life management skills
3. Adapting tasks or environment to become more independent
4. Coping mechanisms to deal with emotional problems



The OT therapists helped patients to improve their function in work, play, leisure, social life, self-care and community living skills. They worked with patients to improve these and other life management skills:

1. Creating and following a productive daily schedule
2. Taking care of personal hygiene
3. Managing one's own health
4. Navigating the community and using public transportation
5. Organizing and following a medication regimen
6. Interacting appropriately in work or social situations
7. Working or volunteering
8. Planning and cooking healthy meals
9. Managing budget and finances



Within the reporting period, GCMHP provided this service to 110 clients, including 45 men and 65 women. The rehabilitation sessions included training on social skills, communication skills; in addition to vocational training including (handmade crafts, sewing and embroidery, and cooking). The beneficiaries received 664 individual rehabilitation sessions (303 online and 361 face to face sessions), and 127 group sessions (15 online, 112 face to face group sessions), in addition to that, the clients' families benefited from 5 group psychoeducation meetings (2 men group and 3 women group). The OT staff conducted also 147 home visits for the clients to provide them with individual and family counselling, follow up, and psychoeducation when needed. At the end of intervention, GCMHP conducted 6 recreational days for clients and their family members. The recreational days were a good opportunity for clients to play and participate in different recreational activities which helped them relieve stress and overcome the trauma related to the successive crises.

Measuring Results Achieved Regarding Occupational Therapy

Result 1.3: Improved psychological well-being of people with mental health disorders who receive rehabilitation services in the community centres of Gaza Community Mental Health Program.

GCMHP used occupational therapy checklists to measure the outcome.

The results showed that the percentage of improvement in self-care and hygiene were 13.63%, in basic skills 12%, in social skills 73.7%, and in raising awareness and having immunity against relapse 60%.



Fourth: Emergency Response Plan:

Preparation and Mobilization of Necessary Crews

- 34 professionals who formed 17 field teams were recruited to provide psychological first aid through home visits or remote communication.
- 5 Psychologists were recruited to provide specialized mental health services in five mobile clinics located in North Gaza - Beit Lahia, Gaza - Shuja'iya, Central District - Maghazi, Khan Yunis - Khuza'a, Khan Yunis - Abasan Al Kabeera and Rafah.

GCMHP collaborated with the Ministry of Health; the Ministry of Social Development; groups run by NGOs and UN agencies such as WHO, UNICEF, UNFPA, and OCHA. More than 25 meetings were held to discuss referral pathways, local needs, challenges and mental health state of people affected by crises. Service provision plans and psychosocial gaps were discussed during the meetings.

Mobile Clinics

- 769 cases (245 boys, 216 girls, 144 men, 164 women) were referred by psychological first aid teams to GCMHP Community Centres and other service providers.
- 126 cases (42 boys, 25 girls, 23 men, 36 women) were referred by mobile clinic teams to GCMHP Centres and other service providers.
- 2,895 cases (394 boys, 275 girls, 453 men and 1,773 women) benefited from counselling and psychotherapy services provided by mental health specialists in the grassroots institutions and the five field clinics affiliated with the GCMHP.



Psychological First Aid

5,242 of the families affected by the recent Israeli offensive or Covid-19 pandemic benefited from the psychological first aid service.

The services were provided in the form of home visits. The PFA service was directly delivered to 23,324 beneficiaries (5348 boys; 4,993 girls; 6,557 men and 6,426 women). The number of indirect beneficiaries was about 4,991 beneficiaries (1079 men; 916 women; 1520 girls; 1476 boys).

Distribution of Psychological First Aid Kits

The field teams distributed 4,853 psychological first aid kits for children. These included sets of toys, stationery, stories and disinfectants, which were distributed during home visits to families.



Measuring Results Achieved Regarding Emergency Response Plan

Result 1.4: Accessibility of at-risk groups to the necessary support for their psychosocial needs during emergencies [activation of emergency response mechanisms].

The positive change was evident from the state of mental health and social wellbeing of the target groups, especially that of individuals who have significantly improved and are still being followed up in order to make sure their improvement is maintained from psychological problems and disorders. Many success stories and cases that have improved by a high percentage are still receiving MH services to help them alleviate their psychological stress and improve their psychological well-being. The following examples may reflect part of the impact of GCMHP's interventions:

Sings of Impact

- A 13-year-old girl from Rafah Refugee Camp, was diagnosed with Post Traumatic Stress Disorder as a result of experiencing a traumatic event. She and her family fled their home to seek sanctuary at an UNRWA school in from violent Israeli bombardment during the recent Israeli offensive on the Gaza Strip. For several months she had nightmares of war, which made her relive the experience so many times. The girl received psychological support at the Rafah field clinic, then was transferred to GCMHP's community centre because she needed a deeper intervention. The treatment she had at GCMHP helped her recover from the impact of the trauma she experienced. "I feel much better. I would like to thank you for your support," she said. Her mother also expressed her relief at her daughter's improvement and said, "I am very happy that my daughter is fine now. I would like to say thank you to the therapist and Gaza Community Mental Health Program."

- A 17-year-old girl, who suffers from a physical disability as a result of bombing of her home during May-2021 offensive, was suffering from depression. She isolated herself and refused to go to school. She was visited by the psychological first aid team, who referred her to GCMHP community centre, where she was diagnosed with PTSD. "Thank you to Gaza Community Mental Health Programme for helping me overcome the loneliness and confusion was living in. I am grateful to you that you visited me and helped me get out of that state of limbo. I feel my school life is back on the right track," she said. Her mother added: "She has changed a lot. Her school performance has improved and now her grades are as good as before."

- A gender-based violence survivor who received mental health services at GCMHP said that her sleep, appetite and mood improved after the psychological intervention. The 30-year-old mother's life has significantly changed after receiving the therapy. She has embarked on implementing her plan of starting a cosmetics business. And enroll in training courses in the field of cosmetology, with the aim of achieving financial independence and supporting her family.

Achievements

Under Strategic Goal 2

Support the capacity of professionals and other actors to provide balanced and appropriate care.

First: Educational Programs

Community Mental Health Diploma

107 students (36 men and 71 women) applied for admission to the 24th cohort of the Higher Diploma in Mental Health. The applicants were from various specializations including medicine, psychology, nursing, sociology, physicaltherapy, and occupational therapy.

- **Twenty-Third Intake**

This intake includes 15 male and female students (5 men and 10 women) and included 8 psychologists (2 men and 6 women), 2 social workers (1 man and 1 woman), a physiotherapist and 4 nurses (2 men and 2 women).

- **Twenty-Second Intake**

This intake included 15 students (5 men and 10 women) and included 4 doctors (2 men and 2 women), 5 psychologists (1 man and 4 women), a social worker, a physiotherapist, and 4 nurses (3 men and a woman).

- **Theoretical and Practical Training for Medicine Students (Psychiatry Subject)**

153 students (84 men and 69 women) were provided with psychiatry training in cooperation with the Deanship of the Faculty of Medicine at the Islamic University. 6 groups which were formed and distributed across community centresreceived practical training on clinical interviews, diagnosing mental disorders and treatment plans.

- **Practical Training for Psychology /Nursing /Sociology students**

131 students (18 men and 113 women) from different universities received practical training in psychiatry. Those included 78 students (8 men, 73 women) from the Islamic University; 10 students (women) from Al-Azhar University, and 30 students (9 men, 21 women) from the University of Al-Aqsa, and 4 students (1 man and 3 women) from Al-Quds Open University, and 9 students (3 men, 6 women) from Al-Isra University.

- **Consultations Provided to Researchers & Postgraduate Students**

32 postgraduate researchers and students (5 men and 27 women) received consultations they needed to support their studies and scientific research. The beneficiaries included 8 PhD students (1 man and 7 women), 13 master's degree students (2 men and 11 women), 4 bachelor students (1 man and 3 women), and 7 researchers (1 man and 6 women).

- **Case Conferences**

The students of the twenty-second intake carried out 25 case conferences under the supervision of GCMHP supervisors.

Measuring Results Achieved Regarding Educational Programs

Result 2.1: Increase in available trained and certified mental health professionals through academic and professional programs.

A special study that targeted a group of professionals, students and graduates who benefited from education, supervision and capacity building programs, was conducted. The results showed that the beneficiaries expressed that they had a positive change in their knowledge, skills and behaviour in several professional aspects including diagnosis, case management, communication with cases and provision of supportive supervision. They also reported that the training had empowered them and enhanced their confidence and helped them in managing cases. Besides, the survey showed that the percentage of general satisfaction with these programs were 95%, and the participants gave the highest satisfaction rate (of 98%) to the following statements: "I advise my friends to join the training programs offered by GCMHP."



Second: Supervision Program

The supervision program was started with this group in July 2020 and continued to be implemented in the year 2021, during which time the GCMHP qualified supervisors trained a group of local supervisors working in other institutions. The trainees were also assigned to form supervisory groups to practise the skills they have acquired under the superintendence of the trainers who kept following up with them through discussing the problems and challenges they encountered in their sessions. This process is known as 'Supervision on Supervision'. The local supervisors included: a supervisor (man) from Islamic Relief-Palestine; 6 specialists (3 men and 3 women) from the Ministry of Health; 3 professionals (2 men and one woman) from Médecins du Monde – France; one professional woman from Médecins du Monde - Spain, two professionals (one man and one woman) from the United Nations Relief and Works Agency for Palestine Refugees – UNRWA; 3 professionals (two men and one woman) from the United Palestine Appeal; and one woman from the Women's Activity Association – Jabalia. The professionals received 11 training workshops on supervision.



Third: Training and Capacity Building Program

545 professionals (230 men and 315 women) working in ministries, community organizations and non-governmental organizations were trained through 7 training courses and 5 training days.

Training Courses

1. A training course entitled "Mental Health and Human Rights" targeting 17 school counselors (6 men and 11 women), was implemented over February and March, 2021, in cooperation with the Ministry of Education.
2. A training course entitled 'How To Deal Psychologically with Corona pandemic' was provided in March for 6 artists (1 man and 5 women) working in Basma Association for Culture and Arts.
3. A training course entitled 'Basic Concepts in Mental Health' targeting 35 male and female students (9 men and 26 women) from the Faculty of Medicine at Al-Azhar University, was conducted in August, 2021.
4. A training course entitled 'Psychological First Aid - detection and Referral' targeting 32 professionals (9 men and 23 women) working in the Culture and Free Thought Association; the Community Training and Crisis Management Centre, Save the Children, and Oxfam was implemented in August, 2021.
5. A training course entitled 'Stress Management and Self-Care', targeting 15 caregivers working in kindergartens, was implemented in October, 2021.
6. A training course entitled 'Psychological First Aid - Detection and Referral', targeting 22 professionals (women) working at Women's Affairs Centre, was conducted in November, 2021.
7. A training course entitled "The Most Common Mental Disorders Among Children" targeted 18 professionals (5 men and 13 women) from the Southern Association for Women's Health. The course was conducted in November 2021.

Training Days

In cooperation with the Ministry of Social Development, 5 training days entitled 'Psychological First Aid' were implemented. They targeted 400 psychological specialists and social workers (200 men and 200 women) who work in local community institutions within the protection network. The training came as an immediate response after the military offensive launched against Gaza, with the aim of starting the implementation of home visits to the affected families in the five governorates.

Supervising KG Caregivers

Seventy-two caregivers from 13 kindergartens across the Gaza Strip benefited from the supervision sessions provided by the Gaza Community Mental Health Program's professionals, which deal with many issues including case discussion, professional issues, and work difficulties and challenges. 94 individual supervision sessions and 59 in-person group supervision sessions were carried out in addition to 45 online groupsupervision sessions. Besides, 147 child cases were discussed.

Supervising School Counsellors

8 school counsellors working in 8 public schools were provided with professional supervision. 43 individual supervision sessions were carried out. These sessions included discussions of students cases.



Stress Management and Self-care Training Sessions

669 professionals (363 men and 306 women) who work as service providers through their organizations have benefited from stress management training and helping the helpers sessions. The following table provides details of these sessions:

Organization name	Beneficiaries no.	Work type
Ambulance Unit – MoH	197 people (all men)	Paramedics
Filastiniyat Society	180 people (90 men, 90 women)	journalists
Women's Affairs Centre	24 people (1 man, 23 women)	staff
Palestinian Legislative Council	13 people (all men)	staff
Al-Amal Institute for Orphans	14 people (6 men, 8 women)	staff
AMIDEAST	15 people (5 women, 10 men)	staff
Al-Qatan Child Centre	16 people (5 men, 11 women)	staff
Al-Burij Society For Community Rehabilitation	8 people (all women)	staff
Ministry of Detainees' Affairs	8 people (all women)	staff
Culture and Free Thought Society	11 people (2 men, 9 women)	staff
The National Society for Rehabilitation	12 (all women)	staff
Parents in partner CBOs (Forsan Al Ghad Association; Sawaed Foundation, Maghazi Community Rehabilitation Society; Mujaddoon Foundation)	157 people (30 men, 127 women)	parents

Psychodrama Training

18 psychodrama specialists (5 men and 13 women) received 26 online group supervision sessions (via Zoom) in child and adult psychodrama.

The adult psychodrama sessions were conducted by experts, Dr. Ursula Hauser and Dr Maya Hess from Medico International in Switzerland, while the German expert Stephen Flegel Schamp provided the children psychodrama session.

Psychodrama trainers in Gaza Community Mental Health also conducted 12-hour group supervision sessions, targeting 18 psychodrama specialists (5 men and 13 women).

Training of Law Enforcement Personnel

Fifty-four male and female law enforcement personnel from the Ministry of Interior (50 men and 4 women) benefited from two training courses entitled "Mental Health and Human Rights," and 99 of them (83 men and 16 women) benefited from a 5-day stress management training.

Training physicians in the military medical services 27 doctors from the military medical services (22 men and 5 women) benefited from two training courses entitled "Mental Health and Stress Management".

Training of Physicians in The Military Medical Services

27 doctors from the military medical services (22 men and 5 women) benefited from two training courses entitled "Mental Health and Stress Management".



Measuring Results Achieved Regarding Capacity Building & Supervision Programs

Result 2.2 Capacity of organizations operating on the third level of MHPSS intervention pyramid is strengthened - through training, support and mentoring provided by GCMHP

Gaza Community Mental Health Programme conducted a special study on professionals who received its trainings in order to determine the number and type of mental health interventions provided by organizations operating on the third level of the MH intervention pyramid in the Gaza Strip. The sample consisted of 35 professionals from governmental, non-governmental, international, local and grassroots organizations which work on the third level of the MH pyramid. The results showed that these organizations began to provide new services related to the training topics in which their employees participated during the past three years. The organizations also reported that they had referred cases to the Gaza Community Mental Health Programme and that they are looking forward to more cooperation with GCMHP in order to achieve the provision of integrated services.

The participants also reported that their organizations plan to provide additional capacity building training to their staff members in a variety of mental health topics. This reflects the close collaboration and interaction between GCMHP and the local and international organizations operating in Gaza.



Measuring Results Achieved Regarding Training of Law Enforcement Personnel

Result 2.3 The negative impact of human rights violations on mental health conditions is more clearly understood through increased awareness.

GCMHP conducted five focus groups with inmates in five correction and rehabilitation centers in the Gaza Strip, including Khan Yunis Central Prison, Abu Ubaida Prison (Beit Lahia), Taiba Prison (Gaza-Netzarim), Women's Prison (Gaza), and Al-Katiba Prison. (Gaza).

The groups were conducted in order to identify in depth the direct and indirect impact of the training courses targeting the medical staff of the Ministry of Interior over the past three consecutive years from 2019 to 2021.

The total number of correctional center inmates who attended the discussion group was 39 (31 men and 8 women). The period of their detention ranged between 4 months and 17 years. The average length of stay in prison was six months to two years.

The results of the study showed great satisfaction by the inmates of the correctional centers with the treatment of the medical staff and the way they reach out to them.

This indicates the effectiveness of the training GCMHP provided for the medical staff to improve their awareness of the inmates' rights and increase their knowledge of psychological disorders. Based on the foregoing, we recommended conducting additional training courses for correctional staff to include others such as officers, warders as well as psychologists.



Signs of Impact:

The program contributed to developing and improving the levels of awareness and knowledge of male and female trainees. GCMHP believes that the training has been positively reflected on the psychological conditions of the trainees and the people in their surroundings, especially their families and colleagues. The exercises provided an opportunity to relieve stress and helped reduce impact of work pressures, and also enabled them to learn how to deal with stressors.

“

A Psychologist (30 years old) who graduated from GCMHP Community Mental Health Diploma

“I am proud to join the programme as a student and a trainee and then as a first aid psychotherapist in the emergency project. The diploma gave me the opportunity to build a solid foundation for my professional and personal future and contributed to developing my qualifications and experience. I have learnt new concepts in mental health, conduct research and answer scientific questions.”

“

A paramedic at the Ministry of Health (41 years old), who benefited from the supportive supervision and stress management sessions

“I felt very happy after receiving the sessions, and I got rid of my stress and had the opportunity to speak openly about our concerns and shared our work stories.” “I am grateful to GCMHP, we have learnt techniques on how to deal with stressful situations and work pressures.”

“

A female trainee journalist (39 years old) working in a media agency who received a training course in stress management

"It was a good training. I felt comfortable after throwing my psychological parcel off my shoulders and expressing my feelings. I learnt how to calm myself and not isolate myself when I feel down."



“

A trainee (41 years old) from the law enforcement department at the Ministry of Interior

"I received a training course entitled (Mental Health and Human Rights) in addition to stress management sessions, and they were useful on the professional level, especially after last May offensive – an experience after which we returned to work with a great deal stress and grief over the death of our colleagues. The training gave me the opportunity to express how I felt and promoted my knowledge about the trauma and its consequences, which made me more relaxed and able to continue my work and also able to support my colleagues. On a personal level, my eldest daughter developed PTSD after the last attack, and became afraid of losing family members, but after having the course, I knew how to support her psychologically and emotionally."

Achievements

Under Strategic Goal 3

Strengthening GCMHP's Leadership Role through Implementation of Procedures, Protocols and Scientific Research

First: Staff Development Program

Annual Evaluation

GCMHP conducted the annual evaluation of male and female employees, and the results showed positive performance in 2021.

Employee Development Plan

GCMHP implemented training days and courses for 31 employees (12 men and 19 women) as follows:

- 6 group supervision sessions on family therapy provided for 10 GCMHP professionals by Professor Guido Veronese from the University of Milan Bicocca, Italy
- 10 supervision sessions on Child and adult psychodrama carried out by the expert Ursula Hasser, targeting 6 GCMHP professional and 9 other professionals from other organizations.
- An intensive 56-hr training course on scientific research conducted by a group of experts: Dr. Guido Veronese from University of Milan and Dr. Sana Abu Daqa from the Islamic University. The course targeted 11 professionals.
- 20 training sessions on child psychodynamic therapy, which were carried out by several trainers from Maana Psychotherapy and counselling centre of Nazareth Hospital. The training targeted 20 GCMHP professionals.
- A training course entitled Traumatic Incident Mitigation Methodology (TIR), conducted by experts from Physicians for Human Rights over the year 2021, targeting 15 GCMHP professionals.
- A training course entitled Psychometrics - Woodcock - Johnson, which was carried out by experts from Physicians for Human Rights over the year 2021, and targeted 10 GCMHP professionals.

Self-Care for GCMHP Staff

GCMHP organized recreational days for its staff. In addition, 127 supportive group supervision sessions were provided for GCMHP specialists, psychological first aid teams, psychologists working in mobile clinics, and mental health diploma students.



Visitors

GCMHP was visited by 602 male and female visitors (371 men and 231 women) from local and international organizations in 2021. GCMHP continues to be a vital destination for visitors and delegations from local and international organizations seeking either to exchange experiences and information or plan cooperation.



Second: GCMHP as A Resource and Knowledge Centre

Visits by Journalists

GCMHP has always drawn the interest of local and international media organizations by the activities and campaigns it organizes or its being the source of information about the mental health state of Gaza residents. More than 55 media journalists (39 men and 16 women) visited GCMHP either to have their own interviews or cover GCMHP activities during 2021. Statements and press conferences have long been a common practice of GCMHP to keep the media informed on mental health issues in the Gaza Strip. However, a few of such activities have been canceled to conform with social distancing procedures.

Lobbying and Networking

As part of its lobbying efforts in the field of mental health and human rights, GCMHP remains an active member among local and international coalitions and networks. These Coalitions are as follows:

- UNICEF - Child Protection Cluster.
- Palestinian Non-Governmental Organizations Network (PNGO).
- International Rehabilitation Council for Victims of Torture (IRCT).
- Mental Health Working Group - MOH.
- UNICEF - MHPSS Working Group.
- Group the right to create cluster institutions.
- Gender-Based Violence Cluster - UNFPA.
- The rehabilitation working group - WHO.
- The Protection Cluster - OHCHR.
- Health Cluster - WHO.
- Trauma working group - WHO & MOH.
- Protection Cluster - MOSD.
- Global Mental Health Network.

Participation in Local and International Events

GCMHP has actively participated in local and international events related to mental health and human rights. The Program has participated in events and conferences inside and outside the Gaza Strip as follows:

- on January 28, 2021, participating in a workshop entitled "The Results and Recommendations of the National Investigation on Health Insurance - Towards Comprehensive and Equitable Health Insurance", which was organized by the Independent Commission for Human Rights.
- on April 15, 2021, participating in an online conference of American Tufts University on Medical Apartheid in Palestine.
- on May 21, 2021, participating in an online conference of the Harvard Public School of Health, under the title: "Health under Siege from Gaza to Sheikh Jarrah".
- on May 22, 2021, participating in a Delicate Mind webinar entitled: "A Global Picture of Mental Health".
- on May 24, 2021, participating in an online conference of the Palestine Solidarity Campaign – London –Mental Health Situation of Gaza Residents.
- June 12, 2021, participating in an online workshop - Mental Health Network - UK on the Personal Experiences of the professionals during the Israeli offensive.
- October 26, 2021, participating in an online conference by the American Public Health Association - APHA, on the occasion of World Mental Health Day.
- December 26, 2021 - Participating in a workshop organized by the Independent Commission for Human Rights.

Scientific Research Activities

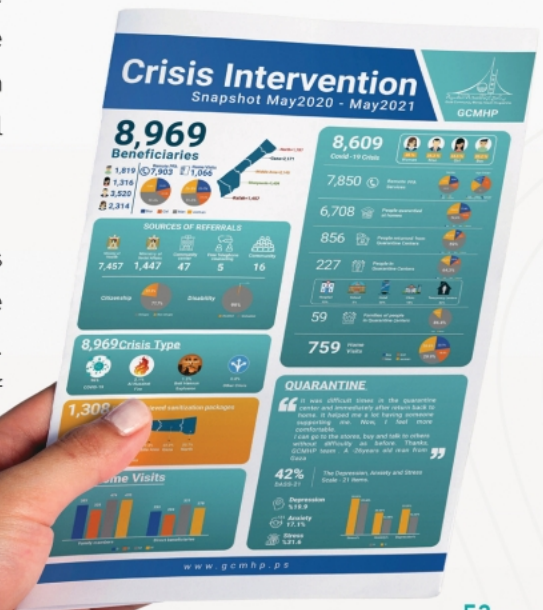
GCMHP continued its research activities, summarized as follows:

- A study of "The Psychological Impact of the Distraction of the Educational Process during Covid Pandemic Among Primary School Students and their Parents in the Gaza Strip." was published on January 15, 2021 in the Journal of Education, Society and Behavioural Sciences.
- A study of "Living under Siege: Resilience, Despair, and Psychological Distress among Palestinian Students in the Gaza Strip". was Published on October 12, 2021 in the Journal of the National Library of Medicine.
- A study of "Psychosocial Concerns in the Context of Protracted Political Persecution: Perception of Mental Health Providers in Gaza, published on 9 July 2021.
- A study of "The Risks and Protection of Suicidal Behaviour among Palestinian university Students in the Gaza Strip": an Exploratory Study in the Context of Military violence. Published on April 28, 2021 in the International Journal of Mental Health.

Factsheets

3 fact sheets were produced during 2021. The first sheet was issued under the title "Mental Health Services and a Free Telephone counselling Provided to Populations Affected by Violence in the Gaza Strip". It focused on the general psychological situation of the residents of the Gaza Strip and some psychological repercussions.

The second was published under the title "Crisis Interventions". It presented the services provided to the beneficiaries during the period from May 2020 to May 2021. The third factsheet presented the "Experiences and Challenges of Service Providers Working in the field of Psychosocial Support During and After the military Offensive."



Newsletters

GCMHP issued 4 newsletters during 2021 (quarterly issued). Each of them included four themes: Main activities And Events, Delegations and Visitors, Capacity Building, And Success stories.

Snapshots

12 snapshots were designed and published to show the results and data analysis of the free telephone counselling service.



The 8th GCMHP International Conference

GCMHP organized the 8th international conference on 5-7 September 2021 under the title: "Mental Health in the Gaza Strip: An Area Populated by Refugees". During the 3-days, 55 scientific papers were presented by local and international researchers. The papers addressed many issues related to mental health and human rights. The researchers were from different countries including Lebanon, Ireland, the United States of America, England, Italy as well as others from the Gaza Strip and West Bank. They presented their studies at the conference that was attended by 820 participants (271 in person and 549 virtually).

The main themes were as follows:

- Social and economic conditions in the Gaza Strip as an area populated by refugees.
- Mental health of the population of the Gaza Strip.
- Mental health services provided to the population in the Gaza Strip and the gaps that should be bridged.



During the conference, the researchers' studies agreed on the fact that it is not possible to enjoy psychological and physical well-being while living under the occupation, siege, violations of human rights, lack of life essentials and loss of dignity.

Measuring Results Achieved under Strategic Goal 3

Result 3.1 Competencies of male and female employees –knowledge and skills – to provide specialized mental health services have improved.

In December 2021, GCMHP conducted an annual assessment of the performance of male and female employees for the year 2020. According to the staff development plan, GCMHP specialists received 7 training courses on modern psychotherapy methods, psychological scales and therapeutic approaches, developing research ideas and proposals, and analyzing qualitative data. In addition, GCMHP staff received training on gender mainstreaming.

At the social and organizational levels, GCMHP's efficiency and effectiveness improved through continuous organizational development. This process took place together with the continuous development of the male and female members conducting research related to interventions, such an approach helped in strengthening GCMHP's role as a leading NGO capable of maintaining its quality response to the needs of the community and expanded its services as needed.

This approach also led to the development of a learning process and an increase in quality of service delivery. In addition, training in scientific research that targeted various topics such as qualitative research methodology, data collection and analysis, and dissemination methods has been an investment in male and female employees that has had an important impact on their skills and improve their abilities to prepare high-quality research studies.

GCMHP specialists have also benefited from the training which qualified them to provide advanced training on "Trauma Incidence Reduction (TIR) as a treatment method performed in a highly structured manner. It is a rapid treatment approach that differs from common forms of treatment. In addition, the specialists benefited from training sessions on Woodcock Jonson- and Wechsler. These psychometric measures are used as standardized case assessment techniques that are meant to enhance professional capabilities in diagnoses and assessments.

66

Specialist Khitam Abu Shawareb 48-year-old GCMHP psychologist

"I received training in qualitative research, and through this training I learned the difference between qualitative and quantitative research, and how to prepare and write comprehensive qualitative research. It has helped me learn more about recent studies on mental health disorders, the training has been amazing, and it has helped us with our work, provided us with the skills to train students and volunteers, and reach our academic potential."

66

Specialist Bushra Abu Laila, (49 years old), a GCMHP psychiatric nurse

"I received a 'Play Therapy' training, through which I learned very important information and skills. It was very useful for me as it provided me with new knowledge on examining cases and on how to deal with them. I have used the new skills and techniques in my clinical work with clients, and this has helped them recover better and faster."



A person wearing a blue uniform, a face mask, and yellow gloves is using a long-handled spray nozzle to clean a window in a hallway. The person has a blue backpack on their back. The hallway has a white wall with a blue 'EXIT' sign. The entire image is overlaid with a semi-transparent blue filter.

Challenges 2021

- **The Israeli Offensive on Gaza (10 -21 May, 2021):**

The 11-day military offensive on Gaza led to the launch of the emergency response plan, during which the GCMHP focused on planning the institution's resources, mobilizing more therapists and field teams, providing care for technical and administrative staff, establishing field clinics, providing psychological first aid and psychological support for the affected families, promoting the capacity of service providers, and raising community awareness about mental health issues related to the crisis. Cooperation with the Ministry of Health and the Ministry of Social Development also contributed to reaching the affected.

- **Spread of Covid-19 Pandemic - Wave III:**

The year 2021 witnessed a fluctuation in the state of the epidemic from the time the third wave was announced to the point when the community started coexisting with it. To mitigate the impact of the crisis, GCMHP used remote services when needed, and mobilized more therapists to provide psychological treatment, as well as recruiting additional field teams to provide online and in-person psychological first aid services to Covid patients and those who were in contact with them and in person. On the other hand, GCMHP increased awareness activities and expanded its telephone counseling services. These activities were carried out while applying the risk mitigation measures in GCMHP facilities such as: checking clients' and visitors' temperatures; Providing sterilizers and masks for male and female employees and target groups; ensuring social distancing in all gatherings; applying special clinical procedures and distributing sterilization kits to beneficiaries during home visits.

- **Lack of Community Awareness about The Importance of Mental Health Support After Crises:**

During the response to the COVID 19 pandemic and the May offensive, GCMHP noticed there was a direct need for sending educational messages to community members to encourage help seeking behaviour, so it sent 723,900 educational and awareness SMSs to 361,000 people (50% of women) to promote the free phone line and how to find the necessary psychological services. This has contributed to improving service access to the community, especially in the marginalized and underprivileged areas.

• **Disruption and Fluctuation in The Education Sector:**

Offline activities were resumed only after mid-February 2021. However, on April 7, 2021, all schools were placed under lockdown until May 2021. The Ministry of Education had to end the school year (schools and kindergartens) after the latest Israeli offensive on the tenth of May. School closures have stopped in-person classes and made it difficult to reach the targeted children. To mitigate the impact of that situation, GCMHP professionals resorted to using various online and smartphone applications. In this context, poor infrastructure and internet connectivity added a burden on professionals to properly conduct planned activities and also complicated teachers' access to students.

• **Poverty and Limited Community Resources:**

The lack of sterilizers and people's inability to afford them due to poverty and difficult economic conditions affected their ability to deal with the pandemic. GCMHP distributed sterilization kit bags during home and field visits. These bags were very important to protect the community from the risk of infection with coronavirus. Also, many cases were unable to afford transportation costs to come to the centres to receive treatment. Thus, GCMHP covered the fare.

• **Risks Related to Cross-Cutting Issues Including Gender, Environment And Anti-Corruption:**

GCMHP mitigated these risks through the application of audits, reviews and assessments, as well as implementation of policies, manuals, protocols and clinical procedures such as Gender Mainstreaming Policy, Protection from Sexual Exploitation and Abuse (PSEA) policy, security and safety policy, administrative and financial evidence, etc. GCMHP also contributed to overcoming obstacles to services accessibility, especially those facing women and girls, including the provision of free counseling telephone lines. This in turn led to an increase in the number of women seeking MH services and counselling from GCMHP.

Moreover, GCMHP provided transportation allowance taking into account the economic status of women, and also reached out to women in their places of residence. GCMHP has granted equal opportunities for women, men, boys, girls and children of both sexes to benefit from its services without discrimination.

- **Lack of Funding:**

GCMHP has concentrated fundraising efforts to find new financial resources in order to maintain the provision of its quality services while meeting the growing MH needs and also to cover ERP. GCMHP has made several proposals to new and existing donors, though the sustained payments made by the consortium of Donors in fund of the strategic plan 2019-2021 is highly appreciated. The consortium's financial commitment has substantially contributed to the financial sustainability of GCMHP and its services provision.

- **Stigma Towards Mental Illness:**

GCMHP increased its awareness campaigns to educate the population about the psychological impact of the military offensive and the Corona crisis, and the stigma related to mental illness. Several tools were used to reach out to the population through these campaigns including billboards in the streets, social media, posters, leaflets, and radio spots and programmes , , TV shows, newsletters, press releases and brochures. The increasing number of cases referred to our community centres was a good indicator of the results of these awareness and educational campaigns which reduced the severity of the MH stigma.

- **Professional Burnout:**

GCMHP has dealt with this challenge by continuing to offer individual and peer supervision sessions for professionals. It also marked social and special occasions, distributing gifts to employees as token of appreciation for their effort, in addition to organizing recreational days. Incentives were also provided to male and female employees with very-good performance based on the annual performance evaluation and in accordance with the regulations.



Lessons Learnet from 2021

- After escalations and crises, providing care for frontline workers and other service providers is crucial. Care for caregivers and services providers contributed significantly to enhancing their well-being and their willingness to provide the necessary services to the community.
- The free telephone counseling service is an effective way to promote and enhance access to people at risk especially during crises and is an effective means to overcome the barrier of social stigma.
- The variety of awareness activities and tools used to reach the community (such as radio advertisements, television programs, SMS messages, interactive discussions, social media, radio spots, fact sheets, and videos clips) directly contributed to educating the community about the importance of seeking mental health to cope with or be treated from the impact of crises and difficult circumstances.
- There were a lot of positive comments about the SMS sent as a very good way to signpost people the community on reaching to the required services, especially in crisis situations.

- Maintaining trustworthy relationships between GCMHP and other partners such as the Ministry of Health and the Ministry of Social Development who have provided us with lists of hundreds of people affected either by COVID-19 or the recent attack.
- The ERP plan was a quick response to the May offensive, as more professionals were necessarily recruited to respond to the deteriorating humanitarian situation and the high rates of affected people in the community.
- large numbers of affected people were reached out to during 2021, especially after the May crisis, by psychological first aid teams. This has enhanced service accessibility, and increased levels of detection and referral to mental health services.
- There is a need to continue coordinating and collaborating with groups and networks by providing and receiving regular updates and feedback from the local community and organizations as well.
- The program must continue to provide transportation to groups that cannot afford it so as to enhance the access of beneficiaries at risk to the required mental health services.
- At the organizational level, the program must maintain its community-based approach to providing services at three levels: primary, secondary and tertiary through in-person or remote methods to improve the psychological wellbeing of the population.



Success Stories

Underprivileged Child Revives Lost Hope

His dreams of joining the football club in his neighborhood, where proper training is offered and local tournaments organized, were far from the 13-year-old's reality, who aspired to grow up to be a football star.

From his little, debilitated house in Rafah Town, Southern the Gaza Strip the schoolboy was watching in pain how other children were pursuing their hobbies, leading wholesome lives and living in economically stable families, unlike him whose family was burdened with debts and financial problems.

"I am so sad, there is nothing beautiful about my life," he said. Continually Comparing his situation with that of other better-off children made him develop depression. He lost his appetite food and interest in favourite activities. He sat in isolation for long hours, skipped classes, became tearful, irritable and aggressive. He also lost 10 kg of his weight over 2 years.

The little child's life was just a simple example of how people in Gaza endure multiple challenges. Not only poverty do they live in, but also in a constant exposure to violence and insecurity. Two years ago, he was shot in his leg during his participation in the Great March of Return, an incident which has deeply dented his already shaky self-confidence.

In July last year, he was referred by Al Mezan Center For Human Rights to GCMHP, where he was diagnosed with severe depression. A CBT-based therapy plan was put to deal with his case as well as family counselling.

The family and the child were provided with a means of transport to take them to and back home from GCMHP therapy centre as they could not afford it. The child agreed on a verbal therapeutic contract to encourage positive behaviours and correct the negative ones.

“The challenge working with this child was to help him revive hope in life,” said Afnan Al-Nakhala, a psychologist. “His family is living in grinding poverty and is lacking life essentials. This has created a huge challenge because of the absence of many coping factors,” she added.

However, nothing is impossible, Afnan said. “I could identify some points of strength that I drew on to help the child change: he had a strong urge to rid himself of depression and to lead a normal life,” she explained.

His behaviour was notably changing over the course of the sessions and by the positive enhancement that both the therapist and the child’s family used. He started feeling like having friends, and playing with children in the neighbourhood.

More importantly, he stopped using violence against his siblings and peers, and his school performance improved.

His family has noticed that their child significantly changed.

“I am really happy that my child has improved. Thank God and thank you for your efforts. Honestly, my child’s life has changed to the better. I can see him happy most of the time,” his mother said.



Divorced Mom Beats Panic Disorder

The moment he appeared in her life again made her realize that memories remain raw even longer than wounds.

She was 19 years old back then when she had to remarry a man who was 20 years her senior. She had to accept the marriage under the pressure of the social misconception that divorced women are subordinate to virgin ones.

Being a second wife to a man, who wanted to keep his marriage a secret so as not to enrage his first wife, the young woman had to live in the shadow, or as she puts it “on the old dusty shelf of life”.

“I meant nothing to him other than a doll who would please him. His real life was dedicated to his family with his first wife,” the women said to the therapist with tearful eyes.

The conflict between her husband and herself inflamed when she, contrary to her husband’s calculations, conceived, putting their whole marriage to “the infallible test of genuineness”.

“He went mad when he knew I was pregnant. He took his anger and desperation on me, hitting me violently. He did not want the baby, and insisted that I undergo abortion. He even hit me with the intention to cause me a miscarriage,” she recalled “the dark days” she lived.

Under her husband’s intimidation and verbal and physical abuse, divorce was the only way for the young woman to escape from her nightmare. She had to raise her baby girl all on her own, in the absence of her ex-husband’s role.

When the girl turned 13, however, the father appeared again in her life. He wanted his daughter back, “after all the suffering and challenges” her mother had taken to raise her without any support from him.

“There was a time when he turned his back on both of us. He made me carry the burden alone while I was vulnerable, weak and in a dire need for support. Yet, now he is asking for his daughter back at his very ease,” the heartbroken mother said.

When her ex-husband reappeared in her life to claim his right as a father, the anger and resentment together with all the painful memories were set against her pushing her to the verge of collapse.

“I started experiencing episodes of subduing feelings that made me struggle to breathe to the point I felt that I was dying,” the single mother said.

“I had experienced these episodes in the past during my second marriage ordeal, but after my ex-husband’s reappearance, they came back with more intensity and higher frequency,” she added.

Diagnosed with anxiety disorder, GCMHP multidisciplinary team put a therapy plan with a set of techniques to be administered to her. The plan focused on boosting her coping mechanisms, building self-confidence and correcting her distorted thoughts.

To treat the bouts of subduing feeling she experienced, she was intentionally exposed to them through making her gradually recall the moments when they occurred. Relaxation exercises were also used to help her release her stress and maintain her calm.

Through the counselling sessions she developed the skills of identifying her points of strength and invest into them. She started taking care of herself, took on walking as a sport to help her ease her stress.

After two months of the intervention, things have become quite different: she is more in control of her life, according to her.

“I have come a long, long way with the recovery. I got rid of the bouts of anxiety, and feel relieved and more able to manage my life. I am really grateful to Gaza Community Mental Health Programme,” she concluded.



Financial Report

For the Year Ended 31 December 2021
and Independent Auditor's Report

Independent auditor's report to the Board of Directors of Gaza Community Mental Health Programme (GCMHP)

Opinion

In our opinion, the financial statements present fairly, in all material respects, the financial position of Gaza Community Mental Health Programme (hereinafter the "Programme" or "GCMHP") as at 31 December 2021 and its financial performance and its cash flows for the year then ended in accordance with International Financial Reporting Standards ("IFRS").

What we have audited

The Programme's financial statements comprise:

- the statement of financial position as at 31 December 2021;
- the statement of activities and changes in net assets for the year then ended;
- the statement of cash flows for the year then ended; and
- the notes to the financial statements, which include significant accounting policies and other explanatory information.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (ISAs). Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Independence

We are independent of the Company in accordance with the International Code of Ethics for Professional Accountants (including International Independence Standards) issued by the International Ethics Standards Board for Accountants (IESBA Code). We have fulfilled our other ethical responsibilities in accordance with the IESBA Code.

Other information

Management is responsible for the other information. The other information comprises of the revenues and expenditures (disposition of grants), budget versus actual statement 2021, statement of expenses by goals and statement of expenses by donors that are included in the 'Other Information Section' (but does not include the financial statements and our auditor's report thereon).

Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information identified above and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit, or otherwise appears to be materially misstated. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Responsibilities of management and those charged with governance for the financial statements

Management is responsible for the preparation and fair presentation of the financial statements in accordance with International Financial Reporting Standards and for such internal control as management determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, management is responsible for assessing the Programme's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the Programme or to cease its operations, or has no realistic alternative but to do so.

Those charged with governance are responsible for overseeing the Programme's financial reporting process.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with ISAs, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Programme's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by management.
- Conclude on the appropriateness of management's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Programme's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Programme to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

For and on behalf of PricewaterhouseCoopers Palestine
14 April 2022

Yacoub Alloun
License number 106/2012

Place: Ramallah, Palestine



Gaza Community Mental Health Programme (GCMHP)

Financial statements for the year ended 31 December 2021

(All amounts expressed in US Dollar unless otherwise stated)

STATEMENT OF FINANCIAL POSITION

As at 31 December

	Note	2021	2020
ASSETS			
Non-Current Assets			
Property, plant and equipment	(5)	1,777,754	1,647,068
Investment property	(6)	89,024	89,024
Long term deposits at banks – restricted to employees' benefits	(7)	1,500,000	1,500,000
		3,366,778	3,236,092
Current Assets			
Inventory and medical supplies	(8)	62,463	61,895
Contributions receivable	(9)	856,106	551,570
Accounts receivable and other current assets	(10)	1,243,890	1,139,742
Cash and bank balances	(7)	554,822	457,830
		2,717,281	2,211,037
Total assets		6,084,059	5,447,129
NET ASSETS AND LIABILITIES			
Net Assets			
Unrestricted net assets		804,709	628,887
Liabilities			
Non-Current Liabilities			
Provision for employees' benefit	(11)	2,846,371	2,766,380
Deferred contributions related to fixed assets	(8)	1,224,661	1,093,975
		4,071,032	3,860,355
Current Liabilities			
Bank overdraft	(12)	32,333	70,115
Accounts payable and other accruals	(13)	126,002	90,138
Deferred contributions related to inventory	(8)	62,463	61,895
Deferred contributions related to operations	(14)	987,520	735,739
		1,208,318	957,887
Total Liabilities		5,279,350	4,818,242
Total Net Assets and Liabilities		6,084,059	5,447,129

The accompanying notes on pages 7 to 26 form an integral part of these financial statements.

The financial statements on pages 4 to 26 were authorized for issue by the Board of Directors on 14 April 2022 and were signed on its behalf.

Gaza Community Mental Health Programme (GCMHP)

Financial statements for the year ended 31 December 2021

(All amounts expressed in US Dollar unless otherwise stated)

STATEMENT OF ACTIVITIES AND CHANGES IN NET ASSETS

For the years ended 31 December

	Note	2021	2020
Contributions and other income			
Unrestricted contributions	(15)	59,959	31,811
Other revenues	(16)	106,000	115,436
Deferred contributions related to operations released from restrictions	(14)	2,937,395	2,598,913
Deferred contributions related to assets and inventory released from restriction	(8)	271,707	236,454
Total contributions and other income		3,375,061	2,982,614
Expenses			
Projects expenses	(17)	(2,379,239)	(1,961,313)
General and administrative expenses	(17)	(709,726)	(760,329)
Bad debt expenses	(18)	-	(61,716)
Depreciation	(5)	(93,928)	(81,444)
(Loss) Gain from foreign currency translation		(16,346)	50,739
Total expenses		(3,199,239)	(2,814,063)
Loss from write off a restricted grant		-	(36,207)
Net changes in net assets for the year		175,822	132,344
Balance, beginning of the year		628,887	496,543
Balance, end of the year		804,709	628,887

The accompanying notes on pages 7 to 26 form an integral part of these financial statements.

Gaza Community Mental Health Programme (GCMHP)

Financial statements for the year ended 31 December 2021

(All amounts expressed in US Dollar unless otherwise stated)

STATEMENT OF CASH FLOWS

For the years ended 31 December

	Note	2021	2020
Cash flows from operating activities			
Net changes in net assets for the year		175,822	132,344
Adjustments			
Depreciation expense	(5)	93,928	81,444
Provision for employees' benefits	(11)	385,044	323,762
Contributions recognized as revenues in the statement of activities and changes in net assets - related to assets and inventory	(8)	(271,707)	(236,454)
Cash flows from operating activities before payment of employees benefits and changes in working capital		383,087	301,096
Employees' benefits paid	(11)	(305,053)	(62,167)
Changes in working capital:			
Inventory and medical supplies	(8)	(568)	(18,100)
Contributions receivable	(9)	(304,536)	145,232
Accounts receivable and other current assets	(10)	(104,148)	50,684
Deferred contributions related to operations	(14)	251,781	(156,717)
Deferred contributions related to assets and inventory	(8)	402,961	207,536
Accounts payable and other accruals	(13)	35,864	16,731
Net cash flows generated from operating activities		359,388	484,295
Cash flows from investing activities			
Purchases of property, plant and equipment	(5)	(224,614)	(34,426)
Cash flows from financing activities			
Bank overdraft		(37,782)	31,230
Restricted bank deposits accounts		-	(299,451)
		(37,782)	(268,221)
Net changes in cash and cash equivalents		96,992	181,648
Cash and cash equivalents, beginning of the year	(7)	457,830	276,182
Cash and cash equivalents, end of the year	(7)	554,822	457,830

The accompanying notes on pages 7 to 26 form an integral part of these financial statements.