

Foundation
wings of hope
Bosnia and Herzegovina



Report for year 2015

cf d

Empowers women. Opens up perspectives.

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Fondacija «Krila nade», Bosna i Hercegovina

Situation analysis

During the 12 months evaluation process, the idea of WoH as a Resource Centre for psychotherapy and counselling began to resurface. Partners, such as primary schools involved in the IN Foundation Project and Sarajevo Open Centre, already use WoH as a Resource Centre, referring project participants to us for psychotherapy, support in learning, legal assistance, or support in job seeking activities.

In December, 2015, Foundation Wings of Hope made an agreement with the Raiffeisen Bank Sarajevo, BiH for psychological support for bank personnel who are suffering from traumatic stress due to frequent bank robberies in Sarajevo. An agreement was made for ten people with whom three psychotherapists in WoH have conducted initial interviews.

During 2015 we had an influx of people - both children and adults - showing an interest in attending classes of different subjects, such as Maths, Chemistry, Physics, English, German and Bosnian. We were also directly contacted from different schools because their pedagogues saw an opportunity in WoH to motivate their students to learn.

During 2015, the Centre provided individual support for those who had dropped out of school, but are now continuing their secondary education. They were offered financial support and support in learning.

WoH organized training sessions "Preparation for Active Job Search" and provided participants knowledge about writing CVs and motivational letters. The training also helped them develop their job interview skills.

Activities and Results achieved

Psychotherapy

WoH's goal in the field of mental health is for individuals with mental health issues, problems and disorders, as well as survivors of violence living with long-term traumatisations through the war to be enabled to deal positively with the challenges in their everyday life, to restore their dignity and to regain their human rights.



WoH's therapists and social workers provide counselling, psychotherapy, psychological and psychosocial support to marginalised children, adults, and families with mental health issues, problems and disorders. 11 psychotherapists and one psychiatrist worked with more than 150 clients during

the year 2015. Around 130 people were included in psychotherapy and other in counselling. Almost 60 % of clients were female and 33 % were younger than 16. During December 2015, we agreed to collaborate with the Centre for mental health in our local community – Municipality Novi Grad. Since then, eight children were referred to WoH and our staff carried out assessments with the conclusion that they needed counselling or support in learning.

Within the project The Cognitive-Behavioural Treatment Program for Violent Behaviour in School Children WoH started collaborating with the web portal [tacno.net](http://www.tacno.net). The newly established cooperation between WoH and [tacno.net](http://www.tacno.net) includes publishing of articles which focus on violence against children - specific



types and signs of recognition and steps for prevention. In the year 2015 one article has been published: <http://www.tacno.net/diskriminacija/vrsta-nasilja-nad-djecom/>.

WoH also organized four training sessions about the use of the cognitive-behavioural methods in schools, in which 12 participants from psycho-pedagogical support teams from three primary and three secondary schools took part.

Education



The goal of WoH in the field of education is that socially excluded children, children with learning difficulties and/or behavioural problems are successfully integrated into the school system. The Foundation is offering learning support for children and adolescents in Mathematics, Bosnian, Chemistry, Physics, Philosophy, English and German. Throughout 12 months WoH's staff provided almost 2400 school hours for almost 600 students. More than half of the students were female.

More than 90 students were also included in counselling, mostly those between ages of 11 and 14. Bosnian language classes were organized as well for WoH's international volunteers. In the past year there have been eight volunteers coming from different countries.

Winter and Summer schools were organized. Out of the 66 students who attended the Centre's winter sessions, almost 90 % of them passed their exams, out of 63 after attending the Summer School, all moved to the next school year. WoH has had good cooperation with the Centre of Social Work. During 2015 there were eight cases of children that needed some form of support from WoH. Many more cases have been referred by local schools.



More than 100 school teachers participated in three training sessions from three primary schools in Sarajevo. Each training consisted of two workshops with the following themes: "Teacher's stress", "Assertiveness", "Student's motivation" and second, obligatory part "Mental health and peer violence in the school" and in duration of three hours, each. WoH and Foundation CURE also organized a workshop about violence, discrimination and prejudice. Bikers from the moto club Plavi vitezovi from Sarajevo also attended the workshop.

Employment



With regards to unemployment, the Foundation has the goal to support single mothers, female survivors of domestic violence and adult school dropouts, who have been unemployed on a long-term basis, to become better equipped for a successful job search.

In the previous year, WoH organised three training sessions about active preparation for job search with altogether 30 participants. Almost all participants were Female and more than half of them were older than 30. Also 10 long-term unemployed single mothers and 8 women who survived some sort of violence participated in the training sessions. In addition, 11 project participants were interested in individual counselling about tailoring their CV according to existing job advertisements which they wanted to apply to in the following days. They received help in preparation of their CV over 15 sessions. From all our participants that have participated in our activities, 10 have found employment (full time or part time).

For the school year 2014/2015 WoH offered help to 13 people in completing their high-school education. These participants did not finish their education before due to different reasons. Six of them finished their education and received a diploma, three were female and one was single parent and a survivor of domestic violence. The other 7 were enrolled in their next academic year 2015/16. Of the overall number of 13 students who started their school year in 2014, 60 % were older than 30 years and 40 % were women. At this point the Foundation has 9 new applicants on the waiting list.



Networking/Cooperation with other stakeholders, projects, organisations and institutions

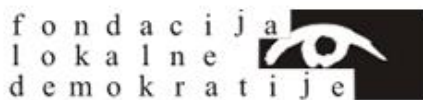
On the 9th of December, the portal KLIX published an article about the work of WoH (<http://www.klix.ba/lifestyle/fondacija-krila-nade-nudi-besplatne-usluge-u-oblasti-mentalnog-zdravlja-i-obrazovanja/151208010>).

In December 2015 stuff members were guests at:

- Nešto novo!? on TV Alfa
- Radio of the Federation of Bosnia and Hercegovina

Wings of Hope Foundation works extensively with a variety of both local and international partners:

- Private ordination Berina Karahasan Aleksić, BiH
- PSIHO - INTEGRUM, BiH
- Domino, Association of CBT therapists
- Four elementary schools in Sarajevo
- Pediatric Clinic of Sarajevo
- Association of Pedagogues of Canton Sarajevo
- Denver University



DRUŠTVO PSIHOLOGA U FEDERACIJI BOSNE I HERCEGOVINE
ASSOCIATION OF PSYCHOLOGISTS IN FEDERATION OF BIH



The Foundation is also a member of couple of networks:

- the Network for the Elimination of Violence against Children NEVAC
- international groups and groups for legal aid



mreža za
izgradnju mira