



REPORT OF CRM SKILLS TRAINING INTERVENTION ON REINTARING SURVIVORS AND EX PRISONERS OF GENOCIDE IN HUYE DISTRICT .

I. INTRODUCTION

Government of Rwanda under Huye district ,Rwanda resilience and Grounding organization (RRGO) sponsored by Trauma Resource Institute (TRI) in implementing the project southern province of Rwanda, Huye district. From 15th -26th March 2021, RRGO started project of mental health rehabilitation and community reintegration of survivors and ex-prisoners of genocide against Tutsi. Huye district is first district where by genocide took long time more than others. In this district, the rate of trauma crises, mental health problems and high number of genocide survivors.

II. PRELIMINARY ACTIVITIES

In this period of two weeks, RRGO staff, representative of Huye district, staff of national commission for fights against genocide and staff of association of widower of genocide survivors (AVEGA) help RRGO to choose the participants who are benefiting from intervention. In this case, we selected genocide survivors and ex-prisoners of genocide from Maraba sector in Huye district.

In Maraba sector, according to the last National census of 2019, the sector has more than 6234 of genocide survivors and 4323 of ex prisoners of genocide. Those figure are more and it is very hard that every one can get CRM skills trainings however, we have selected 30 participants who come in trainings. Among 30 trainees, we had 14 genocide survivors 14 ex prisoners, 1 local leader and 1 teacher from Gakeri village.



Introduction of staff from Huye district during welcoming participants

After introducing to all participants of trainings, RRGO staff started CRM skills trainings in the group that composed by both parts either genocide survivors and ex prisoners of genocide.

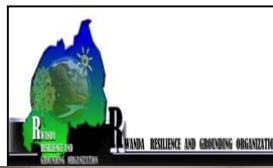
III. COMMUNITY RESILIENCY MODEL SKILLS TRAINING

Due to the Covid-19 prevention guidelines, the trainings were well done but in respect of all measures in place to protect the community and staff from contracting Covid-19. Only 25 people participated in trainings with wearing masks and we also sit with social distance so that every one cannot transmit virus easily to another.

Before trainings

Before CRM skills trainings, it was obvious to every one that there are lots of questions in heart of participants. They know each other but It was the first time since 1994 genocide they meet together with the purpose of sharing the some intervention. When they enter in room, a survivor sat in their own place and ex prisoners also sat in their own side. It was not easy, they seems hapless, depressed, lot of fear and distrust each other.

I asked them question about their expectance, majority of them were not willing to reply any things because they think that other can understand them and also their experience in past 25 year after genocide were different.



During the training, executive secretary of Maraba sector official open trainings

After the trainees presented in the room of trainings, they were welcomed with their officials who they live together daily .It was very pleasure to be with them during CRM skills trainings so that our CRM skills should be sustainable.



During grounding skills practice and release stress

During CRM skills trainings, we were doing some practice on the third day of trainings so that they can feel present as well as healing trauma and mental health problems they had.



During the trainings, we did relaxation exercise while we were in room like screeching muscles and crapping and singing the songs one of trainees said that it is his/her resource.

IV. Successful story

Rwanda Resilience and Grounding organization has started mental health rehabilitation and community integration with ex prisoners and genocide survivors in terms of building trust, community identification and enhancement mental wellness.

In this intervention, Community resilience model skills trainings are offering in both groups in the some setting and sharing different practice that aimed to build their resilience, social cohesion and trust among them.

After trainings, one participant said, “ *I am ex prisoners of genocide and I had a shame for what I did during the genocide. I was leaving in self-stigma and a lot of relapse (bad dreaming) for what I saw and did during genocide however since trainings, I was able to relax and bring back my confidant. For*



example yesterday, when we were doing intervention practices by using the model (CRM skill). I remember how I was supporting genocide survivors to release stress and enhance well-being. It was nice and it increases my trust and my confident. Imagine, I am supporting the one I made crime. I am so happy that at least, there are positive things I am doing to her. I thank you and thank government of Rwanda for this trainings, I wish you can extend them in all country because many people are living with self stigma (ex : ex prisoners and their families). I believe when they get these trainings, it can help them to increase their well being, sleeping and confident.

After 5 days of trainings, the group composed by ex prisoners and survivors made a club that will help them to meet regular. They choose themselves a coordinator and assistance coordinator so that they can keep meeting in their own time they choose and their own places. RRGGO staff will keep visit them during the meeting date and see how they doing CRM skills practice and how they are helping each other.

Genocide survivor said” I am a woman with 67 years old. I don’t have any child or any family relative. Before genocide I have three children and husband. During the genocide I survived alone. Since then I feel stressed and I decide not to merry again. I now live alone in my house. Before attending this five-day of trainings, I was very depressed and even I don’t want any ne to know more about me. I felt alone. I was so happy nowadays that every one is living to his home because I don’t like to meet people but these trainings of CRM helps me a lot. Yesterday after doing practice, I feel relaxed and joyful. I feel like things that were pulling me are going away. I like my resource. My resources are God that survived house and me that prevent me rain. I can feel how I have my won help that can help me to come out of window of depression. Now I can laughter as you see in my face.

Another man who was in prison in 25 years since 1996 till 2019 said, “*It seems that I am dreaming. I never think that I can meet with genocide survivor whom I killed his family. All 25 year in prison I was living with shame, seeing bad image of genocide and daydreaming. I was living in band condition and I become hopeless and I never think any one can have empathy for me. Before I join these trainings, I did not know who we will be together but as we continue with course and practice, I start having positive feeling. Now these courses integrate me in community. Imagine, I am not with my family alone, I am with other and I am feeling confident and positive. Last night, I sleep well. I work up during night, I feel stressed*



Another participants said, *“Even this skills will first benefits from my children. Even them, they can gain because my daughter lives in fear and nightmare. I hope she will benefits and back in present moment”* said genocide survivors.



CRM skills practice



Resiliency club

After these trainings, the group composed by genocide survivor and ex prisoners made a club of resiliency. It is the club that made up them where they will meet every Friday of three weeks. This meeting will be done in period of six months. RRGO staff will keep meet them and organize resiliency conversation where ever one will share to the group impact of CRM skills on them after completing trainings .It will be done in 2 hours and after they went. They chose places that are middle for every one and easy to reach without ticket. They vote coordinator, vice coordinator and advisor/counselor and secretary. Here there is a picture of committee



Committee of resiliency club and two staff (1 in right RRGO,1in left Huye district) and committee from president to counselor

Opportunity

During these CRM skills trainings, it was great pleasure to introduce the model before national commemoration. Also we had majority participants who want to participate on this trainings and also the district facilitate RRGO staff to offer CRM skills.



Challenges

After these trainings, we have remark three main challenge

1. We have faced big challenges of high number of ex prisoners of 1994 genocide who want the intervention to restore their mental health and integrating them in community. The large number of people who want intervention with low financial means.
2. We faced the challenge of problem of funds. We had expected district to give increment funding on this project however the last meeting with V/Mayor in charge of social Affaire of Huye district revealed that the budget has decrease on district level due to many people affected by covid 19 and district is supporting by offering them foods and money of those who left job. And they inform us that they don't have any money to add.
3. Indeed, the trainings are happening while we are still respecting measures of covid 19. From this Point RRGO paid the masks for every trainee and also test them covid 19 before gathering them. It is news rules by government of Rwanda that if any one want to make meeting, should first test covid 19 all the participants so that they can be sure that the people that are gathering doesn't have covid 19.

Solution of Challenges

RRGO will keep mobilize resource to every partners so that we can get increment of funding. Indeed RRGO is requesting Trauma Resource institute (TRI) for additional funds so that we be able to complete this project as we have been prepared.

Conclusion

By concluding, CRM skills trainings went well and many activities have been done during the more than 30 participants have trained CRM skills in this first phase. Local leaders and organization protect survivors has been engaged in selecting the participants. Much appreciation is toward partner's implementation of these trainings. RRGO is kindly acknowledged the funding from Trauma Resource Institute (TRI). Without this grant, we should not introduce these skills trainings. We are hoping to keep working together for helping majority of community needs interventions

Financial spending

The budget distribution will be found in attached document in excel sheet. We are expecting to cover three villages as it has been mentioned in application. We have one used \$4300 in Huye district. We hope that we will continue in first week of April in Kirehe district, Nyakarambi village (Find excel sheets).