“One Help One Direction Ihumure” (OHODI) is an NGO, I developed in 2016 to address the physical needs of youth who live on the streets of Kigali, Rwanda. I am now proposing that OHODI expand its mission to include mental health and family relation needs through “Trust Based Relational Intervention” (TBRI) workshops titled Kuganira Mental Health. These workshops will focus on “Generational Transmitted Trauma” (GTT). This approach was developed by Dr. Karyn Purvis and Dr. David Cross at Texas Christian University (1) and is based on the principles of “connect, correct and empower”. The main objective of this project is to teach parents how to make home a peaceful place for all members, especially the children who are being raised by family members who were traumatized directly by the 1994 Rwanda Genocide.

Backgrounds

Nearly one-million people died during the 1994 Rwanda Genocide, and the psychological trauma experienced by the survivors and their families persists today. Rwandan youth have been exposed to the trauma experienced by their parents and “The trauma of a genocide can be transmitted to subsequent generations through familial mental health, sociopolitical trauma, and cultural narratives, thereby impacting mental health and well-being. Understanding specific mechanisms that are unique to each ethnic group impacted by genocide illuminates cultural, sociopolitical, and individual factors related to the transmission.”, as reported by Sarkissian and Sharkey.

Local Community Partner

Kuganira Mental Health (KMH) will be collaborating with Aegis Trust, an international nonprofit organization that works to prevent genocide through their peace education programs. KMH will contribute to their objective of healing the brokenness of families in the community. The psychiatrist, Frank Anderson, noted “A broken family is one that include unhealthy or severed relationships within the family unit. They are often associated with divorce but certainly can occur in an intact family where various members are in conflict with or estranged from each other.” (2) Aegis Trust has been supporting several projects to help community members live together in peace, and Aegis Trust has been supporting projects within “One Help One Direction Ihumure”.

Project Description and Goals

The workshop will be organized by our organization (OHODI) in collaboration with Aegis Trust. We will run one program for five-week workshops and our beneficiaries will be parents and their children who have been exposed to serious trauma in their lives. The total number of participants will range between 40 and 50. The workshops will be conducted in the capital city of Rwanda, Kigali at the Aegis Trust office, and the project will offer one goat for each participating family as an incentive, this is also to support the growth of their economic status. The implementation of Kuganira Mental Health will follow the steps and procedures developed during the 2020 trials. Through this workshop, it is expected that both participants parents and children will be able to:

1. Define/identify how trauma affects decisions in their relationships.
2. Re-build trust and quality relations between parents and children in the family.
3. Make home a safe place and generates peace in the community.

(1) Trust-based relational intervention (TBRI): A systematic approach to complex developmental trauma. Child & Youth Services, 34(4), 1-28 (TCU college science and Engineering)
(2) Loggings, Brittany, Verywell Mind, 1/26/2022, Having a Broken Family; What It Means and How to Cope
The ultimate goal of Kuganira Mental Health is to improve the well-being for children, youth and families.

**Project Components**

I. **Curriculum and Train the Trainers:** The first week will be dedicated to adapt the workshop curriculum and defining the daily schedule. The trainers will help to run the workshops and assign responsibilities to each one in the team.

II. **Workshops:** A pre-test will be administered to assess levels of participant’s knowledge and understanding of mental health. It will also help to measure the outputs at the end of the workshops. Second week will only be with parents, and we will engage them with TBRI principles by using their own testimonies, life stories and creative scenarios. The third week will only be working with children and creating a safe environment to help them to be open for us and teach them from the experiences. The fourth week, we will come together as whole group for reflection, practice the skills learned from previous workshops and set goals as family.

III. **Evaluation and Report:** At the end of workshop, we will do evaluation to determine if the skills participants learned, are being implemented and working. The team will use structured observations and interviews assessment tools and will be visiting each family in their houses check with them with effectiveness questions, we may ask:

1) Do children/Parents who receive KMH workshop show fewer symptoms of trauma?
2) Do parents who receive KMH workshop report more cohesion than parents who do not receive KMH?
3) Does using TBRI principles in life improve youth pro-social skills?
4) Does implementing TBRI decrease behavioral incident among youth?


We will produce a written and visual report to share with the donor and stakeholders.

**Project Sustainability**

Completing KMH, Aegis Trust will approach government institutions and other private investors to request their support to replicate the project in all four provinces of Rwanda, and reach as many families as we can. We believe that Kuganira Mental Health will contribute in peacebuilding and social change when this program is accessible by the children/youth and parents exposed to life trauma. We visualize this project to be a commitment to the promotion of peace at the individual, local, regional and countrywide levels. In addition, the goats that will be used as incentive for families to participate may serve as a longer-term source of family income as goat milk and goat cheese are commodities that can be sold in Rwandan communities.

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