

THRIVE GULU





About Us

THRIVEGulu believes that meaningful existence is more than mere survival. We believe the invisible wounds of psychological trauma deserve healing. And, we believe that functionality and productivity can only flourish when an individual and her community are more-than-surviving. Established in 2010 as a 501(c)(3) nonprofit organization, we support communities in Northern Uganda to recover from the traumatic effects of war.

Our vision is for a Northern Uganda in which all people are treated with dignity, live in safety, and have the chance to contribute to the good of the community. THRIVE offers two interlocking pillars of support: 1) Mental Health & Psychosocial Support; 2) Individual & Community Empowerment.

History

For over two decades, Joseph Kony and the Lord's Resistance Army (LRA) abducted over 60,000 children in Northern Uganda. More than 2 million civilians were forced to flee their homes, living in the squalor and instability of Internally Displaced Persons (IDP) camps, some for over a decade. More than 100,000 people were killed over the course of the 20+ year conflict. In its wake, the LRA left behind a society psychologically traumatized by war, poverty, lack of education, sexual violence and hopelessness.

In 2010, THRIVEGulu gave birth to the region's only trauma recovery center. Our commitment is twofold: Go to the most marginalized places and war affected peoples; and work with individuals and communities as partners. From an original vision to build a community of strength, hope and healing has grown an organization nationally recognized as a leader in innovative, holistic psychosocial interventions. From survivors to THRIVERS, our credo rings true: "Together We THRIVE!"





“Today I’m overjoyed. My child got the medication he needed. I hope that this mobile clinic doesn’t stop here and is extended to other communities as well.”

Our Programs

Mental Health & Psychosocial Support

THRIVE counselors provide individual, family and group counseling, facilitate mobile mental health clinics, conduct regional psychoeducation classes and offer psychosocial support to teachers and students in public schools. All of our counselors have completed the prestigious educational program in Trauma Recovery Techniques through the Center for Victims of Torture.

We partner with psychiatrists and pharmacists to offer Mobile Mental Health Clinics, which help villagers in hard-to-reach areas access mental health medications for themselves and their families. Counselors are on hand to provide psychological support for children, adults and families who struggle to access care. Our counselors also facilitate radio call-in programs on issues related to mental health (depression, anxiety, suicide) and psychosocial issues (alcoholism, gender-based violence).

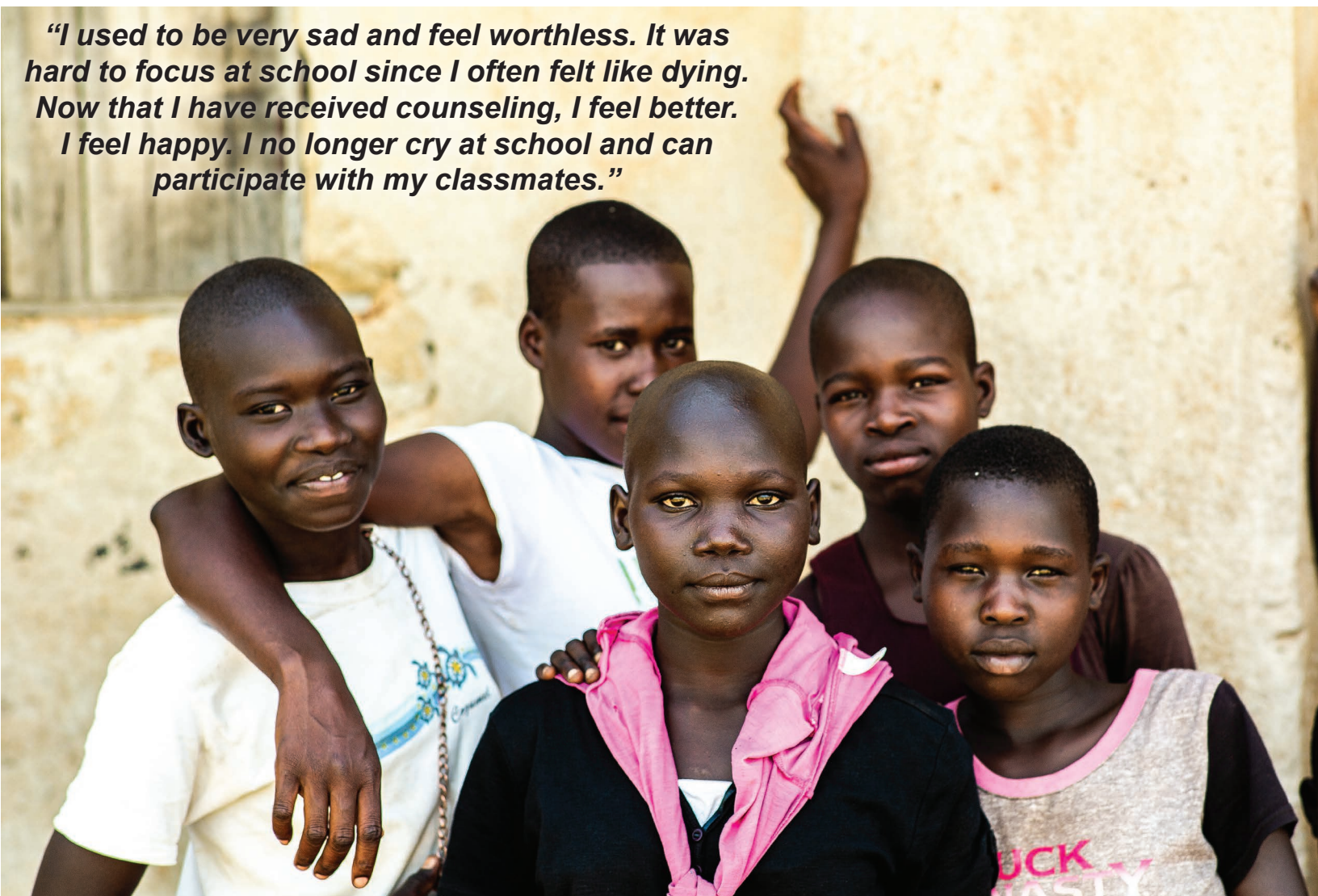
“Group savings showed me the way of hope! We no longer worry about school fees since we now have more than enough money to pay the costs.”

Individual & Community Empowerment

The avenue through which THRIVE offers interventions in local communities begins with the establishment of Empowerment Groups. In the Village Savings and Loan Associations (VSLA), THRIVERS learn the art of saving money collectively, managing finances securely and taking out loans responsibly in order to improve their small businesses, pay medical expenses or send their children to school.

Our Adult Literacy Program has helped thousands of people improve their literacy skills. Reading and numeracy abilities help them operate their small businesses and build self-confidence. Every day, someone new learns how to write her name, advertise a small business, or read a favorite Bible verse in her native language. Men and women stand side by side as equal partners offering hope for the next generation.

“I used to be very sad and feel worthless. It was hard to focus at school since I often felt like dying. Now that I have received counseling, I feel better. I feel happy. I no longer cry at school and can participate with my classmates.”



New Projects & Initiatives

The **South Sudanese Refugee Project** is a humanitarian grant-based program in partnership with Trocaire and Irish Aid. The more than 2.4 million refugees who have fled South Sudan constitute the 3rd largest refugee crises in the world today. For this 3-year project, THRIVEGulu will provide Mental Health & Psychosocial Support (MHPPS) to over 10,000 refugees at the Palabek Settlement in Northern Uganda.

With funding from Save the Children and the Norwegian Agency for Development Cooperation, THRIVEGulu is the lead partner in the **Eliminating Teenage Pregnancy and Child Marriage Project**. This 5-year intervention is implemented in 50 schools focusing on child protection, education & awareness, and mental health. Additionally, we will assist with the re-enrollment of young parents into the public school system and establish Mother-Daughter and Real Fathers support groups.

Our newly established Youth Program consists of an initial cohort of 6 **Youth Empowerment Groups** with 230 members. These groups provide youth with a comprehensive package of services: life-skills training; access to mental health counseling; reproductive health education; Village Savings & Loan Associations; seed money for income-generating activities; and literacy in both Acholi and English.

With funding from Engage Now Africa and The International Foundation, and in partnership with Interweave Solutions, THRIVE has worked hand-in-hand with our youth to develop an innovative **Youth Literacy Manual**. Building off our internationally recognized adult literacy manual, the youth version teaches language skills, while utilizing stories taken from these young peoples' day-to-day lives. The manual, "Renewing the Lives of Youth," will officially launch in June 2019.

"One thing I have learned from my life is that when you have a challenge, you should seek support. If I did not have this support from THRIVE, I would be dead. I pray to God to bless the hands that are supporting us and give me the courage to heal."

Our Impact

MENTAL HEALTH

10,000+

South Sudanese Refugees receiving Mental Health & Psychosocial Support

2,500+

Individuals received medications & mental health support annually with the mobile clinic



600+

Students received counseling in youth school programs from lay counselors

3,200+

Students, parents and teachers received psychoeducation to improve academic achievement

EMPOWERMENT

LITERACY



1,000

individuals enrolled in literacy



614 literacy graduates in 3 years

VILLAGE SAVINGS & LOAN



820%

growth in income generation over 3 years



Top Savings goals

- school fees
- buy land
- start business
- buy livestock

Giving Circles

You can empower survivors of crimes against humanity. Your support gives **thousands** of women and men, boys and girls, access to the trauma-healing resources they need.

Together, we can help survivors become THRIVERS!

SURVIVORS CIRCLE	DONATION IMPACT	THRIVERS CIRCLE	DONATION IMPACT
<p>Friend \$25+</p>	<p>1 family receives a month of counseling</p>	<p>Ambassdor \$1,000+</p>	<p>Host 1 Mobile Mental Health Clinic serving over 750+ individuals in a rural community</p>
<p>Supporter \$100+</p>	<p>200 youth and 5 teachers receive a mental health education session to raise awareness and reduce stigma at a local school</p>	<p>Leader \$2,500+</p>	<p>Provide 3+ years of education & literacy plus a lifetime of support for 30+ people & their families through an Empowerment Group</p>
<p>Advocate \$250+</p>	<p>1,000+ struggling people receive mental health support & learn about THRIVE services through call-in radio programs</p>	<p>Empowerment Specialist \$5,000+</p>	<p>Fund Empowerment Specialist for 1 year to deliver help and support to 1,000+ THRIVERS</p>
<p>Healer \$500+</p>	<p>250 youth receive two training sessions on reproductive health and gender-based violence</p>	<p>Trauma Recovery Specialist \$10,000+</p>	<p>Build the Youth Empowerment Center at the THRIVE campus providing a lifetime of support for 10,000+ youth</p>

"I've had a difficult life. It is hard to forget the memories and to heal from the mental anguish caused many years ago from the war. But now my hope and happiness has been restored."



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