



SANCTUM

**Heartland Alliance Marjorie Kovler Center
Annual Report**

October 1, 2009 – September 30, 2010

Heartland Alliance Marjorie Kovler Center

Dear Friend,

As a valued member of our community, I sincerely hope you know the tremendous impact your contribution has made. Since 1987, more than 1,600 survivors of torture from 77 countries have received the services they need because of your support. In this past year, 340 survivors and their family members found a place for healing and hope at the Heartland Alliance Marjorie Kovler Center. All of you who have given your time, skill or financial support have changed lives. You have helped rebuild the lives of individuals devastated by the most cruel and inhuman acts imaginable, and for that we are grateful.

As you peruse this report, keep in mind that until we reach our ultimate goal -- the abolition of the use of torture worldwide -- we will be here to open the door to a safe refuge and to a place where one can feel valued and dignified once again. We will be here to offer culturally competent, trauma-informed service, to train professionals in recognizing and responding to the aftermath of torture, and to advocate for a democratic government that values human dignity and stands again to uphold our basic human rights.

With heartfelt thanks from all of us at the Kovler Center,

Mary Lynn Everson, MS, LCPC
Senior Director, Marjorie Kovler Center and Refugee Health Programs

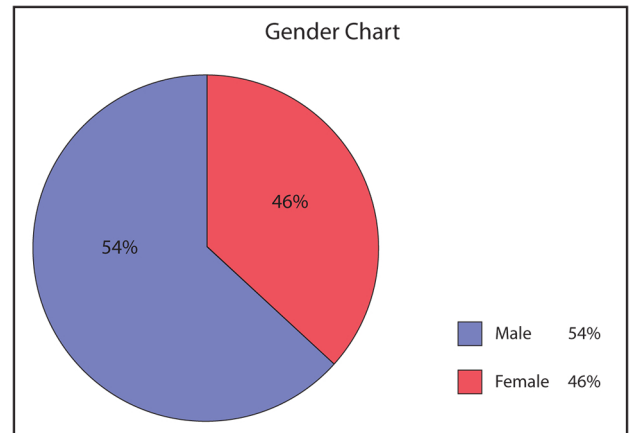
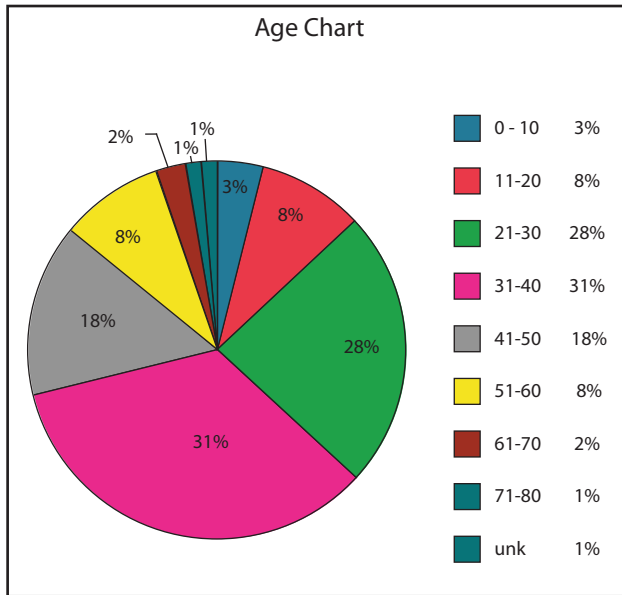


The word sanctum refers to a place where one is “free from intrusion.” Its Latin origin, sanctus, refers to that which is “sacred.” We believe that the Marjorie Kovler Center is a sanctum to all who enter its doors – a “sacred space” where survivors can heal in a place of safety, free from the “intrusions” of the past.

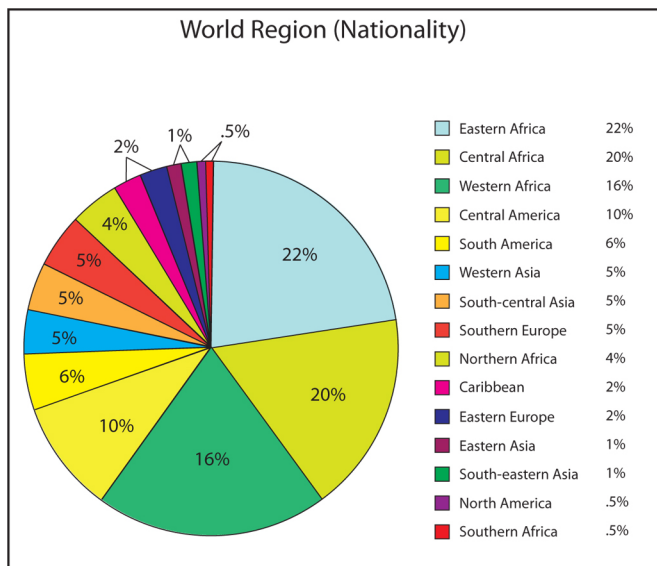
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Who Are Survivors of Torture?

After the Holocaust the world pledged, "Never again." Yet in the same century we witnessed both genocide and torture perpetrated by nations purportedly committed to human rights. In this new century, unfortunately, the Kovler Center continues to respond to survivors from many of these countries. In this past year survivors of torture at the Kovler Center represented 59 countries around the world. These survivors experienced exceptionally cruel and severe physical or mental punishment by a person acting under the color of law. The faces of torture survivors include not only the individuals who have survived, but also the family members who are impacted by the experience of the survivor.



Countries of Origin



- | | |
|-------------------------------|-----------------------------------|
| Albania | Iraq |
| Algeria | Kenya |
| Angola | Kosovo |
| Bhutan | Kyrgyzstan |
| Bosnia and Herzegovina | Liberia |
| Bulgaria | Malawi |
| Cameroon | Mauritania |
| Central African Republic | Mexico |
| Chad | Moldova, Republic of |
| Chile | Mongolia |
| China | Myanmar [Burma] |
| Colombia | Nigeria |
| Congo | Pakistan |
| Congo, Democratic Republic of | Palestinian Territories, Occupied |
| Cote d'Ivoire | Philippines |
| Croatia | Rwanda |
| Ecuador | Senegal |
| El Salvador | Somalia |
| Eritrea | Sudan |
| Ethiopia | Thailand |
| Gabon | Tibet |
| Guatemala | Togo |
| Guinea | Tunisia |
| Haiti | Turkey |
| Honduras | Uganda |
| India | United States |
| Iran, Islamic Republic of | Zambia |
| | Zimbabwe |

Supporting Survivors of Torture in the Heartland

At the Kovler Center, survivors of torture complete a collaborative plan for services following a comprehensive assessment. Survivors can move in and out of services as their needs change. Mental health and medical services are provided by licensed clinicians and providers or by students and residents under the appropriate supervision. Trained interpreters are provided when necessary and all services are free of charge. In this past year, with services provided to 340 survivors and their family members, the Kovler Center exceeded projections as well as previous years' overall performance and performance in all three service categories.

Medical and Rehabilitative Services – 209 individuals benefited

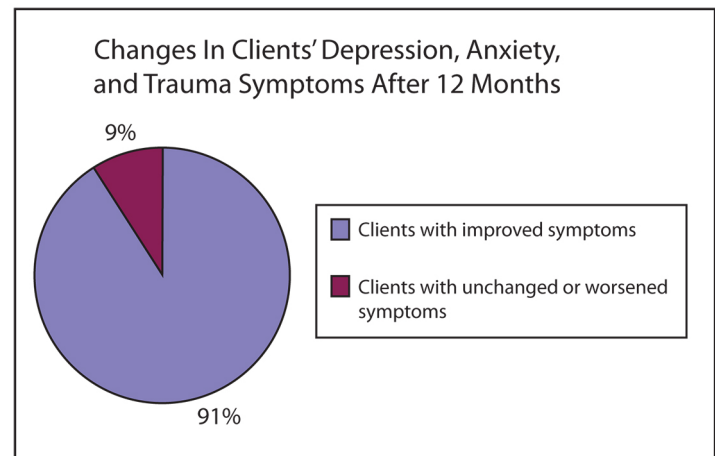
Mental Health Services – 211 individuals benefited

Case Management Services – 296 individuals benefited

Measuring Our Impact

Clients at the Kovler Center are improving in a number of ways! Remarkably, 91 percent showed improvement in their symptoms of anxiety, depression, and post-traumatic stress after receiving services from the Kovler Center for twelve months.

These outcomes are part of a long-term research project that measures the impact of our services on adult survivors of torture. This project is supervised by Dr. Amanda Reid, a research psychologist who recently joined us as the associate director of research and evaluation. Every six months, we meet with survivors to assess changes in their psychological health and their overall lives. We use questionnaires that measure symptoms of anxiety, depression, and post-traumatic stress (i.e., the Hopkins Symptom Checklist and the Harvard Trauma Questionnaire). We also measure changes in housing, legal status, employment, physical health, and English language ability using the Marjorie Kovler Center Outcomes Tool.



In addition to the remarkable reduction in symptoms, the percentage of survivors with full- or part-time jobs nearly tripled after six months. Lastly, fewer survivors were affected by physical problems after receiving the Kovler Center's services. For example, 50 percent of all new survivors seeking service reported having numbness in their arms and/or legs. However, after 12 months with Kovler Center, only 18 percent reported having numbness.

Helping Others Support Survivors of Torture Locally, Nationally, and Internationally

Local training

Individuals who have experienced torture may look for assistance in mainstream services before seeking help from the Kovler Center. Training and information dissemination programs help prepare local communities and providers to assist torture survivors that seek their care. Understanding the unique backgrounds, needs, and challenges of torture survivors while presenting effective methods of service provision for survivors and their families are the hallmarks of the Kovler Center's training. As a result of the trainings, attendees report that they are able to apply new knowledge, exercise self-care skills, conduct further exploration, and conduct outreach and/or raise awareness of others about effective ways to serve survivors of torture. Once again, the Kovler Center exceeded projections for training delivered in the Chicago Metro area:

Health Care Professionals – 580 trained

Other Professionals – 287 trained

Volunteer training

Within the Kovler Center, a wide range of clinical and non-clinical volunteers deliver essential services in order to expand our reach to a larger number of survivors. This is consistent with the organizing principle that torture treatment is best supported in a community context. Trainings to volunteers are discipline-specific and are offered to clinicians, clinical graduate students, massage therapists, interpreters, and English-as-a-second-language tutors. Continuing education credits are offered to social workers, counselors and certified counselors. During this past year, the number of volunteers increased from 129 to 151, many of whom participated in the training sessions. Students trained include the following:

Undergraduate students from DePaul University, University of Chicago, and Bates College (case management)

Schweitzer fellows from Loyola University Stritch School of Medicine and Midwest College of Osteopathy (case management)

Graduate student from Washington University (occupational therapy)

Graduate student from Adler School of Professional Psychology (administration)

Graduate students from Northwestern University and the Chicago School of Professional Psychology (psychology)

Resident from Rush University Medical Center (psychiatry)



Albion building

Community training

Reflecting the Kovler Center's long-term commitment to improving the capacity of local organizations to respond to torture survivors, associate director Mary Bunn, LCSW, provided clinical supervision to the staff social worker at the Cambodian Association of Illinois (CAI). She and senior director Mary Lynn Everson also provided technical assistance to CAI in preparation for the November 2010 Killing Fields exhibit to prepare for the reactions of survivors and community members.

Publications

The Kovler Center brings 23 years of experience developing and refining protocols and curricula. Kovler Center senior director Dr. Mary Fabri continued contractual work with Gulf Coast Jewish and Family Services. She provided editorial review and revisions for the final manuscript: Alexander, A., Fabri, M., Lavell, J., Mollica, R., & Winter, A. (Eds.) (in press) "Best, promising and emerging practices: A compendium for providers working with survivors of torture." *Torture Journal on Rehabilitation of Torture Victims and Preventions of Torture*. Additionally, Dr. Fabri worked with the Center for Victims of Torture to create the Mental Health module for the Torture Treatment Fundamentals course and a webinar for the Advance Clinicians Peer Consultation Program titled "Non-manualized Relational Trauma-informed Cognitive Behavioral Therapy."

International Training

The Kovler Center continued to provide technical assistance and training overseas through Heartland Alliance International Programs. The Kovler Center provided technical assistance to a torture treatment program in Iraq and to a gender-based violence program in Ethiopia. Senior director Dr. Mary Fabri continued working on a project with survivors of genocidal rape in Rwanda, in conjunction with WE ACTx, a nonprofit providing AIDS treatment. Dr. Fabri co-authored the publication "Prevalence and Predictors of Posttraumatic Stress Disorder and Depression in HIV-Infected Women and At Risk Rwandan Women." She also provided consultation to other Heartland Alliance projects in Burundi, Congo, and Sri Lanka. Looking ahead, several Kovler Center clinicians plan to participate in module adaptation and on-site training at the newly funded torture treatment program in Colombia. The Kovler Center provided technical assistance to a torture treatment program in Iraq and to a gender-based violence program in Ethiopia where former Kovler Center case manager Sara Daniel volunteered for six months before enrolling in graduate school.



Dr. Fabri and Sara Daniel enjoying the beautiful Ethiopian countryside.

Advocating for Survivors of Torture

Torture Victims Relief Act (TVRA). Through a collaborative effort of torture treatment centers throughout the United States, we were successful in obtaining an increase in domestic appropriations for torture treatment centers for fiscal year 2011 in the House and Senate. Outcomes of the advocacy effort will be determined in the upcoming lame duck session of Congress.

Illinois Coalition Against Torture (ICAT). The Kovler Center is working in support of ICAT's two-pronged agenda of promoting education and awareness through educational programs, direct action, and media outreach; and through advocating for state and federal legislation to criminalize acts of torture by law enforcement officials and health care professionals.

Client voice at the Kovler Center. The **Client Advisory Council (CAC)** set out to connect with the larger Kovler Center participant community during 2010. To accomplish this, the CAC hosted a fall cooking group and held a larger role in the planning of the annual United Nations International Day in Support of Torture Survivors. By incorporating the voices of participants into daily programming and annual strategic planning, the CAC enriches and strengthens the Kovler Center model of service.

Collaborating with Torture Treatment Centers Nationally

Kovler Center senior directors Dr. Mary Fabri and Mary Lynn Everson continue to support the growth and leadership of the National Consortium of Torture Treatment Centers by contributing to the following:

- Drafted a principles document regarding TVRA funding.
- Participated on the policy committee formulating policy issues. These included addressing the participation of health care professionals in torture and calling for a 9/11-type panel investigation following the Senate Intelligence Committee's report on interrogation.
- Participated on the data and research committee inclusive of contributing data to the newly established national database at Oregon Health Sciences University.

New Partnerships

John Stroger, Jr. Hospital. The Kovler Center has long identified the need to access specialty care to assess neurological symptoms in torture survivors. Clinical supervisor Mario Gonzalez led the development of a new head trauma project with John Stroger Hospital.

Adler School of Professional Psychology. A new collaboration with the Adler School of Professional Psychology has led to the development of a two-semester-long Torture Survivor Well-Being course based on a refugee wellness model developed by community psychologist Jessica Goodkind, Ph.D. Students will be engaged in reading literature on working with torture survivors followed by a learning circle model that will bring together students and torture survivors to share information about their cultures and life experience.

Children and Family-focused Care. The Kovler Center took important steps to strengthen child and family-focused services. With funding from the Center for Victims of Torture, clinicians received training on trauma-focused services for children. Parents and children were invited to a focus group to share challenges facing families and make recommendations for needed supportive services.

Commemorating Survivors of Torture

UN Day in Support of Survivors

The Kovler Center on June 26 once again commemorated the International Day in Support of Torture Survivors with a moving and inspiring event at Loyola University in Chicago. After opening with a traditional Mayan blessing, attendees enjoyed food from around the world generously prepared by survivors. James Thindwa, born and raised in Zimbabwe and longtime veteran of political activism, spoke eloquently of economic fairness for working people and solidarity in ending torture. Adelwole Falade was presented with the Outstanding New Volunteer Award and Anne Redlich, LCSW, the Outstanding Volunteer with a Long-term Commitment. After a breathtaking performance by members of the Khecari Dance Theater, EPA! (Ecos del Pacifico AfroColombia) got everyone on their feet dancing with the final musical performance of the evening.

The senior director, Torture Treatment Services, Dr. Mary Fabri participated as she has for many years in the Torture Abolition and Survivors Support Coalition event held in Washington, DC. Dr. Fabri attended the General Assembly meeting of survivors on June 25, which included a panel presentation. On June 26, a 12-hour vigil was held in Lafayette Park, where torture survivors and supporters held a day of information sharing, cultural performances, and testimonies. On June 27, the TASSC board of directors held its annual meeting, which Dr. Fabri attended.



Adelwole Falade



EPA!



Khecari Dance Theatre

Annual Holiday Party

In January, while it was cold and dark outside, it was warm and bright inside for the annual holiday celebration. Survivors and their family members had an opportunity to relax and enjoy good food, rousing music, gifts, and camaraderie!

ORR Director Visit

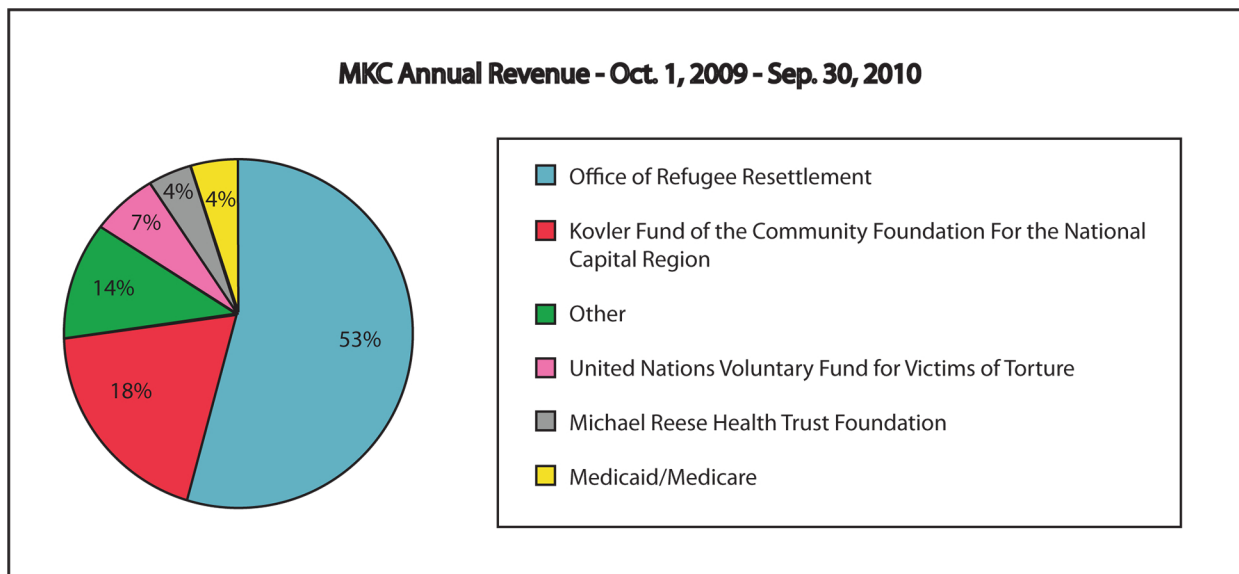
Eskinder Negash, newly hired director of the Office of Refugee Resettlement, paid a visit to the Heartland Alliance Marjorie Kovler Center in March. An open discussion of the history of torture treatment funding, current needs of torture treatment centers, and challenges for torture survivors and their families transpired after a tour of the program.

Sources of Support

Marjorie Kovler Center Advisory Council. Eleven members provided consultation regarding strategic direction, fiscal management, clinical management, and fundraising.

Volunteers. 151 volunteers provided over \$265,755 worth of service.

In-kind Donations. Valued at over \$75,000, Kovler Center received furniture, bikes, clothing, food, and holiday gifts. The Kovler Center also continued to benefit from the use of the Albion building, generously leased at a very low price. The solid permanence of the building, the history, and shared legacy with the Jesuits make this a source of refuge for the many survivors who walk through the doors.



Sources of Funding

- Heifer Foundation (through Angelic Organics Learning Center)
- Individual and Corporate Donors
- Kovler Fund of the Community Foundation for the National Capital Region
- Medicaid (Illinois program)
- Michael Reese Health Trust Foundation
- National Capacity Building (ORR through Center for Victims of Torture)
- National Training Partnership (ORR through Gulf Coast Jewish Family Services, Inc.)
- Special Events
- United Nations Voluntary Fund for Victims of Torture
- United Way of Metropolitan Chicago
- US Department of Health and Human Services, Office of Refugee Resettlement (ORR)

Thank you to those who donated this year (October 1, 2009 – September 30, 2010):

\$10,000 +

Drs. Mary Fabri & David Goldberg
Morris & Aurelia Goldberg Trust
Johnson & Johnson
Dr. Kristen & Barclay Welch

\$5,000 - \$9,999

David Rebey

\$4,000 - 4,999

McMaster-Carr Supply Company

\$2,000 - 2,999

Anonymous
Kathy Berger

\$1,000 - 1,999

Drs. Gordon Schiff & Mardge Cohen
Dr. Vivien Eisenberg
Loyola Academy Campus Ministry

\$500-999

Anonymous
Ronna Stamm & Paul Lehman
Kiyoko Lemer
Dr. Rupa Shah
Unity Temple Unitarian Universalist Congregation

\$100-499

Rev. Dr. Claude Marie Barbour
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David & Erica Wax
Judith Weinstein

Under \$100

Bede Baldry, FCS
Elizabeth Benson
Mary Elsner
Joyce Everson
Dr. Margaret Griffiths
Edward & Koula Kanne
Stanley & Wendy Marsh 3
Glenn David Mathues
Geraldine Piorkowski
Dr. Jim & Celestine Sanders

Thank you to the many generous individuals who provided an in-kind donation throughout the year to support survivors of torture.

Our apologies to any individual we may have unintentionally left off our list.

Marjorie Kovler Center Staff

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Marjorie Kovler Center of Heartland Alliance

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Federico Bianco, Case Manager
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Mary Bunn, MA, LCSW, Associate Director
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Mario Gonzalez, Clinical Supervisor
Marianne Joyce, MA, LCSW, Social Services Manager
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Marjorie Kovler Center Advisory Council

Irene Martinez, MD, Chair
Holly Birnbaum
Alison Duncombe, PT, OCS, FAAOMPT
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Stanley McCracken, PhD, LCSW, RDDP
Jack Nortman
Mary O'Leary
Stephen Patt, MD
Patricia Robin, PhD
Kristen Underhill Welch, MD
Judith Weinstein, MA, MPH

Thanks for the great service to all who left Kovler Center
during this period

Phil Cooke, Amate House Volunteer, Case Manager
Sara Daniel, Case Manager
Christopher Eves, Case Manager
Marcia Katz, MD, Physician
Jasna Spahovic, Program Assistant
Sandra Zakowski, PhD, Psychologist

The Heartland Alliance Marjorie Kovler Center is a program of



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