



MEASURING OUR IMPACT

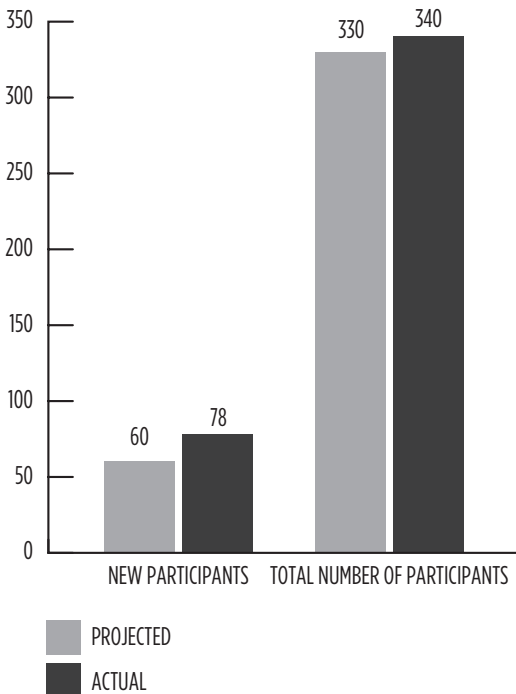
by Amanda Reid, PhD, Associate Director of Research and Evaluation

WE ARE WORKING ON A PROJECT that measures the impact that our services have on participants. Every six months, we meet with participants to see how their lives have changed. We ask about their housing status, legal status, employment status, physical health, English language ability, etc. We also use questionnaires that measure symptoms of anxiety, depression, and post-traumatic stress.

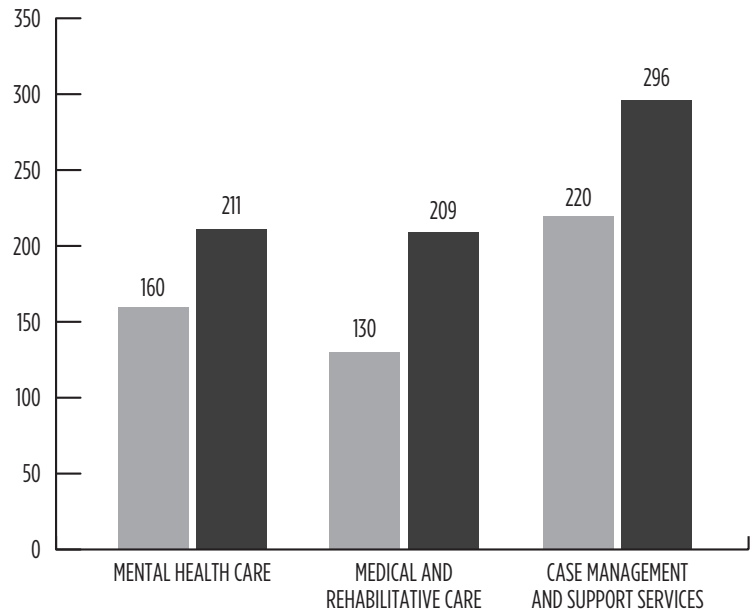
We are happy to report that participants in our program are improving in a number of ways. Remarkably, 91% of our clients had fewer symptoms of anxiety, depression, and post-traumatic stress after receiving services from the Kovler Center for twelve months. In addition, after six months with the Kovler Center, the percentage of clients with full-time jobs nearly doubled. Lastly, fewer clients were affected by physical problems after receiving Kovler Center's services. For example, 50% of all new clients reported having numbness in their arms and/or legs. However, after twelve months with Kovler, only 18% of clients reported having numbness.

91%
OF PARTICIPANTS
HAD FEWER
SYMPTOMS...
AFTER RECEIVING
SERVICES..."

NUMBER OF PARTICIPANTS SERVED (TOTAL)



NUMBER OF PARTICIPANTS SERVED (BY SERVICE)



LETTER FROM THE DIRECTOR

DEAR FRIENDS AND COLLEAGUES, I have come to understand that the Marjorie Kovler Center is a fluid and dynamic program. Some of you may remember the start up days of sitting around a table at 4750 N. Sheridan trying to develop a model of care inclusive of interpreters and respectful of diverse world-views. Others of you may remember the excitement of moving into the site on Albion Avenue and truly spreading out and providing many innovative projects for torture survivors, such as the international cooking group and the rooftop bee apiary. And now here we are almost 24 years old, still growing and changing—improving with age!

Within this newsletter you will learn about the Kovler Center's administrative move within Heartland Alliance, our efforts in assessing the impact of services on the torture survivors we serve, and

our mindful effort to expand services to address the needs of the children and families of clients. We also have received the input of an outside consultant who spent time with many of the staff and long-time volunteers learning about our mission and our passions and struggles.

All these shifts and opportunities are reflective of a maturing program.

Although it saddens me that a need still very much exists for our services, it is also a privilege to be part of the Marjorie Kovler Center, a program that embraces change

and growth. Together—staff, volunteers, friends, and survivors and their families—we will continue to work together to promote healing and end torture.

Mary Fabri, PsyD

Senior Director

Torture Treatment Services & International Training



Senior Director,
Mary Fabri

**“THE
MARJORIE
KOVLER
CENTER IS A
FLUID AND
DYNAMIC
PROGRAM.”**

A NEW CULTURE OF PHILANTHROPY

by Mary Lynn, LCPC, Senior Director

THROUGH A GENEROUS GRANT from the Kovler Fund of the Community Foundation for the National Capital Region, the Heartland Alliance Marjorie Kovler Center is embarking on a growth plan designed to take the Center to a new level of visibility and development. Recommended by a former Heartland Alliance board director, the Kovler Center contracted with Barbara Bonner to provide an assessment and recommendations for strengthening and expanding our fundraising efforts. The assessment process was incredibly valuable and meaningful to all involved and although ambitious, the recommendations doable and right on target. As Barbara says, “The Kovler Center needs to devote itself to creating an organizational culture of philanthropy and we need to be bold, ambitious, pro-active and high-reaching.” Look for changes in the months to come in materials, web-site, facility with donating, and council formation.

SERVING CHILDREN AND FAMILIES

by Mary Bunn, LCSW, Associate Director

THE KOVLER CENTER INVITED FAMILIES to a focus group meeting on September 28th to reflect on the experience of parenting in the United States. Though families present represented most corners of the world—Africa, Asia, Latin America, Eastern Europe and the Middle East—there were clear themes shared by all. Many parents spoke honestly about the vast and varied challenges they face. As one parent summarized, “Everything is so different here. We cannot rely on others for help with the children. There is so much more to worry about and we cannot spend time with them [because of long working hours].” Parents identified education, child safety and health, appropriate housing as pressing issues.

Children making collages in the art room upstairs voiced their concerns differently, “When will I learn English,” “I am nervous about starting school,” and “I don’t know why my parent gets sad.” Responding to this range of needs is part of an overall objective that the Kovler Center has to strengthen child and family-focused services at the Kovler Center. With programming designed according to the real needs of children and families, the Kovler Center believes it can help heal the whole family unit, making the transition to life in the US easier and more successful.



A Kovler Center participant at the fall trip to Angelic Organics Farm in Caledonia, Illinois
Photo credit: Mary Black

CENTER NEWS

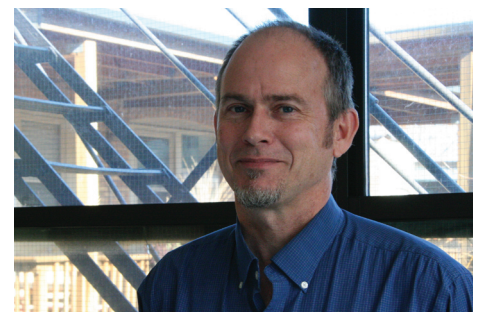
AMANDA REID

The Kovler Center recently hired Dr. Amanda Reid as the new Associate Director of Research and Evaluation. Amanda is a research psychologist who earned her doctorate in clinical and community psychology from the University of Illinois at Urbana-Champaign. She comes to the Kovler Center with over twelve years of research experience focused on underserved communities. Dr. Reid’s work has taken her across Europe, Asia, and Africa as a Consulting Partner for Global Lead Management Consulting. In addition to her work at Kovler, Amanda teaches a psychology course at Argosy University. Welcome Amanda!



JOHN NEAFSEY

Dr. John Neafsey, Psy.D., recently joined the Kovler Center as a staff psychologist. John also has a private psychotherapy practice in Chicago. He has also taught for many years in the areas of interdisciplinary studies and human rights in the Department of Theology at Loyola University Chicago, including a course on human rights in Latin America. John is the author of *A Sacred Voice is Calling: Personal Vocation and Social Conscience* (Orbis Books, 2006), in which he explores the psychology, spirituality, and ethics of vocational discernment and social responsibility in the contemporary world. Welcome John!



KOVLER CENTER “MOVES” TO HEARTLAND ALLIANCE

WITH A SHARED focus on the protection of vulnerable populations and steadfast commitment to human rights, it was a natural decision to “move” the Kovler Center administratively and programmatically within Heartland Alliance. Recent executive leadership changes within Heartland Health Outreach, the health care subsidiary of Heartland Alliance (and the administrative home of the Marjorie Kovler Center), prompted an opportunity for the Kovler Center to consider where the best fit might be within the organization. The proximity of the Kovler Center’s partner program, National Immigrant Justice Center, and the opportunity to join with International Programs to establish torture treatment programs locally and globally made the change irresistible! Though the change may not be apparent from the outside of the Kovler Center, new activity is percolating. It is our hope that the greater visibility within the organization will increase opportunities for growth and development.



Main Office:
208 S. LaSalle, Suite 1818
Chicago, IL 60604

NON-PROFIT ORG
US POSTAGE
PAID
PERMIT NO. 346
CHICAGO, IL