

# PETER C. ALDERMAN FOUNDATION

## 2010 ANNUAL NEWSLETTER

**DEAR FOUNDATION FRIENDS:** 2010 has been a year packed with programs and progress for PCAF. We have opened a new clinic, welcomed new staff, forged new partnerships and developed our program and research capacity. Our Trauma Clinics and treatment staff in Cambodia, Haiti, Rwanda and Uganda saw more than 2,000 new patients. We trained over 500 healthcare professionals in Africa, Italy and Haiti. And the third annual *Psychotrauma Training Workshop* held in Kenya in July was a spectacular event, bringing together 584 health professionals from eleven African nations to share their expertise and experiences of loss, healing and reconciliation. Once again, we have had the opportunity to share our expertise in global mental healthcare with representatives from the US and foreign governments and academic institutions, and this year we are poised to partner with at least one new foreign government. We are growing and maturing as a global mental health organization. We thank those of you who have shared this journey and want you to know how your generosity is helping so many people around the globe. Please read on to learn more about the work of the Peter C. Alderman Foundation, and consider a gift to the 2010 Peter C. Alderman Annual Fund. We thank you for caring.



**THE CHALLENGE:** One billion people, a sixth of humanity, have directly experienced torture, terrorism or mass violence through civil war, ethnic cleansing or genocide. Victims can be left with traumatic depression or PTSD so severe that they can't work, tend to their families or take care of themselves. Post-conflict countries, overwhelmed by the challenge, can't deliver adequate care. The Peter C. Alderman Foundation has taken on this challenge.



**THE SOLUTION:** PCAF provides professional training in mental health to indigenous caregivers. They, in turn, deliver treatment in their local villages and communities. PCAF works with local governments, academic and religious institutions and indigenous NGOs to create capacity, sustainability, scalability and community acceptance. PCAF works through:

**Training Seminars:** PCAF gives indigenous doctors and mental health professionals the tools to heal their victimized populations.

**Trauma Treatment Clinics:** PCAF establishes local trauma treatment clinics to diagnose and treat traumatic depression and PTSD.

**Barron's** named the **Peter C. Alderman Foundation** one of the "ten most effective small charities in America."



The mission of the **Peter C. Alderman Foundation** is to heal the emotional wounds of victims of terrorism and mass violence by training doctors and establishing trauma treatment systems in post-conflict countries around the globe.

### FOR PETE'S SAKE WALK

September 12, 2010

Mt. Kisco Station

Please Join Us

or

Support a Walker

[walk.petercalderman.org](http://walk.petercalderman.org)

Over **100,000** victims have been treated in PCAF-run Clinics or by PCAF-trained doctors

PCAF has trained over **500** Healthcare Professionals From **22** Countries On **5** Continents

### CONTACT US:

P.O. Box 278

Bedford, NY

TEL: 1.888.764.1804

FAX: 1.914.764.3090

[www.petercaldermanfoundation.org](http://www.petercaldermanfoundation.org)

# PETER C. ALDERMAN FOUNDATION

## PCAF NEWS

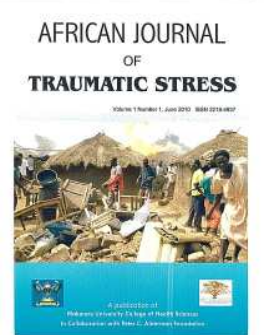
### Third Annual Psychotrauma Training Workshop: Loss, Healing and Reconciliation Nairobi, Kenya: July 5-10, 2010

This year's conference surpassed all expectations. Centered on Trauma, Healing and Reconciliation, the five-day conference, the region's only multi-disciplinary conference on psychological trauma in war-affected societies, featured plenary and parallel sessions on all facets of psychotrauma and society. Organized by PCAF with the Africa Mental Health Foundation, 584 mental health professionals from Africa and around the world attended the five-day conference, held on the grounds of the Catholic University of East Africa. The conference included satellite sessions conducted by a 73-member group of Somalis, who discussed peace and reconciliation in Somalia. Highlights of the conference included presentations by Dr. Allen Keller of the NYU/Bellevue Center for Victims of Torture, and a panel of representatives from the African media discussing their perspective on and experience of trauma. Next year's conference will also be held in Nairobi, Kenya.



### Africa Journal of Traumatic Stress

We are thrilled to announce the inaugural publication of *The African Journal of Traumatic Stress* (ISSN-2218-4937), which was introduced at the PCAF Nairobi Conference on July 7. The *AJTS*, the first peer review journal of its kind, is underwritten by PCAF and is edited by an accomplished team of psychiatric professionals from Uganda, led by PCAF Senior Advisor Dr. Seggane Musisi, and PCAF Africa Program Director, Dr. Eugene Kinyanda. The first issue contains the proceedings of the 2009 Second Annual Training Workshop: the *AJTS* will publish twice a year.



### ARUA Clinic Dedication, June 26, 2010

Members of Parliament, the Commissioner of Clinical Services for the Ministry of Health, local district leaders, hospital staff and the entire Arua community joined Liz and Steve Alderman and PCAF executive director Alison Pavia for a day of celebration to dedicate PCAF's newest clinic in Arua District in Northwestern Uganda. The clinic, sited on the grounds of Arua Hospital, is staffed by a psychiatrist, a psychiatric clinical officer, a psychiatric nurse, a counselor and a psychiatric social worker. In the first three weeks of June, prior to its official opening, the clinic treated 60 patients. This clinic was made possible by a generous grant from the Weyerhaeuser Family Foundation.



**Debilitating traumatic depression is Africa's single largest health problem, affecting more people than HIV/AIDS and TB combined.**

# PETER C. ALDERMAN FOUNDATION

## PCAF NEWS

### PCAF in Haiti

In late April, PCAF Program Director Dr. Kathy Alden flew down to earthquake-devastated Haiti to lead a series of training and teaching sessions for Partners in Health (PIH) staff on trauma treatment and psychopharmacology. Kathy travelled to the Artibonite River Valley and the Central Plateau region (Hinche and Cange) to work with PIH staffers, including doctors, nurses, psychologists and social workers. Her trainings made a significant contribution in building capacity for patient care.



### PCAF Master Class

In late March, PCAF held its sixth Master Class in Orvieto Italy, in partnership with long-time partner Dr. Richard Mollica of the Harvard Program in Refugee Trauma. The 20 participants from Haiti, Rwanda, Uganda, Peru, the US and Great Britain learned the components of a newly-developed Balint Group toolkit. The Balint system provides a novel framework to support caregivers who are at high risk for burn-out and depression from working with victims of traumatic depression and PTSD.



### Soroti Move

In January, 2011 PCAF will establish a new Trauma Clinic at the Soroti District Hospital in Northeastern Uganda. Soroti was a center of operations of the Lord's Resistance Army (LRA) from 1989 to 2006, and lost an estimated 5,000 children, abducted to serve in the LRA. This facility will replace PCAF's clinic in Tororo, started in 2007 as a pilot project in a hospital run by the Archdiocese of Tororo. Patients will be invited to come to the new clinic, or to the Tororo District Hospital. The new clinic will reach a larger catchment area of more severely traumatized patients.

### AIDSTAR Visit

On August 9-13, at the request of USAID's HIV Care and Support Working Group, a team of experts from the AIDSTAR team at John Snow International visited PCAF Clinics in Gulu and Tororo as part of a case study of PCAF's work with HIV/Aids patients. The team met with staff, patients and NGO partners in Gulu and Tororo. PCAF Africa Director Dr. Eugene Kinyanda hosted the highly successful visit, which ended with meetings in Kampala with PCAF senior staff. PCAF is honored to have been chosen to participate in this important study.

### Liberia

Exciting news: PCAF has just signed a Memorandum of Understanding with the Government of Liberia, to open a model training clinic in Bong County. This plan, to introduce psychiatric services to war-torn Liberia, is the first program of its kind to help Liberia, which has no mental health infrastructure. PCAF is actively raising funds to implement this new initiative, and hopes to open the clinic in early 2011.



**Liz and Steve Alderman received the 2009 Purpose Prize  
for their work with PCAF**

# PETER C. ALDERMAN FOUNDATION

## EVENTS

### Friends of Peter Alderman Annual Walk

We are thrilled to announce that on September 12, 2010, the Second Annual Friends of Peter Alderman Walk will take place in Mt. Kisco, New York. Friends of Peter, young and old, will join friends of the Foundation, new and old, in a walk that will start at Mt. Kisco Station at 11AM and end in a celebratory lunch at the Lexington Square Cafe. Children are more than welcome. PLEASE JOIN US AND TELL YOUR FRIENDS!! Last year's walk was great fun, and raised much-needed funds for PCAF's programs. Sign up to walk or sponsor a walker! For further information about the event, please go to the Walk Website: <http://walk.petercalderman.org>

### Annual Benefit

Plans are underway for the 2010 Peter C. Alderman Annual Benefit, to take place at the Harmonie Club in New York City on December 8th. This enlightening and entertaining evening will be hosted by Vicki Mabrey, correspondent for NightLine. We will present the Peter C. Alderman Humanitarian Award, which recognizes an individual or organization whose work has made a profound and lasting impact in healing human suffering, to a group led by long-time PCAF friend Jack Rosenthal, former President of the New York Times Company Foundation and now a senior fellow at Atlantic Philanthropies. Save the date! For details: [www.petercaldermanfoundation.org](http://www.petercaldermanfoundation.org)

## RAISING AWARENESS



In April, Steve Alderman presented at the **Global Health and Innovation Conference at Yale**, entitled "A Public-Private Partnership to Improve Mental Health Services in Northern Uganda." In late April, Alison Pavia joined Liz and Steve Alderman at the **Global Philanthropy Forum** in San Francisco with some of the world's leading philanthropists, social entrepreneurs and civic actors. The Aldermans were invited to the **Aspen Institute** in Washington DC in early June to participate in a roundtable on metrics and measurement in philanthropy. They were also invited to speak at the **National Institutes of Mental Health** in late July on Research Careers in Global Mental Health. In early October, Liz will participate in a panel on tactical philanthropy in San Francisco at **Social Capital Markets 10**, a conference that bills itself as the largest interdisciplinary gathering of individuals and institutions at the intersection of money and meaning.



## MEDIA

### Documentary Features PCAF

The Aldermans are featured in *Love Hate Love*, a soon-to-be released full-length documentary by award-winning filmmakers Dana Nachman and Don Hardy, with Sean Penn, Executive Producer. *Love Hate Love* tells the story of three families whose lives were torn apart by terrorism, and how each family transformed their grief and personal tragedy into a need to help others. Music has been donated for the film by U2 and Radiohead. Stay tuned to the PCAF website for opportunities to see the film. Visit the film website at: <http://lovehatelovemovie.com/>

### Lifetime TV Remarkable Woman

Lifetime Television contacted Elizabeth Alderman in late August to inform her that she has been selected as a Lifetime Remarkable Woman! *Remarkable Women* is part of the network's award-winning *Every Woman Counts* campaign, designed to spotlight extraordinary women who inspire and empower others to make a difference in their communities and the world. Elizabeth joins a diverse group of women – some household names like Michelle Obama and Hillary Clinton, as well as unsung heroes like Doctors Without Borders "flying nurse" Rebecca Singer.

# PETER C. ALDERMAN FOUNDATION

## MICHAEL'S STORY

This 21-year-old secondary student came to the PCAF Gulu Trauma Clinic complaining of persistent headaches. He was forgetful, had a fear of public gatherings, had frequent nightmares and couldn't concentrate on schoolwork. The traumatized young man met with the full staff and after a thorough evaluation was given his choice of therapist. He picked Susan Ayot, a psychiatric nurse who is the team leader.

Over time, Michael shared with Susan things he had never told anyone: how at 14, he had been abducted from his primary school and had undergone training with the Lord's Resistance Army (LRA) that involved using his fellow trainees for target practice. Michael was among the three survivors of the fifty member training group. He was rewarded by becoming the personal aide to Joseph



Kony, the leader of the LRA. Wherever Kony traveled, Michael would go as well. He carried Kony's important documents and "did a lot of killing."

Michael revealed his story slowly, as he feared that Kony's spirit was listening to him. Although he came to the clinic regularly, Michael could not sleep through

the night at his school dormitory, and would not eat meals with his fellow students. Each night, he would take his food and escape to a tree, where he would spend the night.

As he slowly improved, Michael was able to tell his story without fear. He emerged as a brilliant boy who loved education. Susan and the PCAF social worker convinced a local secondary school to accept Michael without tuition, assigning him to work in the school kitchen and in the school garden in lieu of paying school fees.

Michael now comes to the clinic to check in with staff and say hello. He still experiences moments of stress (triggered by photos of dead people, for example), but the headaches and nightmares have stopped. Michael has a normal school life and a bright future.

## JAMES: One Year Later

James, also a former child soldier, was 16 when he came to the Kitgum Clinic as one of its first patients last summer. As we told you in our March Newsletter, James was abducted by LRA in 2002, watched his family murdered and lived in the bush as a captive soldier with the LRA for two and a half years before he managed to escape. He suffered many physical injuries, and emotional damage that left him with nightmares and little appetite. He had no hope for the future, with no family, resources or education.

When PCAF Kitgum clinical officer Mary Grace Lanyero first met James, he wouldn't talk or smile. She noticed that he liked to draw, so she gave him crayons and paper. James began to draw his experiences in the bush, and over time, began to open up to Mary Grace. You can see James' stunning artwork on the PCAF website. Over the last year of intense treatment, James has regained his life. He is going to school, has a safe place to live with an uncle, and through an anonymous donor, has a full range of art supplies.

We visited with James in Kitgum on June 24<sup>th</sup>. He is still painting and drawing with passion—and was thrilled to see his old friends Liz and Steve. You can see from the smile on James's face how his life has changed, and what a difference PCAF has made for him.



# PETER C. ALDERMAN

Peter Alderman was attending a conference at Windows On the World at the World Trade Center on September 11, 2001 when he was murdered by terrorists. He was only 25 years old when he died. Pete's was a life well-lived for he truly understood the meaning of friendship and love. Peter grew up in Scarsdale, NY, graduated from Scarsdale High School in 1994 and from American University in 1999. He was working for Bloomberg LP when he was killed.



To quote one of Pete's closest friends: *"If life is measured in love, then Peter's was an exemplary one. Peter was loved by so many because he himself loved. His loving way radiated through his smile; from the first moment you saw his smile you knew in your heart that he was a friend. When you were around Peter it made you a better person, not because of anything he said or did, but simply because his mere presence brought you joy."*

## PCAF FAMILY NEWS

- We are thrilled to announce that **Brenton Karmen** joined the Board of Directors in June. Brenton is Head of Global Order Management Division, Bloomberg LP.
- **Dr. Allen Keller**, Director of the NYU School of Medicine Center for Health and Human Rights and the founder and Director of the Bellevue/NYU Program for Survivors of Torture, has joined the PCAF Advisory Board.
- After her trip to Haiti, in April (see page 2), **Dr. Kathleen Allden, Program Director**, attended the Nairobi conference in July, where she presented on her experiences in Haiti. She plans to go to Uganda and Cambodia on clinic site visits in the coming months.
- **Dr. Eugene Kinyanda, Africa Director**, is engaged in numerous research projects, and travels and speaks frequently on mental health issues in Africa. As we go to press, Dr. Kinyanda is in Rome, attending the 13<sup>th</sup> European Symposium on Suicide and Suicidal Behavior.
- After finishing her final oral exams at the Johns Hopkins Bloomberg School of Public Health, where she is completing a PhD in psychiatric epidemiology, **Dr. Etheldreda Nakimuli-Mpungu, Director of Research**, has just returned to her family in Kampala, and to Butabika Hospital, where she will be a psychiatrist and lecturer in the Department of Psychiatry.
- We are pleased that **Dr. Grace Nakasi**, a senior psychiatrist at Makerere University, has agreed to train PCAF clinic staff on the role of spirituality in counseling, and to help clinic staff forge closer ties with local spiritual leaders.



## THANK YOU

The Peter C. Alderman Foundation is making a difference each year in the lives of thousands of victims suffering from traumatic depression and PTSD. By training indigenous healthcare professionals and working with governments to establish trauma treatment systems, PCAF gives the tools to post-conflict societies to heal themselves and proceed on the path to emotional and economic recovery. We do this at low cost, with minimal overhead expenses and substantial in-kind government and partner contributions. **But we can't do our work without your help.** PCAF has been privileged to have the financial support of hundreds of individual donors and foundations. We hope that we can count on your generosity this year, as we work together to relieve the silent suffering of the victims of terrorism and mass violence. September 1, 2010.

**PETER C. ALDERMAN FOUNDATION**

**P.O. Box 278 • Bedford, NY • 10506**

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