

PETER C. ALDERMAN FOUNDATION

2009 ANNUAL NEWSLETTER

DEAR FOUNDATION FRIEND: This has been a great year for the Peter C. Alderman Foundation (PCAF). In 2009, we refined and built upon our programs, opened two new clinics, began new initiatives and expanded our team. Our Trauma Clinics and treatment staff in Cambodia, Haiti, Rwanda and Uganda saw more than 2,000 new patients. We trained 311 healthcare professionals in Africa and Haiti. And the second annual *East African Regional Psychotrauma Conference and Training Workshop* in July was an unparalleled success, bringing together health professionals from nine African nations for training in the healing of traumatic depression and PTSD. Extending our capacity and reach, PCAF has welcomed an experienced child psychiatrist, a research physician and a new Executive Director. We have had the opportunity to share our expertise in global mental healthcare with representatives from the US and foreign governments and academic institutions, including Columbia, NYU and Harvard Universities. Pete would have been so proud. Please read on to learn more about the work of the Peter C. Alderman Foundation in 2009, and consider a gift to the 2009 Peter C. Alderman Annual Fund.



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 are often left with lifelong mental disabilities preventing them from working, caring for their families, and leading productive lives. Untreated, traumatic depression and PTSD extend into the next generation and beyond. Post-conflict countries, overwhelmed by the problem, are unable to deliver adequate care. The Peter C. Alderman Foundation fills this need.



THE SOLUTION:

The Peter C. Alderman Foundation provides expert professional training in mental health to indigenous caregivers. They, in turn, deliver treatment in their local villages and communities. More than 90% of victims of traumatic depression and PTSD can be returned to productive lives through PCAF's three key programs:

Training Seminars: PCAF gives indigenous doctors and mental health professionals the tools to heal their victimized populations and to train others in this treatment.

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

Public/Private Partnerships: PCAF works with local governments, academic and religious institutions and indigenous NGOs to create capacity, sustainability, scalability and community acceptance.



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, 2009

Mt. Kisco Station

Please Join Us

or

Support a Walker

walk.petercalderman.org

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

PCAF has trained 385 Healthcare Professionals From 20 Countries On 4 Continents

CONTACT US:

P.O. Box 278

Bedford, NY

TEL: 1.888.764.1804

FAX: 1.914.764.3090

www.petercaldermanfoundation.org

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

PETER C. ALDERMAN FOUNDATION

PCAF NEWS

Second Annual Eastern Africa Regional Psychotrauma Training Workshop:

Butabika Hospital, Kampala, Uganda: July 19-25, 2009

This year's conference was a huge success. Entitled "Loss and Psychotrauma," the conference focused on the impact of chronic sorrow caused by war and mass violence. Attendance nearly tripled from the 2008 conference, increasing from 84 to 216 African healthcare professionals. Fifty of the new attendees were medical students whose direct personal experience of loss and trauma made them eager participants. Twenty-one original academic papers from nine countries were presented, reporting the results of therapy rather than treatment planning as discussed last year. A spirit of collegiality nurtured lively, productive discussions. One highlight of the proceedings was the screening of "Speak Truth to Power," the Robert F. Kennedy Center's documentary on global human rights. Next year's conference will convene in Nairobi, Kenya.



Kitgum Clinic Dedication July 24, 2009

Professional personnel from nine African countries, Belgium, Germany and the US Agency for International Development joined the Uganda Minister of Health and Liz and Steve to dedicate PCAF's newest clinic in Kitgum District. The clinic, sited on the grounds of Kitgum Hospital, is staffed by a psychiatric clinical officer, a psychiatric nurse, a counselor, and a psychiatric social worker. They are supervised by specialists in adult and child psychiatry who actively participate in patient care. The opening of this clinic brings us closer to our goal of scaling up mental healthcare for all war survivors in Uganda. Planned clinics in Arua (2010) and Lira (2011) will accomplish this goal.

Haiti Partnership with Partners in Health (PIH)

In January and May, Steve and PCAF Medical Director Dr. Kathy Alden led a team that conducted two week-long training sessions for 95 Haitian mental health workers on traumatic depression and PTSD. In January, they taught the basics and in the May workshop they explored gender-based violence and stressed gender equality. We are excited about our growing relationship with PIH as PCAF adds mental health services to their programs in the Central Plateau and the Artibonite River Valley of Haiti, a catchment area of one million people. PCAF will continue to build capacity in Haiti by training mental health professionals with additional workshops scheduled for 2010.



Rwanda Partnership with PIH

PCAF has continued its work with PIH, combining forces with the Boston-based global health organization to add mental health training and clinical services to PIH's primary healthcare system at its three hospitals in Kirehe, Rwinkwavu and Butare, Rwanda.

PCAF Master Class

PCAF is working with its long-time partner, the Harvard Program in Refugee Trauma, to develop a course to promote resilience in indigenous health professionals, many of whom have been traumatized by war. We will introduce this training at the next Master Class in March 2010.

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

PETER C. ALDERMAN FOUNDATION

ESTHER'S STORY

This July we met Esther, a 35-year-old patient being treated at the Peter C. Alderman Trauma Clinic in Kitgum, Uganda. Her story is not unusual. In 2002, her village was attacked by the Lord's Resistance Army (LRA). Esther watched as her husband and her five-year-old son were murdered and her two-year-old son was stomped to death by the rebels. The LRA murdered fourteen other members of her family and abducted Esther from her village. As Esther says, "I have mourned ever since and find it difficult to perform any chores. This has led to poverty, including lack of food. It is hard to take care of my last two children."



Esther suffers from traumatic depression characteristic of war-traumatized people. "When I think of the past, my body shudders; and when I am alone I have flashbacks. My sleep is not normal and my appetite is poor."

Esther lives in a refugee camp that is about to be closed and she is consumed with worry about where she and her surviving children will live.

Since coming to the PCAF Clinic in early June, Esther has begun individual and group psychotherapy and antidepressant drugs. Our staff social worker is helping her find a place to live, and Esther receives spiritual healing through a prayer group. She is able to sleep again. Both Esther and our Clinic staff have noted improvement in her mood and ability to cope. Esther says, "I feel quite a little peace of mind and opportunity for consolation. I have hope that life will be better."

RAISING AWARENESS

In February, Liz and Steve traveled to Denver to attend the opening of **The CELL**, a permanent addition to the Denver Museum of Art which explores global terrorism. PCAF is featured in this inspiring and educational exhibit. In March, the Aldermans participated in the **Humanitarian Action Summit**, part of the Harvard Humanitarian Initiative. The Summit is an invitation-only forum for leaders, scholars and practitioners in the field of humanitarian response and international aid. In April, they were invited to the **Global Philanthropy Forum** in Washington, DC with the world's leading philanthropists, entrepreneurs and civic actors. In June, Liz and Steve attended the annual conference of **Business Action on Global Health** to make the case for global mental health.



EVENTS

FRIENDS OF PETER ANNUAL WALK

We are thrilled to announce that on September 12, 2009, the first 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. PLEASE JOIN US AND TELL YOUR FRIENDS!! We will walk rain or shine. 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 2009 Peter C. Alderman Annual Benefit, to take place at the Harmonie Club in New York City on November 10. This exciting evening will be hosted by renowned sportscaster Bob Costas, and will include speeches by several distinguished guests. We will present the first Peter C. Alderman Foundation Humanitarian Award, to recognize an individual or organization whose work has made a profound and lasting impact in healing human suffering. Please save the date! Check our website for details.

www.petercaldermanfoundation.org

It is with great sadness that we mark the passing in January of Dr. James Walugembe, our dear friend and colleague. James was the African Director for the Peter C. Alderman Foundation. He was known as the father of PTSD in Africa. We extend our heartfelt condolences to his wife Harriet, his children, his extended family and his many friends. His work is being ably carried on by Eugene Kin-yanda, MD, Ph.D. James will always hold a special place in our hearts and we miss him terribly.



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."*

NEW MEMBERS OF THE PCAF FAMILY

STAFF

- Alison Pavia, Esq.**, Executive Director.
Jane Alderman, MBA, CFO & Administrative Director.
Kathleen Aalden, MD, Medical Director.
Eugene Kinyada, MD, Ph.D., Program Director, Africa.
Etheldreda Nakimuli-Mpungu, MD, Ph.D., Director, Research.
Mary Grace Lanyero, PCO, Team Leader, Kitgum Clinic, Uganda.
Juliet Nakku, MD, Director, PCAF Clinic, Tororo, Uganda.
James Okello, MD, Chief, Child and Adolescent Psychiatry, Uganda.

BOARD MEMBERS

- Daniel Runde**, Head of Partnership Development, International Finance Corporation, part of the World Bank Group.
Susan K. Stern, Chair, United Jewish Communities Board of Trustees; Chair New York State Commission on National Community Service.

INTERNATIONAL ADVISORY BOARD

- Anne Ashmore-Hudson, Ph.D.**, Clinical Psychologist; Chair of the DC Commission on the Arts and Humanities.
Eugene Steuerle, Ph.D., Vice President, Peter G. Peterson Foundation; Co-director of the Urban-Brookings Tax Policy Center.

THANK YOU

The work of 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 around the world 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.** Each year, PCAF has been privileged to have the financial support of hundreds of individual donors and private 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, 2009.

PETER C. ALDERMAN FOUNDATION

P.O. Box 278 • Bedford, NY • 10506
www.petercaldermanfoundation.org

1.888.764.1804