



healing the psychological scars of terrorism

# PETER C. ALDERMAN FOUNDATION



Dear Friends,

It is hard to believe that we are already approaching the end of winter: so much has happened in the past months that we want to share with you.

Our hearts and minds have been preoccupied with **Haiti** in the past weeks. As you know, we have worked with **Partners in Health (PIH)** in Haiti for the past several years to provide mental health training and support to its staff and community health workers.

We know all too well how crucial Haiti's psychological recovery will be to its physical reconstruction. Since the earthquake, PCAF has met with PIH to work on a long-term mental health recovery action plan for Haiti, and to begin to address Haiti's mental health needs. Steve's guest blog on Haiti's mental health crisis was published in *America's Quarterly*. <http://www.americasquarterly.org/node/1176>

**In other news**, PCAF has been working with the **Ministry of Health and Social Welfare of Liberia**. By some estimates, Liberia's twenty years of violent civil war have left up to 80% of its population with severe traumatic depression and post-traumatic stress disorder. In mid-February, Steve and **PCAF Africa Director Dr. Eugene Kinyanda** conducted a two-day workshop in Monrovia for Liberia's Mental Health Working Group on implementation of the Liberian Mental Health Plan and presented PCAF's in implementing Uganda's plan.

In December, Steve traveled to **Uganda** and **Rwanda**, with a quick stop in **Kenya**. He made site visits to PCAF's **Tororo** and **Gulu** clinics, and worked on plans for the new clinic in Arua set to open in June. **The three Uganda clinics saw a combined total of 560 patients in the fourth quarter of 2009 alone.** While there, Steve finalized arrangements for the forthcoming African Journal of Traumatic Stress, which will publish the proceedings of last year's East Africa Conference and the upcoming conference in Nairobi.

The **third annual African Regional Conference on Psychotrauma** will take place on **July 4-10, 2010**. Hosted jointly by PCAF and the **Africa Mental Health Foundation**, the conference will welcome more participants from all over Africa than ever before, with an exciting schedule of distinguished international speakers and workshops. For more information on the conference, please go to <http://www.africamentalhealthfoundation.org/training/?amhfid=3>

Next month, PCAF will hold its **sixth Master Class in Orvieto, Italy** in partnership with **Dr. Richard Mollica** of the Harvard Program in Refugee Trauma. The twenty participants from around the world will learn the components of a **Balint Group** toolkit, which 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. This Master Class will pass valuable tools to its attendees, who will bring the skills back with them to support colleagues in Haiti, Rwanda, Uganda, Peru and other post-conflict countries around the world.

The mission of the **PETER C. ALDERMAN FOUNDATION (PCAF)** is to heal the emotional wounds of victims of terrorism and mass violence by training doctors and mental health professionals and establishing trauma treatment systems in post-conflict countries around the globe.

PCAF has trained 385 Healthcare Professionals from 20 countries on 4 continents

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



Haiti, February 2010

Liz and Steve Alderman were awarded the **2009 PURPOSE PRIZE** for their work with PCAF



Launch of Kitgum, Uganda Clinic

We are excited to announce that **Dr. Kathleen Alden** has agreed to become PCAF's first international **Program Director**. She will supervise the work of all of PCAF's clinics and program initiatives, and will coordinate data collection and research. Kathy's strong background as a cross-cultural psychiatrist and teacher, together with her experience in mental health and human rights, make her an excellent addition to our team.

PCAF is also delighted to welcome to our Board of Directors **new Board members Anne Ashmore Hudson and Peter Baglieri**. A clinical psychologist and social worker, Anne was in private practice for more than 25 years. She is chair of the DC Commission of Arts and Humanities, is a member of numerous boards, and lives in Washington, DC and London. Peter is a long-time friend of PCAF. He is in charge of strategy and business development, media and entertainment at NetApp, and lives in Dobbs Ferry, New York.

The first Peter C. Alderman Walk on September 12, 2009 was a huge success! The weather held up, and over 100 participants came together to walk and enjoy a wonderful lunch. Warmest thanks to all of the walkers and supporters. Please **SAVE THE DATE for the 2010 Walk, which will be held on Sunday, September 12th.**

On November 10, PCAF held its Annual Benefit in New York City. The evening was once again brilliantly emceed by longtime PCAF friend and supporter **Bob Costas**. Guests heard from **Mary Grace Lanyero**, Director of the Kitgum, Uganda clinic, who spoke of the challenges faced by her Ugandan countrymen in overcoming traumatic depression, then watched a short film that told the story of child soldier **James O.**, a patient of Mary Grace's at the Kitgum Clinic. In James' words:

*Born in 1993, I hail from Namukora and currently I reside in Ginnery in Kitgum District. My life experiences were full of challenges right from my birth. By the time of my birth, my father was already dead. My mother was crippled by guinea worm infection. I was abducted by the rebels in July of 2002. My elder brother and I were tied up, and my mother was told not to escape from our home or she would be killed. I stayed in the bush for two and a half years. In the bush we were trained as soldiers and sent to Sudan. I escaped many helicopter gunships and bombs. I not only witnessed many people being killed, but I was ordered to kill without my personal intention. I received heavy beatings on many occasions while in the rebel hands.*

*One day we went to attack in the company of the rebel leader and we were attacked by a helicopter gunship, and we got scattered, which gave us an escape route. We traveled in the bushes until we came to a safe place.*

*In the meantime, I suffered many injuries, from which I still feel pain throughout several parts of my body. I often have scaring dreams and I imagine I am being abducted again. I have been having very little appetite and little sleep. I have very little hope of the future since I don't have any meaningful job, let alone the opportunity to continue my studies. I usually don't like people to remind me of these experiences.*

When Mary Grace Lanyero first met James at the PCAF Kitgum clinic, 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. Over the last seven months of intense treatment James has regained his life. He is going to school, has a safe place to live, and through an anonymous donor, has a full range of art supplies. In spontaneous gratitude to PCAF, James created the image at the top of this newsletter.

Because of you, PCAF continues to reach, treat and heal James and thousands of other victims of terrorism and mass violence. We deeply appreciate your support.

We look forward to seeing you at one of our events and, as always, we are delighted to speak with you to answer any of your questions or to talk about our programs in greater depth.

Thank you for caring,

Stephen, Elizabeth and Jane Alderman, Co-Founders  
Alison Pavia, Executive Director

March, 2010

[WWW.PETERCALDERMANFOUNDATION.ORG](http://WWW.PETERCALDERMANFOUNDATION.ORG)

P.O. Box 278  
Bedford, NY

TEL: 1.888.764.1804  
FAX: 1.914.764.3090

Peter C. Alderman Foundation—a 501(c)3 charity powered by your generosity

In 2007 **Barron's** named  
PCAF  
"One of the ten most effective  
small charities in America"



Bob Costas & Mary Grace Lanyero  
2009 Annual Benefit

SAVE THE DATE  
**SUNDAY, SEPT. 12, 2010**  
Second Annual  
Peter C. Alderman Walk



James O. when he first arrived at  
the PCAF Kitgum, Uganda Clinic



James O. after treatment at  
the PCAF Kitgum, Uganda Clinic