

Activity Report

Name of project	Girl leadership camp
Name of program	Psychosocial Support and wellness program
Supporting agency	African Woman Development Fund
Number of participants	30
Venue	RiWA office
Date	4 th March 2023



A group photo of participants who attended the psychosocial support program 4th march 2023

Overview of the project.

Psychosocial support Initiative is a mentorship series of Psychosocial support services and self-care programs under the Girl leadership camp supported by the African Woman Development Fund-AWDF, for group and individual psychosocial support circle for young adolescents, most especially the young women and girls in and out of school in Juba. The program aims at creating awareness and share experiences with young adolescents in communities about mental health issues especially as apply to their daily lives and provide supportive counselling and facilitate community members access to safe space along with counselling and trauma

healing trainings to more than 120 young adolescent women and girls in Juba, through participatory methodologies and maximization on experiential learning.

Key observation

Arrival and registration of participants started from 8:30 am till 9:00 am, with the presence of at least 24 participants, while others kept on arriving inclusive of new faces who had special invitations based on situations they were facing, in the other hand the plan was to take the same cohort through the series of the program, some few cohort members were missing for various reasons, there was a need to fill the gap.

The session kicked off with a word of prayer from one of the participants, followed by a welcoming remark from the RiWA programs officer who then introduced the facilitators to the participants. The facilitator requested the participants to go outside the room and introduced a small game of introduction where one steps forward and tells his/her name and a story about their shoes, this brought out many stories, for the new participants it created an environment of openness with no fear of each other and acceptance of a safe space to share.



The facilitator kicked off by highlighting a short discussion on stress saying that Stress can be defined as a state of worry or mental tension caused by a difficult situation, and said that it is natural human response that prompts us to address challenges and threats in our lives. Everyone experiences stress to some degree. The way we respond to stress, however, makes a big difference to our overall well-being.

These explanations prompted some of the participants most especially the new one to asking questions to deeper understand what stress looks like;



The facilitator then explained to the participants that Stress affects both the mind and the body. He said “but sometimes little bit of stress is good and can help us perform daily activities but too much stress can cause physical and mental health problems”.

Before going for a break and after the long discussions with lots of questions

and answers on stress he then stressed that learning how to cope with stress can help us feel less overwhelmed and support our mental and physical well-being. The he dived into:

The participants were then given a short 20-minute tea break characterized of peer-to-peer discussion and networking and creation of friendships.

Sphere of control

After the tea break, the facilitator dived into sphere of control by saying that resilience is a personal ability to recover from or adapt to emotional challenges and emerge stronger.

He further said that, our abilities to recover can become stronger with practice and skills.



One of the ways to cope with stressful situations and to build your resilience now and for the future, is to identify what about a situation is in your control and out of your control in a situation. In a summary, below is a table of what the facilitator said is or is not in our control:

OUT OF MY CONTROL	IN MY CONTROL
The actions of others	My thoughts and actions
The past	How I speak to my self
The opinion of others	How I spend my free time
What happens around me	My boundaries
What other people think about me	How I handle challenges
How others take care of themselves	The goals I set
The future	What outcome of my efforts
The outcome of my efforts	



Mr. Ade went on and told the participants that, there are four steps to taking -control of how you are feeling and focusing on what you have power over.

Focus on your own thinking, feeling, and behavior

Identify your fears about the situation if you can't control parts of it

Instead of focusing on what you can't control say to your self and

maybe write down 2-3 health affirmations e.g I am strong than I think I am, I can ask for help, I am ok, I am loved

Determine what you can control in the situations and problem solved around those things

In a 1 hour and 30-minutes intense discussion on sphere of control, before breaking off for lunch, the facilitator told the participants that, our brains are wired to seek out any possibility of danger, even when it is not there. He further explained that we need to tell our brain that we can handle a situation because you can. "You have handled very difficult situations before and you can handle this specifically with support, community connection and through asking for help.

The participants were then given 45 Minutes break for lunch before exercise on sphere of control:

After the lunch break, the facilitator then gave exercise for the participants to work on. The exercise included the participants to 1st write one thing things is causing them stress this week, then write things that one cannot control connected to that stress outside the circle and what you can control about the stress inside the circle.

The exercise took 25 minutes and after each and every one honestly shared their answers with the rest answers , few are as seen in the table below:

No	Stress this week	What can control about it	What can't control about it
1	I lost one of my best friends	-Thoughts -Heathy discussions with the family -Helping the family -Give financial support	-Exhaustion and Body Pain -Belief that he is gone -Bringing the perpetrators to justice -Filling his position in the family

2	<ul style="list-style-type: none"> -Proposal writing -Siblings school requirements -Personal projects -Tinted car mirror City Council 	<ul style="list-style-type: none"> -My time (split my time and plan well) -My boundaries (I mind my own business) -How to spend my free time -Set personal goals -Getting all my car documents ready for road usage -Close my business due to city council charges 	<ul style="list-style-type: none"> -My past childhood -Emergency incidents eg my sibling getting into trouble
3	<p>Human rights abuse happening in the country eg the Kajo jeji Incident of cattle herders who massacred innocent civilians</p>	<ul style="list-style-type: none"> What I eat Time management How I speak to others 	<ul style="list-style-type: none"> -Thought of others -I can't be happy for life -Death

Activity Impact/Findings

The wellness session was so engaging that every participant were tasked to see and understand for what they can and cannot control to avoid or manage stress in their daily lives and being able to share their experiences of what they have been through in the past, also helped them learn about psychosocial wellbeing tips on how to handle stress and trauma within their abilities.



The new participants showed growing interest and confessed that, they looked for such an environment but failed to get and end up relying of friends who find it difficult to keep secrets, which means, there is limited psychosocial support programs in the country which is much

more desired by young people to help them cop-up with issues that affect their mental ability.

The Program also proved the importance of having a strong support network, because trying to reach goals or deal with a crisis, one might frequently implore people to lean on their friends and family for support hence RiWA providing that unconditional support. The topics discussed in the session and participation by the group discussions showed a normative influence on behaviors. From the discussions, some participants showed understanding with some trying to discuss how they were stuck in the same mentality and dint find solutions to their stress, of which made us realize just how important the topics on Stress and sphere of control had impact on the participants.

It also helped participants to cope with stress. Each participant showed a level of Stress while in discussion, as we all know stress has been shown to have serious health consequences ranging from reduced immunity to increased risk of heart disease. Being surrounded by fellows who are caring and supportive helped participants to see themselves as better capable of dealing with the stresses that life brings.



As it is said, having strong social support in times of crisis can help reduce the consequences of trauma-induced disorders including PTSD, so was the psychosocial support/wellness program.

General recommendations

- To maintain the same group through the other sessions for understanding flow of the psychosocial support sessions.
- Participants to come early so as we start in time to complete the days topics
- Everyone to share with others what we have learned from here today
- I would like your organization to support our peace Club members with knowledge, skills and some school materials.
- Glad to be part of this session.
- It is relevant to our context.
- Would kindly like to know when the next training will be.
- I am very excited to be part of the training.
- I am so happy for what RIWA is doing to the youth of south Sudan.
- My question is, after finishing this course(training) what id next or the way forward?
- They are doing a great job.

- I would urge RIWA to conduct these sessions in rural areas too.
- To create constant trainings to change the perception and mindset of the community.
- It's a good initiative, however the most affected people are in the war zones.
- To provide change of a life time through these sessions.

Conclusion and general comment(s)

The program was a success and the facilitator was great as well as he broke down the topics for easy understanding and used various methodologies to sink the discussions for easy understanding by the participants; however, in conclusion, the RiWA team leader encouraged the participants to continue attending the sessions and pledged to provide them with certificates to qualify them as community psychosocial and wellness professional in their various communities out there,

The next program will be scheduled and communicated to participants by the RiWA office.

Photo annex





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