













# ANNUAL REPORT

2021 / 2022



## **Our Mission**

To empower girls who have survived abuse to celebrate their strength and resiliency, develop their self-sufficiency, and become leaders in their own communities.

## **Our Vision**

Emerge works with girls who have survived abuse or exploitation and have had the courage to speak out, stand up for their beliefs, and protect others. By giving these brave young women the skills and resources needed to enact their own visions of change, Emerge believes that we can create a generation of girls who will end violence in their sphere of influence.

Supporting survivors of trauma including childhood sexual abuse since 2005 to heal, empower *and* emerge through trauma-sensitive programmes.





## From the Team

#### Dear Emerge Champion,

The last year has seen us grow and develop in ways that have amazed us all. Amidst the pandemic, Sri Lanka has been hit hard by an economic crisis; however, as a team, we have found ways to ensure that our work remains relevant, active, and most of all, beneficial to our survivors. As we look back over the last year, we are excited to share some of our **biggest highlights**, including:

- Remaining open and serving our 1175 Alumnae and 51 new participants in a time of uncertainty and funding challenges
- Launching our first online awareness campaign #ProtectEveryChild that reached 300,000 individuals across 6 online platforms within a month watch video here
- Signing a Memorandum of Understanding (MOU) with Sri Lanka's Probation Department to conduct online programmes for 300+ participants across 5 Provinces
- Securing 4 wonderful Brand Ambassadors
- Launching Emerge Lanka Foundation's website: www.emergelanka.org
- Growing our online and social media presence by +500 followers online
- Continuing to do advocacy and press outreach, including an interview on LITE FM on child sexual abuse in Sri Lanka
- Maintaining a highly motivated and dedicated team

We thank each of you who have supported us through donations, fundraising, volunteering, purchasing jewellery and providing employment opportunities to our participants. You have been an extraordinary community in this turbulent time. Thank you.

We are excited and looking forward to the upcoming year where we onboard 300+ amazing survivors of trauma and childhood sexual abuse into our community and programmes, continue to work in our communities to raise awareness, and keep ensuring that mental health is normalized and accessible to all.

We hope you'll continue to join us on this journey to heal and empower survivors across Sri Lanka while fighting for a zero-tolerance policy and culture towards sexual abuse, where every child can thrive.

With gratitude,

Team Emerge

## **About Us**

The Emerge Lanka Foundation (ELF), was established in 2009 as a Voluntary Services Organisation (VSO), incorporated under the Companies Act (Registration Number GA2271).

#### **The Beginning**

During the summer of 2005, MIT student Alia Whitney-Johnson arrived in Sri Lanka as a tsunami-relief volunteer. During this trip, she encountered a heart-breaking reality: Girls as young as 11, pregnant from rape or incest had been cast out of their own families, denied the right to formal education, and imprisoned for their own protection. A jewellery maker since age 7, Alia decided to host a beading workshop to better acquaint herself with the girls. The act of creating jewellery soon became a tool for transformation, uplifting the girls' spirits and ultimately helping them to overcome the emotional, social, and economic obstacles they faced.

The Emerge Beads-to-Business Programme was born as a way to sustain the girls' work, connecting the young women to supplies and business training, a global market, and a global community of support.

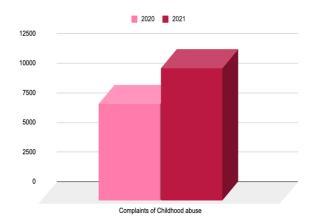
After piloting her project in Sri Lanka for 3 years, Alia founded Emerge Global in 2008, with the primary goal of empowering girls all over the world who have survived sexual abuse to rediscover a sense of hope, build a strong community, and fulfill their own visions of the future. Emerge Lanka Foundation was registered as a charitable organisation in July 2009 as the implementing partner of Emerge in Sri Lanka.

Our work has continued to evolve and expand as we have learned from every girl who has entered our programmes and shaped Emerge in becoming what it is today.

#### The Context1

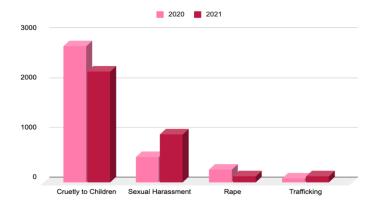
Over **93,000** different cases of child abuse have been reported in the **last 10 years** in Sri Lanka.

This bar chart is a representation of the number of overall Childhood Sexual Abuse complaints reported in the years of 2020 and 2021.



<sup>&</sup>lt;sup>1</sup> https://www.childprotection.gov.lk/resource-centre/statistics-3

From the overall complains of Childhood sexual abuse cases, this chart bar chart below is a representation of the different types of Childhood sexual abuse cases reported in the years of 2020 and 2021.





# Amani\*- this is her experience as a survivor through the state-run system<sup>2</sup>:

## **Amani's challenges**

| In the shelter<br>(age 13 - 16)  | In transition<br>(age 16 - 18)  | <b>In the outside world</b> (age 18 onwards)   |  |
|--|---|--|--|
| She does not have access to trauma informed formal education   | She does not have her legal<br>documentation (NIC, Birth Certificate)<br>in order         | She struggles to form and maintain healthy attachments (intimate and platonic)                     |  |
| She struggles with a range of mental<br>health challenges brought on from her<br>abuse and life in the shelter | She does not have a long term mental<br>health care plan                                  | The fight or flight trauma response affects<br>her impulse control                                 |  |
| She is in fear of being transferred to another shelter   | She is uncertain about her own future<br>and is fearful about life outside the<br>shelter | Her lack of self-worth, healthy interactions and trust leaves her vulnerable to victimization      |  |
| She is anxious about her court visits and seeing her perpetrator   | She doesn't understand her sexual and reproductive health rights                          | She lacks practical financial knowledge and is vulnerable to financial exploitation                |  |
| She does not recognise her self worth and loses ambition   | She doesn't know how to earn an income safely, or generate a savings                      | She battles with unhealed mental health<br>challenges<br>(not limited to self harm, PTSD, suicide) |  |
| Her personal values are tainted through her trauma   | She suffers with shame, self-blame,<br>guilt and unresolved trauma                        | She fosters unhealthy coping mechanisms such as substance abuse                                    |  |

<sup>&</sup>lt;sup>2</sup> \*Amani, is a pseudonym used to protect confidentiality of the participant. Amani's journey is a summary of a typical journey and not the actual journey for Amani. Emerge does not disclose the full name, personal information, or details of any participant's journey. Please see Page 12 for Emerge Guidelines to Privacy and Anonymity.

# The transformational impact of the Emerge programming:

## **Amani with Emerge**

#### Amani meets Emerge when she is 13 years old.

She is shy.
She is distrusting. She is curious. She is reluctant to participate.
She is ashamed.

## Amani learns about the Emerge Intervention.

She learns that she is a survivors and not a victim. She learns her self-worth. Her horizons are widened. She experiences the power of choice.

## Amani discovers her individuality

She has the space to explore her creativity, her opinions, her dreams, her talents and her skills. She participates in her own way. She is supportive to her peers. She is mischievous. She challenges the system around her. Her growth is emotional and behavioural.

## Amani is now an adult, and leaves the shelter at 18 years old. She is scared but she is prepared.

She has hope.
She has the skills to earn safely, and invest in a future.

She is able to protect herself from coercion, abuse and exploitation.

Her growth is emotional and behavioural as she explores reproductive health, life skills, personal development, and mentorship.

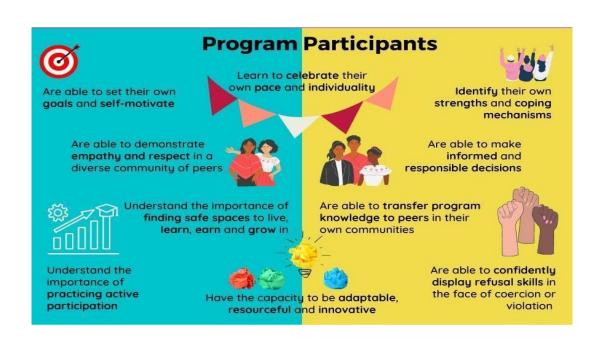
#### Amani expresses herself

She is aware of her personal values, her rights and her dreams. She displays leadership qualities and is an empathetic and driven peer.

She displays analytical, problem solving skills and is able to regulate her emotions. She understands that healing is not linear.

She looks forward to the future.





## **Online Shelter Programmes**

Due to the pandemic, the Sri Lanka Department of Probation and Child Care Services (DPCCS) halted all external programmes conducted in shelters, which forced the team to rethink programme delivery and of how to bring our programmes online. It took months of negotiations and discussions with the DPCCS before Emerge received the green light to proceed with contacting the 9 provincial commissioners to implement our programmes.

The Emerge team presented our online programmes for survivors of trauma and childhood sexual abuse to a conclave of provincial commissioners of Sri Lanka, and was endorsed by the National Commissioner, resulting in over 350 applications coming in from 5 provinces.

We are excited at this expansion and look forward to working with a larger demographic, online. Our programmes were updated and renewed to align with our ever-changing world and current technology and trends. Participants are equipped with knowledge and life skills needed to successfully reintegrate back into society as they leave Government-run shelters, giving them the confidence, strength and tools to break the cycle of abuse.

## **Overview of Lessons Taught**

#### **Reproductive Health**

- Practice refusal skills and respectful boundaries
- Identify personal values, self-worth, and capability
- Understand sexual and reproductive health rights, and develop skills to demonstrate this
- Identify bodily changes and boundaries; learn to respect and identify the changes that occur during puberty

#### **Life Skills**

- Develop financial independence and sustainability
- Develop skills and behaviors that will aid in organically reintegrating as a functional part of society
- Develop and maintain healthy relationships making decisions based on consequences and impulse control
- Achieve a healthy and balanced mindset in order to maintain a wholesome, well-rounded lifestyle

#### **Mental Health and Wellbeing**

- Gain knowledge on mental health, trauma, reactions and symptoms
- Understand long-term and short-term impacts of not taking care of mental health
- Gain knowledge to recognize emotions and gain skills to increase the capacity to identify a range of emotions
- Identify the long-term and short-term impacts on trauma, develop coping skills, and problemsolving skills

## **Piloting Emerge Online Programmes**

To pilot our programmes online, we began with a small shelter in the Western Province consisting of 17 young women. Close contact was maintained with the shelter coordinator to ensure that lessons were delivered impactfully. Positive behavioral change was noticed within the first few weeks of implementation (i.e. accountability, communication skills and critical thinking).

The content knowledge was measured with pre- and post- tests administered by the training team. An indepth assessment will be conducted after the completion of 6 months to measure impact and effectiveness.



## **Alumni Support**

Multiple lockdowns during the COVID-19 pandemic in 2020 severely affected the Emerge Alumni and continued to impact them in the year 2021/2022 as well. With the loss of income to jobs, many of our participants had to leave employment, leaving them without any source of income. Additionally, at least 7 of our alumni tested positive for COVID-19.

Through targeted fundraising and private donors, Emerge supported alumni with dry ration packs, financial support, accommodation, medical costs and sanitary goods. Emerge also provided regular mental health check-ups and was on call to assist with emergencies as they arose.

## **Mental Health**

Mental health is an integral part of an individual's well-being and is a core focus area of our programmes conducted at shelters. Our work addresses the short-term and long-term effects of childhood sexual abuse, while providing trauma-focused, individualized counselling and group therapy. The model of group therapy conducted for the shelters are drawn from two main evidence-based therapeutic intervention models, Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) and Dialectical Behavioral Therapy (DBT).

Our mental health work explores the impact of trauma and emotional distress and understands the paths for recovery through emotional regulation and distress tolerance. It allows for the development of healthy coping strategies via therapeutic interventions and support. All interventions are traumasensitive with a focus on offering a safe validating space to reflect, identifying strengths and values, and building resilience individually and as a group.

A trauma-sensitive approach (also known in some contexts as trauma informed) understands the physical, social, and emotional impact of trauma on an individual.

This approach works to create a physically and emotionally safe environment, establish trust and boundaries, support autonomy and choice, and create collaborative relationships and participation opportunities by taking an empowerment-focused perspective in order to promote resilience and healing. The 6 main modules to our mental health programme include:

- 1. Psychoeducation on Mental health, Trauma and Group therapy
- 2. Building Self-Awareness Exploring the Ideal Self
- 3. Emotion Regulation and Modulation Skills
- 4. Distress Tolerance Skills
- 5. Interpersonal Skills
- 6. Cognitive Coping skills

## **Communications and Outreach**

Emerge's communications and outreach has grown vastly in the last year of operations. Emerge Lanka Foundation expanded its presence into 6 social media platforms.

One of the highlights of 2020 was the launch of <a href="www.emergelanka.org">www.emergelanka.org</a> website, which was developed and maintained in-house, reflecting the branding revamp, work diversification and impact created even during challenging times. Emerge also launched its first ever online awareness campaign focused on Childhood Sexual Abuse in Sri Lanka. The campaign titled #ProtectEveryChild was conceptualized and carried out during September - October 2021. This trilingual campaign generated over 300,000 individual account engagements across social media.



Emerge was successful in engaging brand ambassadors and their networks into influencing individuals across social media to take the pledge to <u>#ProtectEveryChild</u>. Over 150 pledges were made in photo and video formats, across all three languages. The campaign expanded our active audience and opened new opportunities to spread awareness on the cause, increase brand recognition, increase operational credibility and expand partner networks.

The awareness campaign played a part in securing even more partnerships. One of the most impactful connections made as a result was with LITE FM and the TNL radio network. This introduction was made by PR professional, actor and author Brandon Ingram during the campaign rollout.

The morning radio show hosts Tracy Holsinger and Lloyd Fernando invited Emerge Country Manager for an interview on air in lieu of International Women's Day in March of 2022. Hazel touched on Cyber Safety for children and even received acknowledgments from parents who had been listening in.

In December 2021, Emerge Lanka Foundation launched its online fundraising campaign #FundForEmerge in partnership with a crowdfunding platform Tribefunds.lk.

The goal was to raise LKR 3M to support Emerge to reach 300 programme participants for its online shelter workshops in Q1 of 2022/23. The campaign ran for 1 month prompting individuals to donate through the platform or make a bank transfer locally. #FundForEmerge was successful in raising just over LKR 2M in the span of 2 months with over 50 contributors to the campaign.

## **Emerge Brand Ambassadors and Partnerships**

Emerge was extremely proud to welcome on-board our amazing brand ambassadors:

#### **Russel Arnold**



From representing the National Cricket Team of Sri Lanka, to becoming an eloquent International Cricket Commentator, Russel brings in an aura of professionalism and positivity to represent our mission. His positive, upbeat and passionate attitude transcends from the commentary box into his life of representing the Emerge cause. Russel is inspired by the resilience and strength of our programme participants, and has been very keen to learn more about child protection in Sri Lanka.

His focus will be on raising awareness through his platforms and networks, and creating a community to give towards Emerge. Russel is a great advocate for our resilient survivors, and holds great importance in their

confidence and strong mental health as essential elements in the process of reintegrating into society as adults.

#### **Chamari Athapaththu**



Chamari is the Captain of the Sri Lanka Women's Cricket Team. Her philosophy of leading the team to play "freely, positively and with courage" has propelled the national team to be formidable. Chamari has been on several international tours in the past year, and has been taking women's cricketing to the next level with her talent and drive.

She is an incredible inspiration to the young girls Emerge works to support – and is a firm believer that every programme participant we work with, has immeasurable strength and potential. As someone who has overcome many obstacles in her sporting life; Chamari understands and advocates for transformational impact. Chamari is a representation of hard work and shines as she breaks through barriers and glass ceilings to navigate her

journey as an international sports personality.

#### Indu and San Dharmasena



A renowned playwright and dramatist who has written over 60 plays, Indu and his extremely talented wife San join the Emerge journey as Brand Ambassadors as of July 2021! Indu and San together use the magic of theatre to bring forward interesting topics and create awareness through humor and thought-provoking art. Their collective ability to bring the best out of people creatively will help the programme participants at the Emerge Centre for Reintegration unlock new skills and talent.

They see theatre as a medium that will help our participants express themselves and enhance their confidence and become unstoppable in their authentic selves. Indu and San believe that each of our programme participants should have the space to express themselves, and learn of their

own potential through that expression.

#### **Bhoomi Harendran**



Best known for her activism in achieving equality and accessibility for the local transgender community through the National Transgender Network, Bhoomi is fearless in her work and is a champion of empowerment. Bhoomi believes that our survivors deserve dignity and respect, and that independence is key to achieving a wholesome life, where they can live authentically.

She looks forward to working closely with our Centre Participants; and puts an emphasis on "empowering" them to be the best versions of themselves. Bhoomi is a fountain of knowledge, and it adds an edge, a confidence and wisdom to our journey.

## **Success Stories**

**ASARU\*** has suffered a lot of loneliness in her life, before and after entering the institutional care system as a survivor. She met Emerge as a programme participant and connected with the team through the Emerge Beads-to-Business programme.

She was able to express her creativity and emotion in a safe space during workshops. ASARU then fostered a dream of becoming a graphic designer and after leaving the care system; she enrolled herself in a course and pursued the dream. ASARU has built a life for herself that is full of life and support.

**DAAHI\*, PASARAA\*** and **KESHI\*** are 03 brilliant alumni from the Emerge Centre for Reintegration graduated from Dental Care International in February 2022 as Dental Assistants. At the Centre, they put in hard work to recognize their dreams, set goals and to widen their horizons. They persevered with their dreams through a difficult time while navigating the pandemic.



#### \*EMERGE GUIDELINES TO PRIVACY AND ANONYMITY

Emerge does not disclose the full name, personal information, or details of the story of any survivor we work with. Protecting the anonymity, dignity, and choice of each Emerge programmes participant and alumni is prioritized and something that Emerge does not compromise on.

We only capture, share, and use photographs of programme participants that do not display their face or any other identifiable features. Content is only taken with the permission of the relevant shelter management, and upon notifying the Department of Probation and Childcare Services.

It is an important part of the Emerge culture to ensure that the identity of each programme participant / alumni is protected in every way, allowing each survivor the choice of moving past being identified by their trauma. Each impact story carries a code name inclusive of a survivor's initials to relate their story of progress working alongside Emerge. Details of the story are true and based on progress notes, insights and check-ins facilitated by the team.

## The Emerge Force

#### The Emerge Board of Directors

#### Alia Whitney-Johnson

Alia is an experienced social entrepreneur with over fifteen years of experience working with children who've endured trauma, sexual abuse, and exploitation. She founded Emerge at the age of 19 after a tsunami relief trip to Sri Lanka and has remained deeply involved ever since. She is also the Co-Founder of Freedom Forward (<a href="https://www.freedom-forward.org/">https://www.freedom-forward.org/</a>), a non-profit that is working to prevent the commercial sexual exploitation of youth in San Francisco through systems change. Alia has experience as a management consultant at McKinsey & Company and has served on several boards including the MIT Corporation (MIT's board of trustees), SERES Global, and Emerge Lanka Foundation. She holds a B.S. in Civil and Environmental Engineering from the Massachusetts Institute of Technology and an MPhil in Development Studies from the University of Oxford, where she studied as a Rhodes Scholar.

#### **Ellen Needham**

Ellen Needham is the Co-Founder and Director of Emerge Lanka Foundation, and has served as a Country Manager at the organization for a year. She believes in the empowerment of young women, and has a goal to support vulnerable individuals, who are in need.

#### **Farzana Khan**

Farzana has a Bachelor of Business Administration (Second Upper) from the University of Sri Jayawardenapura and an MBA from PIM, where she passed as a Merit student. Her research thesis on a comparative study of the Corporate Social Responsibility models was published in the PIM Journal. She is also a member of the Association of Business Executives (UK) and the Australian Computer Society (ACS) and a trained Speech and Drama teacher from the Trinity Colleague of London. She also serves as a Board Member in and is a past president of the Rotary Club of Colombo Regency.

#### Jehan Mubarak

Jehan is a former international cricketer and water polo player. He has represented Sri Lanka at 3 cricket World Cups and captained many teams throughout his career. He is a qualified high-performance cricket coach and is currently a part of the coaching team of the international under 19 cricket team. He holds a degree in science from the University of Colombo. Jehan was also the Chairman of Colombo Round Table 1, a charity and fellowship club which was the first donor of the Emerge Centre for Reintegration and where his journey with Emerge began. He is passionate about Emerge and the cause we represent, and is an active part of all our programmes and events.

#### Swasha Malalasekera

Swasha holds a Bsc in Accounting and Finance and ATCL, LLCM in speech and Drama. She is the owner and director of The Studio, Fine and performing arts Academy, and the T and T Villas (pvt) Ltd. Swasha is also a director and partner at the Asvaya Holdings pvt ltd. An accountant by profession, her love for the performing arts and humanity has changed her life's purpose. To fight for and on behalf of women and children that have been victimised for no fault of their own, and to make a difference, is her goal. Through this goal, Swasha joined Emerge Lanka Foundation, and is currently part of the Board of Directors, where she empowers young women who have experienced sexual abuse. Recently, Swasha established a safe-house for women called the Nama Sanctuary and has been providing security and a firm foundation for women who are on a journey of healing.

#### The Emerge Team

#### **Hazel Rajiah-Tetteh**

Country Manager

Hazel is an international trainer and experienced coach who specializes in communications, people management and personal development. Prior to joining Emerge Lanka Foundation as its Country Manager, she worked with MDF for 6 years and delivered Leadership and People Management courses for MDF clients throughout the region, including Afghanistan. Hazel is passionate about representing the survivors who Emerge works closely with - and in ensuring that they are able to build a future for themselves with dignity, opportunities and goals. As a part of her work with Emerge, Hazel works to shift the narrative from "victim" to "survivor" while educating communities about the issue of Child Sexual Abuse while giving space for Mental Health education for both Emerge programme participants and the Emerge network. Hazel feels strongly for the need of awareness around childhood sexual abuse and trauma, and is leading the team to make this a main pillar of the work that Emerge conducts.

#### **Uadaya JK Sivakumar**

**Chief Operations Officer** 

Uadaya has worked in the development field for over ten years and believes deeply in equity and equality. Before joining Emerge Lanka Foundation as its Financial Officer (her first role with Emerge), she has attended many trainings on women's rights, gender-based violence, Muslim women's Issues, women's political participation, and engaging men to prevent violence against women. These workshops fueled her commitment to the issues which affect women and children all across Sri Lanka. Her fluency in all three languages is an asset to Emerge, and Uadaya's perspective and insight has shaped the growth of Emerge in the past 8 years that she has been a part of the organization.

#### **Ashani Hans Ehaliyagoda**

**Programmes Officer** 

Ashani is a Psychology major, and making her mark in the developmental field. Ashani has been a part of Emerge for the past 4 years. She deeply believes in the cause of Emerge, and is highly supportive of making a difference in the lives of all survivors. While working as a trainer of the Online Emerge Programmes, she also works closely with supporting Emerge alumni. Ashani is a natural when it comes to empowering the survivors we work with, whether it is through a workshop or even through a simple conversation. To Ashani, learning from the survivors is just as important as teaching them. Always ready to lend a helping hand to her peers, Ashani is an asset to the team in multiple ways.

#### Sujeewa Dilrukshi

Administration Support

Sujeewa has been with Emerge for years and has been a key source of support to the entire team. A power-woman even in her personal life, she gracefully ensures that each member of the Emerge team has all the support they need. She takes pride and joy in being a part of an organization that gives a voice for children in our society who are overlooked. Sujeewa always adds her insights during team discussions and is always a reliable voice during challenges. Sujeewa's positive and motivated attitude gives the team its flair.

#### **Amanda Piyaratne**

#### **Psychologist**

Amanda Piyaratne is Psychologist with an undergraduate in Psychology from Coventry University and a Masters in Clinical Psychology from the University of Colombo. As a Psychologist and Mental health advocate, she works with adolescents and adults by taking a holistic approach to Mental Health. Her main goal is to support, listen and hold a space for individuals; giving them a safe, validating space to reflect, recognize strengths and build resilience. Amanda joined Emerge in 2020 and has been passionate about working with survivors of trauma. Through trauma focused interventions, she continues to help participants voice their needs, feel safe, empower them to manage their emotions and develop healthy coping strategies for them to come back into the society and speak their story even louder.

#### **Kaavya Pathirana**

#### Communications Lead

Kaavya has always been inspired to join the developmental field with a focus on telling impactful stories. She worked as the Communications Officer with Emerge back in 2015 for two years and fell in love with the mission. She later joined Habitat for Humanity Sri Lanka and was able to travel around Sri Lanka while writing about the transformational impact of poverty housing, and was able to expand on her Resource Development skill set in that capacity. Kaavya returned back to Emerge in 2020 and supported the team with programming and communications. She sees the Emerge participants as some of the strongest young women in society - and is a huge advocate for their untapped potential to reclaim their life and power.

#### Theja Jayasinghe

#### **Programmes Officer**

Theja is a psychosocial worker focused on community development, with a strong commitment to serving youth and adults from marginalized and at-risk groups, having Theja completed a degree in Psychology. Theja has years of experience working with many NGOs across Sri Lanka including The Asia Foundation and PATHS- Positive Youth Development Program in Partnership with UNICEF-Sri Lanka - to empower women and girls from low-income communities to actively eliminate gender-based violence. Theja has been a key part of teams that have worked alongside the Government to implement leadership programmes. She has been inspired by the survivors at Emerge, and is determined to support them with knowledge, confidence and tools as they take on their reintegration journey after state-run care.

#### **Shehani Perera**

#### **Fundraising Officer**

Shehani joined Emerge in April 2022 to support Emerge in fundraising. As a person that has been involved in community service through employment in her own start up, JustGoodness, a platform to support local SMEs working in the space of rural empowerment and sustainability, for over 5 years, Shehani sees the work that Emerge does as fundamental for the development of a healthy and happy society. She is passionate about the role she plays in supporting Emerge to sustain their operations and build a better world.

## Looking to the Future

#### **Online Shelter Programmes**

Emerge Online Shelter Programmes will focus on reaching girls across more shelters, where we will continue to implement our Life Skills, Reproductive Health, and Mental Health and Well-being programmes through online classes.

We aim to reach 300 individuals by the end of 2022, as well as expand to the Sabaragamuwa Province on the invitation of the provincial commissioner.

Revised programmatic curriculums will be completed by the end of 2022/2023. In order to be more inclusive and reach out to a wider number of participants who need support in skill development and knowledge expansion, we will be translating the curriculums into the Tamil Language. The Northern province commissioner has been in contact with Emerge, and once we are able to initiate the translations of the lesson material, the Emerge team will discuss ways of moving forward with the Northern province shelters.

Training of Trainers (ToTs) will be conducted by Emerge's programme officers to new resource persons, who will be recruited to the Emerge internal staff to support with online shelter programmes.

#### **Mental Health**

Emerge will begin to bring its mental health knowledge for serving survivors to the full Emerge team and beyond, in the form of capacity building workshops, support groups and group therapy for other mental health professionals, the Emerge team, and other trauma survivors.

Capacity building workshops for mental health professionals will focus on creating an understanding, safe and validating environment for survivors of trauma and sexual abuse during therapy and counselling. Mental health professionals will be equipped with more trauma-focused and sensitive approaches to support survivors. Capacity building workshops will also be conducted for the full Emerge team to improve and strengthen knowledge on trauma, child sexual abuse, and working with our programme participants.

By the end of 2022/23, the Emerge Mental Health Programme will conduct group therapy sessions with ELF staff to better manage their own emotions, stressors at work and better regulate themselves. Peer supervision will also take place, where the team will discuss and reflect on professional practice and development.

Group therapy and support groups will also be opened up to trauma survivors outside of the shelter programmes, to allow a safe space for survivors to open up about their experiences of trauma and find healing as groups.

#### **Communications and Outreach**

We continue our narrative of reflecting the cause, the work and community responsibility, while keeping the awareness raising banner #ProtectEveryChild at the forefront. Emerge will keep its showcasing programme participant and alumni success, and the impact of the "Emerge Effect" generated through our bespoke programming.

We aim to increase our brand ambassadors, donor and stakeholder engagement; and to continue to raise our profile and presence online and on social media. The specialised experience that Emerge has gained over the last 16 years has encouraged engagement on social media to be more outspoken on topics related to child sexual abuse. Along these lines Emerge hopes to launch its own talk show / discussion series that will tackle taboo topics and debunk myths that have culturally and historically held survivors back from living a life they deserve.

Social media platforms will carry even more collaborative content to further create knowledge on these key issues. Emerge hopes to work on key content with partner organisations such as Child Protection Force and Bakamoono.lk to keep educating the digital audience as well as to equip them with tools to better handle the sensitivities of them.

## **Staying Connected**

Learn about the cause through our website on www.emergelanka.org

For further information:

#### **Country Manager**

Hazel Rajiah-Tetteh - hazel@emergeglobal.org I 076 003 5154

#### Finance

Uadaya Sivakumar - <u>uadaya@emergeglobal.org</u> I 077 201 5933

#### **Communications**

Kaavya Pathirana - kaavya@emergeglobal.org | 077 078 0363

#### **Programmes**

Ashani Ehaliyagoda - ashani@emergeglobal.org | 071 900 1419

#### **Founder and Director**

Alia Whitney-Johnson - alia@emergeglobal.org

Follow our journey on social media:

Instagram
Facebook
Twitter
YouTube
LinkedIn
Tik Tok

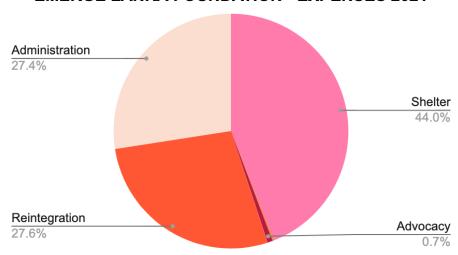
## **Financial Summary**

Emerge Lanka Foundation is committed to financial transparency. For a copy of our audited financial reports, please contact <a href="mailto:uadaya@emergeglobal.org">uadaya@emergeglobal.org</a>

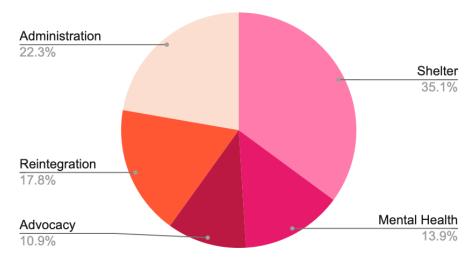
| STATEMENT OF COMPREHENSIVE INCOME             |                    |                      |
|---|--------------------|----------------------|
| FOR THE YEAR ENDED 31ST MARCH                 | 2022               | 2021                 |
|   | LKR                | LKR                  |
| Income  |                    |                      |
| Grant & Donation                              |                    |                      |
| Grant - Emerge Global                         | 6,293,138          | 4,346,700            |
| Grant - International Expatriate Association  | 240,000            | 400,000              |
| Donation                                      | 886,620<br>190,450 | 6,205,314<br>725,318 |
| Local Sales                                   |                    |                      |
| Funds Raises                                  | 1,695,360          | -                    |
|   | 9,305,568          | 11,677,332           |
| Bank Interest                                 | 128,941            | 132,299              |
| Total Income                                  | 9,434,509          | 11,809,631           |
| Less:- Expenses                               |                    |                      |
| Shelter Programme Expenses                    | 3,527,556          | 5,101,947            |
| Mental Health Program Expenses                | 1,400,901          | 23,248               |
| Advocacy & Awareness Raising Program Expenses | 1,096,763          | 81,633               |
| Reintegration Programme Expenses              | 1,789,868          | 3,200,239            |
| Administration & \Establishment Expenses      | 2,238,574          | 3,178,552            |
| Total Expenses                                | 10,053,660         | 11,585,619           |
| Net Surplus/(Deficit) Before Income Tax       | (619,151)          | 224,011              |
| Income Tax                                    | 97,946             | 115,829              |
| Net Surplus/(Deficit) After Income Tax        | (717,097)          | 108,183              |

The charts below are a depiction of the expenses of 2021 and 2022:

#### **EMERGE LANKA FOUNDATION - EXPENSES 2021**



### **EMERGE LANKA FOUNDATION - EXPENSES 2022**





"I am learning so much with Emerge.

I used to be shy to speak but now I love
discussing topics during workshops"

AMA, Programme Participant Emerge Shelter Programme

@emergeglobal