“I have changed a little because I can be safe”*
The year 2013 was a great year for PRADET. More strategic goals were achieved in the psychosocial area as a result of improved provision of services and a stronger financial position.

In 2013, PRADET received the largest funding support ever, from all donors. PRADET also secured 4 years funding commencing in 2014 under the Asia Foundation’s EVAW program. This very significant support by our donors was regarded by PRADET as a sign of trust and commitment to strengthen and respond to the organisation’s needs such as improving the facilities and equipment and supporting the quality of services to all our clients.

PRADET has maintained good collaboration with donors, partners and stakeholders including the general community by supporting each other to help individuals who have experienced domestic violence, sexual assault, child abuse, abandonment, imprisonment, human trafficking and people with mental illness. Such vulnerable people are most important and also most challenging to help. Through this good collaboration and the commitment of staff, adequate care, respect for human rights and professional services have been provided to all clients and their families.

Of course, measuring the benefit and outcome of the services provided in the psychosocial area remains a challenge. However our commitment to continue our work has never faded. The challenges that we are confronting in our service are the same challenges our government faces and together we can do more to make it better in the future.

As an organization, PRADET has remained strong and steady. It has been well maintained and developed through the good dedication and commitment of Director Mr. Manuel dos Santos with the support of all staff and volunteers, including the donors and the Board congratulates them for their contribution of hard work and good will during the year.

On behalf of the Board, I would like to say thank you and I acknowledge the great and valuable support from donors, partners, stakeholders, staff and volunteers who have contributed to the good services of PRADET in 2013. It is my hope that this support will continue to enable PRADET to continue providing these essential services for vulnerable people.

Silverio Pinto Baptista
Chairman PRADET Board
In 2013 PRADET has achieved another year of progress by continuing to provide services for people in Timor Leste who experience psychosocial problems. A successful Strategic Planning process was held to identify and clarify our goals for the next 5 years and donors have continued to support our work.

In March 2013 the construction of the PRADET office based in HNGV was completed. Staff now have well designed office space and a training room. PRADET has been working in the psychosocial area since 2002 and in 2013 we have established a facility to support clients recovering from mental illness to reintegrate into the community. This facility, called the Psychosocial Rehabilitation Centre, is located in the PRADET building. The Centre was opened by PRADET’s Patron, The First Lady, Dra. Isabel da Costa Ferreira.

Even though this is only a pilot program, we hope it will be continued and that similar centres will be established in all the District Referral Hospitals. Our work aims for a human rights based approach and this encourages us to continue to serve many beneficiaries who need proper assistance with a timely and professional response. As reflected in our Mission and Vision Statements, PRADET has dedicated a very significant commitment to work in the psychosocial area.

In March 2013 we also inaugurated another Fatin Hakmatek/Safe Room facility in Malaiana District Hospital to provide counselling, medical treatment, forensic examination and emergency accommodation, plus follow-up care, to clients who experience domestic violence, sexual assault, child abuse and abandonment.

In March 2013 The Coordinator of Fatin Hakmatek was invited to present a paper in New York at the UN Women’s Convention, and we continue to receive many distinguished visitors from many countries. Visitors included Mr Joe Hayes, the Irish Ambassador, the Australian Minister for International Development, The Honourable Melissa Parke, and the First Assistant Secretary for International Organizations, (DFAT), Ms. Harinda Sidhu.

During 2013 staff and Board participated in a 3-day Strategic Planning meeting in which a 5-year Plan was decided upon. The 2014-2018 objectives are:

- **Service delivery** - PRADET will provide services that are appropriate and integrated and that use a rights-based approach throughout.
- **Advocacy** - PRADET will create strong links between its programs, other services, families and communities to ensure good quality care, and the reduction of stigma and discrimination towards vulnerable people, especially those who have experienced mental illness, domestic violence or sexual assault and imprisonment.
- **Organisational development** - PRADET will become an organisation that is strong, professional, effective, and sustainable.

By improving and strengthening the management of PRADET we have maintained effective communication and demonstrated transparency within the organisation. It is hoped that this good management will be maintained and strengthened in the future as it is the key to obtain trust from partners and specifically the Government and overseas donors.

On behalf of our staff and clients, I would like to THANK our Board Members, donors, partners, staff and volunteers who have supported us during the year. I also would like to express special thank you for our donor TROCAIRE. Sadly in 2013 they had to close their mission in Timor Leste. They had provided funding and professional advice and support since 2008 and they were a valued friend of PRADETS.

Manuel dos Santos
Director of PRADET
In 2013, PRADET provided psychosocial support to 848 people including 472 women, 222 men and 154 children under eighteen. This included:

- 342 people experiencing mental illness or other psychosocial disability and their families
- 234 cases of domestic violence
- 99 cases of sexual assault, 66% of all cases of sexual assault were under 18 years of age
- 45 cases of child abuse (non-sexual)
- 22 cases of women who have been abandoned
- 27 imprisoned young men
- 99 people in 72 hour detention
- 8 victims of human trafficking

67% of people receiving psychosocial support were women or girls.

PRADET provided community education to 1898 people via 50 workshops throughout Timor-Leste. These workshops included information on Alcohol and other Drugs, Managing Emotions, Mental Health, Human Trafficking and Gender Based Violence prevention.

In 2013 PRADET piloted a new Personal Development Course in Suco Lalawa, Covalima District with 15 participants engaged in activities over several months. The objective was to challenge attitudes to gender, equality and violence at the family level.

PRADET through each of its programs provides advocacy and awareness raising to government and civil society organizations about the issues faced by our clients.

The impact of PRADET's work in 2013:

- Equitable access to both physical and psychological treatment
- Access to justice for victims of gender-based violence
- Reintegration into the community for people recovering from mental illness
- Community and family support
- Reduction of stigma
- Community awareness about gender-based violence, mental health and alcohol and drugs
- Improved community, service provider and government response to vulnerable people
- Attitude and behaviour change in health and social determinants of domestic violence.
The Fatin Hakmatek program continues to provide safety, counselling, medical treatment (for injuries and STIs) and forensic documentation of injuries as evidence for a prosecution case, for people who are victims of domestic violence, sexual assault, child abuse and abandonment. The program provides emergency accommodation, practical assistance, (food, clothes and transport,) and follow-up services with home visits and referral to other agencies.

The Fatin Hakmatek program has 4 purpose designed facilities (Dili, Oecusse, Maliana and Suai) that are located in hospital grounds for easy access to further medical treatment and offer victims 24 hour security.

Since opening its first service in HNGV Dili in October 2002 till December 2013 these 4 facilities have provided service to a total of 2094 people, mostly women and children.

**Activities in 2013**

In March 2013 Fatin Hakmatek opened a new facility in the Maliana Referal Hospital together Fatin Hakmatek facilities received 372 new referrals in 2013.

Referrals were received from all 13 districts in Timor Leste and in 2013, 78% of overall were referred by VPU Police, though this figure is higher for the districts.

---

“**In my house my father has big power and he manages everything. After Fatin Hakmatek came to our school and talked to our community about child rights he has stopped beating us.**

Student in Quelicai Secondary High School.

---

**Follow up**

The Fatin Hakmatek program makes follow up visits to previous victims and their family members to provide on-going support and to encourage them to ask for help from the community, particularly with local authorities, if they have any problems that concern their safety and well-being.

As part of follow-up care Fatin Hakmatek staff provided 2 activities groups to selected clients for 2 days each in Ainaro and Viqueque in May and June 2013.

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**Improving Service Delivery**

A Medical Forensic Protocol to document injuries and collect evidence to support a possible prosecution was first developed in 2004 and subsequently revised by Fatin Hakmatek. Training to become an accredited examiner consists of 5 days of theory and 5 days of practicum. Fatin Hakmatek has produced a training curriculum and handbook for accredited examiners that has been accredited by the Ministry of Justice, the Ministry of Health and Institute Nasional da Saude (INS). By the end of 2013, 28 health workers, (doctors and midwives) have completed their training and continue to provide this service to Fatin Hakmatek in Suai, Maliana and Oecusse.
In 2013 Fatin Hakmatek provided training to 10 prosecutors in Dili to enable them to use the evidence obtained effectively for their prosecution case. PRADET hopes that such training will improve justice outcomes for victims, especially in isolated areas.

**Community Education**

In 2013 Fatin Hakmatek provided 25 socialisation workshops to 594 students and their 420 community members in 12 Sub-districts across Timor Leste. These workshops are an important part of identifying and promoting referral pathways to assist victims to access care and to prevent further violence. Topics include the nature and impact of domestic violence, sexual assault, child abuse and abandonment, the myths that protect offenders, the legislation, strategies for responding to victims and prevention of further violence.

Maria* aged 16 was brought to Fatin Hakmatek by district VPU (police) in early 2013. She had been taken to the police by her neighbour because she had been beaten by her husband. She had many bruises on her stomach and back and Fatin Hakmatek staff arranged for her to have an X-ray to check for broken ribs. She remained in Fatin Hakmatek for 3 days to receive medical treatment and counselling. Maria's mother came from the districts and after counselling it was agreed she would return to her own family. Her family agreed to meet with Maria’s husband’s family to agree to the separation. Maria’s husband was charged under the LADV and he was given a suspended sentence for 2 years. Maria has returned to school and is doing well with her studies, she told Fatin Hakmatek staff that she wants to become a psychologist.

*Not her real name

**Plans for 2014**

Fatin Hakmatek plans to provide training in Baucau Hospital to 10 more health workers from Eastern Districts Hospitals - Baucau, Los Palos and Viqueque, to become accredited medical forensic examiners. There are plans to build a Fatin Hakmatek in the new Baucau Hospital when construction of the hospital is completed.

Fatin Hakmatek plans to produce a curriculum for a one day training for all health workers to “Recognize and Respond to Non-Accidental Injuries” resulting from domestic violence, sexual assault and child abuse and to pilot this training with at least 3 groups including Marie Stopes International, HAI (Health Alliance International) and Bairo Pite Clinic.

Maria* aged 16 was brought to Fatin Hakmatek by district VPU (police) in early 2013. She had been taken to the police by her neighbour because she had been beaten by her husband.

She had many bruises on her stomach and back and Fatin Hakmatek staff arranged for her to have an X-ray to check for broken ribs. She remained in Fatin Hakmatek for 3 days to receive medical treatment and counselling. Maria’s mother came from the districts and after counselling it was agreed she would return to her own family. Her family agreed to meet with Maria’s husband’s family to agree to the separation. Maria’s husband was charged under the LADV and he was given a suspended sentence for 2 years. Maria has returned to school and is doing well with her studies, she told Fatin Hakmatek staff that she wants to become a psychologist.

* Not her real name
PAMM - The Mental Health Assistance Program

The Mental Health Assistance Program, Programa Assistencia Moras Mental – PAMM provides assessment, follow-up psychosocial support and referral for people experiencing psychosocial disabilities and mental illness. The program also delivers community education on mental health, identifying stress, trauma and mental illness to community members and referral pathways. In 2013 the PAMM program opened a Psychosocial Rehabilitation Centre to provide occupational therapy focused activities to people recovering from mental illness.

The PAMM program currently covers 8 of Timor-Leste’s 13 districts. Since its commencement in 2003 until December 2013, PAMM has provided services to over 1318 individuals who experience mental illness and other psychosocial disabilities.

In 2013 PAMM registered 67 new clients in 8 districts, providing assessment and referral in partnership with Government Mental Health Case Managers. 342 people were visited in their home by PAMM, staff provided basic counselling and family support as well as delivering MSS funded necessities such as food to families that were at most need of practical assistance.

PAMM, is funded to assist in transportation and reintegration of people who have acute mental illness to the Sao Joao de Deus inpatient facility in Laculbar. In 2013 11 people were supported to travel to the 3 month intensive recovery program and return to their communities.

Community Education

In 2013 PAMM provided 4 information and community education workshops aimed at community leaders including family health promoters, women’s and youth groups in Ermera, Manatutu, Bacauc, Bobonaro districts. The objective of these workshops was to promote the referral system and to encourage community members to support people with mental illness and identify people that need support at a community level.

Psychosocial Rehabilitation

PRADET opened a Psychosocial Rehabilitation Centre in October 2013.

The objective of the centre is to assist recovery and reintegration into the community through activities and skills development for people who are recovering from chronic mental illness. Clients participate in the Centre three days a week for at least 3 months.

Activities in the Centre include: Meditation, cooking, table tennis, yoga and exercise, social support (such as basic needs, hygiene), psychiatric consultation and group work from the national hospital’s Psychiatrist, computer activities and social activities.

In 2013, 11 people participated in activities in the centre.

Plans for 2014

PAMM plans to continue to develop its program in 2014 particularly developing staff skills and activities in the Psychosocial Rehabilitation Centre.
**Tau Matan**

The main activity in this program is to support the immediate social and emotional needs of people who have been trafficked both within Timor-Leste and internationally. Support is provided to access medical treatment and other assistance. In 2013 Tau Matan supported 8 people both those who have experienced Human Trafficking and those at risk, including children.

**Community Education**

Tau Matan also provides information to the community including NGOs, students and teachers about human trafficking in Timor-Leste. In 2013 PRADET provided information sessions in 3 districts Suai, Viqueque and Maliana to a total of 190 participants, and also delivered information sessions to the border police organised by UNODC.

**Plans for the future**

In 2014 Tau Matan will be managed through the Fatin Hakmatek program. The program will continue to provide support to victims of trafficking and deliver community education about prevention and identification of human trafficking.

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**PDAJ - Peace and Democracy Assistance for Juvenile Justice**

The Peace and Democracy Assistance for Juvenile Justice (PDAJ) program provides psychosocial support and information to young people in prison, and people in 72 hours detention as well as community workshops on alcohol, drugs and managing emotions with the aim of reducing the impact of violence in the community.

In 2013, due to the closure of East Timor Justice Sector Support Facility, PRADET secured funding from the Asia Foundation, for 6 months for PDAJ to continue in 2014.

In 2013 the PDAJ coordinator travelled to Sudan to exchange experiences between three countries – Timor Leste, Sudan and Macedonia, PDAJ represented women's organisations in Timor Leste.
Activities 2013

The prison program

The objective of the prison activities is to support young people in prison both during and after their sentence. This type of support includes group activities within the prison, individual and group counselling, support for families to visit their children serving a sentence, and reintegration of prisoners when they are released. In 2013 9 families were supported to visit their children.

72-Hour Detention

PDAJJ also offers an assessment and one-off counselling service to people who are arrested and detained in Dili District Police Station for seventy-two hours and then released to the community. In 2013 99 people were assessed and provided with brief counselling in 72 hour detention including 96 men and 3 women.

Alcohol and drugs community education

PDAJJ provides a three day community education program about the use and abuse of Alcohol and Drugs and how to effectively manage emotions. This is co-facilitated with PNTL (Community Police).

I received a visit from PRADET and they told me that my child was in Becora Prison and really wanted to meet me and PRADET were prepared to help me to get transport to Dili, I am a farmer and a widow. I could meet with my child and see the condition in prison and the reality that my child’s condition is good and I saw that he has also changed a little, he is not the same as he was before. He has begun to speak quietly and listen to me. This is really important to me. I can feel that my presence is important again to my son’s development and thinking.

Mother of a young person in prison

In 2013 PRADET finalized follow-up with previous participants in Alcohol and Drug and managing emotions workshops. PRADET asked participants in interviews to identify if they had made any changes, or used any of the information provided in the workshops. Almost all (99%) of respondents said they had used strategies to manage their emotions, and that they had already seen changes to themselves, their family or community after the previous training.

Results of pre- and post- tests and participant interviews showed that 60% of respondents had talked to friends or others about their problems and 19% said they shared information about their health. 9% said they changed their drinking or did not drink too much alcohol in order to manage their emotions and 1% noted they had stopped using violence to solve problems.

18% of respondents had seen a difference in their own management of anger, 2% with their management of sadness and 1% with their family member’s management of anger. 39% have seen a difference in community behaviour (18% drinking, 15% drugs), 1% have seen a difference in their family’s behaviour (drinking).

15% reported reducing their consumption of alcohol and 2% report a reduction or have ceased using drugs.

Personal Development Course

The PRADET Personal Development Course was piloted in 2013 in partnership with Justice Facility. The course aimed to provide participants with information, discussions, skills and techniques that will help them to better resolve conflict in their relationship, to communicate better and to identify emotional signals. Over the course of the training, participants were taught calming strategies, encouraged to consider the key aspects of healthy relationships, and to create practical strategies to improve their day-to-day lives together. Along with practical information sessions on alcohol and drugs, and domestic violence, the course also aimed to provide participants with the opportunity to reflect on, and analyse, gender norms within their own culture.

Many participants subsequently chose to make significant, practical changes in their day-to-day lives. These included making work rosters within the family to share the domestic workload, adopting calming strategies to better control anger, making changes to drinking and smoking habits, changing the ways in which they taught or disciplined their children, and discussing and planning their children’s education with partners. Additionally, the participants stated a wish to present information to the local Suco Council to discuss ways of spreading the positive messages contained within the course.
### Financial Report

#### PRADET TIMOR LOROSA’E

**INCOME STATEMENT**

**FOR THE YEAR ENDED 31ST DECEMBER 2013**

<table>
<thead>
<tr>
<th></th>
<th>2013</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>Revenue</td>
<td>825,321</td>
<td>609,254</td>
</tr>
<tr>
<td>Program costs</td>
<td>(765,090)</td>
<td>539,034</td>
</tr>
<tr>
<td>Other income</td>
<td>4,738</td>
<td></td>
</tr>
<tr>
<td>Administration expenses</td>
<td>42,203</td>
<td>26,047</td>
</tr>
<tr>
<td>Excess of revenue over disbursements</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Surplus (Deficit)</td>
<td>22,766</td>
<td>65,703</td>
</tr>
</tbody>
</table>

### Financial Report

**STATEMENT OF FINANCIAL POSITION AS AT 31ST DECEMBER 2013**

**FOR THE YEAR ENDED 31ST DECEMBER 2013**

<table>
<thead>
<tr>
<th></th>
<th>2013</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ASSETS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CURRENT ASSETS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cash and cash equivalents</td>
<td>121,817</td>
<td>205,291</td>
</tr>
<tr>
<td>Trade and other receivables</td>
<td>78,994</td>
<td>190,983</td>
</tr>
<tr>
<td><strong>TOTAL CURRENT ASSETS</strong></td>
<td>122,025</td>
<td>122,025</td>
</tr>
<tr>
<td><strong>LIABILITIES</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trade and other payables</td>
<td>78,994</td>
<td>190,983</td>
</tr>
<tr>
<td><strong>TOTAL LIABILITIES</strong></td>
<td>78,994</td>
<td>190,983</td>
</tr>
<tr>
<td><strong>NET ASSETS</strong></td>
<td>43,031</td>
<td>20,250</td>
</tr>
<tr>
<td><strong>EQUITY</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Retained Earnings</td>
<td>43,031</td>
<td>20,250</td>
</tr>
<tr>
<td><strong>TOTAL EQUITY</strong></td>
<td>43,031</td>
<td>20,250</td>
</tr>
</tbody>
</table>
We have audited the accompanying financial report of PRADET, which comprises the balance sheet as at 31st December 2013 and the income statement, statement of recognised income and expenditure and cash flow statement for the year ended on that date, a summary of significant accounting policies and other explanatory notes and the directors’ declaration.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

In our opinion, the financial report of PRADET, include:

a. giving a true and fair view of the company’s financial position as at 31st December 2013 and of their performance for the year ended on that date; and

b. comply with East Timorese regulations.

Name of Firm: Houston & Co Pty Limited
Name of Partner: Owen Houston Registered Company Auditor No 4548
Address: : Suite 4 113 Willoughby Road Crows Nest NSW 2065

Dated this 1st day of July 2014
PAMM
Coordinator
Anibal Idalino Loe
Elda J. Cardoso
Elsita Isabel Jose Gusmaõ
Anita De Jesus Menezes
Diana Francisca Ximenes Carvalho
Silvina Dulce Dos Santos
Nogueira Soares
Maria Isabel de Deus

PDAJ
Coordinator
Luiza De Jesus
Julio do Rosario
Lubelia Gorrete dos R. Araujo
Lourenca das Neves
Azevedo da Cruz Amaral
Santa Siqueira

Volunteers
Emily Baron
Dalia M. Das Regras
Kerry Nichols
Kelly Warner

Government Partners

PRADET is thankful for all the support it receives from its partners and donors,
PRADET would like to acknowledge the support of local consultants that support the work of PRADET’s programs, this support comes in the form of advice, training, and strategic planning. Particularly in 2013 PRADET would like to thank the following people for their support.

Cris Caetano, Barney Chittick, Anne Finch, Dr Gaspar, Marito de Araujo, Dr Andrew Mohanraj, Katherine Robertson and Iris Trapman.

Most importantly we would like to thank the people we work with everyday whose courage in the face of multiple challenges inspires PRADET to do the work that we do.

Civil Society Partners and Friends

ALFeLa
FPWO-Uma Mahon Oecusse
ADTL - Disability Association Timor Leste
FTM
ALKODIB
Fundasaun Alola
ASSERT
Holy Spirit Salele
Australian Red Cross
IOM
Ba Futuru
Klibur Domin
Bairo-Pite Clinic
Kongregasaun SSPS

Belun
Marie Stopes International
Caritas Australia
Rede Feto
Casa Vida
RMIT University
Diplomacy Training Program-DTP
Sao Joao de Deus Laclubar
FFSO-Legal Aid
Timor Aid
Fokupers
Uma Mahon Maria Tapo
FONGTIL

Finch, Dr Gaspar, Marito de Araujo, Dr Andrew Mohanraj, Katherine Robertson and Iris Trapman.
Fatin Hakmatek is a national service that offers assistance (including after-hours) for victims of domestic violence, sexual assault and child abuse. All Fatin Hakmatek facilities are open 5 days a week with an after-hours service for emergencies and a 24 hour mobile phone number.

Fatin Hakmatek Dili/National 332 1562 / 7725 4597
Fatin Hakmatek Oecusse/Pantemakassar 7779 9072
Fatin Hakmatek Suai 7800 0907
Fatin Hakmatek Bobonaro/Maliana 7808 8591