



OUR MISSION

The mission of Macheo is to empower and protect vulnerable children and their communities so that they can lead a bright future.



OUR VISION

Our vision is a society where children live happily in a safe, caring and stimulating environment.



OUR PURPOSE

Our purpose is to release restrained potential in children.

Introduction

Macheo Children's Organization has continued to work towards creating a society where children live in a safe, caring environment that equips them with the tools for members of the community to reach their greatest potential. To achieve this, Psychosocial Support (PSS) as an intervention seeks to support vulnerable children and their families who are psychologically affected due to their experiences, heal. Psychosocial support has continued to increase resilience by equipping the referred clients with different coping mechanisms to deal with future stressors. This report gives an overview of Macheo PSS for the period January to December 2021.



How your support transformed Job's life

Job (not his real name) is a 14-year-old boy. He is in class eight. He is an only child in his family. He lives with his paternal grandmother. His parents separated when he was one year old where his mother left him with his father due to frequent battering by her husband who was an irresponsible alcoholic. He could hardly take care of him and started to express intentions of killing Job. His grandmother rescued him. Since then, the boy has been under the care of his grandmother and sometimes visits his father. His father is still an alcoholic and less concerned about his welfare.

He was referred for counseling by the guidance and counseling teacher in their school for looking withdrawn from other pupils, bedwetting, and sometimes having no food to eat during lunch breaks.

During counseling, the counselor identified that the boy was so troubled about his mother's whereabouts. "Why did my mother leave me? What made her leave? Was she dead or alive?" Job asked.

His attempt to find these answers from his father bore no fruits as he would angrily tell him not to talk about it. This continued since he was in class six. He never wanted to share this with his grandmother for he never wanted to burden her further as she works in a quarry to make ends meet. Job started feeling inferior among his peers as he had nothing to say about his mother among his peers. He felt distressed.

The counselor worked with his grandmother and through joint efforts from the Macheo Psychosocial team, and direction from Job's father, we were able to trace his mother about 200 kilometers from where Job resided. Job was happy to finally meet his mother and to know why she had left him with his father. This meeting has enabled Job to frequently reach out to his mother through phone conversations. He is now jovial and currently more comfortable among his peers. There are plans to work on his relationship with his father. Job's grandmother has been referred for economic empowerment by the counselor. The boy has also been enrolled in the Macheo school feeding program where he is getting porridge and lunch everyday. There is great hope for Job. He is now more determined to achieve his goals.

Impact

A team of 4 Macheo counselors worked with individual clients and groups of life skills training. Macheo individual counseling services were offered to 776 clients and 262 group counseling. Most of the clients attained individual counseling goals.

Below is KPI breakdown of some of the client issues addressed.

Parameter	Number of clients
Client is psycho-educated on effects of drugs	10
Client has acquired life skills	217
Client understands sexuality	44
Client relates well with adults and community	39
The client has recovered from trauma	61
Client has increased self esteem	411
Client is able to process grief in a healthy way	75

Issues addressed were mainly were trauma, lack of self-awareness, substance abuse, loss and grief, and unhealthy sexual habits. Through the intervention children and their families also learned knowledge and skills on how best to cope and minimize their physical, psychological, and social consequences and to enhance their emotional, social and physical wellbeing.

Challenges

Children and guardians in need of counseling surpassed the available counselors. This forced the counselors to choose clients with the most urgent issues while others waited since they could not afford the cost of counseling services even if they were referred elsewhere.

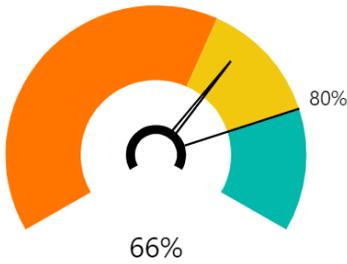
There was an increase in the number of clients with depression ranging from mild, moderate, and severe depression. Severe cases were referred to psychiatrists and later received psychosocial support. The counselors noted an increased number of suicidal clients where a few had attempted while the majority had suicidal ideations.

Going forward, Macheo has enabled access to assessment tools that will enable counselors to test for depression in clients with mild symptoms so as to ensure swift response and prevent deterioration. Macheo counselors also intend to continue working with Thika Level 5 hospital mental health section for clients who need clinical support.



Psycho-social support - Jan-December 2021

Exits within time (n=643)

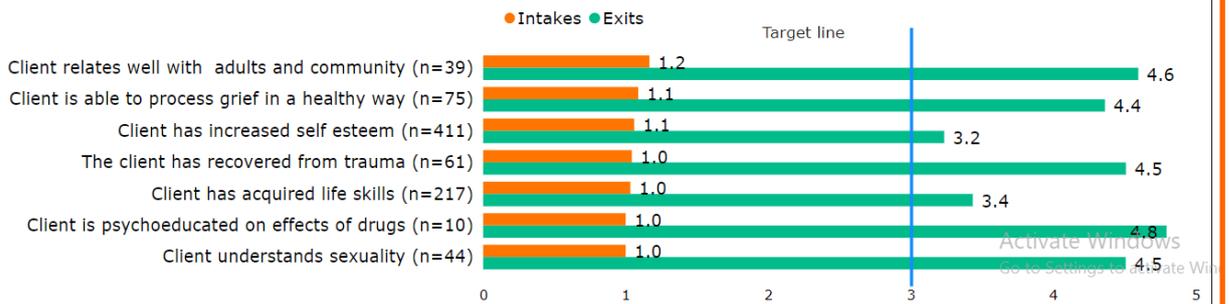


Average days (n=643)



Waiting list
281
Ongoing
133
Total YTD
776
Target YTD
800
Carried forward
157
Actual unit cost
Kshs. 4,606
Target unit cost
Kshs. 5,036

Average KPIs scores (n=643, Indirect child(ren)/caregiver(s)=1065)



Group Sessions Psychosocial Support

Number of children trained Jan-December

● Actual ● Target

