

macheo

January – August 2023  
Individual & Group Counselling





# Individual & Group Counselling

Report for ....

## Introduction

Macheo Children's Organisation recognizes the important role that mental wellness plays in the lives of individuals, it contributes to enabling them to pursue their life goals and navigate the challenges they encounter. With this understanding, we have remained committed to delivering group and individual counselling services to both adults and children.

We aim to extend individual counselling services to 2,000 individual clients and provide group counselling to 1,250 individuals throughout the year 2023. The dedicated counsellors at Macheo have been assisting clients who are facing a wide range of issues, such as drug and substance abuse, matters of sexuality, depression, anxiety, trauma, and various other distressing concerns. This report serves to provide an overview of the progress made in the Macheo mental health support initiative.

## Success

One of our successes is the stakeholders' support. Teachers in schools have welcomed Macheo counsellors into the schools and allowed them to conduct the counselling services within the school counselling rooms or safe spaces where counselling can take place. Different stakeholders including teachers, chiefs, and children's office among others have also been identifying and referring individuals to access counselling services from Macheo counsellors. Additionally, Macheo counsellors managed to provide counselling services to more clients than expected in the period. This was achieved through the strategic engagement of volunteer and attachment counsellors. These counsellors worked with the guidance of our professional counsellors.

## Challenges

We have witnessed slow progress in attaining emotional stability for some of the clients due to continuous stress emanating from financial constraints experienced by our clients. Tight academic schedules sometimes limit the immediate provision of services and this sometimes led to clients emotionally deteriorating.



## One example of the people we help through your support!

Mary (alias) came to know Macheo when she was already a mother of two daughters, aged 14 and 8 years old. She became a mother at the tender age of 14 years. She had to drop out of school to look after her first child. Later she went back to school, went through secondary education, and thereafter went to college to become a teacher in Kindergarten.

Mary came to the attention of our social workers when she was heavily pregnant and due for birth. However, Mary refused to be admitted to the hospital because she was not prepared to raise her unborn child. All along, she was looking to give the child away for adoption after birth but had no knowledge of the proper legal channels for adoption.



She had contemplated aborting the child during the early stages of the pregnancy but was advised by friends to give up the baby for adoption instead. When she found the adoption process slow and unforthcoming, she threatened to commit suicide. This would have left her daughters orphaned and under the mercy of relatives with whom she had no good relations.

Aware of the situation ahead, social workers began tracing Mary's mother. The tracing revealed an ongoing conflict between mother and daughter and therefore the need to resolve it became crucial for the sake of the children. Moreover, if Mary was to be convinced to deliver the baby, she needed a support system. The decision to mediate the conflict proved the right one, for even without help from outside, the mother and daughter showed great effort and desire to want to put the past behind them.

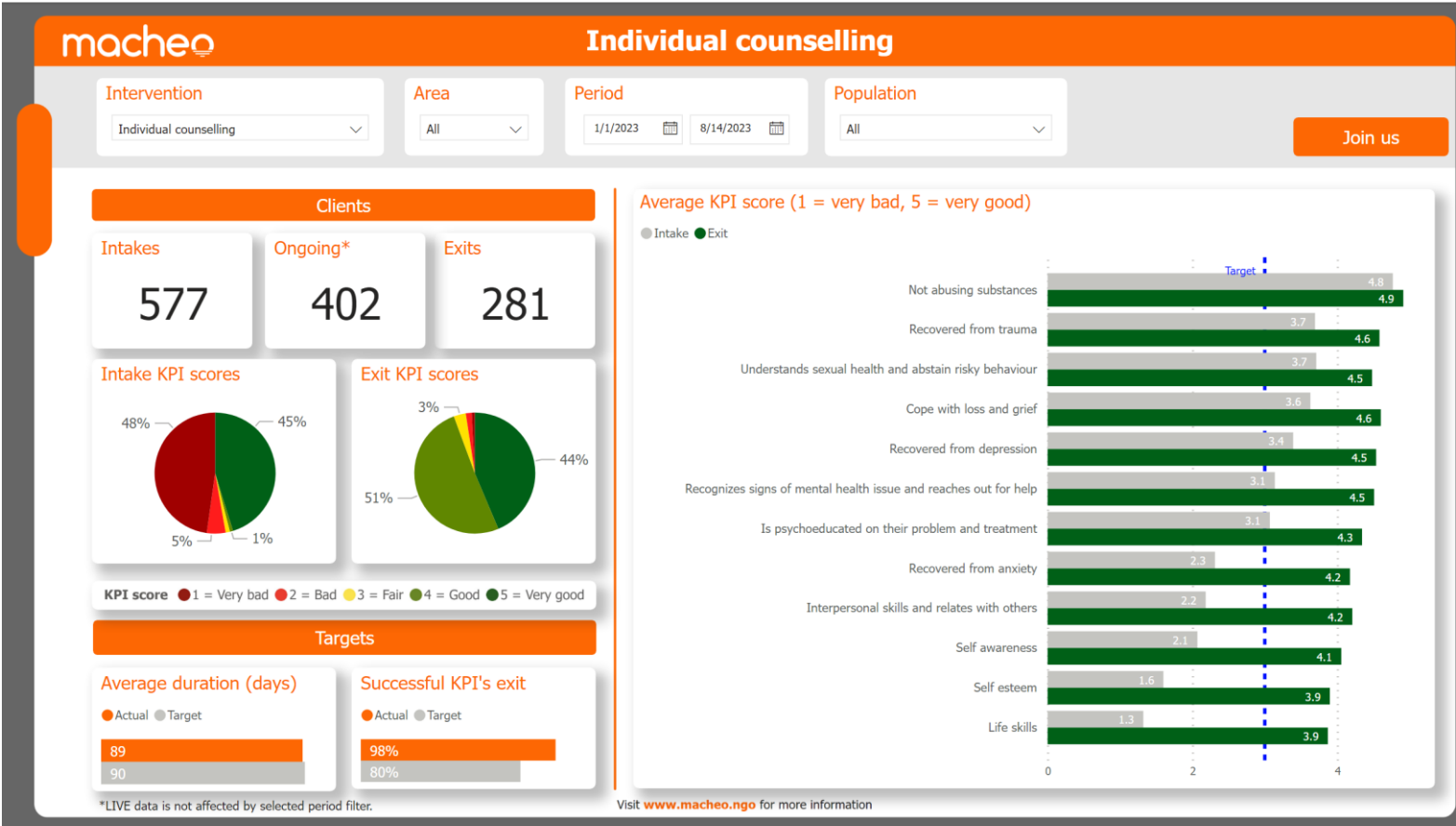
So Mary received all the support she needed, most importantly from her mother. With the help of our counsellors, she went through counselling sessions that helped her become mentally stable through the delivery process and also with the intent of helping her cope when she was about to offer the baby for adoption. Eventually, Mary gave birth to a boy, and upon looking at the baby, she went against her initial plan of giving it away. She decided to keep the baby out of her own accord. Social workers empowered Mary with clothes and a food package for the new born.

Over subsequent follow-ups, Mary and the baby, who is now 6 months old, have shown tremendous development and a promising future. With government health care insurance for mothers, Mary has access to medicine for her and the baby. Mary is in the process of being empowered economically to be able to provide for and take care of her children. We continue to follow up on her progress and that of her children.





# The impact Macheo created



We are happy to share the impact of the mental health support intervention as we have made a lot of positive impact. We observed very encouraging changes with our clients through rating of our Key Performance Indicators (KPIs) throughout the course of working with the clients. Specifically, it is noteworthy that upon initial intake, 48% of clients had a rating of 'bad'; and upon completion of intervention 51% of clients rated a 'good' rating, and an additional 44% achieved a 'very good' rating. These results show how the work of Macheo's counselling team has contributed to the positive growth and transformation of the people we help.

Furthermore, 683 clients accessed our individual counselling services, a figure that surpasses our initial estimations.

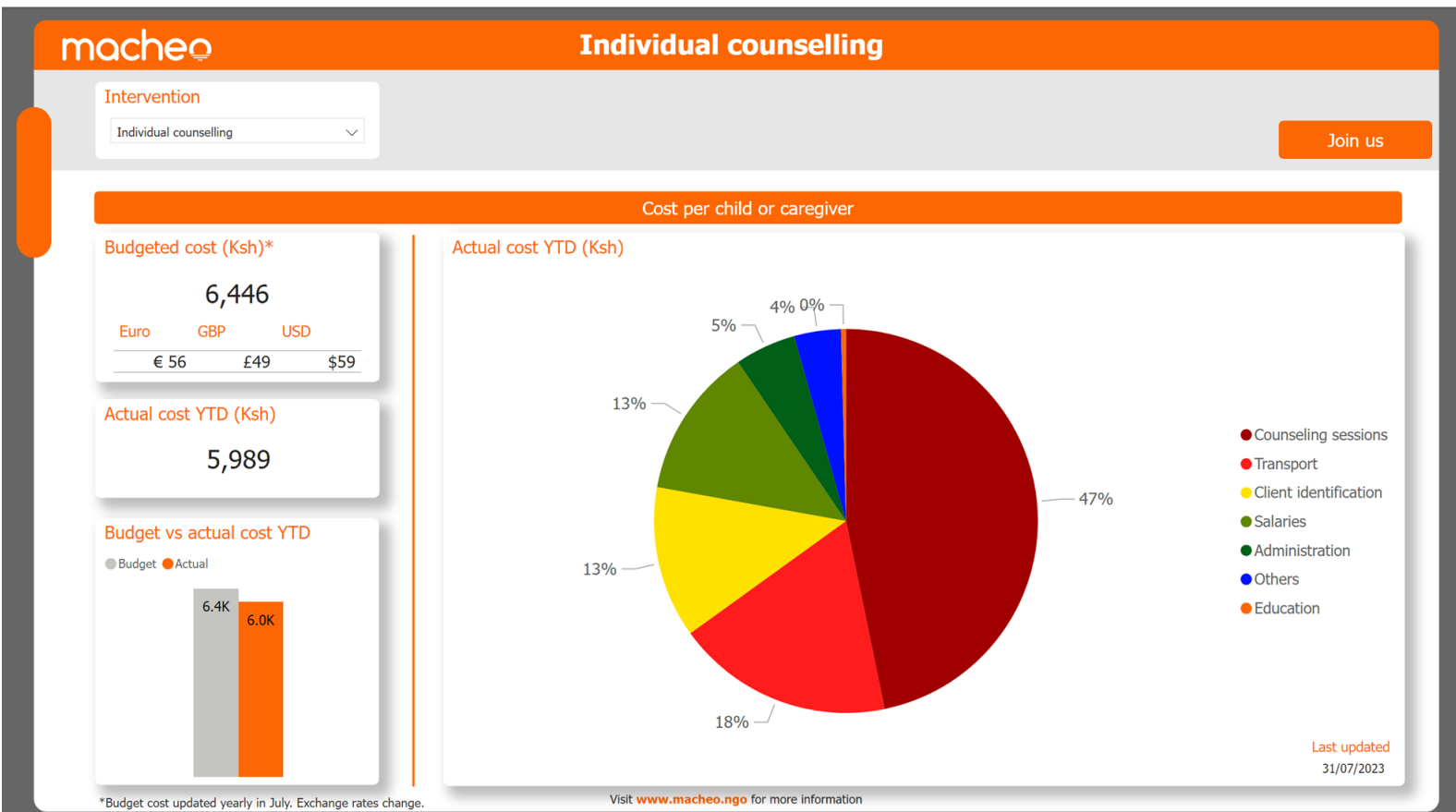
Applying suitable approaches counselors addressed a spectrum of concerns which included drug abuse, trauma, high-risk sexual behaviors, depression, coping with loss and grief, anxiety management, fostering healthy relationships, cultivating self-awareness, strengthening self-esteem, and cultivating essential life skills.



## Financials about Individual counselling

It is noteworthy that the increased costs attributed to counsellor transportation did not impede our adherence to the stipulated budgetary framework. This was achieved through strategically harnessing the expertise of volunteer and attachment counsellors.

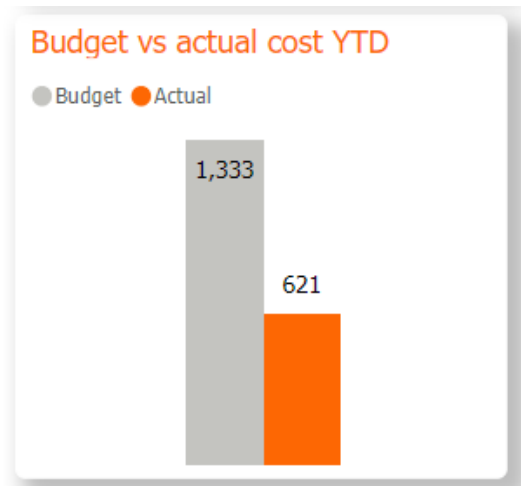
Predominantly, a substantive proportion of our expenditures was on counselling sessions costs. Furthermore, transport-related expenses were of significance, a fact necessitating astute management to ensure their alignment within the predefined fiscal parameters. Lastly, the identification as an onset to successful intervention, necessitated a substantive allocation of resources.





## Financials about Group counselling

As mentioned earlier in this report, the engagement of volunteer and attachment counsellors enabled Macheo to help more clients than it was anticipated. Despite high costs of transport, the increase of staff capacity enabled more group counselling at low cost as displayed below.



## Your specific contribution

The exchange rate was ... Kenyan Shilling (Ksh) per euro. This means that your donation of ... euro (received in January, February and March) became .... Kenyan Shilling. Given the actual unit cost of 5.989 KSh this means your donation will probably make it possible to help ... **clients** in the year of 2023.

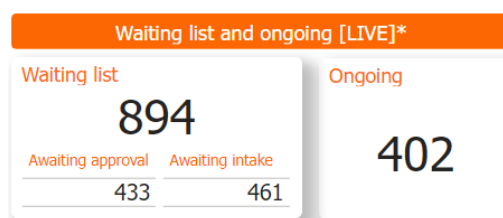
The specific impact you have made with your contribution is based on averages, if you want to get more details about your exact donation, please reach out to [finance@macheo.org](mailto:finance@macheo.org).

## The waiting list for individual counselling

There has been a growing waiting list, which could indicate a growing need for counselling services within our area of operation.

Despite the proactive engagement of volunteer and attachment counsellors, the persistently growing demand continues to surpass our existing staff capacity.

We will continue searching for ways to achieve most impact from the resources we have.





## Contact details

We have tried to be as comprehensive as possible, if you nevertheless have any questions about this report, or about Macheo's work in general, please reach out to us.

You can always reach Macheo via e-mail ([marnix@macheo.org](mailto:marnix@macheo.org)) or via phone/WhatsApp (+254723580717).

## Thank you!

We thank you sincerely for your support to Macheo, which enables us to help more people. It is only because of your support that we are able to continue helping people who need our assistance.

Thank you very much!

