

humanitycrew



Annual Report 2019

January - December





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## MISSION

Humanity Crew's mission is to deliver mental health support to refugees and displaced populations globally.

## IMPACT 2019

**1,600**

Refugees received MHPSS

**6,480**

Hours of mental health support

**76**

Trainings & workshops

**3,195**

Trained Aid Workers

## OVERVIEW

**Humanity Crew** is an international aid organization specializing in the provision of first response mental health interventions and psychological aid to refugees and people in crisis. Humanity Crew works to deploy mental health and psychosocial support to displaced populations in order to improve their mental health and wellbeing, to restore order in their lives, and to prevent further psychological escalation. Humanity Crew seeks to create a world in which mental health support is a fundamental component in all emergency efforts for victims of humanitarian crises.

For another year we have seen mental health side-lined in the field of humanitarian aid, and especially in the refugee crisis in Europe. Even though there is partial new recognition and relatively more programming dedicated to mental health, there still remains a serious lack of understanding in regards to integrating mental health as a fundamental component of all emergency relief within all host countries and NGOs working in the humanitarian aid space. **Our fourth active year** was bigger than ever! Our progress and expansion has been recognized through the acknowledgment of King Philip's Princess Girona Award, the showcasing of one of our projects in the Paris Fashion Week, the participation at the Skoll World Forum on Social Entrepreneurship in Oxford, England, a number of new research reports, and two new funds, amongst other accomplishments.

We still believe there is **no health without mental health**, and our collective focus must include mental health being on a professional and organized scale within humanitarian aid.

To read more about the refugee situation in Europe, please click [here](#).





## OUR FIELDWORK

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During 2019 we worked tirelessly with our partners in Greece and around the world, providing countless mental health related services, including community-based activities, and individual sessions for refugees, as well

as training programs for volunteers and aid workers. We made sure to tailor all our activities to the needs and uniqueness of the beneficiaries, refugees and fellow organizations. Our programs are listed below.

## PROGRAMS AND PARTNERS

### Anti-Bullying Project

Refugees in general, and refugee children and youth in particular, deal with discrimination and bullying

almost every day in all aspects of their life, and from the very first day of arriving to a new country. This year we launched our Anti-Bullying Project to combat issues within the educational system in order to eliminate bullying and reduce the mental health damage the refugees face on a daily basis.

Research has shown that bullied groups are far more likely than average to experience a stressful or traumatic situation. Discrimination and bullying can make refugees feel isolated, fearful, lonely, powerless, and reduce their confidence, which may lead to depression and self-harm/suicidal behavior. It affects refugees emotionally and mentally and keeps them from reaching their full potential and achieving a healthy integrative process. This, in return, is not healthy for the host societies and therefore for the host countries.

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Bullying must be tackled from the ground up in order to achieve a healthier, less violent, and more welcoming society. Our solution to combat these issues is by:

- Developing bullying prevention programs for schools and educate teachers and counselors about bullying directed at refugees.
- Creating mentorship programs that partner local and refugee students.
- Teaching refugee parents about bullying and showing them how they can support their children.
- Cultural orientation activities/ classes in refugee camps that teach local Western culture.
- Media campaigns that promote anti-discrimination and anti-bullying rhetoric.

This year started by comprising the steering committee and by

presenting workshops on anti-bullying in various partner locations. We have also approached the Ministry of Education and various public schools and have accumulated many recommendations in regards to better implement our goals in the upcoming remaining years of the program.

### **CABUWAZI**

CABUWAZI is committed to a dedicated, tolerant Berlin youth and works actively in the prevention of violence and addiction and sees itself as a place for social integration, cultural education and individual health promotion. Our team was invited to provide special training for the youth circus organization where we trained 12 teachers for a new project, where they will be working alongside young people that have gone through traumatic events. CABUWAZI believes that high wire

walking can help deal with, and possibly overcome, traumatic events and wanted us to provide training on trauma and traumatic stress. Our training with them covered trauma definitions, trauma and stressor-related disorders, effects of trauma, management and resilience.

### **Echo Library**

Echo Library, a mobile library project launched in October 2016, provides access to learning resources to teenage and adult refugees living in and around the Athens region. In March, HC collected, organized and shipped eight large boxes to Athens and donated to Echo Refugee Library hundreds of books in Arabic to add to their library. The books varied from novels to children's literature and encyclopedias. The joint project aimed to encourage reading and raise awareness of the importance of education as the first step to freedom.

### **Safe Place International**

SFI is a community center specifically tailored for the LGBTQ refugee community in the center of Athens. They provide language and online courses, clothes, diapers and formula donations, toys for families with young children, free haircuts, internet and phone charging, hot lunches and vocational training and a host of other services for the refugee population. We have provided training on refugees and traumatic stress, as well as self care for the staff of the center before its opening and have been providing community based activities.

### **Hestia Hellas**

HH is a community center that addresses the growing need for mental health services, psychosocial support, life skills training, integration-focused services, and



services for children with special needs. We have offered community based activities specialized for children, individual sessions and a focus group, as well as training on Psychological first aid for the staff.

### **Mosaico House**

Mosaico House is a shelter for vulnerable single women and children with a mission to help provide a safe space for refugees to live, learn, grow and be empowered. We have offered community based activities specialized for children run by our qualified and long-term volunteers, psycho-educational activities, dyadic focus groups, mothers' focus group, young women's focus group, and children's focus group, alongside various individual sessions. We have also provided the staff with training on refugees and traumatic stress.

### **Welcommon**

Welcommon is a seven-floor facility building in the center of Athens that offers accommodation for people of all ages and places, a hostel for sustainable tourism, a proposal for accommodation of social, cultural and environmental active persons during their stay in Athens. Previously a shelter for almost 400 vulnerable cases, it is now more than just a hostel with social impact. It serves as a community center and is an experiment of innovation and art, as well as a centre for social and job integration for Greek locals, migrants and refugees. We have long been partners of Welcommon, as they were the center where we piloted our programs in the beginning of our move to Athens. We have offered community based activities, festivity planning, volunteer debriefings, staff training, individual sessions, and focus groups.

### **Velos Youth**

Velos is a day-center that provides a safer space and a youth service for displaced and disenfranchised young people (aged 16-21). The community center operates as a community-minded, grassroots layer of attention to vulnerable youth, and facilitates access to state-run and other established services including protection, asylum, accommodation and education. We have provided a young men's focus group in Velos, held individual sessions, and have previously provided training for their staff and beneficiaries. We have also provided Self Care training to the staff.

### **Greek Forum of Refugees**

The GFR's aim is to create a panhellenic network of individuals, legal professionals and communities, working to support asylum seekers, political refugees and stateless

persons, as well as any other person who may meet the criteria set by the Convention of Geneva and the protocols attached to it, or the Greek framework for the protection.

### **ACSAR Foundation**

Within the framework of the UNINTEGRA European project, the ACSAR Foundation organizes missions of socio-educational support and emotional recovery aimed at refugees in Greece, in partnership with NGOs and Greek local entities. The missions are made by teams formed up of participants from different disciplines and training experiences, with their main objective being to directly support the refugees in their daily lives. As partners of the UNINTEGRA project we were responsible to provide training for their staff and volunteers who are based in Athens.





## OUR VOLUNTEERS

In 2019, our volunteer training program was a continued success. Run by a team of mental health professionals, we led 3 open-for-all training covering 20 hours of material each. The trainings offered background information about the locations we work in, the current refugee situation, intensive Psychological First Aid (PFA), resilience tools, appropriate recreational activities, psycho-educational activities, intervention tools, EMDR elements, cultural mediation tools, scenario simulations, focus group activation, and the code of conduct of volunteering.

During 2019 we have completed 10 long-term missions in Europe with over 20 qualified volunteers supporting our mental health professional team in the field. Our coordinators, working alongside our volunteers, tailor programs for the populations we work with by using the volunteers' skill sets, passions, hobbies, careers, or education. The volunteers then have a tailored program which caters to their interest, but is also written to be applied professionally in the field. In addition, our volunteers assist us locally where we often hold events, training, lectures, workshops, and



exhibitions for the local community to raise awareness.

Among the programs provided by our volunteers were: Poetry, story telling, movie making, mindfulness, Yoga, meditation, fitness, medical consultancy, health care, cooking, language lessons.

## Ayman Nahas

Actor and comedian Ayman Nahas held four shadow-theatre workshops in different community centers and shelters in Athens, Greece, as a volunteer with Humanity Crew. 46 Children created their own shadow puppets and told their stories. The aim of these workshops was to raise awareness on bullying as part of our anti-bullying project.





# **EXPERT TRAININGS AND WORKSHOPS**

Part of our 2019 activities and efforts of raising awareness have been aimed at other NGOs' staff, service providers, volunteers, and mental health professionals in the field. Our mental health experts implemented educational workshops and

informative training in mental health related issues, as well as cultural mediated tips on working with Syrian, Iraqi and other Arabic speaking people. **In 2019 we have completed over 35 training and workshops in the UK, Greece, Turkey, Belgium,**

**and Italy,** including training tailored specifically for institutions like the Red Cross, National and Kapodistrian University of Athens, CABUWAZI circus, and Campfire Innovation. Our training topics include, but are not limited to:

- 1. Cultural Aspects in Death, Grief, and Bereavement:** Understanding the role of cultural background on the recovery process.
- 2. Posttraumatic Stress Disorder and Traumatic Grief:** Prevention, detection and early intervention.
- 3. Children and Traumatic Stress:** Providing the tools service providers need to bond with children, and important approaches to decrease their anxiety and calm their behaviors.
- 4. Exposure Therapy Basic Training:** Exposure therapy based treatment for trauma, basic elements, and understanding.
- 5. Case Studies, Dilemmas and Conflicts in Working with Refugees:** Discussion of case studies, dilemmas and conflicts and what we can learn from them.



**6. EMDR Basic Training:** Eye Movement Desensitization and Reprocessing (EMDR) therapy, basic elements for trauma interventions.

**7. Anxiety, Hysteria, and Panic Attacks:** Steps for the appropriate reaction and intervention.

**8. Sexual Harassment Training Workshop:** Integrating theories and exploring treatment and intervention options.

**9. Building a Functioning Heterogeneous Community:** The role of cultural factors: How to work through them and not against them towards a functioning heterogeneous community.

**10. Trauma and the Disorganized Attachment in Refugee Children:** Integrating theories and exploring options of intervention.

**11. Psychological First Aid (PFA):** How to provide PFA to people in crisis.

**12. Skills for Psychological Recovery (SPR):** How to help the survivors afterwards gain skills for SPR in order to manage distress and cope with post-disaster stress and adversity.

**13. Strengthening Personal Resilience:** Placing the personal resilience of service providers and refugees in the context of the humanitarian crisis and exploring the influences, techniques and approaches that help individuals develop and sustain personal control and resilience.

**14. Suicide and Self Harm Intervention and Prevention Training:** Training designed to help service providers to recognize, review risks and intervene to prevent the immediate risk of suicide and self-harm.

**15. Empowering Workshop for Women Refugees:** Empowerment group for refugee women and creating support frameworks.

**16. Sensitivity Training for Women Focused Care-Service Providers:** How to achieve a better understanding of the context of violence against women in Arab/Middle Eastern societies and the conflicts, social characteristics, and values that need to be respected while working with them.

**17. Interpreters in Mental Health:** Preserving the therapeutic setting, avoiding pathological, and symbiotic relations, building self-resilience, detection of vulnerable cases and better understanding of the triangular relationship between the therapist, interpreter, and beneficiary.

**18. Mental Health Lifeguards:** Training lifeguards and first responders in issues related to mental health first aid in the sea and mental health emergency response.



## RAISING AWARENESS

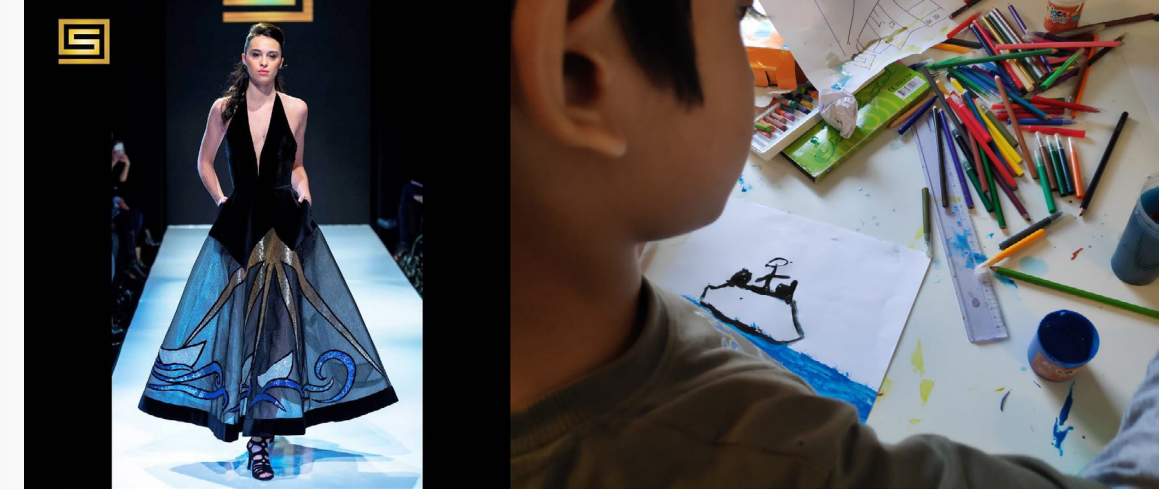
The Humanity Crew team has been active in raising awareness worldwide in regards to the current mental health status of refugees and the importance of mental health in that context. In 2019, we held over 30 talks in conferences, forums, universities, schools, embassies, and private NGOs on the importance of mental health aid for refugees. Some of the initiatives that we took part in in 2019 include Paris Fashion Week in France, Skoll World Forum in the United Kingdom, PICUM in Belgium, and the Attachment and Trauma Congress in Italy.



### **LINEs OF LIFE** | PARIS FASHION WEEK

“Lines of Life” is a collaborative project by the Middle East Fashion Runway winner, Saher Okal, and Humanity Crew. The collaborative project is based on Saher’s field mission with HC as reported on in 2018, where he used his skills as a fashion designer to teach women in various partner organizations on how to better produce products and the best ways to take advantage of their skills. During Saher’s mission, he also worked with children and drew inspiration from their strengths and drawings.

Saher’s entire collection of “Lines of Life” was inspired by his mission with Humanity Crew in Athens. It depicts the journey of the children and what they have witnessed and felt along the way; from fear and the pain of



losing their homes and homeland, through the challenges of land, sea, and people, and eventually to their heroic ability and determination to keeping their unfaltering hope and rebuilding their lives. Saher’s dress designs, influenced by the children’s drawings, were picked and showcased in the renowned Paris Fashion Week.

In recognition of Saher’s work, Paris Fashion Week invited Humanity Crew and Saher to present their collaboration in January. We addressed our mission and the

inspirational dresses, as well as the refugee’s hopes and dreams through incredible designs. It was unique to see an NGO and a renowned fashion designer collaborate on an international level to raise awareness of the mental health of refugees.



## THE AMERICAN ART THERAPY ASSOCIATION

The American Art Therapy Association's 50th Annual Conference was held from October 30th to November 3rd in Kansas City, Missouri. This conference hosted seasoned Art Therapists who shared their local and global experience as well as expertise. Dr. Essam A. Daod was the keynote speaker at this conference and he participated in a Master Class Panel called "Art Therapy with Refugee and Migrant Populations". Read more about the American Art Therapy Association [here](#).



## ISC INTERNATIONAL CONFERENCE

In May, our mental health director, Dr. Essam Daod was a main speaker at the ISC International organized conference, "Attachment and Trauma Congress: Dissociation and Integration of the Personality" which took place in Rome, Italy. ISC was founded in 2005 and aims to offer highly qualified training services in the fields of psychotherapy and neuroscience. Their goal is to meet therapists' need to constantly update their knowledge of the most advanced and efficient therapies from a scientific point of view. Their

first conference took place in 2014, and has been an annual prestigious event ever since. This year's conference was attended by 1,200 participants coming from 36 different countries around the world.

Dr. Daod's talk during this year's conference was titled "From Isolation to Integration: The Journey of the Refugees' Psyche", and acknowledged a new paradigm that illustrates the journey of the refugees' psyche. The talk was inspired by our large body of data collected by our trained mental health professionals and volunteers at refugee camps and the shores of Greece over the span of three years, which presents four psychological mental stages. These stages describe the refugees' psychological state at each step of their journey, and subsequently, the way they

should be approached by mental health workers in the field.

## THE MINERVA CENTER FOR THE RULE OF LAW UNDER EXTREME CONDITIONS

As part of our effort to raise awareness about refugees' mental health, Ms. Shadia Sbait, Humanity Crew's strategy and development advisor participated in a round table discussion: "Standardization, regulation, and liability of relief actors" hosted by the University of Haifa alongside members from the "Eco I Encounter Study Institute" and the "EMT Initiative".

## SKOLL WORLD FORUM

The Skoll Foundation drives large-scale change by investing in, connecting, and celebrating social entrepreneurs and innovators who help them solve the world's most pressing problems.



In April, our mental health director, Dr. Essam Daod, was invited as a guest speaker in a session titled 'Preventing a Lost Generation: Education and Opportunity for Refugee Youth' at the 16th annual Skoll World Forum on Social Entrepreneurship, in Oxford, England. Each year, the world's most influential social entrepreneurs, key thought leaders, and strategic partners gather at the University of Oxford's Saïd Business School to exchange ideas and activate solutions to global challenges. At this invitational event, 1,200 delegates from 65 countries gather in Oxford in a collaborative pursuit of learning, leverage, and large-scale social change.

### PRINCESS OF GIRONA AWARD


Our CEO, Maria Jammal, was incredibly awarded the Princess of



Girona Foundation International Award. This award, given by the Spanish Royal Foundation for their ten-year anniversary, was the first of its kind and is granted to an international young activist in tribute to their work. The letter announcing the award was personally handed to Ms. Jammal in Humanity Crew's headquarters in Haifa, by Mr. Ambassador Gomez-Acebo and the consul general Mr. Wadie Abu Nassar. His Majesty King Felipe VI, the King of Spain, stated in the personal note:

*"The jury has particularly valued your outstanding work as the co-founder and CEO of an organization that both highlights and creates*

*solutions for the mental health problems suffered by refugees, helping to develop numerous initiatives to address the trauma suffered by those forced to flee their homes with their families."*

 Watch Maria's acceptance speech at the ceremony [here](#)

### PICUM

PICUM, the Platform for International Cooperation on Undocumented Migrants, is a network of organizations working to ensure social justice and human rights for undocumented migrants. In the first half of 2019, Humanity Crew took part once again in PICUM's General Assembly in Brussels which had around 100 representatives of over 160 member organizations.

### PHOTOGRAPHERS WITHOUT BORDERS

Photographers Without Borders (PWB) approached Humanity Crew in order to provide a photographer volunteer to accompany and document Humanity Crew's work in the field. In 2019, our collaborative mission took place and their volunteer accompanied our field team through various activities with different partners in Athens, Greece, producing a body of work that is equally beautiful, sad, and uplifting with the goal to raise awareness to our work and the mental health catastrophe we are witnessing.

PWB's mission is to make storytelling more accessible for communities around the world who are contributing to the 17 UN Sustainable Development Goals and UNDRIP.





## ISTANBUL MENTAL HEALTH CONFERENCE

Many respected names in the mental health field from Palestine gathered in Istanbul for a five day conference around mental health titled "Body, Mind and Society Forum II". As part of our advocacy efforts and training programs, our team participated in the forum and presented our own

practices and knowledge from the field. The team also presented a workshop on mindfulness, providing information on what mindfulness is, how it developed in the mental health field, and how we can use it to provide mental health aid in the refugee context.

## BRUSSELS EUROPEAN PARLIAMENT

Our team attended the third Conference of the European Parliament in Brussels, co-chaired by the European Union and the United Nations on Supporting the future of Syria and the region. Dr. Daod advocated for the importance of mental health support for refugees and displaced populations. 57 countries and more than 20 international organisations and UN agencies came together to participate in the international conference.

## 2<sup>nd</sup> INTERNATIONAL CONFERENCE BY THE NATIONAL AND KAPODISTRIAN UNIVERSITY OF ATHENS

On April 19, 2019 Dr. Essam A. Daod spoke about the "School as a model of normality: An essential vehicle for creating normality in the children's community and reactivating parenthood" in the 2nd international conference on

"Economic Integration of Refugees in Greece".

This event was aimed at sharing good practices regarding education and employability in order to support the economic integration of refugees in Greece.

## TEDSummit 2019

The TED fellowship celebrated their 10 year anniversary during their TEDSummit 2019 in Edinburgh, Scotland. Dr. Essam Daod joined the members of the worldwide TED community of 472 TED Fellows, 50,000 TEDxers, 34,000 TED translators and 5000 TED speakers from over 84 countries have gathered in Edinburgh to dream up a bigger community to change the world.

## YELLOW DAYS FESTIVAL

The Yellow Days Festival aims to approach the humanitarian crisis through culture by using food, art, music and environmental awareness as tools to connect and heal.





On September 27th, our staff members and field volunteers gathered around for a weekend full of cultural activities and fun including music, dancing, food, and arts and crafts. Everyone at the festival shared the same goal: to raise awareness for humanitarian crises.

### RUN THE WORLD FOR MENTAL HEALTH VIRTUAL 5K

Humanity Crew joined the first worldwide virtual 5K run for mental health!

This incredible event was in partnership with the [AB Korkor Foundation for Mental Health](#) with



the aim to bring closer attention to the importance of mental health on World Mental Health Day on October 10th.

Humanity Crew joined the run alongside inspirational speaker Ashraf Kortam in Haifa, and Safe Place International in Athens.



More on the event [here](#).  
Watch the video [here](#).

## OUR SECOND INTERNATIONAL CONFERENCE

Humanity Crew organized its second international conference in November of 2019 in Athens, Greece entitled “Refugees and mental health: the Role of Culture in the Journey to Resilience and Healing”.

The conference, which took place over the course of two days, was a huge success. The 151 attendees included activists, psychologists, academics, volunteers, social workers, and mental health experts from all over the world. The workshops given at the conference: Culture and resilience; the resilience of culture:

- The refugee experience from a psychosocial perspective
- Refugee women’s reproductive health challenges
- Working with resilience: Intercultural resources and challenges
- Recapturing cultural identity, Care for the caretakers
- Mindfulness in times of crisis
- Safe and sound
- Culturally-sensitive trauma-informed care
- Prevention of secondary traumatization
- Creative music Process
- The role of culture in the refugee’s mental health services
- The muscle-brain connection as a source of emotional empowerment
- Uncertain trajectories: support for unaccompanied refugee and migrant children.

The conference also included a screening of the short film “One day in Aleppo” by Oscar-nominated director Ali Ibrahim, who was also present at the conference and held a discussion after the screening.

Watch the video of the conference [here](#).



# RESEARCH

In addition to our field work and expert training and workshops, our research department conducts and leads several field and clinical researches, and publishes reports in academic journals, international conferences, and the media about our findings. We aim to produce more knowledge for ourselves and for other organizations in the field of the mental health of refugees, stressing the role of culture and language in the psychosocial support process.

## CORNELL UNIVERSITY

Through our ongoing partnership with Cornell University, Humanity Crew cooperates with students as part of their studies during their MPA and Capstone project at the Cornell Institute of Public Affairs. HC has already been chosen by four different groups in the past, and in

2019 they delivered an additional report addressing the mental health of refugee interpreters working in Greece. The study aimed to examine the relationship between being a refugee with possible trauma exposure and being the interpreter of the traumatic experiences of other refugees in mental health settings.

The approach and findings were especially helpful for us as our job often requires refugees themselves to act as interpreters of other refugees and aid workers, or psychiatrists that do not speak their language. At a glance, it seems logical that an interpreter who experienced the same trauma as the person they are interpreting on behalf of can not only translate words, but also convey the hidden intonations and message behind it. However, by doing so,

the interpreter has to relive the trauma multiple times as they are doing their job. Therefore, a close examination of the consequences in these settings will serve extremely helpful for us in our future fieldwork.

During the second half of 2019, another capstone team by CIPA has been formed to collaborate with Humanity Crew once again. This most recent project tackled the topic of looking into educational infrastructures in crisis zone settings. During most of our fieldwork in the past, our expert team realized the extreme lack of educational resources in refugee camps or ad-hoc shelters. In these emergency settings, it is difficult for children to receive adequate education of any sort, despite the fact that over half of the entire refugee population is under the age of 18. This brought

our attention to the importance and need for proper educational infrastructure in these crisis zones, and the CIPA capstone team will be providing us with a full report that scrutinizes existing infrastructure and possible recommendations through an extensive literature review, case studies, interviews, and fieldwork.

If you are an institution or a higher education department that hopes to form a similar research collaboration or an internship program with Humanity Crew, please do not hesitate to contact us at [media@humanitycrew.org](mailto:media@humanitycrew.org).



## ONLINE CLINIC

In 2019 we launched our pilot for our Online Clinic project. Our Online Clinic is a network of mental health professionals who provide online support for displaced populations around the world through the web (Tele-Therapy). It was designed for vulnerable cases that are out of reach to us from a geographical point of view, and who are in need of continuous MHPSS support.

Through our clinic, we are able to reach people who are suffering and do not have access to mental health support, whether it is due to the lack of mental health professionals in the field, language barriers, or geopolitical restrictions. Moreover, the importance

of continuity in therapy is a fundamental component in psychosocial support, and it is a way for us to continue our support for vulnerable cases that have been relocated. The remote work we do through our clinic enables more professionals who cannot volunteer on the ground and are from different geographical locations and speak different languages to provide intercultural support without any boundaries.

In January we hosted our last training session for the Online Clinic volunteer mental health experts, and started disseminating the project through coordination meetings and our partners.



## FUNDING

In 2019, Humanity Crew has been supported by these generous foundations:

### Kathryn McQuade Foundation:

Established in 2013, by Kathryn B. McQuadem the foundation strives to make sustainable improvements in women and children's rights, education and welfare.

### Woods and Gil Family Foundation:

Established in 2017, the WGFF is a private foundation that makes grants in four key areas: human rights, education, arts and culture, and human services. The Foundation's focus is on improving the lives of children, families, and communities.

**Kahane Foundation:** The Foundation was established in 1991 by the late Karl Kahane as an independent, privately funded, non-political and non-religious charitable foundation and it aims to help people create a dignified and peaceful living environment for themselves and their neighbours.

### The Global Whole Being Fund:

Established in 2016, the GWBF explores holistic ways to embrace human dignity, generosity, and kindness by awarding grants through RSF Social Finance in San Francisco, California.

**Adel B. Korkor, M.D. Foundation:** With an aim to help make the world a better place for those suffering from mental illness, Adel's foundation focuses on mental health issues and generously supports mental health care services in underserved areas, provides scholarship grants to support mental health certificate programs at university level, and supports local and national mental health care advocacy organizations, amongst many other initiatives of this spirit.


*We thank all our supporters and individual donors for allowing us to implement our work and for their continued belief in our mission!*

# MEDIA

In the year 2019, Humanity Crew has put in serious effort in order to maximize our presence in various media channels both domestically, and internationally. Our fieldwork, including workshops, conferences, training, visits to crisis zones for emergency relief, as well as trips abroad for awards and lectures, have been featured and continuously published online through our own social media outlets, in order to increase publicity and build a solid brand. Being active on social media and interacting with a global audience has been crucial to exposing our name to the world. As a result, we are now being more proactively sought, not only on social media, but also by more traditional media such as a television news channel or a magazine.


## IN THE NEWS

Humanity Crew continues to receive media attention for its accomplishments. In 2019, we have been featured in over 70 news stories and articles in eight different languages including English, Spanish, French, Arabic, Hebrew, Chinese, Greek, and German. Amongst the news stories are videos that were produced by prominent film companies to highlight our efforts to save refugees from trauma.

 Click [here](#) to watch Dr. Essam Daod featured in the video by Freethink.

A majority of the second half of 2019 for Humanity Crew's prominence in the media can be dedicated to Maria Jammal. Maria being awarded the first-ever international award by the Princess of Girona Foundation

has allowed us to share our mission widely and clearly to the world. Almost two-thirds of the media coverage received was a homage or dedication to Maria Jammal for winning the FPdGi Award, and the impact was incredible. Everything from Maria's interview in Spain, pre-ceremony video about her work and her empowering speech has been extensively covered nation-wide in Spanish, translated into multiple different languages and spread on a global level, giving us the opportunity to become familiar with our potential audience.

 Click [here](#) to watch the pre-ceremony video about Maria Jammal and how she was awarded the FPdGi 2019 International Award.

Among our media successes in 2019, we have had the opportunity to speak on a national radio station in the United States. Dr. Essam Daod was invited by the courtesy of Wisconsin Public Radio (WPR) to record a podcast on the show "To the Best of Our Knowledge" with Steve Paulson. TTBOOK, offering a deep and meaningful conversation space with influencers from a variety of fields, allowed Dr. Daod to share stories about himself, Humanity Crew, and all things relevant. The podcast will be heard from over 200 radio stations across the United States. Stay tuned for the published podcast.



## SOCIAL MEDIA

As mentioned before, Humanity Crew has been putting all hands on deck to raise more international awareness, and social media has been our main and largest platform to doing so. Along with raising awareness, social media has been our most crucial tool to acknowledging success, communicating important information to the public, and campaigning for projects. Our Facebook page has over 20K likes, and our Instagram account has accumulated over 3K followers. This year, we also focused more on showing the public that we are working restlessly to bring mental health aid to the forefront of refugee emergency relief. This was done through highlighting our professional field volunteers' hard work, participating in various

international human rights and mental health awareness campaigns and charity events, and showcasing our activities in the field with our international community of supporters.

## NEWSLETTERS

Humanity Crew distributes newsletters to our friends, supporters, donors and the interested public to connect with them on a personal level, and to build a sense of community. Our newsletter is sent out via email once every 3 months on a regular basis, and on an ad hoc basis if there is a special occasion or news that we would like to share with our community. The newsletter consists of updates from the headquarters or the field, photos or videos of our activities, and upcoming events. We recently started to include a section

that is called "Meet our Team". When the Humanity Crew's team is traveling to a certain destination for a conference, lecture or event, we let our community know so they can contact us if they want to have a personal meet-up, or host any of our crew members for an event. In 2019, we have published five seasonal newsletters and a special occasion one.



More on Humanity Crew in the media may be found on our [website](#).

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[www.humanitycrew.org](http://www.humanitycrew.org)

