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MISSION

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

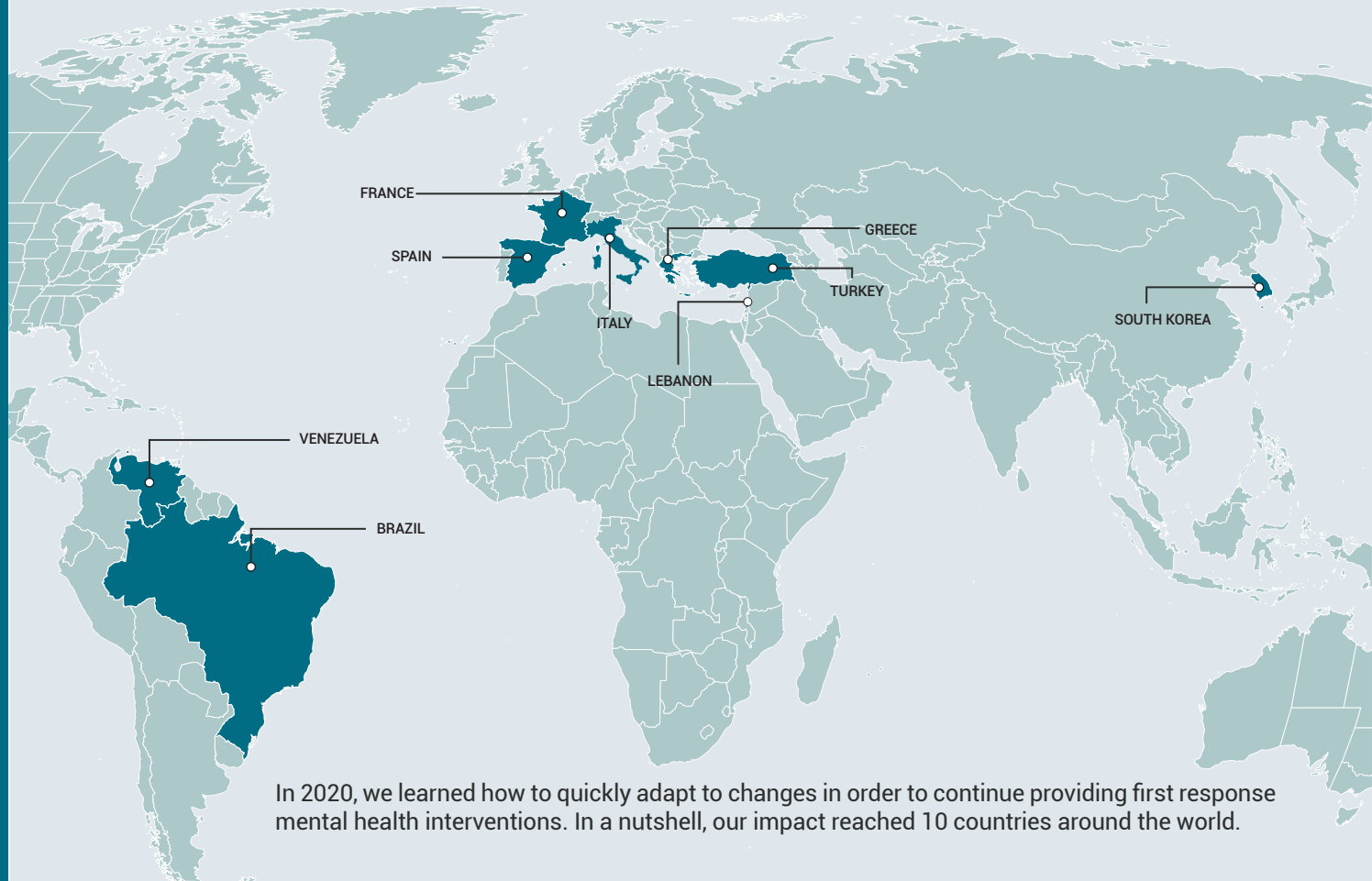
OVERVIEW

Humanity Crew is an international aid organization specializing in the provision of first response mental health interventions to refugees and people in crises. In 2020 Humanity Crew forged a new path for its future work. After five years of operating in the Aegean Sea, the Mediterranean Sea, Aegean Islands, Thessaloniki and Athens, during which we have accumulated a wealth of experience in fieldwork, trained thousands of people and operated hundreds of volunteers and mental health professionals in both short-term and long-term mental health psychosocial work. We are transitioning over the next two years to work focused exclusively on first response crisis intervention. Namely, the provision of mental health first response limited to and as close as possible to the occurrence of an overwhelmingly traumatic event. In keeping with this, we expanded our mission globally to provide psychosocial services to new populations, including the victims of the Beirut explosion and Venezuelan refugees in Brazil.

Humanity Crew's fifth active year was full of challenges and changes. With the COVID-19 pandemic putting the entire world in an unexpected state of emergency, the importance of mental health has never been greater, especially for the refugees and the displaced populations around the world. Responding to the need, we focused in the first two quarters on providing support to the cities and refugee communities hardest hit by the pandemic. While the world shifted ways to ensure proper social distancing, moving away from in-person and close-contact work to remote and untact, we also had to push ourselves to follow the recommendation. Psychologists and mental health professionals from multiple countries recruited to join our team in providing psychological support through our social media platforms and HC Online Clinic -HCOC-.

2020 put us in a position to exert extreme flexibility and fast adaptation to changes. Despite the challenges, with mental health at the centre of our mission, we continue to successfully secure multiple grants, receive generous donations, and carry out fruitful partnerships with prestigious academic institutions and humanitarian organizations worldwide, including the United Nations High Commissioner for Refugees Brazil (ACNUR Brazil).

2020 WORK MAP



In 2020, we learned how to quickly adapt to changes in order to continue providing first response mental health interventions. In a nutshell, our impact reached 10 countries around the world.

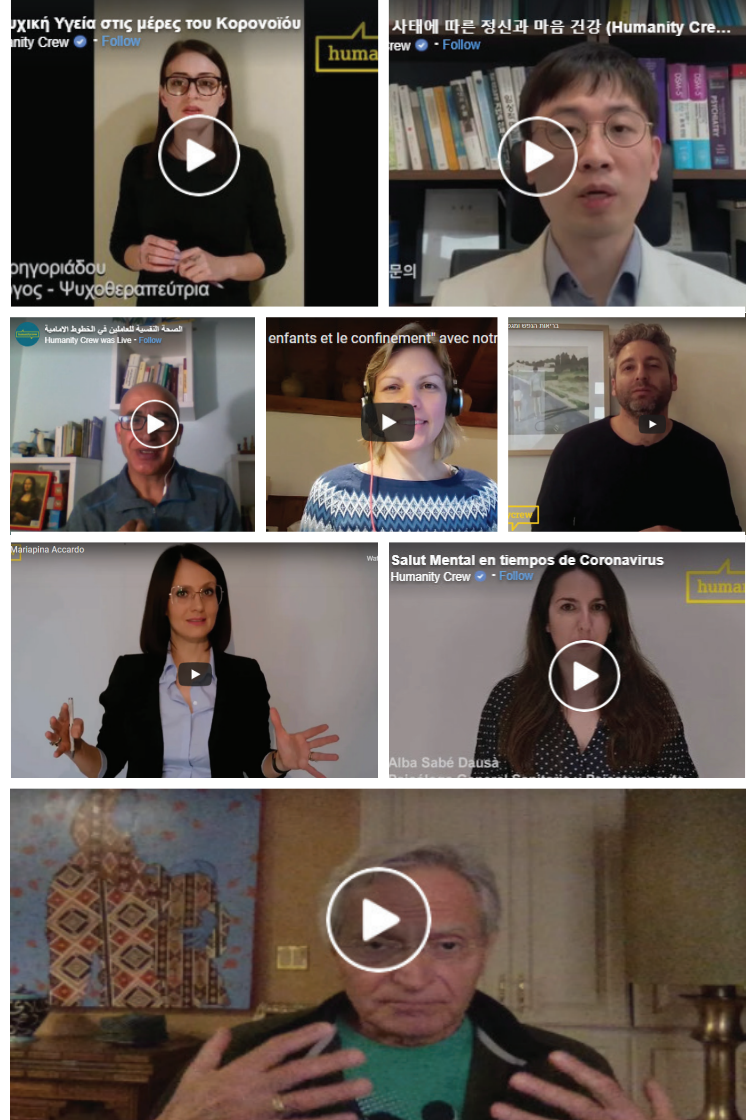
RESPONDING TO THE COVID-19 PANDEMIC

OVERVIEW/ SUMMARY

Understanding that the pandemic is a very stressful event for individuals and communities, Humanity Crew wanted to highlight that it is normal to feel stress and anxiety. This is a time to rely on each other emotionally, while keeping socially distant. To provide tools to stay connected and informed, Humanity Crew offered live sessions on Facebook in several countries, capital cities as well as refugee camps on a weekly basis. Conducted in each country's native language, the sessions were designed to discuss ways to cope with the crisis on different topics, and answer any concerns and questions people may have regarding COVID-19 in order to keep and protect our mental wellbeing.

LIVE VIDEOS

Live sessions were conducted in **8 languages**: Arabic, English, French, Greek, Hebrew, Italian, Korean and Spanish. A total of **61 live sessions** were held, which reached over **450,468 people** altogether. In addition to the weekly generic sessions, **12 targeted sessions** were also offered in countries and cities with more need for support, or for communities with special needs.



COVID-19 LIVE SESSION IMPACT AND REACH



ARABIC

Lead by **Mohammad Mansur**

Psychologist

Number of people reached: 27,327

Number of sessions led: 8

To find out more, please click [here](#).



ENGLISH

Lead by **Dr. Adel B. Korkor**

Physician and Mental Health Expert

Number of people reached: 2,627

Number of sessions led: 1

To find out more, please click [here](#).



FRENCH

Lead by **Karina Lagarrigue**

Psychologist

Number of people reached: 10,761

Number of sessions led: 7

To find out more, please click [here](#).



KOREAN

Lead by **Dr. Seong Woo Cho**

Psychiatrist

Number of people reached: 84,162

Number of sessions led: 6

To find out more, please click [here](#).



SPANISH

Lead by **Alba Sabé Dausà**

Psychologist

Number of people reached: 158,774

Number of sessions led: 16

To find out more, please click [here](#).



GREEK

Lead by **Tonia Grigoriadou**

Psychologist

Number of people reached: 63,280

Number of sessions led: 3

To find out more, please click [here](#).

**ITALIAN**Lead by **Marirapina Accardo**

Psychologist

Number of people reached: 98,866

Number of sessions led: 15

To find out more, please click [here](#).**ITALIAN**Lead by **Lucia Scarlato**

Psychologist

Number of people reached: 98,866

Number of sessions led: 15

To find out more, please click [here](#).**ITALIAN**Lead by **Giunta Roberta**

Psychologist

Number of people reached: 98,866

Number of sessions led: 15

To find out more, please click [here](#).**HEBREW**Lead by **Rotem Zamer**

Psychologist

Number of people reached: 4,671

Number of sessions led: 5

To find out more, please click [here](#).**HEBREW**Lead by **Etan Spiegel**

Psychologist

Number of people reached: 4,671

Number of sessions led: 5

To find out more, please click [here](#).
TOTAL REACH FOR COVID-19 RESPONSE: 450,468 PEOPLE REACHED GLOBALLY

RESPONDING TO THE BEIRUT EXPLOSION

On August 4, 2020, at a port in the city of Lebanon's capital, Beirut, a massive explosion occurred. This unexpected disaster led to at least 203 deaths, 6,500 injuries and left an estimated 300,000 people homeless.

Humanity Crew immediately deployed a support team to provide first response mental health interventions for the victims of this explosion.

BEIRUT RESPONSE IMPACT AND REACH

FIRST RESPONSE MENTAL HEALTH INTERVENTION PROVIDED TO

325 VICTIMS

HOURS OF FIRST RESPONSE MENTAL HEALTH INTERVENTION PROVIDED

1,256 HOURS



OUR MISSIONS IN SAMOS

For the past few years, Samos, Greece, has been one of the places where the situation for refugees and asylum seekers have been worsening the most. Naturally, it became Humanity Crew's most ideal environment to carry out field missions and to provide mental health first aid to the camp residents. Multiple missions have been conducted since our founding in 2015.

In 2020, we visited the island in January and September with the aim of supporting the mental health and wellbeing of the refugees newly arriving and residing in Samos.

Initially, we provided training and workshops to partner organizations and volunteers on the island with crucial PFA methods including ways to deal with trauma, how to intervene, what not to do, and how to understand the refugees' experience and emotions. Later in the year, we went in to interact and follow up with the residents of the camps and refugees on the island.



ACTIVITIES AND IMPACT IN SAMOS



PICTURE CARD 'SAFE PLACE'

Our training program director Mohammad Mansur worked with children, teenagers and women in Samos regarding their mental and emotional health using picture cards. As the people in Samos have had to ensure hardships and live with trauma, we wanted to create a 'safe place' in their minds to be able to recall their home country and past memories while not associated with negative emotions. The goal of this project was to help them associate positive feelings with past trauma and become more expressive.



SUPERHERO PROJECT

We aimed to create a meaningful and memorable experience for the children. Having been through many hardships in their lives and by overcoming them both mentally and emotionally, we believed that these children can be said to be true heroes. To make them into true heroes, women in the camp area in Samos made masks and capes with us to put together superhero costumes for their children. A professional photographer accompanied us to the island to document these extraordinary moments.



MOBILE SAFE ROOM

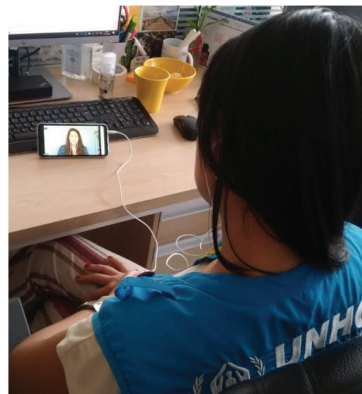
The students at University of Toronto Daniels were asked to design a safe place for intervention in crisis zones as part of a course project. Two students named Siqi Wang and Yi Zhang created the Mobile Safe Room, which is a portable and easily buildable tent that can be brought into crisis situations to provide space for mental health first aid services with privacy. The prototype for this design was brought to Samos in September to test out its feasibility. More information can be found on page 14.

PARTNERSHIP WITH UNITED NATIONS HIGH COMMISSIONER FOR REFUGEES BRAZIL (ACNUR)

PROJECT BRAZIL: IMPROVING VENEZUELAN REFUGEES' MENTAL HEALTH & WELLBEING.

The project aims to tackle challenging issues related to the forced migration journey of Venezuelan refugees to Brazil through promoting mental health and well-being, especially during the COVID-19 pandemic.

The project will be conducted in full partnership with UNHCR Brazil and three local partners: Fraternidade; Assoc das Voluntários para Serv Intern; and Fraternidade sem Fronteiras in 12 different centers, shelters, and camps in the Boa Vista region.



PARTNERSHIPS



GLG SOCIAL IMPACT COVID-19 RESPONSE PARTNERSHIP

Humanity Crew secured a consultation partnership with Gerson Lehrman Group (GLG) as part of their Covid-19 relief program, a company that connects clients with consultants worldwide with topical expertise for insight into disaster response. GLG connected us with an international emergency field operations team member at a leading humanitarian organization, as well as a conflict and crisis specialist. Further consultation is expected through building on the initial consultation.



You can read more [here](#).



SHAGHAF VOLUNTEERING FOUNDATION (SVF)

To better facilitate our mission on the island of Samos, we partnered with Shaghaf Volunteering Foundation (SVF), a humanitarian volunteer foundation which aims to improve and develop the conditions of refugees and vulnerable people through aid projects. SVF provided us with knowledge and immense support in order for us to carry out our activities and training to the camp residents and helped us in creating an environment where the refugees can experience emotional stability and a healthy mentality.



KARAM FOUNDATION

Each week we provided debriefing or training session with our psychologist Mansur Mohammad through Zoom on subjects including: COVID-19 and its effect on communities; bullying and racism; mentoring teenagers with trauma from war; and strengthening personal resilience. In addition, emergency online support was provided upon request.

ACADEMIC COLLABORATIONS



HAIFA UNIVERSITY

In collaboration with the Human Rights clinic at Haifa University Law School, Humanity Crew conducted a project aimed to produce a report concerning refugees' and asylum seekers' right to access mental health in Greece. A group of three students worked on recommendations for soft law standards on the reception and integration of asylum seekers, with a focus on the need to provide mental health assistance, as well as an emphasis on the cultural adaptations necessary.



UNIVERSITY OF SOUTHERN MAINE

Louisa Munk, a Master of Public Health student with experience in drug addiction and mental health at USM, conducted research on current existing methodologies and approaches to mental health interventions in disaster zones, with a primary goal to visually communicate these to the audience.



You can view the poster [here](#) and [here](#).



Cornell University
Cornell Institute for Public Affairs

CORNELL UNIVERSITY

Humanity Crew and the Cornell Institute for Public Affairs (CIPA) conducted our 8th collaborative consulting project in Fall 2020. Three Master of Public Administration Students-Lin Liu, Gloria Lee and Hui Zhou- conducted the research as part of a course under the supervision of Humanity Crew Mental Health Expert in which they produced a Report on Mental Health First Response and Disaster Preparedness, Literature Review and Recommendations



You can view the report [here](#).

INNOVATION



UNIVERSITY OF TORONTO
JOHN H. DANIELS FACULTY OF
ARCHITECTURE, LANDSCAPE, AND DESIGN

INNOVATION PARTNERSHIP WITH UNIVERSITY OF TORONTO JOHN H. DANIELS FACULTY OF ARCHITECTURE TO DESIGN "SAFE ROOM".

We always believe in the power of innovation to better conduct our First Response Mental Health interventions work. To achieve this inspiration, we are on the constant lookout for unique and creative creators to work together with. For our first edition of Innovation, we collaborated with the professors and students at the John H. Daniels Faculty of Architecture, Landscape, and Design at the University of Toronto, Canada to create the "Mobile Safe Room".

Safe Room is an inflatable tent designed based on a modular system, which maximized its flexibility and allowed it to combine multiple units into one larger structure depending on different conditions. It is also lightweight and very easy to set up. The safe room will be improved through an iterative design process and after trials are conducted in the field by our crew.



WEBINARS AND CONFERENCES

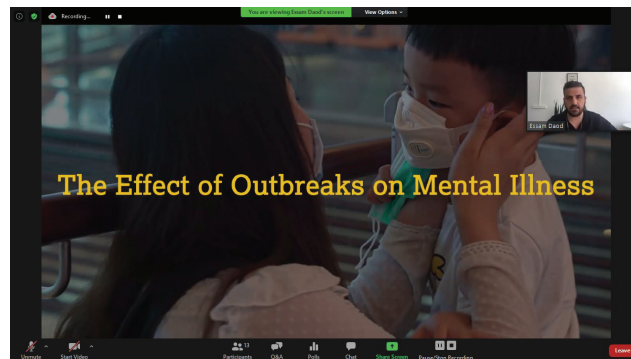
With the pandemic shifting work remotely, we also adapted our approaches to webinars, conferences and training to virtual settings. We focused our webinars and training on helping people cope with the COVID-19 pandemic and helping aid workers and volunteers working with refugees with self-care. We also joined several international conferences and webinars including contributing to discussion on forced migration and the impact on mental health. With the shift to virtual settings, we also conducted our 3rd International Refugees and Mental Health Conference with our session on Mindfulness: Learn How to be Present for Aid Workers & Volunteers virtually.

*NUMBER OF INTERNATIONAL WEBINAR AND
CONFERENCE PARTICIPATED IN*

17

*NUMBER OF WEBINAR AND TRAINING
CONDUCTED*

10



PUBLICATIONS



“Why Can’t We Neglect Mental Health?”, **LA VANGUARDIA**

This op-ed by our CEO and Psychologist focuses on the mental health repercussions of the COVID-19 pandemic that put and continues to put millions of people worldwide in a public health emergency. Multiple research has suggested both short- and long-term symptoms and consequences caused by the Coronavirus, which includes sadness, depression, helplessness, and anxiety. Despite these findings, mental health is often omitted in the government officials' response to COVID-19.



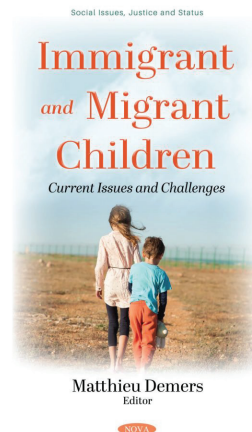
You can read the Op-ed [here](#).

Our Mental Health Director Contribution The Book Chapter, **IMMIGRANT AND MIGRANT CHILDREN: CURRENT ISSUES AND CHALLENGES**

Our Co-founder and Mental Health Director, Essam Daod, made a significant contribution to a chapter in a book that was recently published with Nova Publications called *Children behind bars: The harmful impact of arrest, detention and deportation on undocumented children's mental health*. This chapter named *Immigrant and Migrant Children: Current Issues and Challenges* (pp. 163-191) specifically discusses how arbitrary incarceration and forcible return of undocumented children affects their mental health.



You can get the book [here](#).



IN THE NEWS

WE APPEARED IN OVER **22 MEDIA PUBLICATIONS** LAST YEAR. WE WANT TO THANK THE MEDIA OUTLETS FOR HIGHLIGHTING THE WORK WE DO WITH MENTAL HEALTH INTERVENTIONS.

*ESSAM DAOD ON WHY MENTAL HEALTH SUPPORT IN REFUGEE CRISES IS SO IMPORTANT—AND UNDERFUNDED, **SKOLL FOUNDATION***

Journalist Ray Suarez sat down with our Mental Health Director to hear more about his unique “inverted pyramid” approach to mental health support, and how communities have the capacity to heal themselves.



You can listen and watch the interview [here](#).



*HUMANITY CREW'S SAMOS PROJECT, **EL PAÍS***

In early September this year, our team was in Samos collaborating with the Shagaf Volunteering Foundation who officially set up the space and built a trusting relationship with those in the outskirts of Samos refugee camp. The article sheds light on our efforts to offer psychological help to the displaced on the Greek island of Samos, who now, with the COVID-19, feel doubly rejected by being treated as vectors of contagion.



The full article can be found [here](#).



FUNDING/GRANTS



DONATE4REFUGEES



KAHAN FOUNDATION
(GRANT PROVIDED FROM 2019
THROUGH 2020)



KATHRYN MCQUADE
FOUNDATION (GRANT PROVIDED
FROM 2019 THROUGH 2020)



GLOBAL WHOLE BEING FUND



THE WOODS AND GIL FAMILY
FOUNDATION

**WE ARE IMMENSELY GRATEFUL FOR OUR SUPPORTERS AND INDIVIDUAL DONORS
FOR THEIR CONTINUOUS SUPPORT AND ALLOWING US TO CARRY OUT OUR MISSION!**

There is no First Aid without Mental Health First Aid



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