



# QUARTERLY NEWSLETTER

AUGUST - OCTOBER 2022

**Centre for Women's Health and Information (CEWHIN)**

[www.cewhin.com](http://www.cewhin.com)





## **ABOUT CEWHIN**

The Centre for Women's Health and Information (CEWHIN) is an independent, not for profit making, non-governmental organization established for the promotion of, and respect for the human rights of women and young girls, especially their reproductive and sexual health and rights.

## **Mission**

CEWHIN is committed to empowering individuals for improved quality of life and social change.

## **Vision**

A society where women and girls are empowered to realise their mental, social and physical wellbeing.

## **Credits**

Photos: Mobola Odukoya  
Design: Tobi Opadokun

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# Launch of GBV Tête-À-Tête Mobile App



367

Organisations Listed



11

In-App PFAs Trained



5

Learning Modules



147

Registered Users

With support from the US Embassy Abuja, we launched our first tech project - the GBV Tête-À-Tête mobile app! On August 16, 2022, GBV Tête-À-Tête was launched in collaboration with the Gender and Environmental Risk Reduction Initiative (GERI). The hybrid launch event was physically held in Benue, other stakeholders in attendance virtually.

The keynote address was given by Dr. Euniece Erdoo Ortom, the First Lady of Benue State, who congratulated CEWHIN and GERI on the app launch and emphasized the importance of stakeholders leveraging technology in the campaign to reduce the prevalence of GBV in the state.

She also called on stakeholders to forge strategic partnerships in the fight against SGBV – especially taking into cognizance the fact that the mental health aspect of GBV response has not received the required attention; due to the inability to visualize psychological impacts of

GBV on both men and women; and hopes that the app would address this gap.

GBV Tête-À-Tête is available on iOS and Android as the app seeks to improve access to psychosocial support for survivors of gender-based violence through:

- An in-app learning module for would-be psychological first-aiders (PFAs) to learn the basics of psychological first-aid and provide care to survivors when necessary.
- A chat hub where survivors can chat with PFAs and get help
- A referral directory within the app

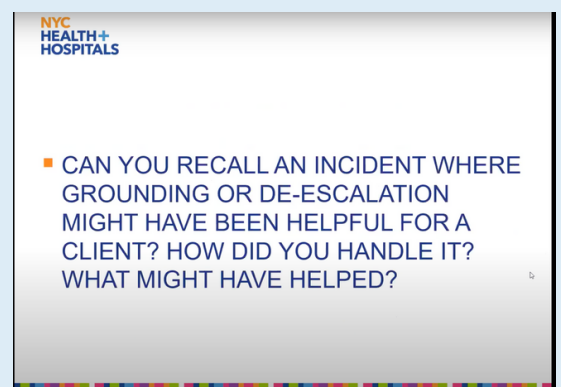
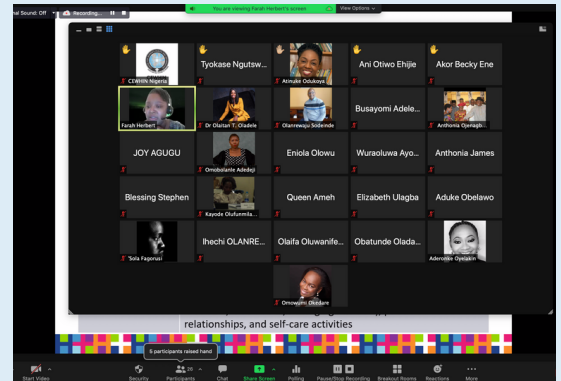
**Get your organisation listed on our app:**

<https://bit.ly/3MJhBZW>

**Get GBV Tête-À-Tête on Android:** <https://bit.ly/3CvCFQI>

**Get GBV Tête-À-Tête on iOS:** <https://apple.co/3t2zkCx>

# Virtual Training of Trainers on Suicide Risk Assessment & Vicarious Trauma



We organized virtual training of trainers sessions for our psychological first-aiders and these workshops were facilitated by Dr. Farah Herbert.

Dr. Farah Herbert is a Board-Certified Psychiatrist with over a dozen years of experience in the field of mental health. Currently, she serves as the Psychiatrist with the Brooklyn Family Justice Center (FJC) Mental Health Program, focusing on providing clinical care to survivors of domestic and gender-based violence while providing education to advocates and staff of the FJC's partner agencies about mental health, domestic violence and vicarious trauma.

The workshop examined the different forms of abuse, the different ways it affects survivors and the impact of vicarious trauma on case handlers. She also looked into suicide and suicide risk assessment as a necessary tool when dealing with survivors of abuse as it is important to determine the state of mind of the client when administering psychological care.

She went further to emphasise the need for grounding and took the PFAs on various grounding techniques and exercises to practice.

Due to toll of vicarious trauma on case handlers, she also explained different strategies to help prevent compassion fatigue

If you're interested in watching a playback of this training you can find the link to the recordings below.

*It covers;*

- *Vicarious Trauma and Secondary Stress*
- *Shared Traumatic Reality*
- *Signs of Vicarious Trauma*
- *Risk factors*

**Click here to watch the recordings:**

**Lecture 1:** <http://bit.ly/3NP4LtM>

**Lecture 2:** <http://bit.ly/3Totlmt>



# CEWHIN Trains 4,343 Law Enforcement Officer in Collaboration with LETI



4,343

Law enforcement officers



5

Facilitators



22

Lectures



4

Law Enforcement Agencies

We are pleased to announce that CEWHIN has successfully training 4,343 law enforcement officers in collaboration with Lagos State Law Enforcement Training Institute (LETI). The gender training took place in batches at LETI's training facility over four months, from June 2022 to September 2022.

This Gender training was conducted in collaboration with the Law Enforcement Training Institute (LETI) and was held over a period of 4 months from June 2022 to September 2022.

This training aimed to provide law enforcement officers with knowledge of gender concepts, gender-based violence, basic psychosocial first-aid, and their roles as law enforcement officers in helping to end violence against women and girls.

The training had in attendance officers from Lagos Neighbourhood and Safety Corp (LNSC), Lagos Vehicle Inspection Service (VIS), Kick Against Indiscipline Brigade (KAI), and the Lagos State Traffic Management Authority (LASTMA).

We specially thank **LETI** for this wonderful collaboration as well as our co-facilitators - Ngozi Juba of Vision Spring Initiatives and Ronke Oyelakin of Pastor Bimbo Odukoya Foundation for joining our team to train these officers.

**Download the LETI Syllabus:**  
<https://bit.ly/3MJhBZW>

# Training Workshop for CAN/WOWICAN on GBV and Psychosocial First-Aid (Osun State Chapter)



With support from Ford Foundation, CEWHIN held a two-day training workshop for members of Christian Association of Nigeria (CAN) and Women Wing of the Christian Association of Nigeria (WOWICAN), Osun State chapter. The workshop had 19 participants from CAN and 22 participants from WOWICAN in attendance and was held at the CAN Secretariat Owode-Ede, Osun State.

This workshop was planned as a result of the advocacy visit by CEWHIN to CAN earlier in the year where we briefed CAN on the goals of our project and the role the church could play in the campaign to end violence against women and girls. The workshop however was organised to train CAN and WOWICAN as religious institutions on Gender-based violence, its effects and the need for psychosocial support for survivors within religious institutions.

Because the church plays an important role in our society, it is common for survivors to seek support from faith-based institutions. Therefore, this training emphasised on awareness raising as a major tool to drive change.

CEWHIN Associate - Sumbo Oladipo also described the psychological toll that abuse/violence takes on the lives of survivors and emphasised the need for gender-based

violence awareness in church sermons, communicate and even within pre-marital classes and church counselling sessions. Prof. Olabisi Aina in her session also explained the social construction of gender, gender-based violence, causes of GBV and its implication on survivors and the society.

Mrs. Funmilayo Abdullahi facilitated a session on Gender-based violence in its relation to persons with disabilities (PWDs), and inclusion within the church. She spoke on global best practices that could be employed by the church to make worship easier for persons with disabilities, different tips to help persons with disabilities, what to do and what not to do when interacting with persons who use aids such as crutches, canes and wheelchairs to move.

The Chairman of CAN Osun Chapter- Rt. Rev. Amos Kayode Olu. Ogunrinde appreciated CEWHIN for the training and pledged that CAN's representatives at the training would step down the training to other members and help ensure religious institution play their part in the campaign to end violence against women and girls.

*In our earlier engagements with religious leaders under the Spotlight Initiative, we developed a publication which highlights the role of religious leaders in the campaign to end violence against women and girls.*

**Click here to download a copy: <http://bit.ly/3WKxK6g>**



# International Day of the Girl Child - Partnership with Damsy Foundation and White Truck Empowerment Initiative



## White-Truck Empowerment Initiative

To celebrate the International Day For The Girl child 2022, White Truck Empowerment Initiative in collaboration with CEWHIN organised a talk for secondary school girls to engage them on basic feminine hygiene tips, and career guidance.

Focusing on the 2022 theme - "Our Time Is Now – Our Rights, Our Future", the students were encouraged to understand that all girls have a right to safe, educated and healthy life. The discussions highlighted problems and challenges faced by the girl-child and emphasised that all girls were encouraged to follow whatever career path they desired.

This activity was implemented by **White-Truck Empowerment Initiative** in collaboration **Lagos State Government, Molped, Infinity and Zaron Cosmetics.**

## Damsy Foundation

Damsy Foundation in collaboration with CEWHIN and Good Women Association empowered and educated 735 Girls in Ikorodu Junior High School, Ikorodu to celebrate the International Day of The Girl Child. 100 Girls were made Damsy Foundation's change advocates and they were equipped with the necessary information and tools needed to be change advocates in their community.

# Refresher Training of PFAs



With support from Ford Foundation, CEWHIN is working on Strengthening Access to Community-Based Psychosocial Support for Survivors of Violence against Women and Girls. This project focuses on the availability of Community-based Psychosocial Support in Osun, Ogun and Oyo states.

As part of our project activities, we conducted a refresher course for 78 previously trained psychosocial first-aiders (PFAs) from Osun, Ogun and Oyo states. This training was held to reinforce the PFAs knowledge on the basic concepts of psychosocial first-aid provision, discuss vicarious trauma and techniques for managing the effects of vicarious trauma/compassion fatigue as well as suicide warning signs to watch out for when handling cases of abuse.

In emphasizing appropriate ethical considerations to be taken by PFAs, we used several role plays and group exercises to demonstrate different case scenarios and helped with several solutions on how these could be tackled.

Following up with the PFAs also, they narrated varied challenges faced in the field in the cause of administering psychosocial first-aid in their different states and two major challenges within our society that have stood out in these 3 states still remain:

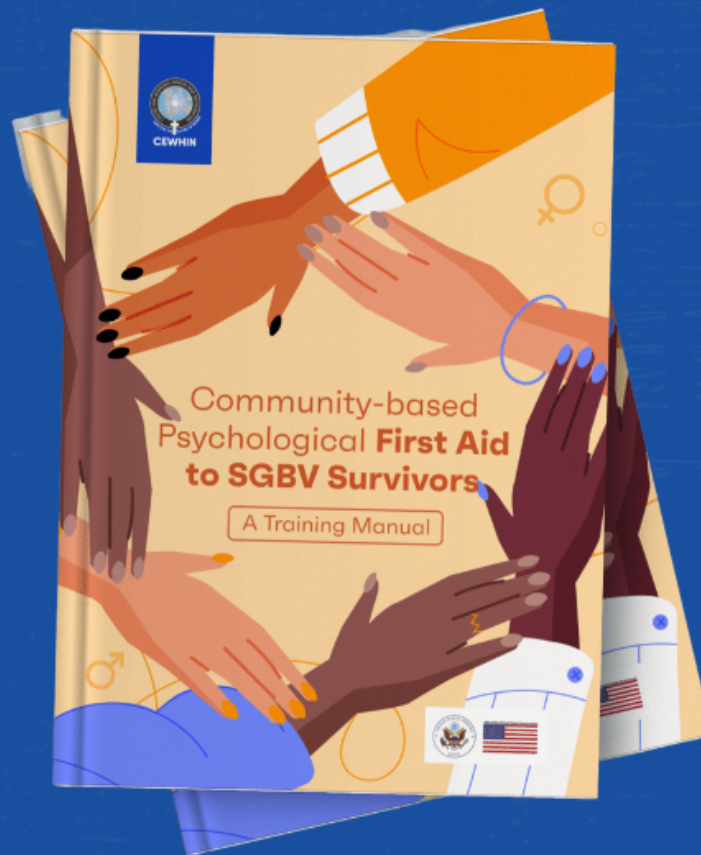
- Stigma
- Family pressure and
- Distrust of the system.

Under this project, we developed a psychosocial first-aiders companion.

Click here to download a copy: <https://bit.ly/3AdtbGV>



# Community Psychological First-Aid Training Manual



With support from the US Embassy, Abuja, CEWHIN developed a psychological first-aid training manual for community psychological first-aiders hoping to step down knowledge and trainees wishing to become community psychological first-aiders.

This manual covers:

- SGBV, its consequences and needs of survivors
- GBV awareness and prevention
- Providing psychological support
- Working with survivors of SGBV
- Referral Pathways

The manual is designed for e-learning for individuals who wish to volunteer to provide PFA services within the community but do not have access to formal or organized training. Each of the five modules has a self-assessment section aimed at evaluating the degree of understanding derived from the module by individual user. This entire training should take about 10 hours of your time.

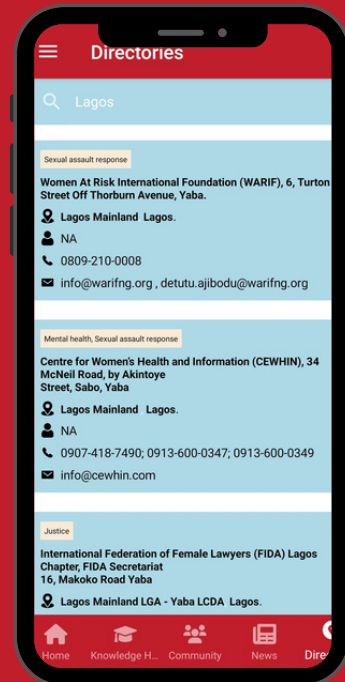
**Download Training Manual:**

<http://bit.ly/3T4WOBB>

# Join our referral directory

We're looking for organisations who provide GBV related support for survivors. If this sounds like you, click the link in our bio to register your organisation now!

**Register**



## Get GBV Related Support

- Chat with a psychological first-aider
- Access Referral Directories
- Take the PFA Course

**Available on iOS and Android!**



Download on the  
**App Store**



GET IT ON  
**Google Play**



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# CEWHIN

 [info@cewhin.com](mailto:info@cewhin.com)

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 Centre For Women's Health and Information

 Centre For Women's Health and Information

 0907 418 7490

 0913 600 0347

 0913 600 0349

 34, McNeil Road, Sabo-Yaba, Lagos