



COMMUNITY BASED
REHABILITATION
PROGRAM

CBR EFFATA POLICY PLAN 2022-2024

RBC.Effata



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Summary Policy plan 2022-2024

CBR Effata is a small Dutch non-governmental organization working in rural sub-Saharan Africa (Nigeria and Guinea-Bissau). CBR Effata aims to help **people with disability** to live in dignity by facilitating rehabilitation and advocacy. The main aims for the policy plan of 2018-2021 involved the provision of education and community-based rehabilitation for children and adults with impairments, the expansion of inclusive education, the support of orphans and vulnerable children affected by HIV/AIDS, reaching economic independence by Income Generation projects, as well the incorporation of spiritual support in the programs.

Examples of aims that have been reached in the past years are

- extension of Bethel and Berea schools for inclusive education with expanding numbers of pupils,
- generation of income with building water tanks,
- training of deaf pastors and initiation of a deaf church.

As we are grateful for the currently running programs, the main focus of the policy plan for 2022-2024 will be sharing our knowledge of and experience in community-based rehabilitation. With a training centre built in 2020, CBR Effata will be able to organize training and courses in community-based rehabilitation and other skills related to community-based rehabilitation.



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GENERAL INFORMATION



CBR Effata General Information

Background

In sub-Saharan Africa, an estimated 10-15% of the population is disabled. People living with a disability have poorer health outcomes, lower access to education, less societal participation, and higher poverty levels than people without a disability. Efforts towards reducing the burden of disability remain challenging due to social and political instability, poverty, stigmatization, poor health care system infrastructure, scarcity of trained medical personnel and a shortage of rehabilitation specialists. Community-based programs improve access to treatment and increase awareness in resource-poor settings. The World Health Organization advocates using community-based rehabilitation (CBR) explicitly to equalize the social integration of people living with a disability. CBR is, therefore, the methodology used to help people with disabilities in our programs.

Mission

The mission of CBR Effata is to improve the physical, mental, and social well-being of disabled people in sub-Saharan Africa.

To achieve these aims, CBR Effata:

- 1) provides direct medical care to treat or cure physical disability or epilepsy, if possible,
- 2) provides means of living with a disability if a cure cannot be attained,
- 3) creates awareness of disability in the whole society,
- 4) aims to remove and prevent stigmatization of disability,
- 5) uses local resources to achieve these aims.

Altogether, CBR Effata aims to integrate disabled individuals into society and their acceptance by the community.

Method

CBR Effata is a community-based rehabilitation program in which the local community forms the basis of all activities. Rehabilitation is implemented through the combined efforts of people with disabilities, their families and communities. Government and non-governmental programs for health and education are closely involved as well as vocational and social services. In the working area of CBR Effata, this is realized as follows:

- 1) immobilized people with disabilities are visited and, if possible, treated at home,
- 2) family and community members are included in the rehabilitation process,
- 3) schools, churches and village meetings are attended for awareness activities,
- 4) educational and vocational training takes place at the village level, through a system of apprenticeship,
- 5) by providing means for entrepreneurship for people who have successfully finished their training.
- 6) Finally, program parts are transferred to the local administration after successful development.

Focus countries

CBR Effata is active in sub-Saharan Africa, focusing on Nigeria and Guinea-Bissau. In Nigeria, CBR Effata is located in Izzi Local Government Area, Ebonyi State, one of the country's poorest regions. In Guinea-Bissau, CBR Effata is situated in the rural Oio region. As the program in Guinea-Bissau has mainly been transferred to local workers, the aim for 2022-2024 is to complete the transfer of responsibilities to local staff and discontinue activities and financial support for the program.



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Collaboration

Effata has established collaborations at the national and international levels. In Nigeria, we have formal contacts with Ebonyi State hospitals and several local primary and secondary schools. We collaborate with the Ministry of Health, Education and Social Welfare local churches. In Guinea-Bissau, we have a cordial relationship with the Red Cross Society and the Ministry of Health

Registration

In 2021 CBR Effata celebrated its 25th anniversary. CBR Effata was founded in 1996, starting with a primary school for the deaf. It has officially been registered with the Kamer of Koophandel, The Netherlands, and registered as a charitable organization (ANBI). Its official website is www.cbr-effata.org. In Nigeria, CBR Effata is registered at the Federal and State level as a Christian, non-denominational, non-governmental organization. In Guinea-Bissau CBR Effata was registered in 2014 as a non-governmental organization, called Reabilitação da Base Comunitária (RBC) Effata.

Financial position

The total annual budget of CBR Effata spent in 2020 was €114,265. This budget is predominantly spent on the programs that receive direct support from the Dutch Board and on the sustenance of the project advisor. A small part of the budget (<2.5%) is spent on activities of the Dutch Board. Several programs receive direct support from the Dutch board of CBR Effata. In contrast, other programs are under the responsibility and support of our similarly named Nigerian partner organization CBR Effata (for further explanation, see *Management Structure*). The work of CBR Effata depends on financial support from official sponsors and private donations. The programs are, among others, supported by Jars of Clay Foundation, Jeugdbond der Gereformeerde Gemeenten, Board of Special Needs and Stephanos Development Foundation. We receive private donations for all programs.

Monitoring and Evaluation

The projects are monitored and evaluated through quarterly reports, an annual narrative and financial report, monthly team meetings, quarterly Board meetings and staff evaluation. A monitoring visit by the Dutch Board is scheduled every year to support the programs in Nigeria by professional donor contacts, transparency and long-term vision and strategy development.

Management Structure

CBR Effata consists of several programs, each with a local Board at the national level, a Program Advisor (Mr F. van der Maas), and an overarching Dutch Board. The Program Advisor advises the local boards of individual programs. The Dutch Board has been mainly involved in the development of new programs. Equally important is working on a sustainable environment in the existing programs. As a guiding principle in our organization, programs become independent from the Dutch board after successful development and evidence for independent operation of the program. The local board is, in this case, responsible for the program but continues to receive training and support from the Program Advisor. As a result, CBR Effata consists of several programs under the responsibility of the Dutch Board and the Project Advisor and some independent programs that the Project Advisor advises. As stated above, activities in Guinea-Bissau will be discontinued in the next few years. For 2022-2024 we anticipate that the Program Advisor will be present six months per year in Nigeria.



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CLEAN
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2021



NIGERIA

Nigeria

Background Nigeria

Izzi Local Government Area, part of Ebonyi State, has a population of approximately 313,000 inhabitants. Ebonyi is primarily an agricultural producing region. It is the most underdeveloped territory in south-eastern Nigeria, with relatively little development assistance from international agencies than neighbouring states. The average life expectancy is 48 years. A Participatory Rural Appraisal report conducted some years ago states that the percentage of people with less than one US dollar a day in Ebonyi State is 79.8%. Most people with disabilities remain at home and have no access to healthcare, rehabilitation or education. HIV/Aids in Nigeria are an additional problem for people living with disabilities. People with disabilities are particularly vulnerable to contracting HIV/Aids due to low socioeconomic status and related dependency. Despite instability in the northern parts of Nigeria, the southern part of Nigeria – where CBR Effata is active – is at relative peace. The recent outbreak of the COVID virus in 2020-2021 has not affected any of the programs.

CBR Effata Programs in Nigeria

Community-Based Rehabilitation (CBR) Effata started in 1996 with an Eye Care Unit, an Orthopaedic and Epilepsy Unit and a Vocational Training Unit located in Omorodu Iseke. CBR Effata works closely with CBM, which sends an eye surgeon every five weeks. An orthopaedic surgeon visits the project every three months for consultation and operation. In 1999 CBR Effata was expanded with a Special School for the Deaf (primary education), located at Onuenyim Iseke, and in 2004 with an AIDS Ministry located at Nwofe Agbaja. Currently, these projects are administered by local boards and advised by the Project Advisor. In 2010, CBR Effata started a Primary School called *Bethel* in Nwofe Agbaja to provide inclusive education. To improve the accessibility of secondary education for the disabled, CBR Effata launched *Berea*, a Secondary School with Inclusive Education. Berea started its first semester in September 2014 with both disabled and non-disabled children.

Independent CBR Effata programs in Nigeria

CBR Effata has several independent projects in Ebonyi State, Nigeria:

- Eye project in Omorodu Iseke
- Orthopaedic project in Omorodu Iseke
- Vocational training in Omorodu Iseke
- Inclusive primary school Effata, in Onuenyim Iseke
- Inclusive primary school Bethel in Nwofe Agbaja
- Inclusive secondary school Berea in Nwofe Agbaja
- Aids Ministry in Nwofe Agbaja
- Water project in Nwofe Agbaja

The eye project

The eye project combines outreach with monthly visits of an ophthalmologist for consultations and surgery. The local workers visit villages to treat people at the spot or refer them to the centre of CBR Effata in Omorodu. Persons who are not eligible for surgery are offered mobility and orientation training to promote independence. The average number of consultations is around 8,000 per year. The number of eye surgeries is between 450 and 500 per year.



The orthopaedic project

For orthopaedic consultations and procedures, CBR Effata is visited four times a year by an orthopaedic surgeon. The local workers regularly visit six outreach centres in the Izzi area. In 2020 the number of consultations and surgical procedures was 1,210 and 71, respectively. Children with cerebral palsy receive specific support, and many people are being helped with crutches and braces. If needed, wheelchairs and artificial legs are provided for free. The treatment of epilepsy is part of the orthopaedic project. This combination is due to the frequent contractures and injuries resulting from fits and falls in a fire. Per month an average of hundred people are treated with medicines for epilepsy.

Vocational training

People with disabilities who finish school or are too old to attend classes can follow professional training in their chosen profession. These are professions such as hairdressers and carpenters. Blind students are supported at the Blind school in Iboko. Students with physical disabilities receive financial and moral support to follow regular education.

Inclusive primary school Effata

From 1999, CBR Effata gave primary education to deaf and hard of hearing children. The policy changed in 2015. Instead of "Special Education", "Inclusive Education" is now provided, which means that children with and without disabilities receive lessons in the same class. The total number of children enrolled in this school is around 200, of which 60 are deaf. Five teachers are also deaf.

Inclusive primary school Bethel

This school started in 2010 and has 450 pupils enrolled. A minority is physically disabled, and in 2020 44 orphans from the AIDS program also attended classes.

Inclusive secondary school Berea

Berea started its first semester in 2014, aiming at an inclusive program for secondary education. Currently, Berea hosts 480 students, 108 of whom are deaf, and 25 have a physical disability. Four of the teachers are physically disabled.

Aids Ministry

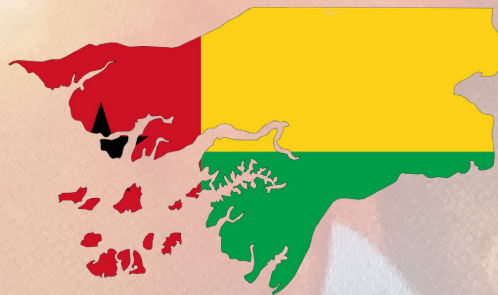
The AIDS Ministry started in 2003. Today 600 HIV rapid tests are carried out annually. Between 50-100 people are provided with antiretrovirals. There is an active Support Group for HIV-positive people, including approximately fifty persons with HIV/AIDS. The Support Group gathers every month. In 2020, 75 Aids orphans were helped with education and livelihood, while fifty orphans followed vocational training. Annually, a youth camp is organized with ±300 participating teenagers, of which 50% has a disability.

Water project Rehoboth

Many disabilities in Nigeria are the result of poor hygiene. We, therefore, consider it essential to also work on preventive measures. One way to improve hygiene is by offering clean drinking water. Clean drinking water is a big problem in Izzi during the dry season. Due to the construction of 5000-litre water tanks in Guinea-Bissau, we have introduced this concept in Izzi. In 2020, 100 cisterns were built. For people with a disability, these cisterns are made for free. The water project also offers employment for young people with disabilities; in 2020, thirteen masons were trained to build cisterns, of whom ten masons were deaf.



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GUINEA-BISSAU



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Guinea-Bissau

Guinea-Bissau is located in West Africa, and is one of the poorest countries in the world. Ongoing political instability further contributes to continuing poverty. For example, the countries' capital Bissau was disturbed by another attempted coupe in February this year. This coupe has been one in a row, and the ongoing political instability has contributed to a lack in basic health care facilities and a relatively high burden of people living with disabilities. Extrapolations from the neighboring country Senegal estimate that 10% of the population suffers from a disability.

In 2014 we initiated a CBR program in the North of Guinea-Bissau. Initially, the local community in Bissorã, Oio region was included, with a CBR center in Bula. Plans for further extension towards the north, the east and the south were disturbed by political unrest and criminal activities arising from the nearby capital Bissau. For safety reasons the CBR center was relocated to Ingore, a town north of Bula.

Currently, a relatively small CBR programme, including outreach visits, supporting activities for deaf education and basic support for visual needs is run by a staff of three local workers. The program is visited by the program director, Frank van der Maas, twice a year. Current activities are directed towards maintenance of the program in its current size.



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LOOKING BACK AND FORWARD



Evaluation and future plans

Evaluating the Policy Plan 2017-2021

Evaluating the aims set for 2017-2021, CBR Effata has continued providing community-based rehabilitation for children and adults with impairments, as evidenced by the numbers of persons that underwent consultation, operation or alternative forms of rehabilitation. Next to providing these (para)medical interventions, CBR Effata has expanded the capacity for education at its three schools (Berea, Bethel, Effata), with a substantial number of pupils having a disability. To further guarantee inclusive education, several teachers in these schools is deaf. Economic independence for people with disabilities has been pursued by vocational training or by referring young adults for secondary/higher education elsewhere. For spiritual support of deaf people, training for deaf pastors has developed. Currently, church services for the deaf are organized in Nwofe, led by deaf pastors and attended by deaf people. Other specific aims that have been completed include the construction of a central meeting place with a guesthouse and a teaching room, which will in the future be employed for training or courses, as well as the obtainment of a permanent residence permit for the project advisor.

Policy Plan 2022-2024

By 2021 CBR Effata has 25 years of experience with CBR in Nigeria and CBR Effata. From 2022 onwards, the main focus of CBR Effata activities will be to share this experience and knowledge with others. Preparatory activities took place in 2020-2021 by building a guesthouse and teaching rooms. In addition, a training module for a hands-on course in CBR has been developed. These preparations facilitate the start-up of CBR training from 2022 onwards, aiming for one or two training a year for small groups (five attendants per training). In addition, training modules will also be developed for leadership training and a workshop in the building water tanks. The same training facilities and guesthouse will be employed for the various training. Training groups may apply from within Nigeria or other countries in and outside Africa. After the initial training, follow-up coaching will be offered for appropriate local implementation.

Second, CBR Effata aims to develop the deaf pastorate further by providing guidance and support to the existing deaf pastors. This involves the development of teaching materials for the deaf churches, providing training to future deaf pastors and training of interpreters to mentoring students. Additional aims include the further support of the AIDS program with among other the organization of youth camps and supporting AIDS patients and AIDS orphans. Finally, with an eruption of tribal violence in our target area (taking the lives of over 130 villagers and leaving many traumatized), CBR Effata has decided to provide trauma support to survivors as well as financial support to continue the education of children who have lost one or both of their parents. For this reason, part of the means and efforts in 2022 will be spent providing support for those left behind.



Aims and location 2022-2024

Aims	Relevant for
To continue providing community-based rehabilitation for children and adults with visual, physical, mental and hearing impairments.	Nigeria
To further improve educational opportunities for the blind, deaf, mental and physical disabled children.	Nigeria and Guinea-Bissau
To increase the economic independence (livelihood) of people with disabilities.	Nigeria and Guinea-Bissau
To create further awareness among the general population about prevention, treatment and rehabilitation of persons with disabilities.	Nigeria and Guinea-Bissau
To effectively support orphans and vulnerable children affected by HIV/AIDS.	Nigeria
To set up a hands-on course in community-based rehabilitation	Nigeria
To set up a leadership training	Nigeria
To set up a hands-on course in building water tanks	Nigeria
To set up a fund to provide microcredits to individuals with disabilities who leave vocational training or who leave secondary school	Nigeria and Guinea-Bissau
To further develop the deaf pastorate	Nigeria
To provide trauma support for individuals affected by tribal violence in Nigeria	Nigeria