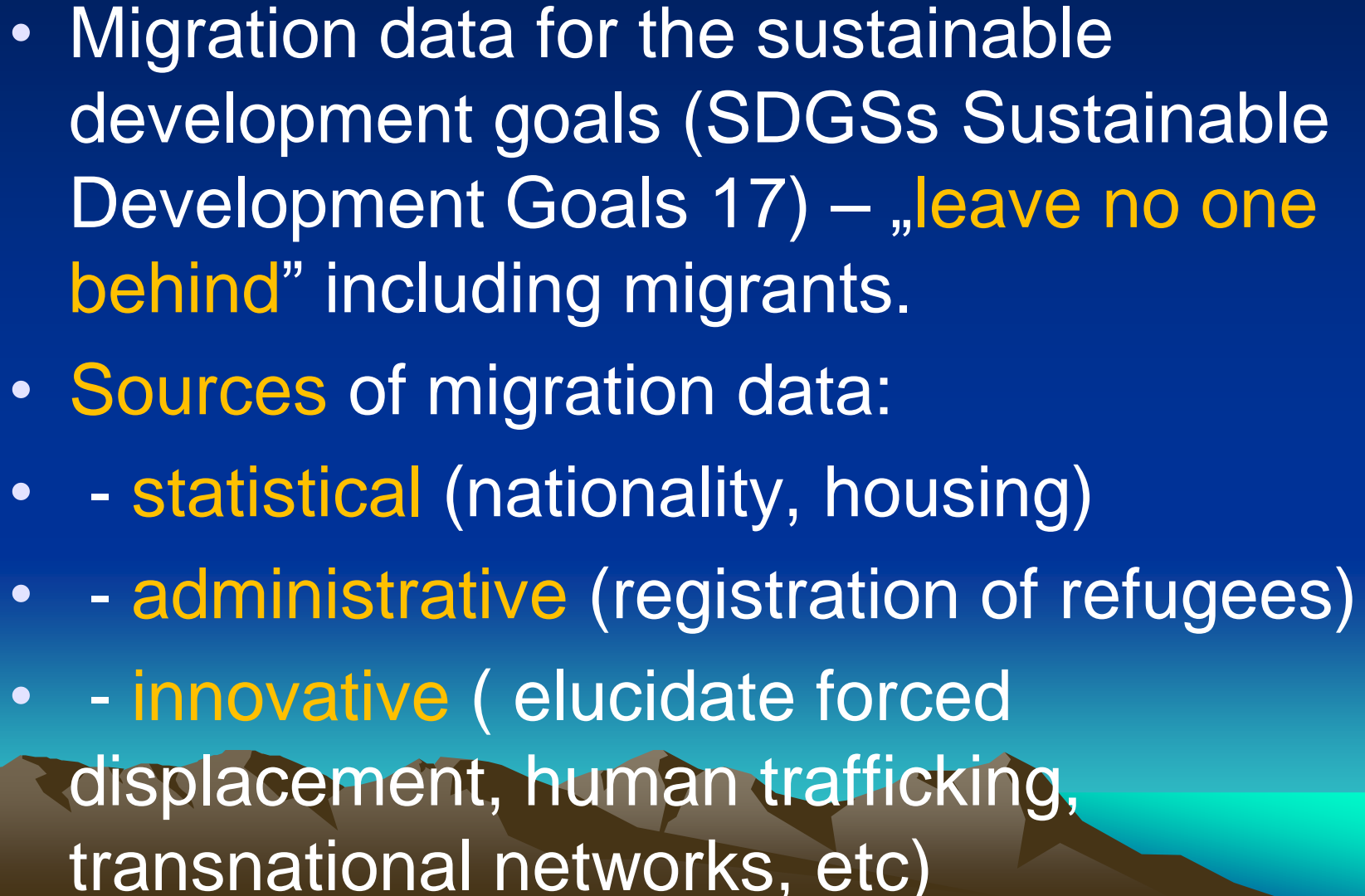# The importance of collecting data in the mental health care of refugees

## Lilla Hárdi

### Cordelia Foundation for the Rehabilitation of Torture Victims
### Pécs_Migration_Health_2019

# What do we collect and why?

- Migration data for the sustainable development goals (SDGSs Sustainable Development Goals 17) – „leave no one behind" including migrants.

- Sources of migration data:

- - statistical (nationality, housing)

- - administrative (registration of refugees)

- - innovative ( elucidate forced displacement, human trafficking, transnational networks, etc)

- IRCT - the world's largest membership-based civil society organisation.

- more, than 160 member centers

- three common characteristics:

-  - rooted in civil society

-  - min. 50 TV/year

-  - sharing experiences

# IRCT and Cordelia Foundation

Cordelia is the <u>only</u> professional team of psychiatrists and psychologists and special therapists in charge of the rehabilitation of torture victims and other seriously traumatised refugees in Hungary.

We have been assisting torture survivor refugees since 1996.

# The treatment approaches



- Holistic

- Comprehensive

- Biopsychosocial, as trauma affects all aspects of an individual's functioning (Berliner, 2004).

# Numbers of Cordelia

- Applicants/refugees treated by the Cordelia Foundation are  700-1000 / year (in  2016: 1765pers.). Past year it was about 600.

- 1/3 of the clients are survivors of torture (primary or secondary torture victims)

- the rest of our clients are refugees who suffered other forms of inhuman treatment and severe traumas.

# Our values

- solidarity,
- equality and
- democracy.

Our services are

- accessible,
- accountable and
- adjusted to the individual's needs.

# WHAT IS TORTURE?

"**Torture means any act by which severe pain or suffering,**
- whether physical or
- mental,
- is intentionally inflicted on a person

# THE PURPOSE OF TORTURE

- obtaining from him or a third person information or a confession,
- punishing him for an act
- intimidating or coercing him or a third person.
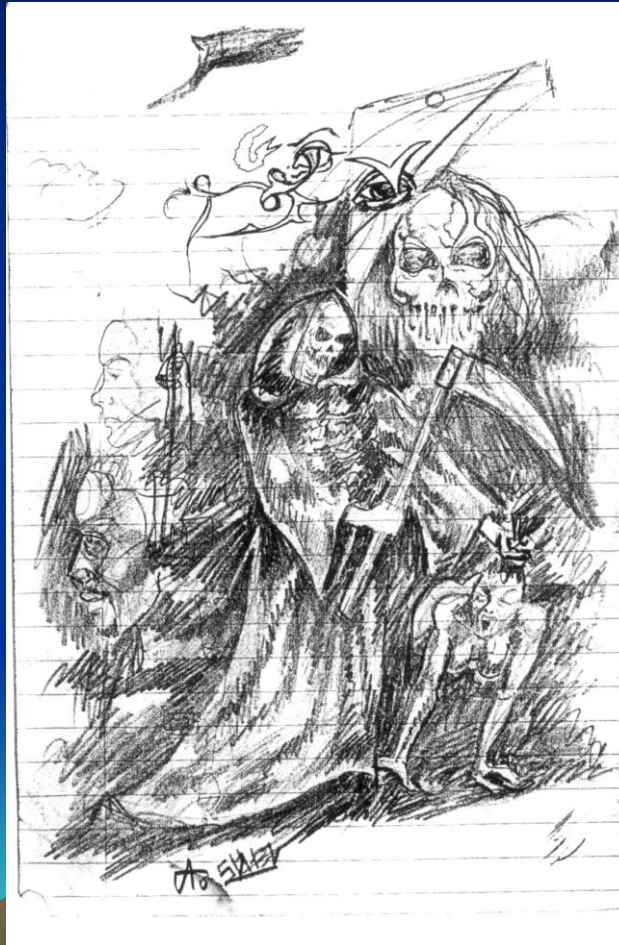- Torturers are public officials or other persons acting in an official capacity.
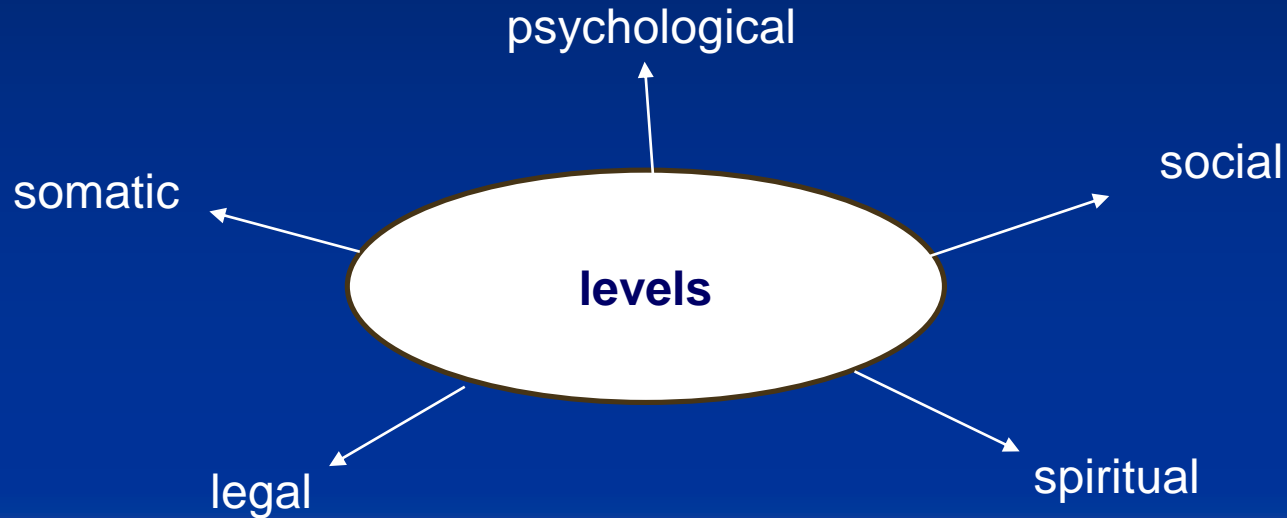
# THE EFFECT OF TORTURE

- The very essence of torture is that it attacks "the seed (the central part) of the personality", making the victim, then his/her children, then their children unable to carry on their daily life (Rauchfleisch, 1996).

# The effects of torture and other extreme trauma

# THE SURVIVOR IS DAMAGED ON FIVE LEVELS

psychological

social

somatic

**levels**

legal

spiritual

( *Vesti, Somnier, Kastrup*, 1992. )

# Data in the Fight against Impunity (DFI) project

- collection of appropriate,
-                            consistent and
-                            comparable information
  provided by torture victims to their care providers.
- It recognizes the unique capacity of torture rehabilitation service providers

- It affirms the complementarity of the provision of a clinical service with the imperative of seeking justice.

- The DFI database optimizes documentation that can be used in pursuit of human rights outcomes.

# The DFI aimed to

- Strengthen the capacity and network of centers

- Create standardised evidence methods to document instances of torture and

- strengthen the evidence base against torture perpetrators.

- Provide support for survivors and prevention

- Analyse trends and patterns of torture – advocacy, communication

# Global Anti-Torture Evidence (GATE) Project

- To 1. improve data collection and analysis through peer support networks,

- 2. analyse patterns of torture in their own contexts, and

- 3. use their data as evidence in strategic advocacy interventions.

# Big Data Value and GATE Data Driven Innovation Pillars contribute to

- **Data Driven Governments** :increase efficiency in public administration processes.

- **Data Driven Industry**: new business models.

- **Data Driven Society:** generate social data

- **Data Driven Science:** understanding of nature and the universe.

# Gender issues

- Based on GATE we know that a significant number of torture victims are females.

- It has a gender-based approach:

-  - torture remains underreported

-  - women are less likely to seek support or redress due to several reasons.

# Datas' effect on rehabilitation:

Elaboration of special, individually tailored

- family and community interventions,
- legal support and
- economic assistance to elaborate
- gender-sensitive rehabilitation

# Results

- "After the implementation of gender policies, we changed our approach and suddenly noticed that more than 90% of the secondary patients are female," said Shirin Shabana Khan *Peoples' Vigilance Committee on Human Rights (PVCHR).*
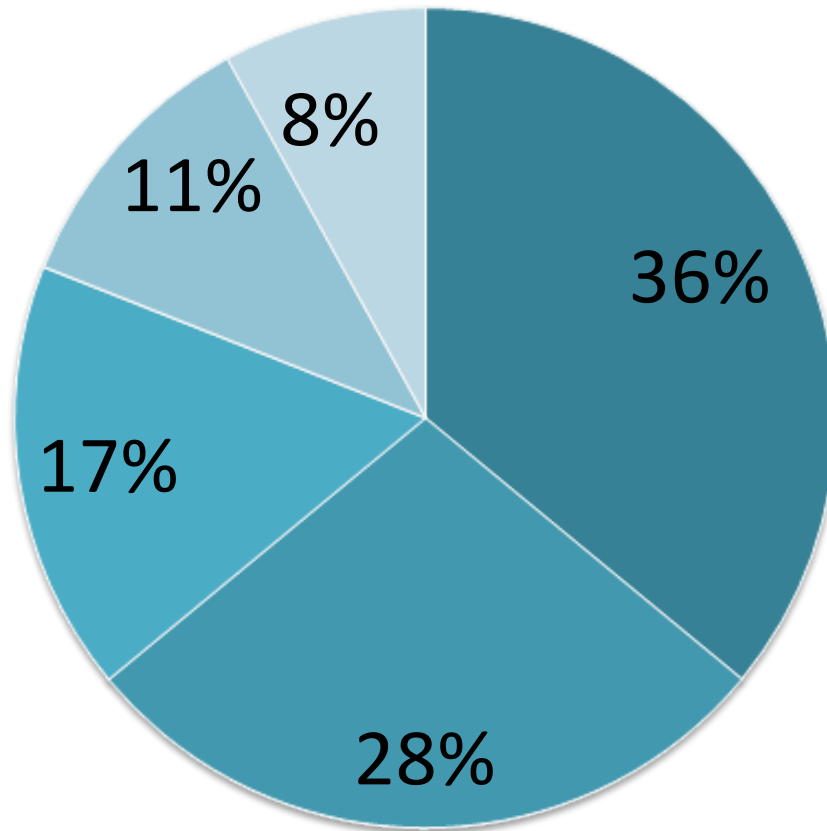
# GATE project inception meeting in Nepal

# Anti-Torture Database (ATD)

- It lets users take clinical information and generate aggregated and disaggregated data reports and presentations, which can be used for various human rights outputs:

- - advocacy,

- - research,

- - analytic studies.

# Psychological consequences of torture

- PTSD
- Depressive disorder
- GAD
- Acute stress disorder

# ATD used by centers

- To direct strategic interventions at the national, regional and international level.
- To develop national advocacy strategies and implement local advocacy activities,
- To engage with regional and international mechanisms (UN Committee against Torture ).

# Why do we collect data of torture survivors?

- "I see this data as a very important record of humanity, something like monuments and memorial objects…I believe that this database should not be considered as just a medical record or records that we keep as (torture rehabilitation) service providers, but as a history of what we are capable of, but also of how we recover as human beings" (Hyuni Ahn KMHC South Korea)

# Thank you for your attention

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