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Welcome the stranger.  
Protect the refugee.

**COLUMBIA**  
MAILMAN SCHOOL  
OF PUBLIC HEALTH

UNIVERSITY OF  
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**URC**

## USAID'S HEALTH EVALUATION AND APPLIED RESEARCH DEVELOPMENT (HEARD) PROJECT



# Entre Nosotras

Integrating stress management into a locally designed psychosocial intervention for migrant, refugee, and host community women in Ecuador and Panamá

Presenter  
**Claire Green**, Columbia University



# Study settings

## Panama City & Panama West, Panama

**Setting:** Urban & peri-urban

**Population:** Refugees and migrants

## Tulcán, Ecuador

**Setting:** Rural, border town

**Population:** Refugees and migrants, host community

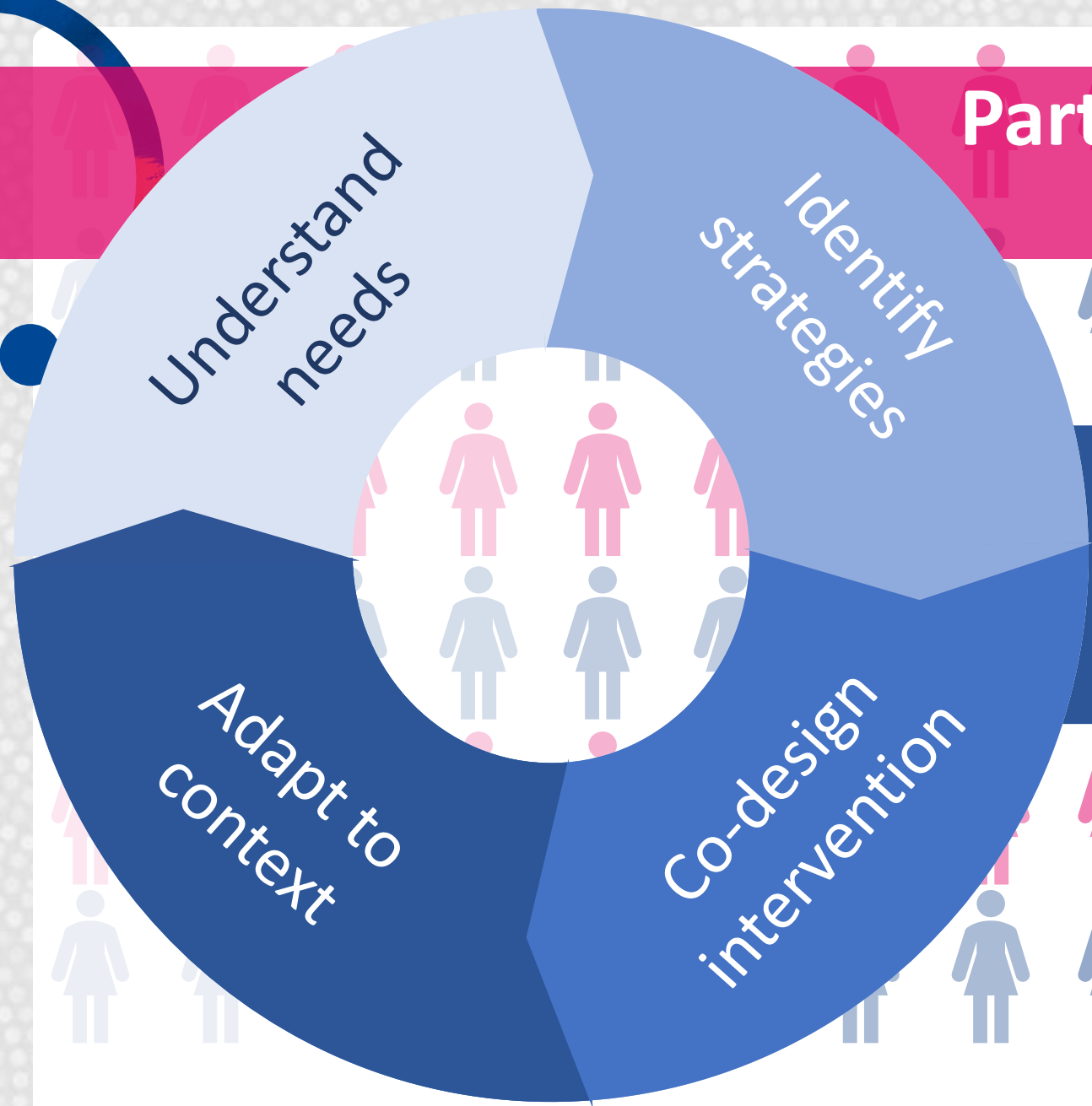
## Guayaquil, Ecuador

**Setting:** Urban, coastal city

**Population:** Refugees and migrants, host community



# Participatory intervention design



Implement and Evaluate

# Entre Nosotras



- **Strengths-based intervention** designed with communities and adapted to each context
- **Sessions**
  1. Building trust, security & connection
  2. Psychosocial wellbeing
  3. Gender, protection & safety
  4. Strengths and psychosocial resources
  5. Community resources
- **Delivered** by trained facilitator pairs to groups of ~10 women

# Enhanced stress management component

Doing What Matters  
in Times of Stress:  
An Illustrated Guide

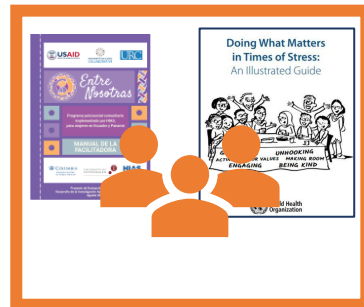


- Skills to cope with adversity and manage stress
  - Grounding, unhooking, acting on your values, being kind, making room
- Illustrated guide with audio exercises
- Can be self- or facilitator-guided

# Cluster randomized (comparative) feasibility trial



Santa Martha de Cuba



San Pedro de Huaca

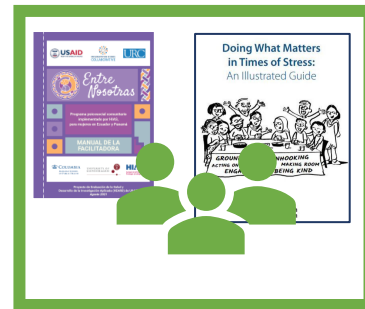


Julio Andrade

Guayaquil



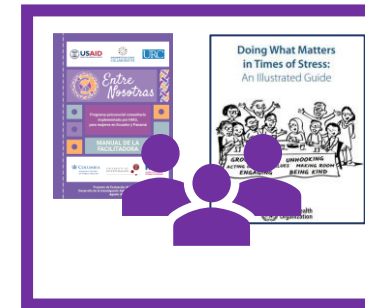
La Florida



Mapasingue & Martha de Roldos



La Chorrera

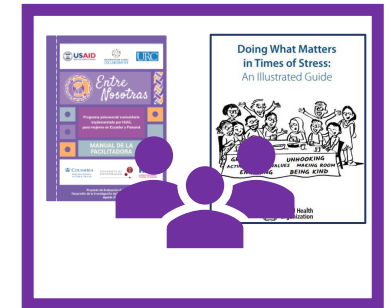


San Miguelito

Panama



Panama City

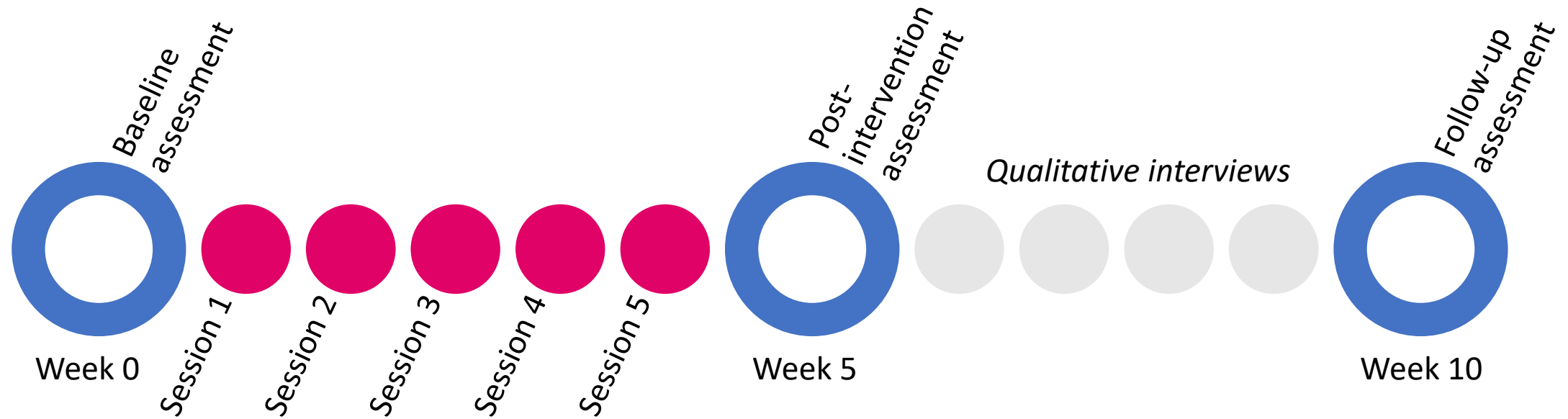


Arraijan

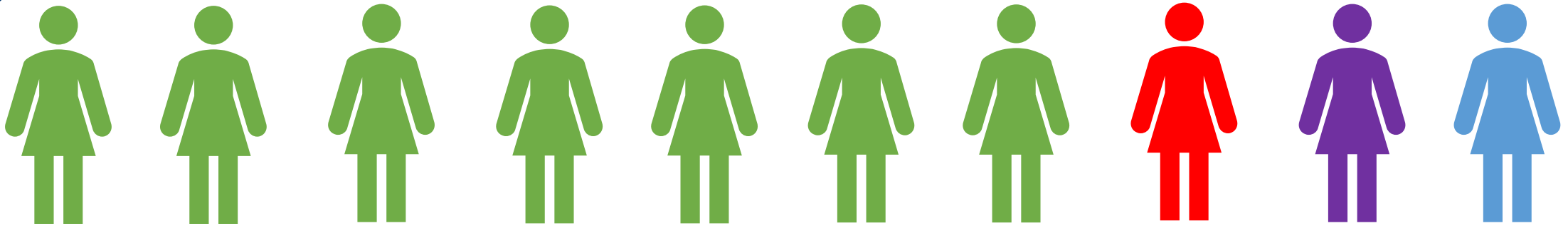
Doing What Matters in Times of Stress (Stress Management)

Entre Nosotras Community-Based MHPSS Group

# Implementation and evaluation procedures



# 225 women participated in Entre Nosotras



66% Venezuelan

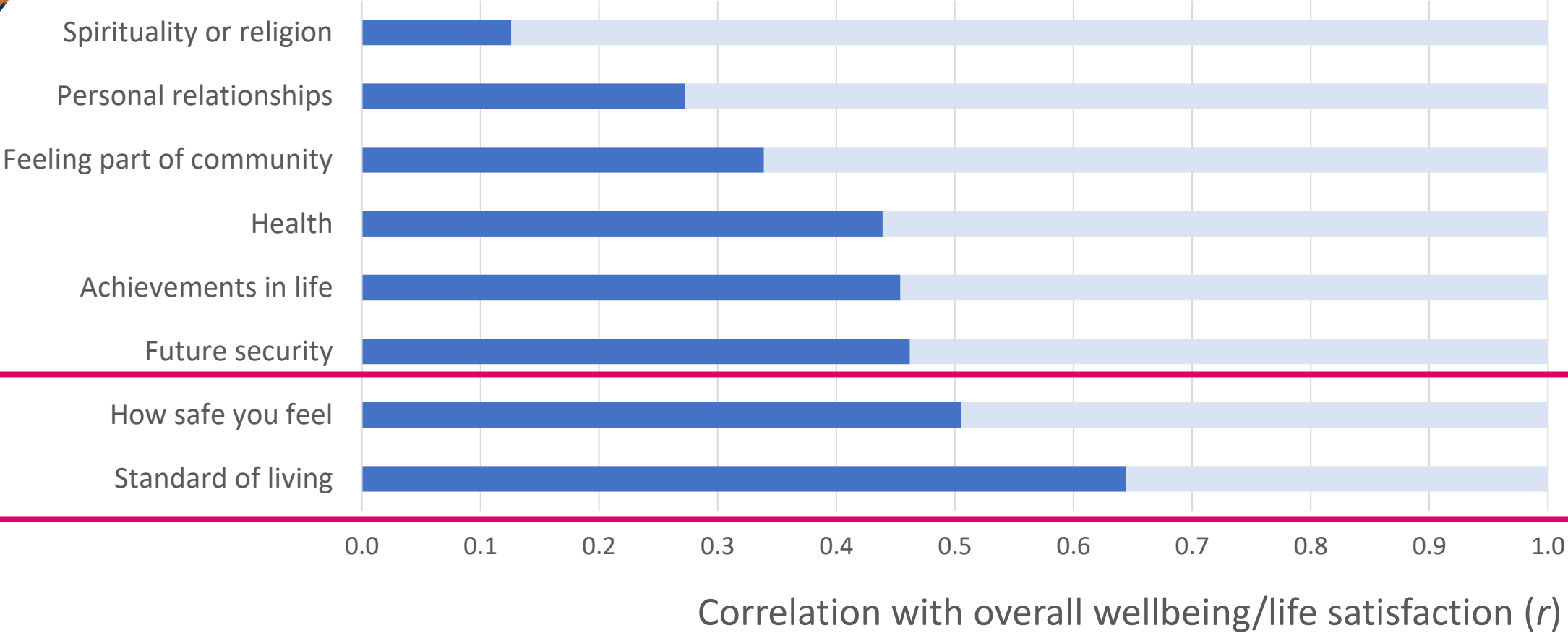
15% Colombian 12% Ecuadorian  
7% Central American

**36 years old, on average**  
**54% were unemployed**

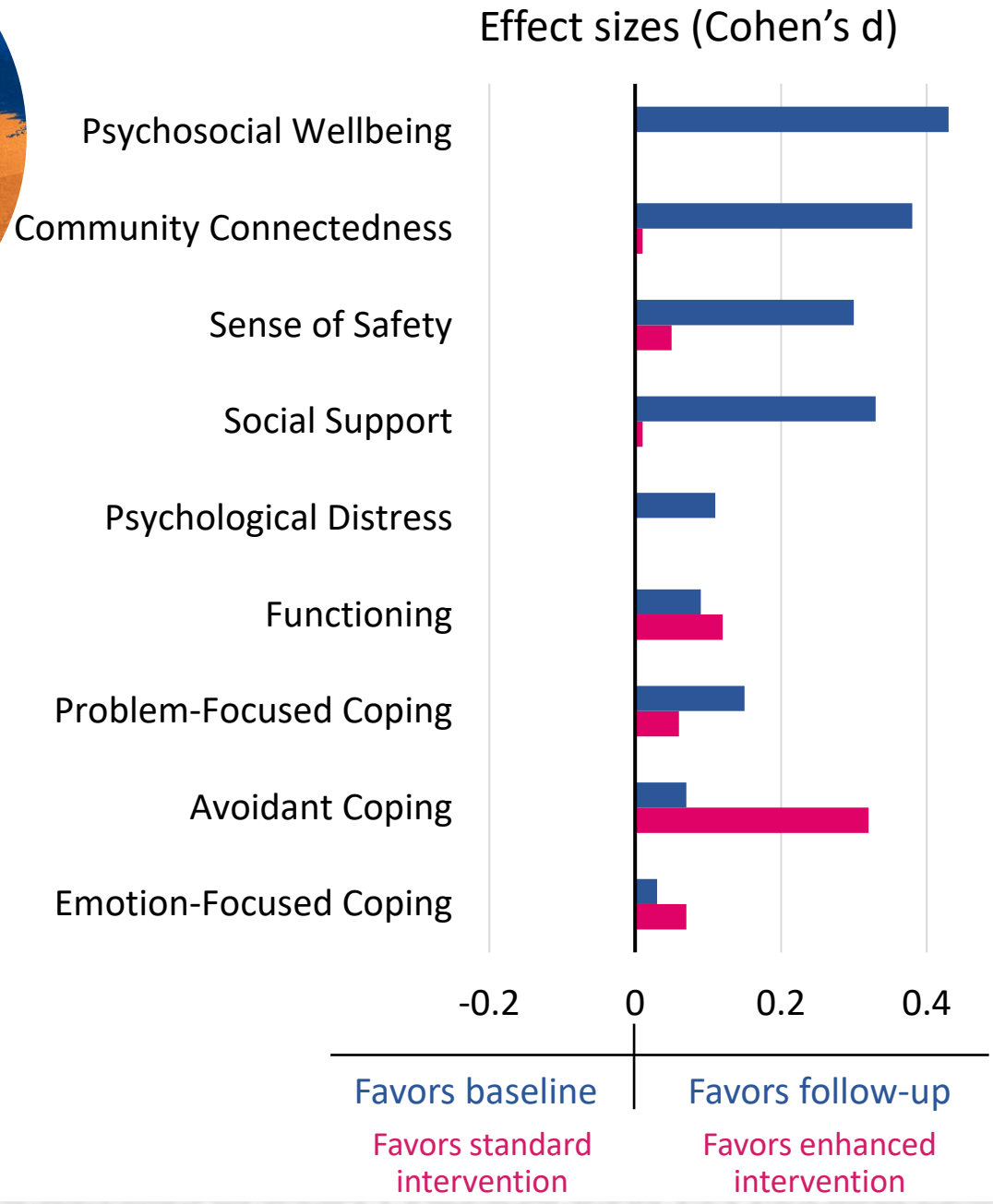
**Among refugees, migrants & asylum seekers:**  
**¼ lived in host community <1 year**  
**½ lived in host community for 1-3 years**  
**¼ lived in host community >3 years**



# Centrality of protection and livelihood to psychosocial wellbeing



# Changes in psychosocial outcomes over time



■ Within-Group  
 ■ Between-Group

# Implementation outcomes



## REACH

**Key populations:** GBV survivors (+/-), host and migrant community (+/-), employed (-)  
**Determinants:** Transportation, child support, location and scheduling of sessions, controlling relationships

## EFFECTIVENESS

### Perceived Impacts:

- **Psychological/Emotional:** Self-care, empowerment, manage thoughts & feelings
- **Social:** Support, connectedness
- **Knowledge & resources:** Sense of security, knowledge of community resources & how to manage emergencies

## ADOPTION

### Resource needs for adoption:

- **Facilitator characteristics:** Facilitator motivation, time, competence, comfort, support
- **Logistics and resources:** Economic support, transportation, working tools
- **Processes:** Support for children

## IMPLEMENTATION

### Implementation Barriers:

- **Context:** COVID-19, community safety/session location
- **Participant factors:** Heterogeneity among participants, low attendance

### Implementation Facilitators:

- Satisfaction with the training
- Child support
- Relationships with community leaders

## MAINTENANCE

### Sustainability Strategies

- Community awareness
- Scale up training of facilitators
- Integrate with other programs
- Engage other communities and populations (e.g., men, families)



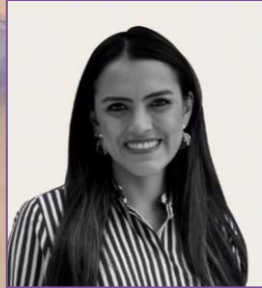
Ale De La Cruz



Arianna Moyano



Daniela Vergara



Lucia Benavides



Maria Jose Noboa



Maria Esther Guevara



Carolina Vega



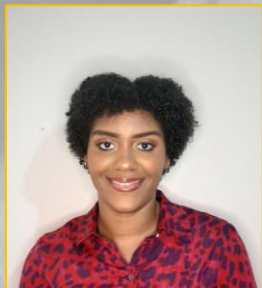
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Michelle Ordaz



Jennifer Solis



Abhi Rodriguez



Andrea Murcia



Christine Corrales



Annie Bonz



Maria Cristobal



Claire Greene



Wietse Tol

Thanks!



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