

WHY CBR? COLLATERAL





WHY C.B.R.?

When a survivor is rescued from the trafficking area and brought back to her community, she faces immense social backlash. Without proper intervention, this might lead her to commit self-harm, even go back to the profession she was forced to engage in. **Community-Based Rehabilitation (CBR)** is a community development strategy that aims at improving the lives of marginalised people such as trafficking survivors within their surroundings. It focuses on using all the available resources at hand, following a bottom-up approach.



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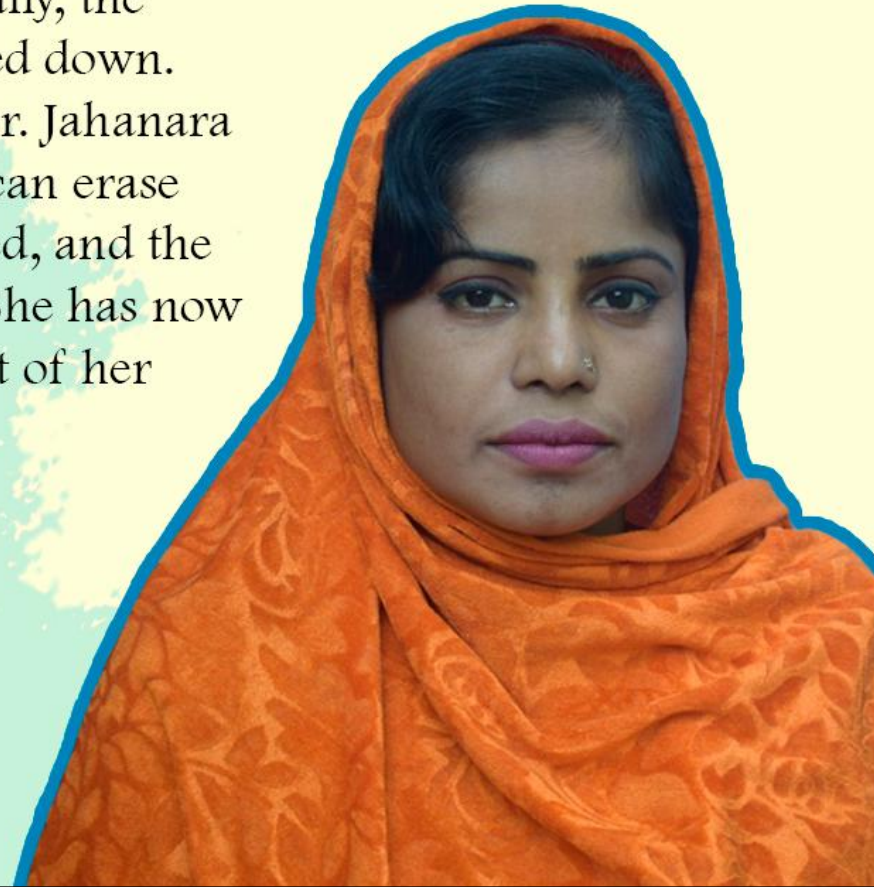
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Jahanara faced immense hostility from her family upon returning. But she did not back down. After receiving training from GGBK, she opened a beauty parlour in the neighbourhood. Gradually, the hostile behaviour quelled down. People became friendlier. Jahanara found that her success can erase the past she had endured, and the stigma surrounding it. She has now become the sole support of her family.

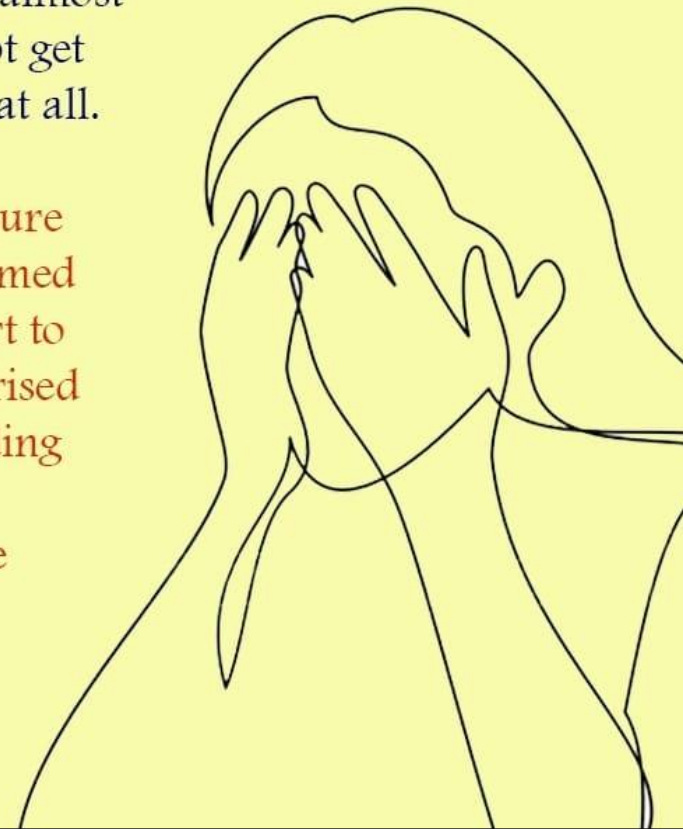


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A survivor often has to live through the pain and trauma she had experienced in the past. This often gets triggered by the social stigma around her. However almost 50% of the rescued survivors do not get any form of psycho-social support at all.

A main component of CBR is to ensure psycho-analytic tests, trauma-informed care, counselling and moral support to the survivors. By employing regularised need assessment and capacity building tools, the mental state of these 'emotionally broken women' can be improved drastically.



#MentalHealth
#Fightingsidebyside



**Post-traumatic
stress disorder**

**Anxiety
&
Depression**

**Stockholm
Syndrome**

**Panic
Disorder**



#WhyC.B.R.?



Apart from psycho-social support, psychiatric medication becomes essential. Albeit there are misconceptions about prescribed psychiatric drugs, they can work wonders if properly recommended by a clinical psychiatrist. As a part of CBR, several survivors were treated by psychiatrists in a hospital at South 24 Parganas, West Bengal. They have also recieved medical help from the government. After getting support from a professional, they are improving fast.



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Upon her return Rokeya underwent the routine medical checkup facilitated by GGBK. There, it was discovered that Rokeya had contracted HIV. She was nursed in a local hospital, and was immediately provided the drugs that will keep her condition stable. However the drugs were expensive and well beyond her reach. Therefore Rokeya appealed for compensation and after much deliberations she received the essential medicines.



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Upon returning from the trafficking area, Survivors are often exposed to a lack of proper security. Often belonging to the poverty-stricken and disaster-prone regions in the country, access to proper shelter and security becomes a major issue for them. They often encounter hostility from the traffickers, who take advantage of her lack of security, by stealing case-related documents.

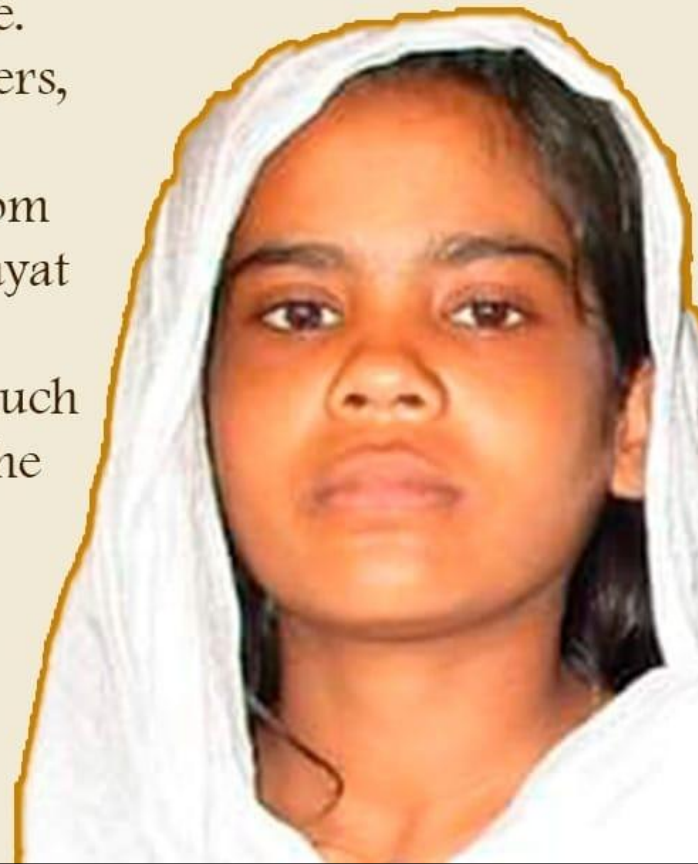
CBR's need assessment follows a 360-degree approach. Not only it assesses the survivors' psycho-social needs but the material needs as well. To implement CBR, ensuring the safety and security of the survivor should be the top priority. Facilitating the survivors with Government stakeholders for fulfilling their material needs, is a part of the process.



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The super-cyclone Amphan demolished Reijna's home. The living conditions became severe. Already a target of her traffickers, Reijna's fear for her safety was natural. With some support from GGBK, she wrote to the panchayat members and appealed to the Chief Minister as well. After much advocacy and paper-pushing she was granted compensation to rebuild her home.



Almost 97% of the rescued survivors face backlash after returning home. Verbal and physical abuse gets showered upon them by the members of their families. Apart from that, the perpetrators also make the survivors' life a living hell, by propagating stigma about her within the community.

CBR employs different capacity-building tools such as group activities, peer interaction and skill training to get her back on track. Training plays the most important part in rehabilitation. After receiving training the survivors become more equipped in earning on their own. Once she starts generating a stable income, the stigma surrounding her begins to wear off.

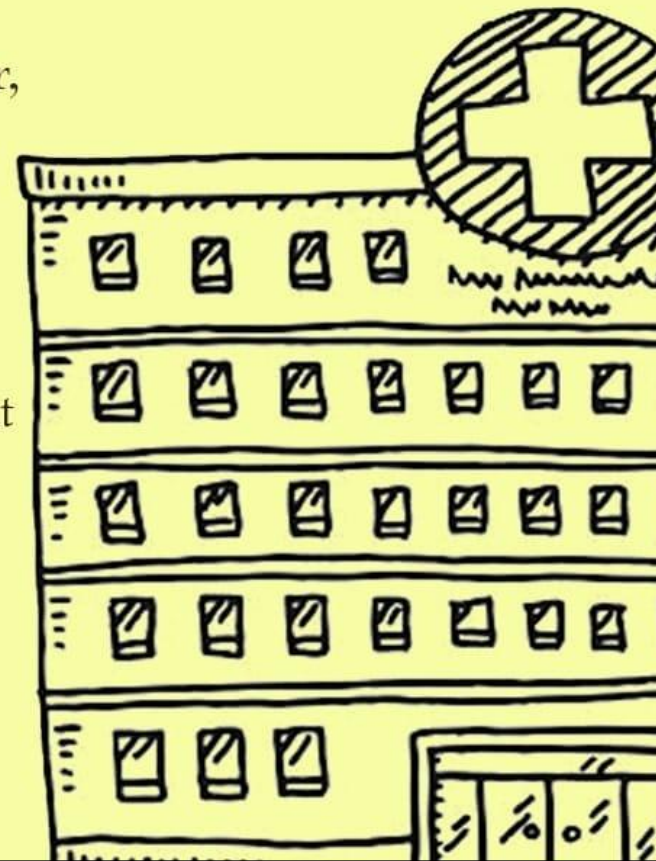


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The priority for all survivors should be to have themselves a medical checkup after returning from the trafficking area. Needless to say, diseases like AIDS are transferred to them because of the line of work they are put into. However, only 36% of all survivors receive medical check-in after their return.

Apart from psycho-somatic support, routine medical support is mandatory for CBR. Otherwise, the survivors might succumb to the terminal diseases they have contracted in the past.

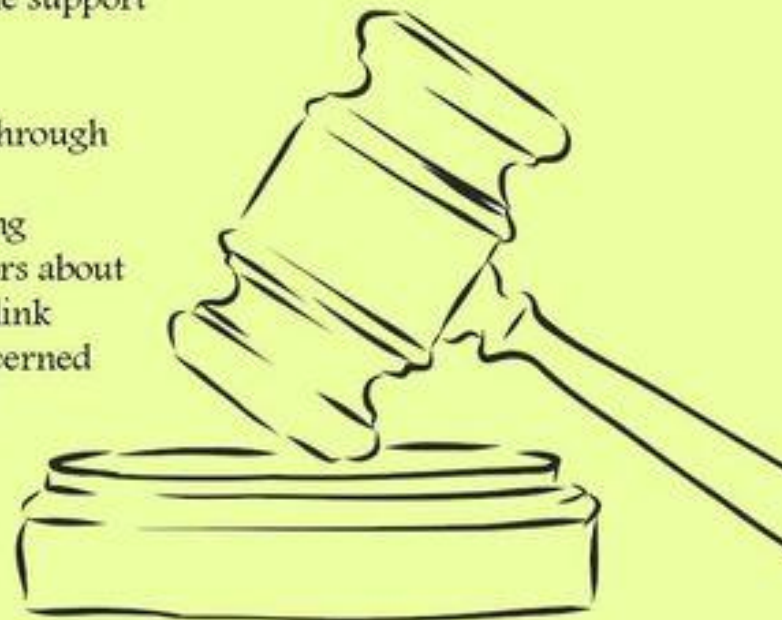


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Trafficking survivors are entitled to victim compensation after returning from the trafficking area. To appeal for victim compensation in court, a survivor has to go through proper medical and psychoanalytic tests. She has to produce adequate documents so that the court may declare her eligibility. The entire process has to be coordinated by the DLSA. However, if a survivor is ignorant about her rights, she will not be able to get the support she is in dire need of.

CBR makes sure that the survivors go through proper medical and psycho-analytic examinations. Apart from that providing semi-legal support, orientating survivors about the system linkages and establishing a link between the DLSA and the person concerned falls under the responsibilities of CBR



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Survivors of human trafficking often go through immense mental stress after returning home. Social stigma, complications involving the investigation, health problems, unemployment--sometimes the stress becomes unbearable. A person who has gone through traumatic experiences needs relaxation. It is mandatory. Peer interactions and friendly banter can divert a person's mind from worldly problems.

Facilitating peer interactions and support to the survivor is a part of CBR. Friendship is a great way through which a survivor can overcome trauma.



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Anupama was feeling stressed due to some personal problems. So her friends got together and went out with her. They spent the whole day on the nearby river-bank, chatted and took selfies. The experience relieved her of the stress she was feeling earlier. Anupama found strength to face her crisis head on.



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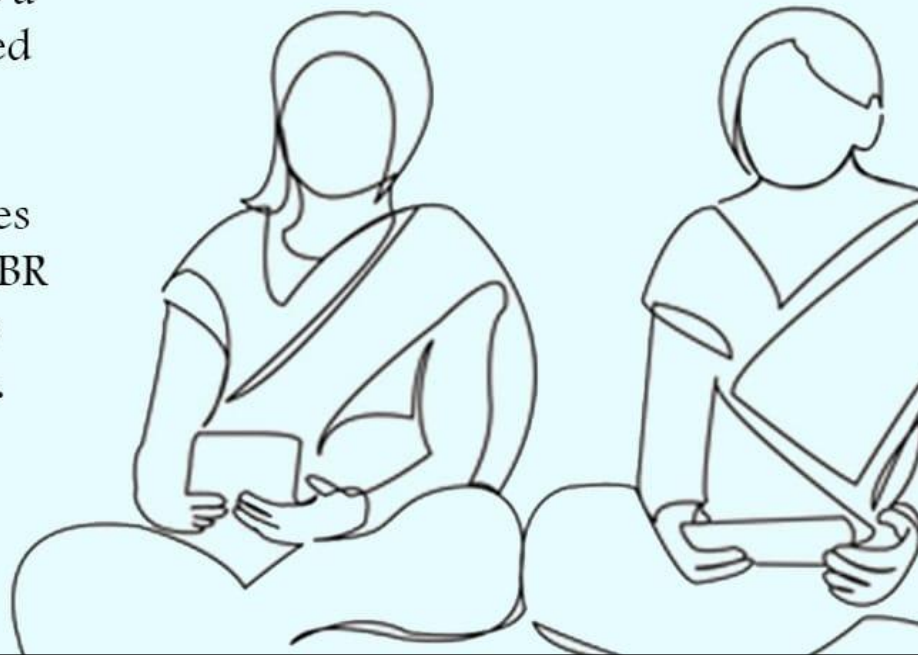
Rokeya Sardar, stood by her village before a super-cyclone Amphan. She tried to alert her village by asking them to move to a safe area. Apart from that, one of her comrades also facilitated monetary support to her neighbours by asking the government for compensation.

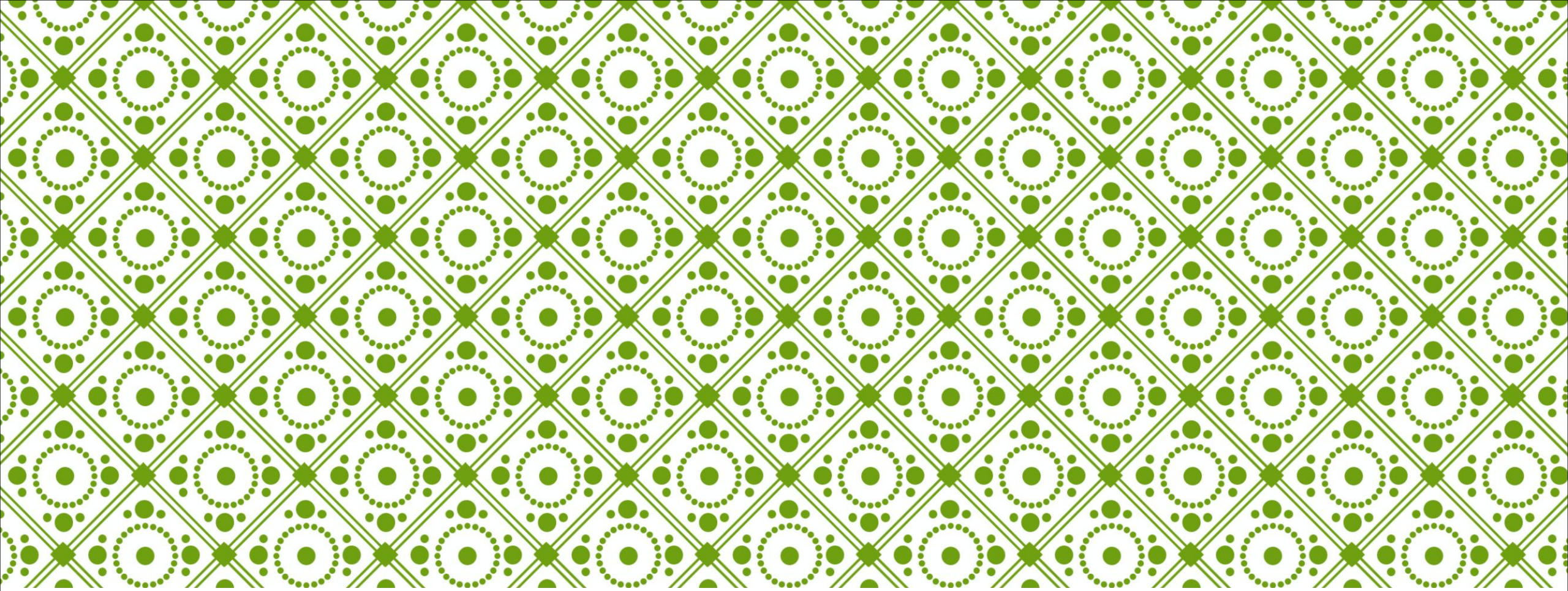


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Community Ownership becomes a part and parcel for CBR. Since CBR is a process that is embedded within the community itself, owning the sense of belonging and acting upon that can be considered as a result of community based rehabilitation. When the survivor stands by the community, it reciprocates because of her actions. CBR changes the individual as well as her surroundings.





THANK YOU