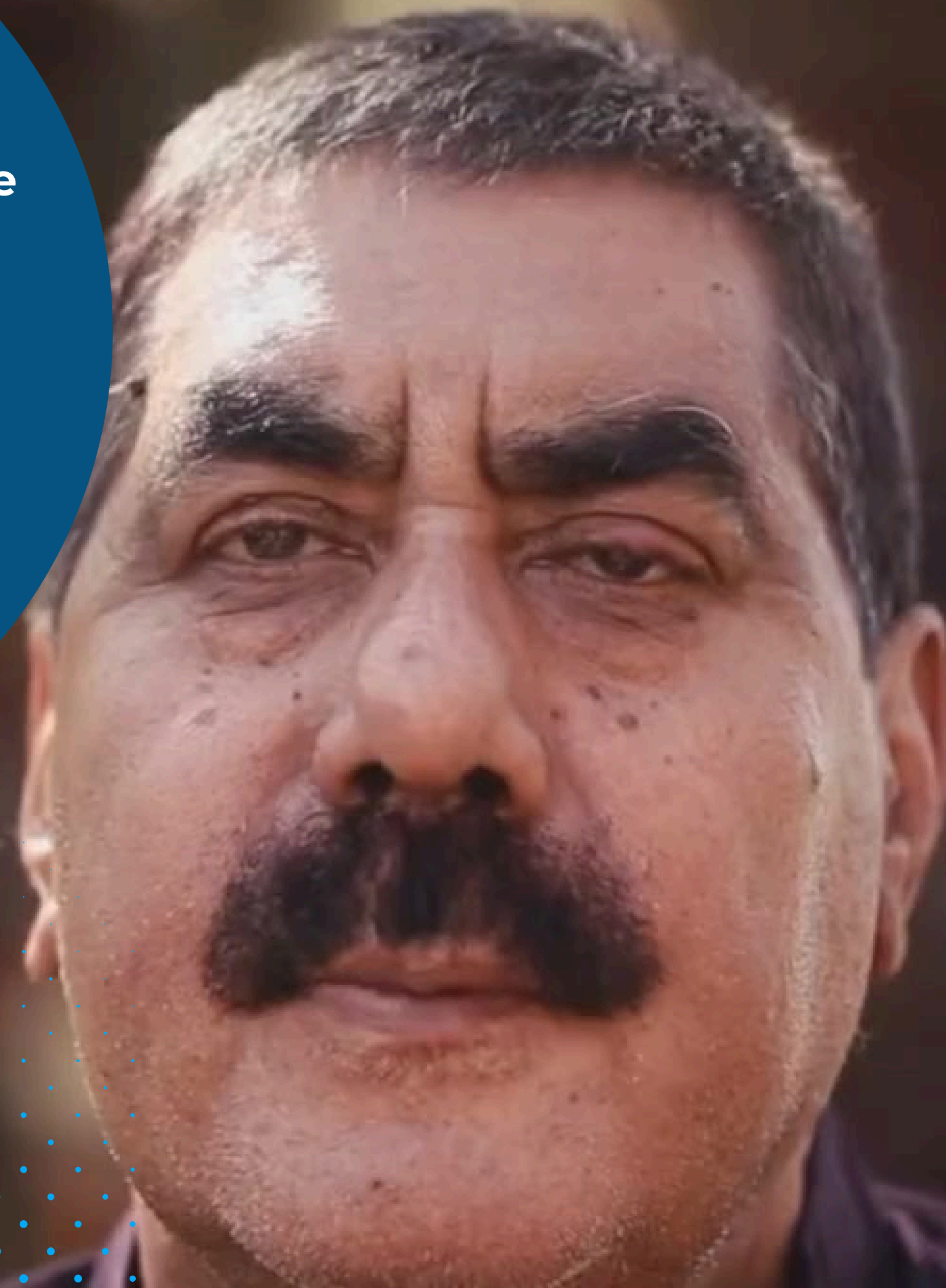


Getting to know the NGO



PANAHGAH

Panahgah was created with the desire to help Afghan families to resettle in Brazil after the Taliban takeover. Sophia Nobre, president and founder of Panahgah, began her work in August 2021 and the first Afghan refugee family arrived in Brazil in November 2021



PANAHGAH'S MISSION



Panahgah - which means "safe shelter" in Persian - is a Brazilian NGO whose mission is to give vulnerable, persecuted and stateless populations a chance to a new life. The NGO has been helping to accommodate refugee families in different Brazilian cities with the support of civil society, local populations, municipalities, and universities. Headquartered in Jundiaí, São Paulo, Panahgah has a wide network of partners and affiliates in several Brazilian states and cities:

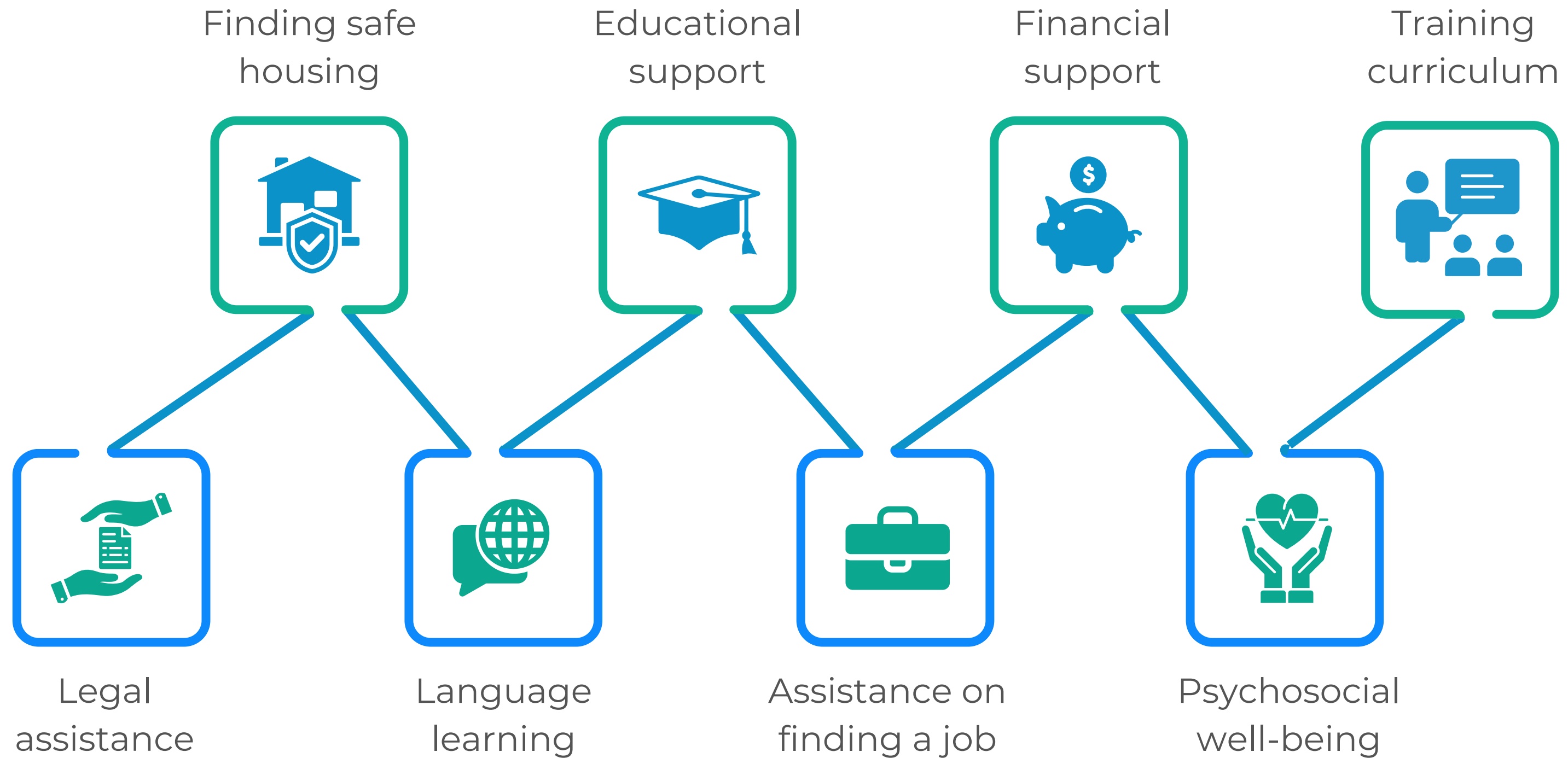
**PANAHAHGAH'S
WORK**



PANAHAHGAH'S WORK



PANAHAHGAH'S WORK



OUR NUMBERS



NUMBER OF PEOPLE WELCOMED AS OF APRIL 2024



People welcomed



Women



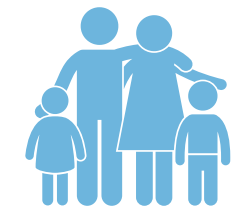
Men



Children (0-12)



Families



RESETTLEMENT CITIES AS OF APRIL 2024



Once the welcoming period is completed, migrant families are relocated to different cities according to their profile. The following **25** cities have been identified as good resettlement locations:

• Salvador (BA)	• Florianópolis (SC)	• Curitiba (PR)
• Lauro de Freitas (BA)	• Rio de Janeiro (RJ)	• Cascavel (PR)
• Camaçari (BA)	• Santa Cruz (RJ)	• Toledo (PR)
• São Paulo (SP)	• Nova Iguacu (RJ)	• Juiz de Fora (MG)
• Jundiaí (SP)	• Belford Roxo (RJ)	• Araguari (MG)
• Itupeva (SP)	• Xerém (RJ)	• Goiânia (GO)
• Guarulhos (SP)	• Unamar (RJ)	• Trindade (GO)
• São Carlos (SP)	• Barra de São João (RJ)	• Valparaíso de Goiás (GO)
		• Abadia de Goiás (GO)



OUR TEAM



OUR TEAM



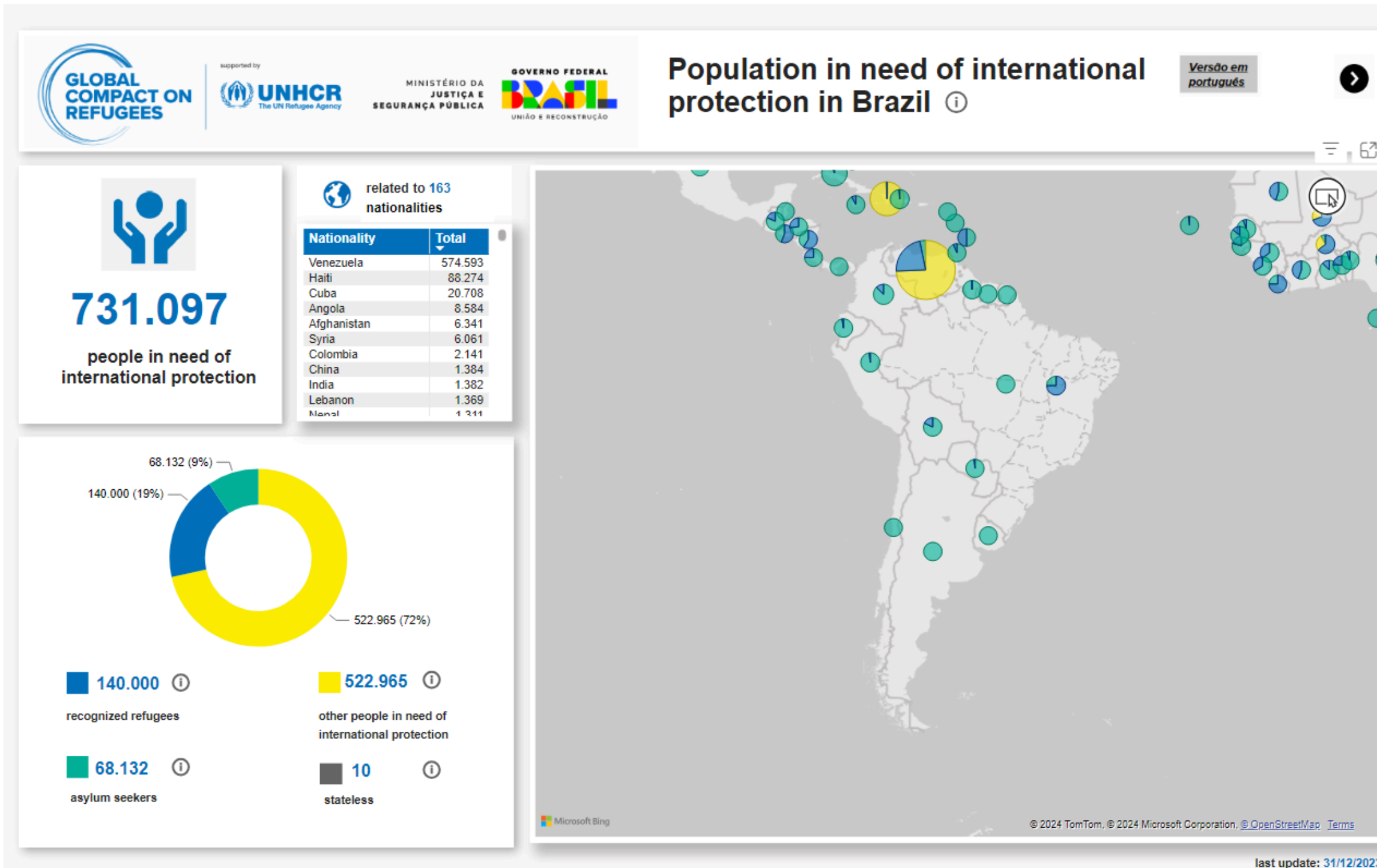
The Panahgah team is made of a small group of contracted supporters, Brazilians and migrants, and a large number of volunteers. They work to receive, welcome and resettle migrants in Brazil. Because they have direct interaction with our beneficiaries, they are the first ones to detect the signs of mental health or substance dependency requiring specialised mental health support. Panahgah is also committed to provide specialized training to its Volunteer workforce.



**PANAHGAH'S
MENTAL HEALTH
PROGRAM**



REFUGEE FLOWS IN BRAZIL



related to 163 nationalities

Nationality	Total
Venezuela	574.593
Haiti	88.274
Cuba	20.708
Angola	8.584
Afghanistan	6.341
Syria	6.061
Colombia	2.141
China	1.384
India	1.382
Lebanon	1.369
Nepal	1.311

Biggest migration flows - Dec. 2023

MIGRANTS & SUBSTANCE MISUSE



In December 2023, there were **731,097 people** in recognized condition of **need of international protection in Brazil**. The main countries of origin were **Venezuela, Haiti, Cuba, Angola and Afghanistan**.



According to UNICEF, the migration process is a significant source of stress, which can have a **detrimental impact on individuals' mental health** and cognitive performance, that can be aggravated by the use of uncontrolled substances. **Children and adolescents** are especially susceptible to these effects and the risks of easy access to illegal and uncontrolled substances.



In Brazil, the social and economic vulnerability of migrants creates an environment of **susceptibility to being lured into drug trafficking** and/or substance use disorder (SUD). This tendency is heightened in areas where drug cartels are stronger, such as the border with Venezuela.

THE CICLE



Social vulnerability
intensifies



Mental health issues
emerge

Psychosocial well-being
is affected

Substance misuse starts
as a means to dissociate
from reality

“

Preventing and treating drug use disorders among displaced persons have become more challenging. Moreover, forcibly displaced populations are among the marginalized groups that suffer physical and psychological trauma and elevated levels of socioeconomic vulnerability, increasing the risk of developing mental health and substance use disorders.

”

Special Points of Interest (WDR2023) - UNODC

MIGRANTS & SUBSTANCE USE DISORDER



Afghanistan - As stated by the 2023 UNODC World Report, Afghanistan was responsible for **more than 80% of the world's opium production**. Approximately **four million Afghans**, out of 37 million, **suffer from substance use disorder**. These are people with extreme and widespread vulnerability.



Venezuela - According to InfoAmazonia, 40% of the members of the PCC - Transnational Organized Crime (TOC) organization based in Brazil - in Roraima were Venezuelans. The **lack of economic and social integration** of these people at the northern border and the **long waiting periods** to obtain legal immigration status make migrants **vulnerable to TOCs and drug cartels**.

WHAT WE HAVE SEEN

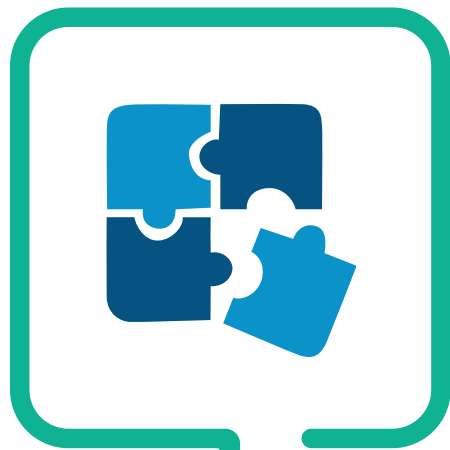


A 23-year-old man's involvement with a drug trafficker and potentially dangerous people. The young man was advised by our cultural mediators about the use and sale of illegal substances and the possibility of imprisonment for illegal drug possession in Brazil. The family was resettled in another city and is doing well.



Five young single men who resided together in an apartment. The NGO received regular reports from neighbors about the strong smell of marijuana, alcohol, and the frequent presence of women in the area. The young men were informed by our cultural mediators about the use and possession of illegal substances in Brazil and the potential consequences of such actions, including imprisonment. After a few months, the young people illegally immigrated to another country.

WHAT WE HAVE SEEN



The abandonment of seven children by their parents and caregivers that resulted in the development of mental health issues, including substance misuse and dependency issues in young children



An elderly woman with a history of anxiety, insomnia, and difficulty adapting to the new reality who refused to leave the house and expressed a desire to return to Afghanistan



A family man with a history of anxiety, panic, insomnia, relationship issues with those around him, and persecution mania

MENTAL HEALTH - OUR SOLUTION



Panahgah's objective is to provide migrants arriving in Brazil with access to existing healthcare services. To achieve this goal, it has implemented a training plan for its staff and volunteers to identify cases requiring specialised care and to train Brazilian professionals and cultural mediators. This will enable them to work together for the benefit of this vulnerable population.



**BEM ESTAR PSICOSSOCIAL DE MIGRANTES
NO BRASIL: CAMINHOS PARA O
ACOLHIMENTO INTEGRAL**

Dia 23/04
das 9h às 18h

UNICAMP
Campinas - SP

Realização: CEMI PANAHGAH

Apoio: CSVA SENGO VERRA DE MELLO OIM ONU MIGRAÇÃO



THE TRAINING CURRICULUM

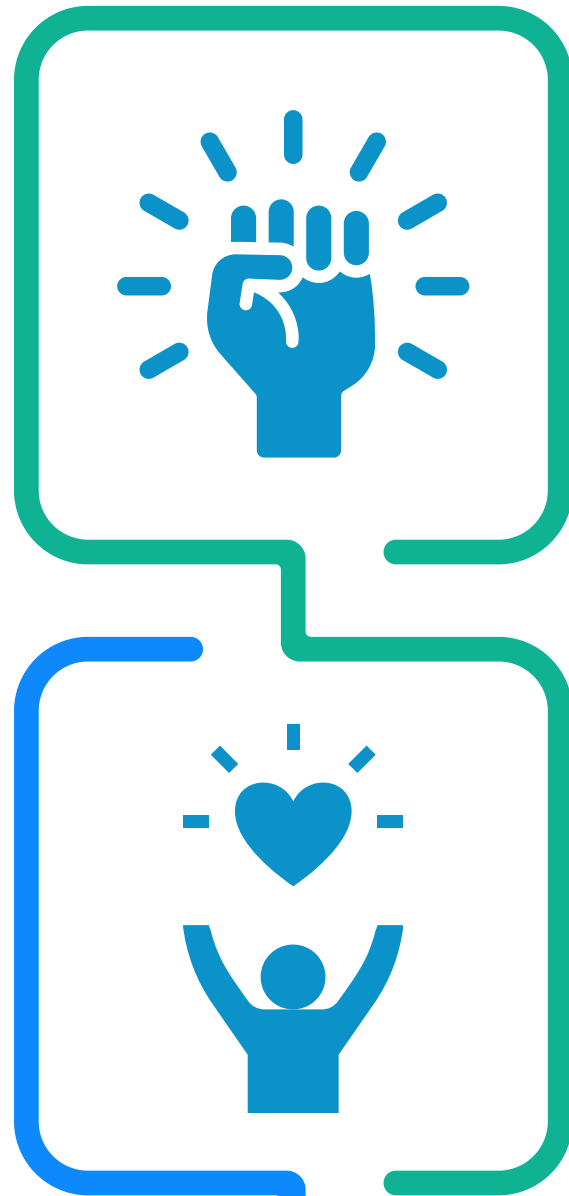


The Training Curriculum program is a **Panahgah initiative in partnership with CEMI** - Centre for International Migration Studies at the University of Campinas- (IFCH/Unicamp), **to prepare NGOs, municipalities and its staff to provide emotional, psychological and cultural support to refugee families.** In cooperation with psychologists, anthropologists and other academic professionals, Panahgah is equipped with the necessary knowledge to provide adequate assistance to migrants.



Mental Health training with psychologist Kamila Moratti

OUR GOALS



Ensuring the mental and emotional empowerment of refugees in Brazil through welcoming, guidance, and health counseling to resettle this population into the Brazilian society with quality of life, independence, and dignity

Promoting health and quality of life for the migrant population, including substance abuse disorder prevention, prioritizing adolescents and youth through professional orientation so that they feel safe and motivated to pursue new opportunities in their lives

OUR GUIDING PRINCIPLES



OUR METHODOLOGY



The training curriculum developed and used by Panahgah was created in collaboration with psychologists, anthropologists, and other professionals with expertise in the field

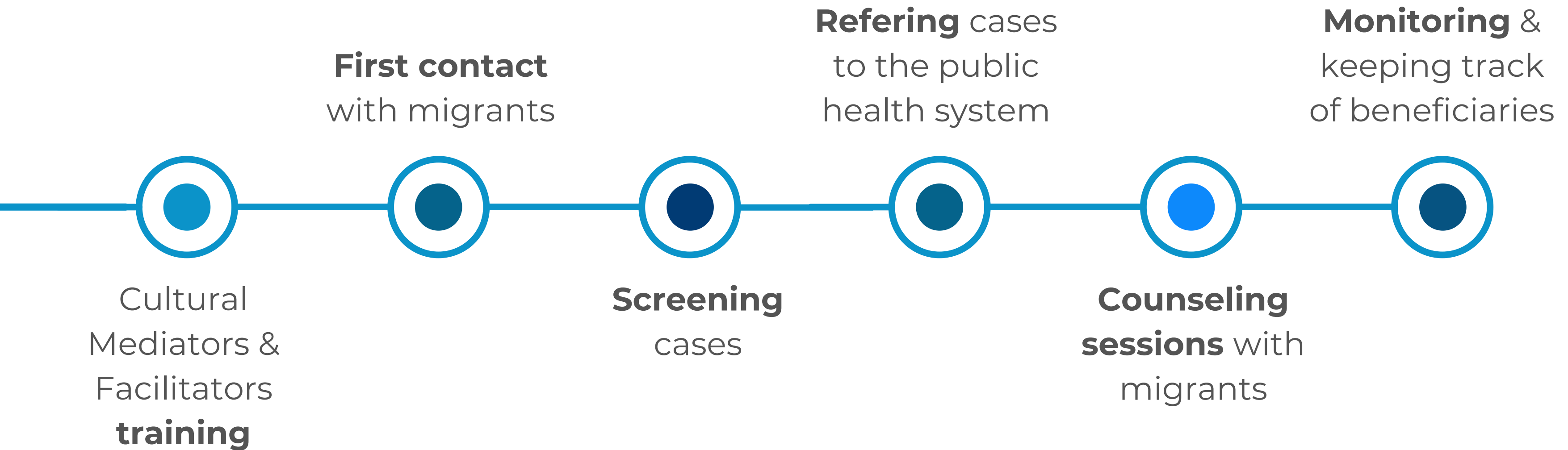
Training mental health professionals to counsel migrants (cultural mediators) and refer cases to the municipality's public health system



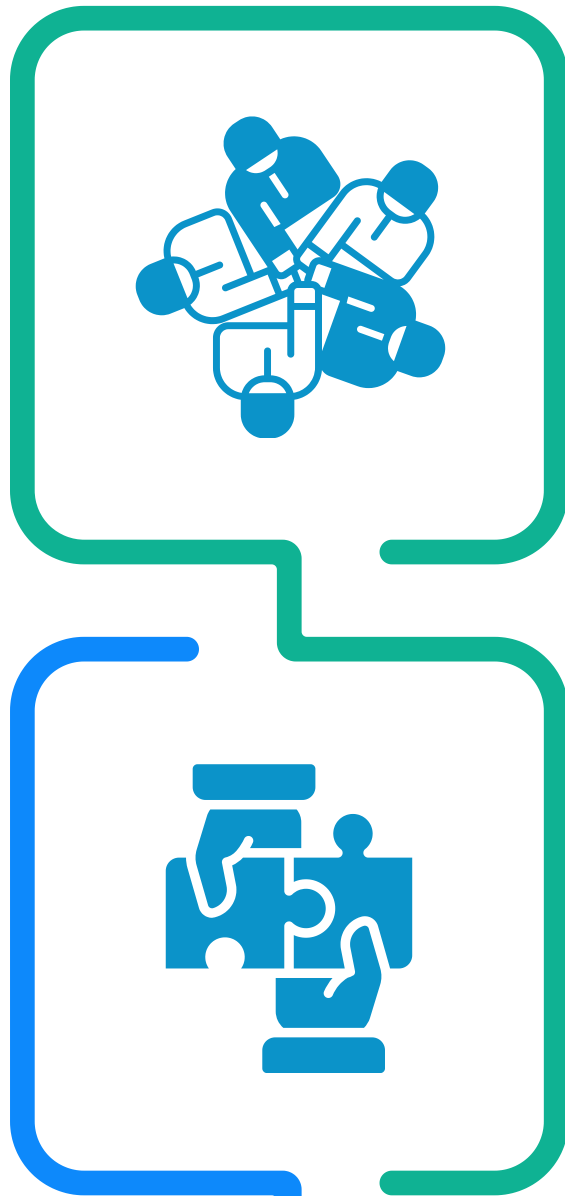
Training Panahgah's team of cultural mediators on how to work with migrants who are dealing with mental health issues and/or substance misuse

Promote counseling sessions & comprehensive support to migrants who seek mental health care

PROGRAM IMPLEMENTATION STEPS



NEXT STEPS



Expand the scope of the Mental Health project to encompass other institutions, civil society organizations, and companies.

Partner with the government to integrate the Mental Health project into the unified health system (SUS).

**EXPLORING
ADDITIONAL
PANAHTGAH
INITIATIVES**





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