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Introduction

During this quarter, mental health and psychosocial support has been a particular focus, as the critical needs in this region of the Lake Chad Basin are often overlooked. In the following pages, you will learn about the various events that took place in the countries and at the sub-regional level in order to reinforce the consideration of this essential need in the region.

In addition, the project teams have continued to work on finalizing the remaining activities and passing them on, as much as possible, to local/national actors in order to maintain the sustainability of the achievements. Data collection and lessons learned activities have accelerated in order to consolidate and disseminate our learnings during the last quarter of the year.

Enjoy reading and feel free to share!

Hélène Ronceray
Regional Coordinator RESILAC

WE SHARE !

NEWS FROM OUR 4
COUNTRIES OF
INTERVENTION

TESTIMONIES OF OUR
BENEFICIARIES AND STAFF

OUR LATEST CONTRIBUTIONS

PICTURES FROM THE FIELD

ACTUALITIES - COUNTRIES



CHAD:

Mental health advocacy

As part of its support activities in mental health and psychosocial support (MHPSS), the project organized the "Provincial Forum on the integration of MHPSS in primary health care structures" on June 22 in Bol. The advocacy carried out during this workshop with the responsible authorities and humanitarian actors aimed at promoting the integration of mental health and psychosocial support in primary health care structures. Based on the recommendations made during a preliminary workshop, the



provincial authorities, humanitarian actors and the health delegation agreed to involve community leaders in the integration of MHPSS in basic health care, to map the available structures offering adapted services, to set up a competent community network able to animate community-based psychosocial activities, to ensure the conduct of the MHPSS protocol in the province and to follow up on the activities carried out in the health centers.

Second to last national steering committee for RESILAC Chad

In order to ensure regular monitoring of activities and the effective involvement of institutional actors in the project, RESILAC's governance includes two types of Steering Committee sessions, one operational - organized at the provincial level - and one national - organized in the capital. Thus, the third national steering committee in Chad was held in N'Djamena on July 5. Chaired by the Ministry of Economy, Development Planning and International Cooperation, this penultimate session provided an opportunity to share the level of implementation of activities and to follow up on the recommendations made at the previous national meeting, and in particular to formulate new recommendations on the finalization and sustainability of the achievements, as well as to share the exit plan.



CAMEROON:

Signing of agreements for the management of natural resources

In all four of RESILAC's intervention communes, 19 local conventions defining the rules for the sustainable management of natural resources have been signed. Implemented within the framework of Pillar 1 "Strengthening human capital and social cohesion", these conventions aim to improve governance around these resources, limit conflicts related to their exploitation and increase access to land. The result of an inclusive and participatory process involving the various users of natural resources, the conventions are accompanied by a development and management plan, established in consultation with the targeted populations and validated by the Departmental Action Committees that ensure their application.

Fish farming in the spotlight

During the African Decentralization Week organized in Maroua as well as during various exhibition fairs such as in Dargala on July 28 and 29, the young people of the fish farming activity exhibited and sold their matures fish. Four months after being stocked into ponds dug during High Level Intensity work and fed with food made from ash and ox dung by the farmers, the fish have reached an average weight of 2kg.



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ACTUALITIES - COUNTRIES



NIGER:

Promoting peace from village to village

In June, a sensitization caravan organized by the Diffa Regional Council traveled through the communes of N'Guigmi, Maine-Soroa, Diffa, and Chétimari, spreading messages of living together to 7,500 people. The recreational activities were aimed at improving social cohesion between communities and redefining the role of local authorities in calming conflicts to facilitate the development of populations.

Forum on mental health

The national forum on mental health held in Niamey on August 26 under the theme "Mental health in the face of the Lake Chad Basin crisis" mobilized a large panel of participants (authorities, researchers, NGOs and specialists in the field) to encourage technical and financial partners to invest more in mental health and psychosocial support. At the end of the meeting, the Ministry of Health, technical partners and civil society agreed to update the legislation and develop a strategic plan on mental health in Niger.

NIGERIA:

Coping with menstrual insecurity in Jéré

Menstrual hygiene is a subject that is imposed on women all over the world, but which makes those in precarious situations even more vulnerable. The high cost of menstrual protection does not allow most women and young girls to protect themselves properly during their menstruation, often depriving them of going to school or working during this period. In Nigeria, in an effort to improve women's living conditions, implementing partner Search for Common Ground conducted training for 140 women in the seven local government communities of Jere. After receiving theoretical training on menstruation, the beneficiaries learned how to make reusable, plastic-free and functional towels.



The participants plan to produce more pads to distribute to women around them.

More than 900 young people equipped to set up their IGA

In May, 901 young beneficiaries started training in sewing, agricultural trades, mechanics, masonry or carpentry according to their personal choice. Since July 14, these young people have received their diplomas at the end of the training and their start-up kits during a closing ceremony in the presence of the local government authorities of Jéré. Trained at the same time in functional literacy and for some of them after having benefited from psychosocial support to improve the management of their obstacles and their ability to project themselves into the future, the young beneficiaries will now be able to implement their income generating activities.



Aisha: reusable sanitary napkins for menstrual hygiene for women in Jéré



"During the training, I learned how to take care of myself during my period and I also learned how to make sanitary napkins with local materials like fabric scraps. We use these pads for ourselves and also distribute them to women and girls in the community. This is very useful because industrial pads are expensive and we don't have the financial means to buy them, which leads us to have poor menstrual hygiene and prevents us from continuing our activities during this period because we have to stay at home.

In sub-Saharan Africa, access to adequate protection and lack of knowledge about menstruation cause 1 in 10 girls to miss school during their menstrual cycle.

[Find the complete portrait of Aisha here](#)

"There should be more education for women and girls on menstrual hygiene and the use of locally made reusable pads."

RESILAC's social cohesion activities in Nigeria aim to ease tensions between communities and between men and women. Faced with the multidimensional crisis in the Lake Chad basin, which is eroding social cohesion and increasing women's vulnerability, it is essential to support the socio-economic development of the populations in order to strengthen their financial autonomy. Through joint social cohesion and socio-economic integration activities, the project helps women regain their self-confidence and become active participants in their development.

"Menstruation is a barrier to our development. We don't talk about it enough in our communities. Since we don't have access to sanitary protection, almost all our girls miss school during their periods."

"In parallel, we also did a mixed training this time to learn how to reuse plastic waste. We learned how to make briquettes from charcoal made from wood residues, bags from leftover polythene plastic bags, bio gas, bio fertilizer, tiles from plastic waste. It was useful for us because in addition to reducing the amount of plastic waste outside, the sale of the products made allowed us to increase our income."

CONTRIBUTIONS

#studies #knowledges

Forum "Mental Health and Psychosocial Support in Borno State: Towards Emergency, Sustainability and Sustainable Solutions"

On June 22, the RESILAC project in partnership with the International Organization for Migration organized the national forum of mental health practitioners and funders. Testimonies from survivors and presentations from mental health practitioners and experts identified a number of barriers to optimal care, such as communities' lack of knowledge about mental illness, the obsolescence of the mental health law ratified in 1958, the lack of partnership between the security agency and the justice system, and the lack of unified and contextualized mental health materials and training manuals for organizations.

RESILAC International Conference "Management of Psychological Disorders in the Lake Chad Basin"

Within the framework of its Pillar 4 "knowledge production", RESILAC has carried out 6 regional studies on the project's intervention themes. In order to share this learning, a series of international conferences began in September. The first of these conferences was on "The management of psychological disorders in the Lake Chad Basin" and was conducted by Groupe URD, a member of the consortium.

[Find the study and its key messages on the RESILAC website](#)

[Find the experience report on the actions carried out by RESILAC on the RESILAC website](#)

Warrantage: A Promising Foundation Phase for Farmer Resilience in the Lake Chad Basin

In Chad, since November 2021, the RESILAC project has been supporting the implementation of warrantage. Warrantage consists of organizing farmers' groups in order to facilitate obtaining credit from micro-credit institutes in exchange for pledging their non-perishable food stocks (cereals and legumes). In these last months of the project's implementation, the beneficiaries have been able to recover most of the loans negotiated with the microfinance institute.

[Read the article on the RESILAC website](#)

The RESILAC project "Inclusive Economic and Social Recovery of Lake Chad" aims to contribute to the economic recovery and the strengthening of the resilience and social cohesion of the territories of the Lake Chad Basin that have been most affected by the security crisis and climate change. RESILAC is implemented by a consortium of NGOs (Action contre la Faim - lead partner, CARE and Groupe URD) and in partnership with CCFD - Terre Solidaire, Search For Common Ground and local organizations in the four countries.

For more informations visit the website www.resilac.net



Membres du Consortium régional RESILAC



Cofinancé par l'Union européenne et l'Agence Française de Développement



Partenaires de mise en oeuvre

**This quarterly publication is developed with the financial support of the European Union and the Agence Française de Développement. The contents are the sole responsibility of the Consortium (ACF, CARE and Groupe URD) and do not necessarily reflect the views of the European Union or the Agence Française de Développement, who cannot be held responsible for their use.*