THE MISSION OF
THE PETER C. ALDERMAN FOUNDATION
IS TO HEAL THE EMOTIONAL WOUNDS OF
VICTIMS OF TERRORISM AND MASS VIOLENCE
BY TRAINING INDIGENOUS HEALTH WORKERS
AND ESTABLISHING TRAUMA TREATMENT
SYSTEMS IN POST-CONFLICT COUNTRIES
AROUND THE GLOBE.
Dear Friends:

Over one billion people, one-sixth of humanity, live in conflict-affected countries, where they have directly experienced torture, terrorism or mass violence through civil war, ethnic cleansing or genocide. More than half of the victims suffer from incapacitating traumatic depression and post-traumatic stress disorder (PTSD), preventing them from leading productive lives. Post-conflict countries do not have the resources to deliver care. The Peter C. Alderman Foundation (PCAf) fills this need.

PCAf trains indigenous healthcare professionals and establishes clinics to treat victims of terrorism and mass violence in post-conflict countries. Working in public/private partnership with governments, PCAf creates capacity, sustainability and community acceptance.

In 2003, Liz and Steve Alderman established PCAf in memory of their son, Peter, who was murdered at the World Trade Center on September 11, 2001. The Aldermans decided to help victims who had survived terrorism return to productivity.

The need for care is urgent. With your help, we can return individuals to function and bring hope back to their lives.

Sincerely,

Kevin Foley, Board Chair

Liz and Steve Alderman, Co-Founders

Alison Pavia, Executive Director

While governments and many global organizations strive to meet the physical needs of people caught in conflict, they often ignore the psychological damage. If people do not care whether they live or die, they will not seek solutions for problems such as disease, poverty and lack of education.
CLINICS

PCAF Trauma and Training Clinics treat victims suffering from traumatic depression and PTSD with culturally appropriate, evidence-based therapy at government district hospitals. PCAF sends mental health professionals into the villages and settlements where patients live.

Cambodia Clinics: Siem Reap and Soutr Nikum
The reign of terror and genocide perpetrated by Pol Pot and the Khmer Rouge killed 1.7 million people, 21% of the country’s population. Traumatic depression and PTSD continue to affect the population.

Uganda Clinics: Gulu, Kitgum, Arua and Soroti
The Lord’s Resistance Army terrorized Northern Uganda for over 20 years, exposing the region to unrelenting violence, population displacement and the breakdown of the healthcare delivery system. The single largest public health problem in Uganda is debilitating traumatic depression, with 70% of its 31 million people suffering from war-induced psychological trauma.

Liberia Clinic: Bong County
Fourteen years of civil conflict has taken its toll on Liberia’s 3.5 million citizens; 250,000 dead, 500,000 internally displaced persons and 800,000 refugees. A recent study reported that as many as 40% of Liberians suffer from major depressive disorder, and 44% suffer from PTSD. Until recently, there was only one public psychiatrist for the entire country.

Kenya Clinic: Kibera
Kenya experienced widespread violence immediately following the 2007 general election results. The PCAF program is located in Kibera, the second largest slum in Africa, which was heavily affected by the post-election violence, with many survivors suffering from PTSD and poverty-related trauma.

• PCAF partners with local governments, medical schools, civil society and religious institutions.
• Clinics provide victims with culturally appropriate treatment.
• Clinic staff receive ongoing training and supervision.
• PCAF analyzes patient data to measure and improve patient outcomes and staff performance.
TRAININGS

PCAF trains indigenous healthcare professionals, including doctors, psychologists, social workers, nurses and counselors to diagnose and treat traumatic depression and PTSD. To date, PCAF has trained thousands of health workers from 22 countries on five continents.

The Peter C. Alderman Pan-Africa Conference on Psychotrauma: Sub-Saharan Africa’s only multi-disciplinary conference on psychological trauma in war-affected societies.

The PCAF/Bellevue/NYU Program for Survivors of Torture Conference: held in New York City to explore global issues affecting survivors.

Staff Trainings: Butibika National Mental Health Referral Hospital, Kampala, Uganda: New African clinic staff attend a six-week training program, and go on to attend regular continuing medical education workshops.
PATIENT OUTCOMES

Key components in the PCAF trauma treatment model are measurement and evaluation, including assessment of treatment outcomes. We collect demographic and clinic output data to inform decision-making, and evaluate treatment outcomes by assessing patient burdens of traumatic depression and PTSD and level of function at baseline and at three-month intervals.

CHANGE IN SYMPTOM LOAD AND FUNCTIONING IN FOUR PCAF CLINICS OVER SIX-MONTH PERIOD

![Bar chart showing changes in symptom load and functioning over six months.]

PUBLICATIONS

The African Journal of Traumatic Stress (AJTS): the first peer review journal of its kind, underwritten by PCAF and edited by members of the Department of Psychiatry of Makerere University.

The PCAF Training Manual: used for training and reference by PCAF staff.
PATIENT STORY

ARUA, UGANDA

Mr. O is 34 years old and lives in the Rhino Refugee Camp. He was seen by the PCAF Arua Outreach Team where he had headaches, general body pain, felt frightened and had experienced interrupted sleep for three years. He had no appetite and was withdrawn and quiet.

Mr. O experienced multiple traumatic life events. In 1996 he was captured, tortured and forced to watch armed rebels kill his pregnant sister. He escaped the rebels and lived in an internally displaced persons (IDP) camp until 2002, when rebels attacked the camp and he was taken back into captivity and trained as a soldier. While in the bush, Mr. O was tortured and forced to kill—receiving severe beatings if he showed any resistance. He spent six years in captivity until 2008 when he escaped.

Shortly after his escape, Mr. O had nightmares and flashbacks. He didn’t want to be reminded of the past, but kept re-experiencing the traumatic events over and over. He lost interest in life, crying whenever he recalled the suffering he had endured. He was living in total fear, distress and isolation.

The PCAF Outreach Team started Mr. O on medication and trauma counselling. After beginning treatment, he was able to sleep through the night, his headaches ceased and his appetite returned. He can now tell his story without crying. His level of functioning also began to improve as he can now socialize with a few people—including, most importantly, his two young sons.

Left untreated, traumatic depression and post-traumatic stress disorder can extend into the next generation and beyond.

-- Rachel Yehuda, Ph.D.

In post-conflict countries, fewer than 10% of victims have access to care.

-- The World Bank
PCAFC RECOGNITION

**Presidential Citizens Medal**  President Barack Obama recognized Dr. Stephen and Elizabeth Alderman for their work with PCAF by presenting them with the Presidential Citizens Medal in October 2011. The Presidential Citizens Medal recognizes Americans who have “performed exemplary deeds of service for their country or their fellow citizens.”

**Purpose Prize** presented by Civic Ventures to the Aldermans in 2009, recognizes people over 60 in encore careers who are creating new ways to solve tough social problems.

**N.Y. Post Liberty Medal, Lifetime Achievement Award** was presented to Liz and Steve Alderman in 2012 for accomplishments that reflect the very best of New York City.

**Court TV’s Everyday Heroes Award** was presented to Elizabeth Alderman for her acts of courage.

**Barron’s Magazine** named the Peter C. Alderman Foundation in 2007 as one of the ten most effective small charities in America for its sustained measurable impact on people’s lives.

**PCAFC-PRESENTED AWARDS**

**Peter C. Alderman Humanitarian Award**

Each year at its Annual Benefit, PCAF recognizes an individual or organization whose work has made a profound and lasting impact in healing human suffering. Past recipients include Olara Otunnu, former UN Under-Secretary General and Special Representative for Children and Armed Conflict, and playwright and humanitarian Eve Ensler.

**Sarlo Foundation Annual Leadership Award**

The Sarlo Foundation Leadership Award is presented annually to staff members of PCAF Clinics around the world who have rendered outstanding service to their war-traumatized patients. The award is made possible by a generous grant from the Sarlo Foundation.

Debilitating traumatic depression is Africa’s single largest health problem, affecting more people than HIV/AIDS, TB and malaria combined.

--- *WHO et al, Global Burden of Disease Study, 2010*
BOARD OF DIRECTORS

STEPHEN ALDERMAN, MD
Co-Founder, Peter C. Alderman Foundation

ELIZABETH ALDERMAN
Co-Founder, Peter C. Alderman Foundation

JEFFREY ALDERMAN, MD
Associate Professor, University of Oklahoma

ANNE ASHMORE-HUDSON, Ph.D.
Chair of the DC Commission on the Arts and Humanities; visiting scholar at Howard University

PETER BAGLIERI
Global Enterprise Manager, Media and Entertainment Market, Strategy & Business Development at NetApp

LESLIE CORWIN, ESQ.
Partner, Greenberg Traurig, LLP

KEVIN FOLEY
Board Chair, CEO of Aqua Securities, a Cantor Fitzgerald Company

BRENTON KARMEN
Head of Global Order Management Division, Bloomberg LP

DAVID MILLER
Managing Director, Pine River Capital Management

STACEY RICHMAN, ESQ.
Criminal Defense Attorney, Visiting Professor at Benjamin N. Cardozo School of Law for the Intensive Trial Advocacy Program

DANIEL RUNDE
William A. Schreyer Chair and Director, Project on Prosperity and Development, Center for Strategic and International Studies

INTERNATIONAL ADVISORY BOARD

RICARDO ARAYA, MD
Professor of Psychiatry, University of Bristol

ROBERT COSTAS
Sports broadcaster; interviewer and cultural commentator

ALLAN GERSON, JSD
U.S. Counsel to U.N.; U.S. Department of Justice; Senior Fellow at Council on Foreign Relations; U.N. Commission on Human Rights

ALLEN KELLER, MD
Director of the NYU School of Medicine Center for Health and Human Rights and the founder and Director of the Bellevue/NYU Program for Survivors of Torture

CHARLES R. MARMAR, MD
Lucio N. Littauer Professor and Chair of the Department of Psychiatry at the NYU Langone Medical Center

JUAN E. MENDEZ, ESQ.
President Emeritus of the International Center for Transitional Justice; UN Special Rapporteur on Torture

TOM SECUNDA
Co-founder and Chief Technology and Systems Development Officer of Bloomberg LP

EUGENE STEUERLE, Ph.D.
Institute Fellow and Richard B. Fisher chair at The Urban Institute

DANIEL TERRIS, Ph.D.
Director of International Center for Ethics, Justice and Public Life at Brandeis University

SENIOR STAFF

ALISON PAVIA
Executive Director

JANE ALDERMAN ZEITZ
CFO and Administrative Director

JULIE SHAFER
Development Director

JENNY FISHMAN
Development Associate

BLAKELEY LOWRY
Program Associate

DR. EUGENE KINYANDA
Program Director, Africa

DR. SEGANE MUSISI
Senior PCAF Consultant for capacity building in Africa

DR. ETHELDREDA NAKIMULI-MPUNGU
Director of Research

DR. LOHN BORIN
Director, PCAF Psychotrauma Clinics, Siem Reap, Cambodia

DR. KONG SARITH
Director, PCAF Psychotrauma Clinics, Sout Nikum, Cambodia

DR. ALEX ADAKU
Director, PCAF Psychotrauma Clinic, Arua, Uganda

DR. JULIET NAKKU
Director, PCAF Psychotrauma Clinics, Soroti and Kitgum, Uganda

DR. JAMES OKELLO
Director, PCAF Psychotrauma Clinic, Gulu, Uganda

DR. ELIALILIA SARIKIAELLA
Deputy Editor, African Journal of Traumatic

DR. JOSHUA TUGUMISIRIZE
Director, PCAF Wellness Clinic, Phebe Hospital, Bong County, Liberia
## HOW A GIFT TO PCAF CAN HELP

<table>
<thead>
<tr>
<th>Amount</th>
<th>Benefit</th>
</tr>
</thead>
<tbody>
<tr>
<td>$25</td>
<td>Provides One Day of Social Worker Home Visits</td>
</tr>
<tr>
<td>$75</td>
<td>Provides a Full Course of Treatment to a Trauma Patient</td>
</tr>
<tr>
<td>$100</td>
<td>Provides a Day of Patient Outreach at a Refugee Camp</td>
</tr>
<tr>
<td>$150</td>
<td>Trains One Mental Health Worker at the PCAF Pan-African Conference on Psychotrauma</td>
</tr>
<tr>
<td>$600</td>
<td>Keeps a Clinic Open for One Week</td>
</tr>
<tr>
<td>$1,000</td>
<td>Provides Specialized Training for Senior Clinic Staff</td>
</tr>
<tr>
<td>$5,000</td>
<td>Publishes One Issue of the African Journal of Traumatic Stress</td>
</tr>
<tr>
<td>$30,000</td>
<td>Keeps the Doors of a Trauma Clinic Open for One Full Year</td>
</tr>
</tbody>
</table>
ABOUT PETER

Peter Alderman died at 25, yet his life was well-lived, for he truly understood the meaning of love and friendship. Peter grew up in Scarsdale, NY, and graduated from Scarsdale High School in 1994 and from American University in 1999. He was working for Bloomberg LP when he was murdered by terrorists on September 11, 2001. Peter had hundreds of friends. Although he was bright and funny and knew how to have a good time, most importantly, Peter was caring and compassionate. To quote a friend, “If life is measured in love, then Peter’s was an exemplary one. Peter was loved by so many because he himself loved. His loving way was radiated through his smile; from the first moment you saw his smile you knew in your heart that he was a friend. When you were around Peter, it made you a better person, not because of anything he said or did, but simply because his mere presence brought you joy.”
While the death of most people is the end, Peter’s death was the beginning of life for so many people all over the world.

— Yousif Hanna Rofa, MD
Psychiatrist, PCAF Master, Baghdad, Iraq
Painting by James O., patient and former child soldier