



PROGRAM *for*  
TORTURE VICTIMS

*#HopeLivesHere*



2023  
*Impact Report*

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# Letter from the Executive Director

Last year we wrote, “Our doors remain open because donors and volunteers believe restoring health and human dignity is imperative to reconstruct lives with hope and purpose for a better tomorrow”. No truer words could have reverberated throughout 2023.

As the world finally shook off the pandemic and lifted Title 42, PTV received a large number asylum seekers, refugees, and survivors of torture knocking at our doors. Numbers not seen since before the pandemic. After endless months of waiting in anguish, of surviving the harsh terrain of migration, and many forms of torture, they were exhausted and clinging to a sliver of hope. Awaiting freedom and a fresh start in the US came with its own humiliation and injustices. They’ve been made to wait at a border without support, to retell their stories of trauma, and have been separated from their families. Our policies and politics have shredded what dignity they have left.


Their healing journey commenced the moment they sought assistance at PTV. Their care coordination team counseled, coached, and mentored them throughout their journey and integration. We’ve provided safe spaces to grieve, celebrate, laugh, and rediscover their humanity. We held theater workshops, financial literacy sessions, highlighted the plight of Nicaraguans, and made sure that all were welcomed with dignity. As one client said, **“Hope lives here. This is why I come to PTV. I can be myself”**.

We are proud to share some of our remarkable achievements:

- We served **374** clients this year
- Celebrated **16** granted asylum cases
- **1** wedding officiated and celebrated
- **6** advocacy meetings with state and federal representatives
- Added **somatic therapy** for our clients
- Launched the **Ana Deutsch Practicum**
- (Re)opened our **Orange County** office

As we commence our 23/24 fiscal year, we humbly ask that you continue to journey with us and our clients. Advocate with us for the dignity of immigrants, refugees, and survivors of torture and call out the perpetual scapegoating and oppression. Let us reinvest in the America made by immigrants, seeking dreams, and where hope lives.

With immense gratitude,

  
Ana Grande  
Executive Director

Ana Grande, EdD  
Executive Director

Giselle Soler Lopez, PsyD  
Clinical Director

Kendra Gorlitsky, MD  
Medical Director

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Social Services Director

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Ana Deutsch, MFT, co-founder of Program for Torture Victims (PTV), is a psychologist hailing from Argentina. Ana Deutsch fled Argentina's Dirty War in 1977 after being threatened with imprisonment and political persecution, alongside her family. Many Argentinians were not so lucky, being persecuted and tortured by the military junta.

Dr. Quiroga and Ms. Deutsch met in Los Angeles in 1979. They began working on an aggressive campaign against torture with the Los Angeles Amnesty International Medical Group. The organization was conducting a study documenting cases of torture and the consequences for refugees and asylum seekers in the United States. Dr. Quiroga assessed the medical consequences of torture while Ms. Deutsch assessed the victims' psychological well-being. However, Amnesty International decided that they, as an organization, were unable to provide direct treatment to torture survivors.

The torture survivors under their care badly needed rehabilitation services, thus Dr. Quiroga and Ms. Deutsch decided to start an independent program. And so, in 1980, North America's first torture rehabilitation program was launched - Program for Torture Victims. Ana began offering practicum opportunities in the early 1990s, teaching social work and psychology students the importance of trauma-informed care, culturally sensitive spaces, and the healing importance of therapy.

***In honor of Ana Deutsch, PTV has established the Ana Deutsch paid practicum for graduate social work and psychology students.***

PTV offers a practicum opportunity for students currently enrolled in a graduate social work or psychology program. The Ana Deutsch Practicum students will work in a trauma and resiliency informed, culturally and linguistically sensitive environment. Practicum students will work with survivors of torture providing individual and group therapy and psycho-social activities. Practicum students will also learn and participate in the forensic mental health evaluation process utilizing a multi-disciplinary team approach.





The Ana Deutsch Practicum (ADP) launched in Spring of 2023, and in partnership with Mount St. Mary's University - Doctorate in Psychology program, identified its first two students: Natalie and Karina.

As Latinas, first-generation, and first-year students Natalie and Karina have set the standard for all future ADP students. Through an intensive onboarding process, our students gained hands on experience in trauma informed and community resilience modalities, intake processes and assessments. Graduate students of the ADP are not only there for the clinical hours and training, but to deeply understand traumatic experiences our clients have lived through. Listening to stories and working with diverse languages and cultures, gives ADPs a clinical experience unlike any other.

ADPs were paired with experienced therapists for mentorship and guidance, while being supervised by PTV's Clinical Director. Building relationships with psychotherapeutic professionals was crucial to their personal and professional growth.

In the first 4 months of their clinical supervision, they:

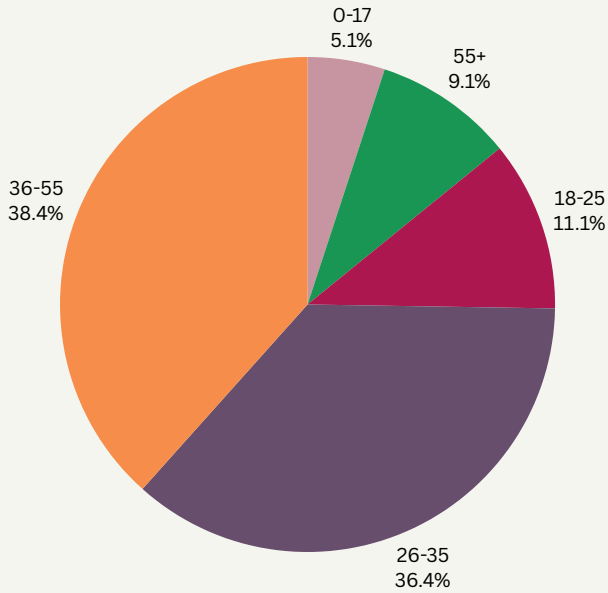
- Logged 1200 clinical hours
- Assisted 52 clients
- Coordinated 2 support groups.

ADPs are paid for their clinical hours, permitting them to focus on the cases and their studies. PTV's practicum students saw a reduction of financial stressors, were able to increase their study hours, and persist in their education journey. Moreover, ADPs' clinical stipend propelled a sense of their worth within the organization and as future therapists. Having logged over 600 clinical hours each, Natalie and Karina near the culmination of their time with PTV. With a fresh sense of accomplishment and an understanding of how their unique cultural and linguistic competencies can change the lives of torture survivors, they see themselves returning to serve this population in the future.

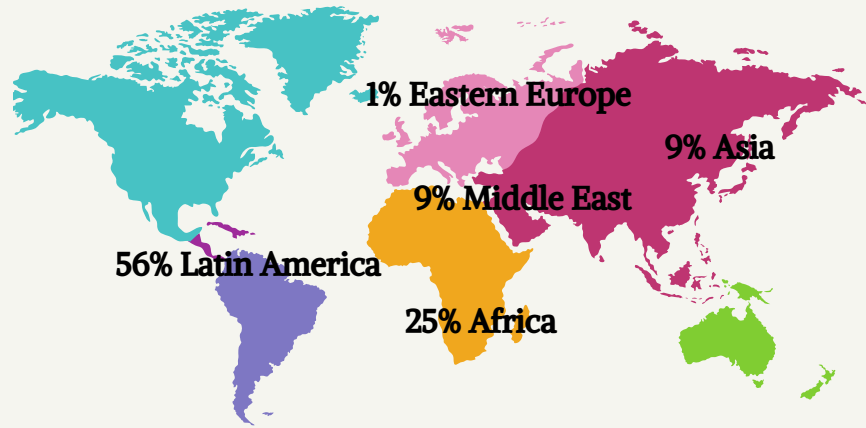
*Practicum: By the Numbers*

# 374 Clients

## AGE GROUP



## CONTINENT OF ORIGIN



## GENDER

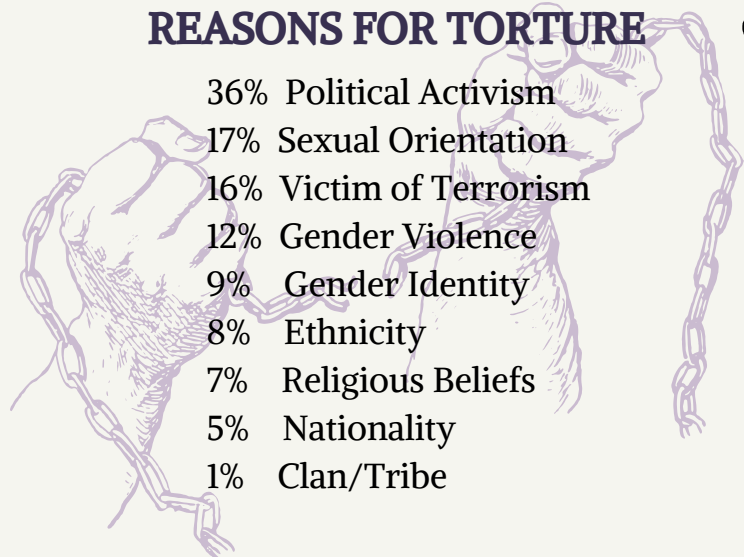


49% MALE | 41% FEMALE | 2% NONBINARY | 8% TRANSGENDER

## 38 LANGUAGES



## REASONS FOR TORTURE



*Client Demographics*



## Clients' Initial Circumstances

|            |                                     |
|------------|-------------------------------------|
| <b>72%</b> | Unemployed                          |
| <b>75%</b> | Live Below the Federal Poverty Line |
| <b>48%</b> | Uninsured                           |
| <b>80%</b> | Diagnosed with PTSD                 |
| <b>92%</b> | Diagnosed with Depression & Anxiety |

## Case Management

|                 |  |
|-----------------|--|
| <b>1,661</b>    | Case Management Appointments           |
| <b>7,644</b>    | Hours of Case Management               |
| <b>75</b>       | Social Emotional Development Groups    |
| <b>456</b>      | Social Services and Benefits Referrals |
| <b>\$10,935</b> | Food Security/Groceries                |
| <b>\$61,026</b> | Housing                                |
| <b>39</b>       | Educational Pathway                    |
| <b>65</b>       | Employment Placements                  |

## Psychological Therapy

|              |                              |
|--------------|------------------------------|
| <b>2,594</b> | Therapy Appointments         |
| <b>7,488</b> | Hours of Therapy             |
| <b>84%</b>   | Reduced PTSD Symptoms        |
| <b>70%</b>   | Reduced Depression & Anxiety |
| <b>83</b>    | Psychosocial Activities      |
| <b>39</b>    | Forensic Evaluations         |
| <b>13</b>    | Court Testimonies            |

## Legal Assistance

|              |                                 |
|--------------|---------------------------------|
| <b>345</b>   | Legal Assistance Appointments   |
| <b>2,346</b> | Hours of Legal Assistance       |
| <b>859</b>   | Pro Bono Legal Hours            |
| <b>167</b>   | Pro Bono Legal Referrals        |
| <b>8</b>     | Asylum Cases Filed              |
| <b>1</b>     | U-Visa Case Prepared and Filed  |
| <b>7</b>     | Work Permits Filed and Obtained |
| <b>13</b>    | Cases Prepared                  |
| <b>2</b>     | Name & Gender Changes           |
| <b>97%</b>   | Asylum Cases Granted            |

## Medical

|            |                           |
|------------|---------------------------|
| <b>139</b> | Primary Care Appointments |
| <b>780</b> | Hours of Care             |
| <b>15</b>  | Forensic Evaluations      |
| <b>2</b>   | Court Testimony           |

*Impact By the Numbers*





# Marie's Story

Marie first came to PTV in 2022 as a 43-year-old woman who had fled Armenia. She had been persecuted after her husband refused to work for a prominent oligarch, infamous for erratic, cruel behavior. Men dressed in officer uniforms had held Marie hostage multiple times, ransacking her home for evidence of her husband's whereabouts. She eventually fled with her teenage son to reunite with her husband in Los Angeles.

When she began therapy, Marie looked visibly terrified. She would wrap her arms tightly around her chest, rocking back and forth throughout the session. Any noise could startle her, triggering fears that the perpetrators were at her doorstep. Sleepless nights made her on edge and irritable throughout the day, to the point that would isolate from her husband and son for fear of lashing out at them. She often spent her days in bed ruminating on her past trauma. Marie's triggers included men in authoritative uniforms, loud noises, and door knocks. Even surrounded by a strong Armenian community she remained isolated, struggling to build trusting relationships among her peers.

PTV stepped in to help guide her healing journey and stabilize her legal presence. The legal team submitted all forms for her work permit, while the case management team assisted with groceries and other basic necessities. Without health insurance, finding care for Marie's debilitating anxieties and physical pain was virtually impossible, so PTV's Medical Director became her primary care physician. Through a coordinated care approach, Marie's physical and mental health stabilized and she was empowered with new tools to thrive.

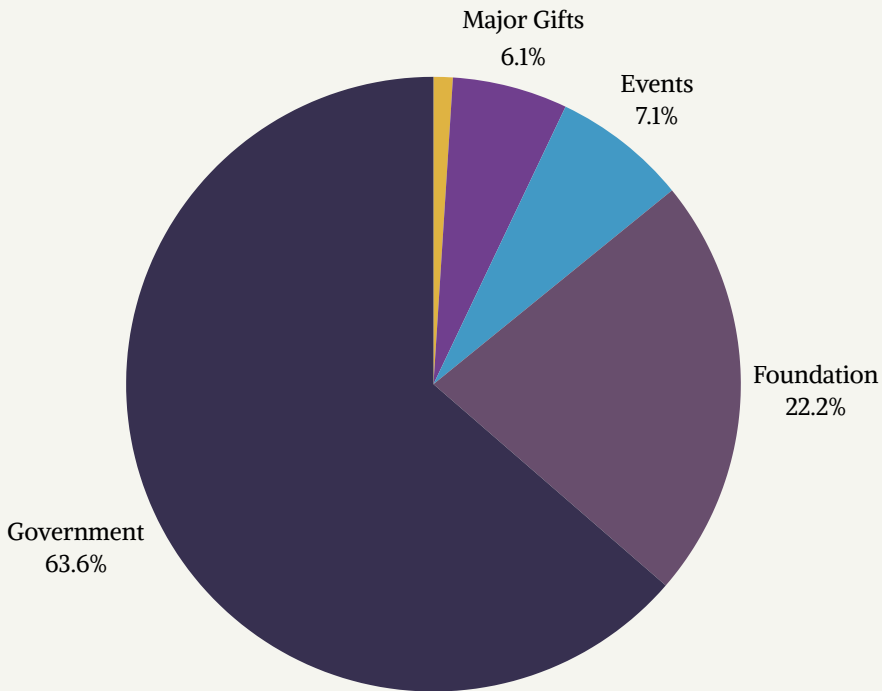
Through therapy, Marie learned coping strategies to process her trauma. She learned to challenge the negative beliefs and fears that had developed out of terrifying, violent experiences, which helped her rebuild trust and communication with her community. She still felt a profound sense of grief and powerlessness for those she had left behind - her parents, daughters, and family. But time and empathy are great healers and with time Marie regained her footing, her sense of self, and started to *hope*.

Within a year of her arrival, Marie began expanding her circle of support with new friendships. She met regularly with a nearby relative and started English classes at a local community college. Motivated by her new sense of self and support, Marie began taking physical therapy aid courses, an education pathway to pursue her dream of becoming a physical therapist.

Marie's mental health has dramatically improved and she is thriving in her new home country. Her story is one of resilience; a shining example of how a trauma can be overcome with courage, self-expression, support, and most of all hope.

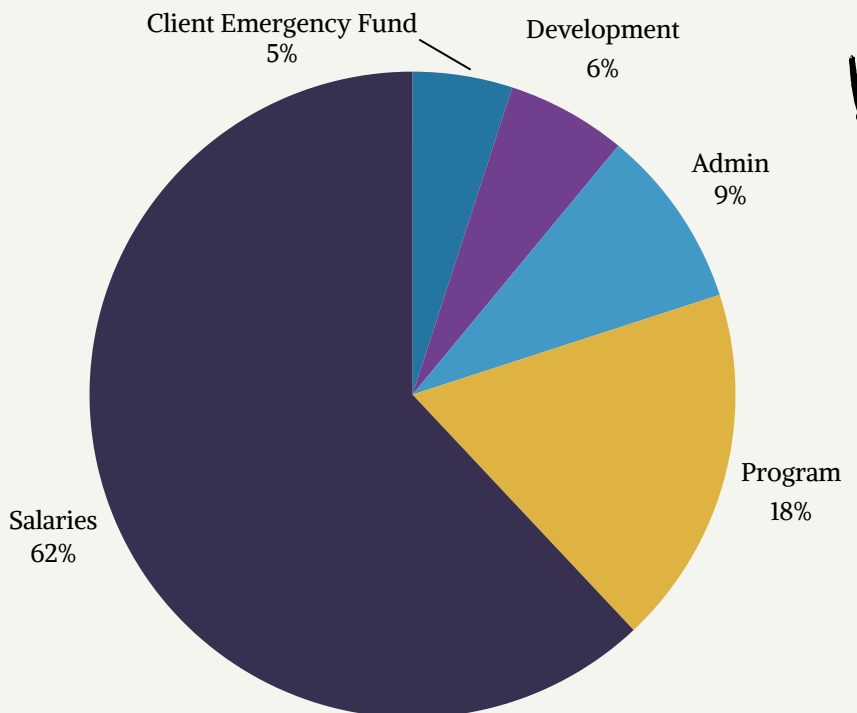
Income: \$1,411,430.12 \*

\* Not inclusive of in-kind donations



6,169 Volunteer Hours  
\$265,089 In-Kind Donations  
100% Board Give & Get

Expenses: \$1,620,338.61



*Financial Statement*



## \$100,000 or more

CA -Department of Health Care Access and Information  
Los Angeles County Department of Mental Health  
US -Office of Refugee Resettlement

## \$50,000 or more

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Program for Torture Victims (PTV) assists the courageous survivors of state-sponsored torture and persecution who have stood for freedom, equality and human dignity.