

**Commit  
and  
act**

**Commit and act**  
**LAUNCHING CEREMONY**  
**1<sup>st</sup> March 2014.**  
**WE OFFER**  
**COUNSELLING TRAINING AND EMPLOYMENT**  
**MOTTO: CONNECTING & CREATING**  
**3 SEBUREH STR**

**ACT FOR SOCIAL RESPONSIBILITY**  
**COMMIT AND ACT**  
**CEREMONY**

**2nd December 2020**  
**Membership Meeting**  
**CAA-Germany**





## **Tagesordnung Mitgliederversammlung 12-2020**

1. Begrüßung durch die Vorsitzende des Vorstands und Ernennung eines Protokollführers (5 min)
2. Feststellung der ordnungsgemäßen Einberufung und der Beschlussfähigkeit der Mitgliederversammlung
3. Entgegennahme des Jahresberichts für das abgelaufene Geschäftsjahr von Beate Ebert, Tom Szabo und Hannah Bockarie; 5 min Video zur 10-Jahres-Feier und Zeit für Fragen der Mitglieder\*innen (30 min)
4. Bericht der Schatzmeisterin mit Haushaltsplan 2021 und Entlastung des Vorstands (15 min)
5. Think Tank für 2021 und darüber hinaus (40 min)



**Our vision is that in the face of all circumstances people choose to create and live their lives according to their values and empower others to do the same.**

**commit and act e.V.  
Germany  
(CAA-G)**

**Commit and Act Foundation  
Sierra Leone  
(CAF-SL)**

**CAA Advisory Board  
(common Vision and Mission)**

**Commit and Act  
North America  
(CAA-US)**

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# Thanks to the Board Germany



## **Vorstand Deutschland:**

1. Vorsitzende: Beate Ebert

2. Vorsitzender: Prof. Tom Szabo

KassiererIn: Dr. Ulrike Löw

Schriftführer: Prof. Dirk Kurth



## New projects since 07-2019

- Community trainings for **violence prevention**
- **167 couples** went through our **DARE to Connect** project and have close to zero violence in their relationship since then, they also create their own income now
- Collaboration with Kindermissionswerk for **Covid prevention in 3 districts** (information about the virus + Prosocial for good behaviors) - evaluation results are still missing unfortunately
- Collaboration with One Day and German Doctors for the **new girls shelter in Makeni**
- Collaboration with German Doctors for an **FGM project with 200 girls**
- **Communal Development Partnership Bo - Aschaffenburg**

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**Makeni Girls Shelter**



**Couples seeing a peaceful future together**



**We had a breakdown with our Gari factories and learned a lot**





**Harvesting tomatoes and pepper works very well**



# Results Couples Project

- Physical violence and threat: before 80%, after close to 0%
- Kids are living safer than before
- Problems with alcohol and drugs were reduced
- Violence in the villages of the couples also reduced
- Less poverty, which is an important context factor of violence
- Our work is multiplied through the couples and communities

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*Let's celebrate!*  
10 years – Commit and Act (CAA)



Hannah Bockarie



Sarah Culberson



Beate Ebert

## + SATURDAY, 14TH OF NOVEMBER 2020

3 pm–5 pm GMT/10 am–12 pm EST  
virtual video conference

Be part of our ZOOM meeting:

<https://us02web.zoom.us/j/2769793316> // Meeting-ID: 276 979 3316

## + WHAT TO EXPECT

- 3.00–3.15 pm** Official welcome and technical instruction.
- 3.15–3.45 pm** Session 1–3:
- 1** Feel the beat! Sierra Leonean dancing with Tamba
  - 2** Give me shelter! Guided tour of the girls shelter in Bo
  - 3** Namaste! Harmony of body and soul with yoga teacher Simone
- 3.45–5.00 pm** Welcome by the founder of CAA, **Beate Ebert**, and the Board of Management.
- Sarah Culberson** tells how it all began.
- Introduction of the founding members.
- Country Director **Hannah Bockarie** reports on the work of the Commit and Act Foundation, Sierra Leone.
- A true story from the girls shelter.
- We need your help! Call for donations for the new girls shelter in Makeni. Each donation counts twice.

The logo consists of a brown speech bubble outline with a tail pointing towards the bottom right. Inside the bubble, the text "Commit and act" is displayed. "Commit" is in brown, "and" is in green, and "act" is in teal.

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**5 Min of our 10-year-celebration**

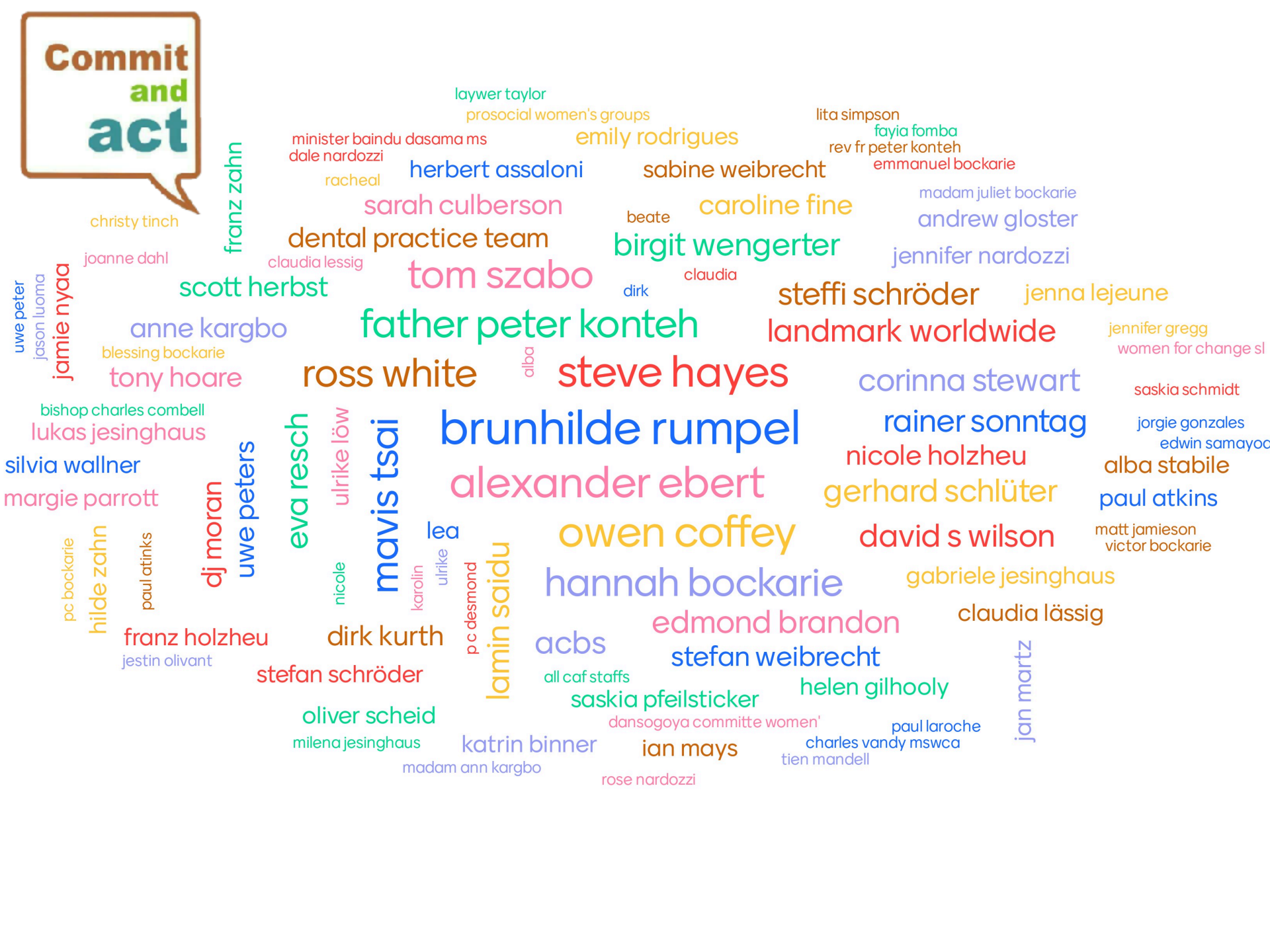


# Results of our Work

- About **16.000 participants** (health workers, social workers, teachers, police, priests, market women, chiefs, directors etc.) participated in our **ACT- and Prosocial-workshops**
- **159.000 people** went through our **Prosocial** workshops for Ebola-, Covid- and violence prevention
- **1400 girls** found support in our **girls shelter** after sexual abuse.
- **1000** of the **perpetrators** are in **prison** or **at court** (before CAA this number was close to zero)
- **8 women's groups with 456 women** generate income for their families
- **167 couples** went through our **DARE to Connect** project and have close to zero violence in their relationship since then, they also create their own income now



**Our wonderful staff in the girls shelter in Bo with the German Ambassador in October 2020**



Commit and act

laywer taylor  
prosocial women's groups

lita simpson  
fayia fomba  
rev fr peter konteh  
emmanuel bockarie

minister baidu dasama ms  
dale nardozi  
racheal  
herbert assaloni

sabine weibrecht

christy tinch

franz zahn

sarah culberson

beate caroline fine

madam juliet bockarie  
andrew gloster

joanne dahl

dental practice team

birgit wengenter

jennifer nardozi

scott herbst

tom szabo

claudia

steffi schröder

jenna lejeune

uwe peter  
jason luoma  
jamie nyaa

anne kargbo

father peter konteh

landmark worldwide

jennifer gregg  
women for change sl

blessing bockarie

tony hoare

ross white

steve hayes

corinna stewart

saskia schmidt

bishop charles combell  
lukas jesinghaus

eva resch

ulrike löw

mavis tsai

brunhilde rumpel

rainer sonntag

jorgie gonzales  
edwin samayoc

silvia wallner

margie parrott

dj moran

uwe peters

alexander ebert

nicole holzheu  
gerhard schlüter

alba stabile

paul atkins

pc bockarie

hilde zahn

paul atinks

franz holzheu

jestin olivant

stefan schröder

dirk kurth

lea

p.c desmond

lamin saidu

owen coffey

david s wilson

matt jamieson  
victor bockarie

hannah bockarie

gabriele jesinghaus

claudia lässig

acbs

edmond brandon

stefan weibrecht

all caf staffs

saskia pfeilsticker

helen gilhooly

jan martz

oliver scheid

milena jesinghaus

katrin binner

madam ann kargbo

rose nardozi

ian mays

dansogoya committe women'

paul laroche

charles vandy mswca  
tien mandell



**Little Beate died from  
Malaria**





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# List of Articles about CAA

- Szabo, T. G., Bockarie, H., White, R., Tarbox, J., Stewart, C., & Ebert, B. (under review). **Microaggression, intimate partner gender-based violence, and behavioral flexibility training** in Sierra Leonean couples.
- Ebert, B., Bockarie, H., Stewart, C., Szabo, T., & White, R. G. (2020). Implementing ACT in Sierra Leone. In Levin, M. E., Twohig, M. P., & Krafft, J. (Eds), **Innovations in Acceptance and Commitment Therapy: Clinical advancements and applications in ACT**. Oakland, CA: New Harbinger.
- Stewart, C., Ebert, B., & Bockarie, H. (2017). „commit and act in Sierra Leone“ In White, R., Sumeet, J., Orr D., Read U. (Eds), **The Palgrave Handbook of Sociocultural Perspectives on Global Mental Health**.
- Stewart, C., White, R., Ebert, B., Mays, I., Nardoizzi, J., & Bockarie, H. (2016). **Assessing the impact of Acceptance and Commitment Therapy training** on health care professionals in Sierra Leone: Implications for trauma-related symptoms. *Journal of Contextual Behavioral Science*
- White R., & Ebert, B. (2014). **Working globally, thinking locally: Providing psychosocial intervention training in Sierra Leone**. *Clinical Psychology Forum* 258, Special Issue: Clinical Psychology in Low and Middle Economic Income Countries
- Hayes, S. C. (2019). **A Liberated Mind**. Chapter 21

<b>Einnahmen/Kosten Commit&amp;Act 2019</b>	<b>2018</b>	<b>2019</b>	<b>Income</b>	2018	2019
Mitgliedsbeiträge	7.390,00 €	4.360,00 €	Membership Fees		
Eintrittsgelder Konzert + Gesamterlös	342,00 €	3.131,00 €	Entry Fees		
Spenden (unterschiedliche Buchungskonten s. Mitgliedsbei	46.491,88 €	36.776,96 €	Donations		Kosten Uwe
Zuschüsse Bundesagentur für Arbeit	10.065,00 €	5.337,16 €	Funding from Job Agency for staff Uwe Peters		-1.402,63
Zuschüsse Schmitz Stifting (Dare Projekt)		15.890,00 €	Funding Schmitz Foundation for Dare project		
<b>Einnahmen in Deutschland gesamt</b>	<b>64.288,88 €</b>	<b>65.495,12 €</b>	Total income Germany 2019		
<b>Kosten Deutschland</b>	<b>16.290,01 €</b>	<b>16.827,44 €</b>	<b>Total Cost in Germany</b>	<b>25 %</b>	<b>25,69 %</b>
Personalkosten Deutschland	8.183,81 €	4.586,40 €	Staff Germany (funded by job agency)		
Sozialabgaben	3.588,60 €	2.153,39 €	Health care by law (funded by job agency)		
Miete Büro	880,00 €		Rent office		
Steuerberaterkosten (Verschiebung der Rechnungen über Jahreswechsel)	2.830,43 €	1.615,90 €	Accountant		
Rechtsberatung/sonstige Beiträge	98,18 €		Legal advice		
sonstiges u.a. Büromaterial, Webspace, Anti-Virus, Seminare	708,99 €	1.345,27 €	sundry, Office supplies and so on		
Reisekosten (Beate Ebert 1645 € wurden zurück gespendet, Hawa Ibrahim 2922 €, Barspende SL 858 €)		5.424,60 €	Travel cost		
Veranstaltungskosten Konzert		1.701,88 €	concert		
<b>Kosten Deutschland ohne vom Arbeitsamt gezahlte Personalkosten</b> (insgesamt haben wir 2019 durch Homeoffice und verringerte Arbeitszeit 1180€ eingespart)	<b>4.517,60 €</b>	<b>10.087,65 €</b>	<b>Cost Germany (without salary for staff paid by job agency)</b>	<b>8 %</b>	<b>8 %</b>
					Hawa/ Konzert
					herausge rechnet
<b>Transfers nach Sierra Leone</b>	<b>26.467,34 €</b>	<b>57.040,00 €</b>	<b>Transfer to Sierra Leone</b>		

<b>Transfers nach Sierra Leone</b>	<b>26.467,34 €</b>	<b>57.040,00 €</b>	<b>Transfer to Sierra Leone</b>		rechnet
<b>Kosten Sierra Leone im Detail</b>	<b>26.627,34 €</b>	<b>62.234,47 €</b>	<b>Cost Sierra Leone in detail (aus Quickbooks, Diskrepanz durch Reise Hawa und Barspenden in SL)</b>		s. Anlage, Diskrepanzen
Unterstützung Girl's Shelter (end of service benefit)	6.660,00 €	270,36 €	Support Shelter (end of service benefit)		
Gehälter und Bürokosten Sierra Leone	16.959,34 €	12.138,83 €	Salaries and Office cost in Bo, Sierra Leone		
Kosten Workshops SL	1.138,00 €	10.903,72 €	Workshops in Sierra Leone		
Unterstützung Kirche (Zweckgebundene Spende)	1.600,00 €	7.200,00 €	Support Church (earmarked)		
sonstiges (2019:Landkauf, Solaranlage, Wasser- und Stromversorgung)	270,00 €	11.229,06 €	sundry		
Dare Projekt (mit Schmitz Stiftung)		20.492,50 €	Dare project (support from Schmitz Foundation)		
<b>Kosten 2019 (GESAMT) per 31.12.2019</b>	<b>42.917,35 €</b>	<b>79.061,91 €</b>	<b>Expenses total 2019</b>		
<b>Kontostand per 01.01.2019</b>					
Kto 113 151 73	10.863,20 €	35.013,33 €	Balances per 01.01.2019		
<b>Kontostand per 31.12.2019</b>					
Kto 113 151 73	35.013,33 €	28.785,34 €	Balances per 31.12.2019		
<b>Geplante Ausgaben 2020 + 2021</b>			<b>planned expenses 2020 + 2021</b>		
Schmitz Yele	6.250,00 €	6.250,00 €			
Salaries and office cost	12.000,00 €	12.000,00 €	2-year-contract Kindermission		
Workshops Girls Shelter Makeni	2.000,00 €	10.000,00 €	Girls Shelter Makeni		
<b>Total</b>	<b>20.250,00 €</b>	<b>28.250,00 €</b>	<b>Total</b>		



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## **If you are interested to take things on in our team**

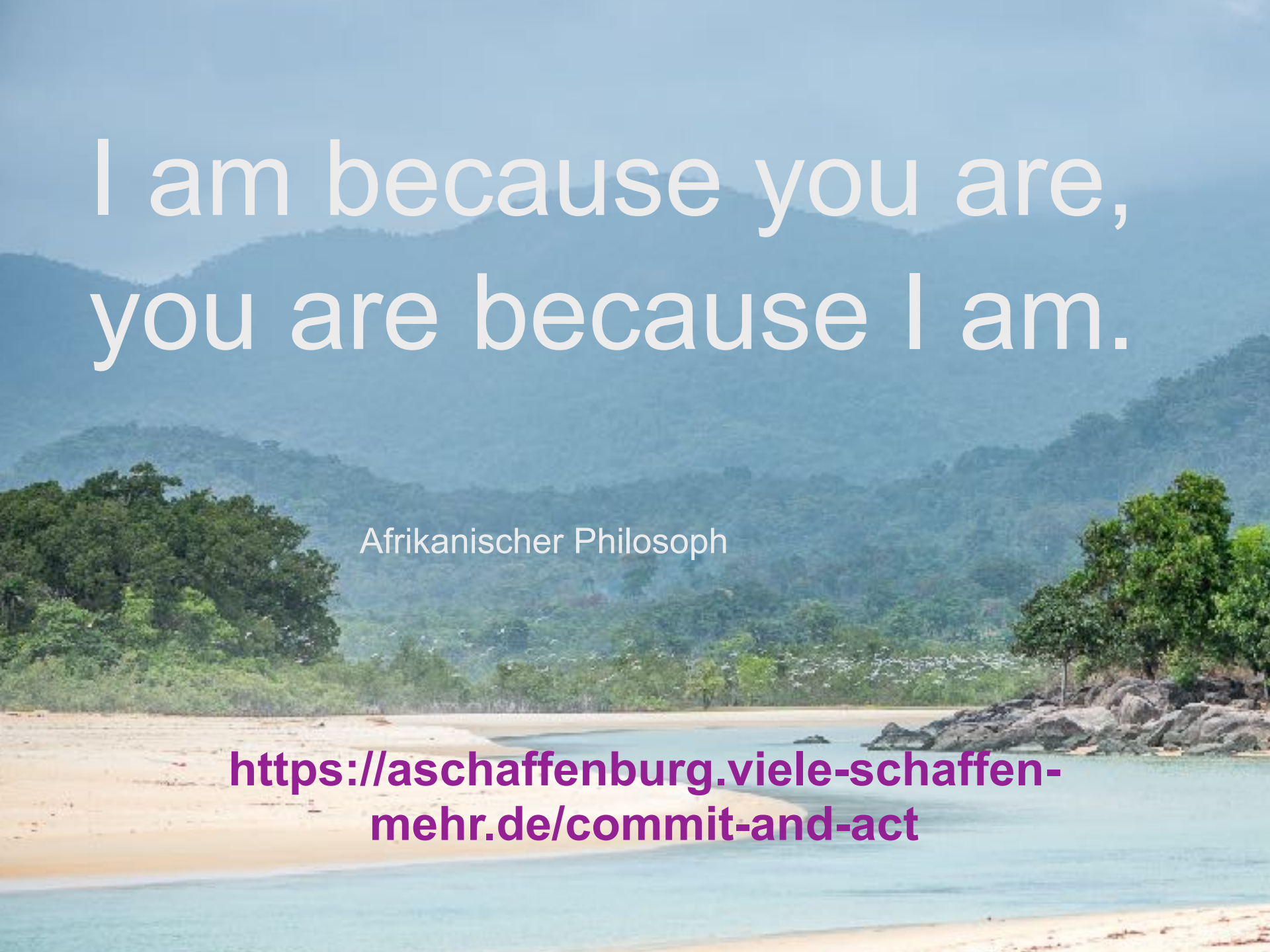
- New staff member
- Accounting (Beate)
- Controlling
- Schmitz Projects - write proposals, do finances
- German Website, PR on FB and Instagram
- Newsletter



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# Think Tank

- **Climate Protection** (Educating girls, providing contraceptives)
- **Environment Protection** (Raising local chicken; collecting plastic)
- **Health** (FGM-Project; Artemisia for Malaria)
- **Education** (Youth-Center for learning, internet connection („Star-Link“ by Elon Musk, 400€ plus monthly 60€); studies for Hannah Bockarie; online-training for Peer Review of Sierra-Leonean trainers)
- **Economic growth** (Teaching how to preserve juice from pineapple, mango, banana, grapefruit, lime, lemon... to women's groups or build a factory; growing coco and producing chocolate (organic?); bees; buying a tractor)
- Trip in March 2021?
- Charity concert or fundraising 2021
- Find roles and leaders for certain areas for team members
- New tools like a shared calendar or Microsoft To Do shared lists



I am because you are,  
you are because I am.

Afrikanischer Philosoph

<https://aschaffenburg.viele-schaffen-mehr.de/commit-and-act>