



Annual report

Fourteenth year

January – December 2019

Table of contents

1. Introduction.....	Error! Bookmark not defined.
2. Organisation, reason for its existence and management.....	Error! Bookmark not defined.
2.1 The “what” and the “why”	Error! Bookmark not defined.
2.2 Our staff in 2019.....	Error! Bookmark not defined.
3. Programs.....	Error! Bookmark not defined.
3.1 After-school classes and camps	Error! Bookmark not defined.
3.2 Health programs	Error! Bookmark not defined.
3.2.1 Clinical psychology and comprehensive health - familial and EMDR:	11
3.2.2 Physical therapy for handicapped minors:	14
3.2.3 Sexual and reproductive rights of women (women’s life project)	15
3.3 Programs of comprehensive daytime care for minors	Error! Bookmark not defined.
3.3.1 CIDAI program: comprehensive daytime care center.....	15
3.3.2 Young entrepreneurs and creators	17
3.4 Professional training and social enterprises	18
3.4.1 Professional training	Error! Bookmark not defined.
3.4.2 Social enterprises.....	Error! Bookmark not defined.
3.5 Comprehensive support to families living in extreme poverty	Error! Bookmark not defined.
3.6 Legal consulting.....	Error! Bookmark not defined.
3.7 Community library	Error! Bookmark not defined.
3.8 Environmental education	Error! Bookmark not defined.
4. Partnerships and coordination between entities	Error! Bookmark not defined.
5. Funds and marketing	Error! Bookmark not defined.
5.1 Financing	Error! Bookmark not defined.
5.2. Publicity and marketing.....	Error! Bookmark not defined.
5.3. Events to raise funds for CEPIA:	24
Bibliography	Error! Bookmark not defined.
APPENDICES	Error! Bookmark not defined.
After-school classes year 2019.....	26

Voluntary work on a temporary basis and by university studentsError! Bookmark not defined.

CEPIA association in 2019

1. Introduction

This is the annual report regarding programs, projects and activities developed by the CEPIA association during 2019. 14 years of innovation and investment in the communities of Guanacaste have already passed by to improve education, physical and mental health and in finding opportunities of development enabling to break socioeconomic barriers. The results can be seen quantitatively in all activities for which it is possible. It is important to emphasize that at a qualitative level, it is difficult to demonstrate the impact of the actions carried out, the changes in life of small boys and girls, teenagers and families, as well as the gradual impact in the communities in which we operate. The theoretic model of our programs is to be found on our website <https://cepiacostarica.org/es/programs/>.

Work report regarding the main programs and services offered for each field: CIDAI program, psychological and integral health, young entrepreneurs and creators, group of women, after-school classes, camps, girls' entrepreneurship club, legal field, women's life project, professional training, social enterprises, collaborations and arrangements, publicity and marketing, events to raise funds, volunteering.

The executive committee of CEPIA keeps on being committed to raising money and ensuring the longevity and transparency of the organization. In 2019, the executive committee was composed of Courtney Borquet, Laetitia Deweer, Simona Daniele, Wenceslao Mendioroz Nogaro, Lissandra Araica, Martin Salerno, Annginette Arroyo and Walner Gutierrez.

In 2019, services could be provided to a total of 4 086 minors (minors) in the different programs. Equally, comprehensive help could be brought to 1 112 adults (without taking punctual aids or donations into account).

The staff of CEPIA has increased and is very much committed and provides technical quality. Special thanks to the people involved during this year: Lauren Morun, Max Chaves, Cesar Abarca, Ana Laura Zelaya, Priscilla Arias, Kathia Garcia, Karen Mizrahi, Graciela Gómez, Heyling Larios, Claudia Angulo, Elena Alcocer, Karla Marín, Natasha Guerrero, Masiel Viales, Alberth Ruiz, Alejandra Molina, Erenia Blandon, Karen Ruiz, Juliet Ortiz and Selvia Ortiz. Special thanks as well to the dedicated executive committee of CEPIA.

Maria Jose Cappa

Executive Director

Huacas, Guanacaste, March 2020

2. Organization, reason for its existence and management

2.1 The “what” and the “why”

CEPIA was opened in 2005 as a non-profit association. Currently it is declared of public utility and has the mission of promoting the cultural development, the educative and working opportunities, the physical and mental health, the social cohesion and the participation of the children, boys and girls and teenagers and their low-income families in Guanacaste (region Chorotega, Costa Rica) to improve their quality of life.

CEPIA offers services to about 20 coastal communities of Santa Cruz, Guanacaste: Playa Grande, Cartagena, Tempate, Lorena, Portegolpe, El Llano, Huacas, La Garita Nueva, La Garita Vieja, Matapalo, Potrero, Brasilito, El Llanito, Santa Rosa, Linderos, Villarreal, Hernandez, San Jose de Pinilla, San Francisco, Trapiche and Hatillo.

In these communities, a series of psychological, socioeconomic as well as protection problems have been detected that CEPIA approaches via various programs. [Hereafter some contextually relevant data.](#)

The results of the National Household Survey (Enaho) 2019 shows that the percentage of households in extreme poverty was of 21.0%, practically the same level of the previous year when it reached 21.1%, representing 335 895 households, in comparison with the previous year, 7 047 households more living in poverty. The indicator of poverty was one of the main challenges faced by the country since several years and it is part of the work in which CEPIA collaborates, trying to decrease this gap in the communities in which we live.

The incidence of poverty in terms of persons is 23.9%, which represent in absolute terms 1 207 381 persons in 2019, that is equivalent to an increase of 1 pp. compared with 2018, that is to say 65 312 persons more living in poverty.

The percentage of the population living in extreme poverty is estimated to 6.7% in 2019, 0.5 pp. less than the previous year.

There were no significant changes for areas of residence due to the incidence of poverty, in the rural region, 24.2%, of poverty which means that helping the most vulnerable people of Santa Cruz inside the region of Chorotega takes precedence.

CEPIA programs work in breaking with the conditions that perpetuate mental, social and economic poverty in Guanacaste: gender-based inequality, rights and working opportunities, migration, have increased; it particularly concerns single mothers with children, access deficit to formal education in these sectors, difficulties to access health and social well-being, familial overpopulation and decadent infrastructure, intrafamilial violence; among others.

According to the results obtained in 2019 regarding the poverty level in each region, the Chorotega region maintains 20.3% of poverty and 5.4% of extreme poverty. In this context, it is worth emphasizing that the households from both approaches, on average, have one member more compared with non-poor homes with 4.21 versus 2.96, have more minors under five (0.57 compared with the results of the INEC COSTA RICA NATIONAL HOUSEHOLD SURVEY JULY 2019), have a greater number of demographically dependent persons (70 versus 40 dependent for every 100 non-dependent) and show a greater percentage for female-headed households (48.8% versus 39.3%). This again points to the importance of empowering women, providing them tools and working with them so they discover their strengths, skills and chances to develop themselves in different fields, obtain work, acquire new educational and emotional as well as job and growth opportunities.

The rate of open unemployment among low-income people or living in poverty is 4.1 times higher than non-poor people (24.0% versus 5.9%), the occupancy rate is 22 pp. lower and the economic dependency ratio reaches 227 economically dependent persons for every 100 persons of the economically active population (EAP) among the poor versus 97 for every 100 among the non-poor. Also, among the active population living in poverty, 79.8% are employed informally, versus 32.6% informality among the non-poor. The unemployment is very high in the most vulnerable and poor sectors of our region, and the increase of informal employment which reduces the possibilities and limits the access to other essential services like healthcare. All of these conditions have been aggravated by the recent COVID-19 crisis.

Regarding the field of education for people over 15 years, it is estimated that there is an average difference of close to 4 years of schooling between both groups of population considered, which for the poor is the equivalent of the complete primary education (6 years) and around 10 years for the non-poor. Another gap emerges from the non-attendance at or expulsion from school among people between 13 and 17 years of age (secondary school), which corresponds to 17,3 % of the poor households versus 3.8% in the non-poor homes.

In terms of educational lag, the percentage is estimated at 33.2% for people between 7 17 years of age in situation of poverty, versus 11.0% among the non-poor for this same age group. Both the expulsion from school and the educational lag continue to represent a significant problem, the access to education for the youth of limited resources in the province, the Young Entrepreneurs Program addresses this situation seeking to reintegrate them into some educational alternative or providing them tools to enter the labor market once they have turned 15.

Also regarding the access to health services, indicators are not favorable to the persons living in poverty. 35.2% of the poor people do not have any official healthcare coverage. Many persons coming to CEPIA are migrants who do not have any access to basic health services and other demographic sectors are secured by the State and CEPIA helps them to access the same advantage.

Regarding the access to housing, the percentage of households living in poverty that do not have their own home is higher (42.6%) than the percentage of households not living in poverty (26.1%). In addition to this, it has deficient conditions regarding the state of the housing and overcrowding; 83.1% of the housings inhabited by poor households are in regular or bad physical conditions, and 12.6% of them have overcrowded bedrooms. For non-poor households, 32.1% of their housings are in regular o bad conditions and the overcrowding per bedroom reaches 0.7%. The access to internet in the housing also highlights inequality; 9.6% of the non-poor housings lacks this service, while the percentage among the poor is of 26.5% (Enaho pages 45 to 47).

Another topic treated by CEPIA is gender and domestic violence. In 2018, according to the data of the Deputy Fiscal for Gender and the interdepartmental subcommittee of prevention against femicide (Subcomisión Interinstitucional de Prevención del Femicidio) there were 14 femicides out of 50 homicides against women, which shows that essentially women are constantly victims of aggression or domestic violence and CEPIA works to empower women and bring attention to the people requiring it or being at risk.

During 2018, according to the observatory of gender of the judicial power and sexual crimes at a national level, this type of crimes represent 5.9% of the totality of the individual complaints files with the prosecution authorities against adults, being the leading cause for criminal offenses passed or new each year, only behind crimes against property (44.11% life (10.79%) and the law of penalization of violence against women (11.36%) whereby it shows the various forms of violence against women.

According to this observatory, in 2018, protection measures were sollicitated for 53 940 victims of domestic violence, the province of Guanacaste represents 8% of this data, compared with other provinces, this percentage for this period is higher than that in other provinces;

also in 2018, 2 527 rapes and 6 250 sexual abuses occurred against minors with some kind of disability, which represent 5 338 women and 912 males, 63 cases of remunerated sexual acts with this same population, 64 cases of human trafficking acceded to the public ministry and 46 cases of manufacture and production of pornography, of which 38 regard women.

CEPIA is working hard to prevent these situations using different programs: CIDAI (CIDAI program: comprehensive daytime care center for children), youth groups, women's life project and movements of women being in other programs and seeking the empyerment through socio-educative processes to their sexual and reproductive rights as a backup to the services offered by the government.

Drug trade and substance abuse is unfortunately increasing among young people in the region which represent 2% of the population according to the psychological report realized by CEPIA in 2019, based on the information given by the local public schools. This problem is addressed through the youth program as well as through extracurricular activities which give them access to different recreational, sports, artistic and cultural

alternatives, as well as opportunities to exercise every person's right to have recreational activities, to associate freely and to participate in themes and activities they are interested in, to engender significant changes in their life plans, professional fields and physical and emotional health.

Employers and employees have expressed the big necessity to receive training in hotel trade and tourism, accounting, infant care, professional cleaning, among others, so that the local population can be integrated in the workforce and find their way out of poverty. Through agreements with the INA (Instituto Nacional de Aprendizaje / National Learning Institute) and other institutions, CEPIA attempts to have a corporate approach for the most vulnerable coastal population to have access to various courses or trainings to open new educational and work opportunities.

The government's social services are fragmented: there is no coherent, efficient and sustainable comprehensive attention for minors at social risk. In Costa Rica, there are several social programs proposed by the government that have no connection one to the other and that support a same population or disregard some invisible groups (illegals or very poor). For this reason, CEPIA has managed cooperation with National Child Welfare Agency (PANI), the Joint Social Aid Institute (IMAS), the Social Care Board (JPS) in addition to private donations to address the financing of various direct care programs for minors to enable their mothers, female household heads, to work and offer decent conditions to their children.

2.2 Our staff in 2019

In 2019, the board of directors was composed of the 7 following persons:

Courtney Borquet (USA-CR), *President*

Laetitia Deweer (Belgium-CR), *Vice President*

Simona Danielle (Italy-CR), *Secretary*

Wenceslao Mendioroz Nogaro (Spain-CR), *Attorney*

Lissandra Araica (CR), *Treasurer*

Martin Salerno (CR), *Vocal 1*

Annginette Arroyo (CR), *Vocal 2*

Walner Gutierrez (CR), *Vocal 3*

The same year, CEPIA counted 8 members:

Msc. Lauren Morún, MBA; Lic. in psychology, MBA, executive director.

Lic. Max Chaves, office manager and lawyer.

Bach. César Abarca, finance and administrative assistant.

Lic. Ana Laura Zelaya, educator and coordinator of the comprehensive daytime care program.

Graciela Gomez, , Heilyng Larios, Natasha Guerrero and Julieth Ortiz, educators for the comprehensive daytime care program.

Alberth Ruiz and Alejandra Molina in the transport sector and school support

The center also counted with a MEP code for pre-school with the teacher Masiel Viales

Within the different programs, 8 professionals also provided their services during this year:

- Lic. Daniela Castro Villalobos, social worker
- Lic. Priscilla Arias, coordinator for volunteers' program and extracurricular classes
- Bach. Karla Marín, young entrepreneurs' program
- Lic. Kathia Garcia, girls' club
- Prof Karen Miizrahi, music teacher for children and teenagers
- Lic. Karen Ruiz, physical therapist for handicapped minors.
- Msc. Claudia Angulo, clinical psychologist and coordinator of health programs.
- Lic. Eleana Alcocer, psychologist

The work carried out at CEPIA would not be possible without the participation of many volunteers bringing their support for the realization of these programs.

77 Costa Rican volunteers and residents continuously **participated in CEPIA** during 2019:

Andrea Mena Castro, Alexandra Hill, Alice Friedenson, , Belquis Rosales, Carla Rowlings, , Cathy Deweer, Chelsea Lisasius, Ernst Van Der Poll, Fernando Villalobos, Filemon Berrios Fajardo, Gabriela Meza Fonseca, Gaby Abarca, Geneva Garcia-Ellen, Geovanny Espinoza, Gill Campos Mora, Jerome Daniel Flament, Luciano Leao, Marcela Porras, Maria Isabel Zonensain Jurado-Blanco, María Lopez, Marianela Soledad Ibarra, Marilu Caravaca Aguirre, Marissa Floyd, Martha Hayward, Megan Early, Meilin Arleth Espinoza Bran, Melina D'Alolio, Melissa Molina Murillo, Michelle Bless, Michelle Macluf, Miguel Angulo Loria, Nadereh Tadjik, Natalia Gallego, Natasha Avrith, Nathan Lambert, Nicole Rangel, Nikki Griffith, Pablo Gutierrez, Patty Mears, Rachel White, Rebeca Taylor, Richard Ramirez, Rita Ashley, Roberto Marchena, Rocio Villalobos, Ruth Waldman, Sara Contreras M., Shawna Peters, Sheila Hoy, Sue Kallis, Vanessa Keen, Victoria Zoch, Vivian Fernandez, Andrea Diaz, Ana Guzman, Abigail Rojas Davila, Andrey Juarez, Javier Ruin, Jerome Daniel Flament, Carlos Airas, Jodi Gallant, Karla Gabriel Rodriguez Leiva, Keith Timson, Margarita Elizando, Teresa Okecki, Marissa Floyd, Zulay Zugema, Michelle Macluf, Abad Arrieta Zuñiga, Rafael Sandoval, Catalina Monti, Ariel Solano, Chelsea Lisasius, Abad Rodriguez, Marta Bonilla, Ariel Fuentes, Juan Sio Guie and Taylor Hannan

In 2019, CEPIA received 25 temporary voluntary workers and students. You will find attached the complete list of their educational institutions.

3. Programs

3.1 After-school classes and camps

The objective of these programs is to stimulate the active citizenship, environmental protection, health, sports and the social skills of minors at social risk and/or vulnerability.

3.1.1 After-school classes

In 2019, a total of **878** children, boys and girls, benefited of extracurricular classes in their communities, **632** during the first and **246** during the second semester. These after-school classes were recreational, sporting, art-based and cultural activities for vulnerable children.

Said spaces are developed by volunteers in each of their communities or wherever they develop the specific activity. This program is about the promotion of rights as well as the prevention and identification of different problematic situations the members of CEPIA's program are going through. A space dedicated to the children where they can talk about their personal situation and find professional at CEPIA if necessary.

These classes and recreational activities are provided in 18 communities: Villarreal, Santa Rosa, El Llano, Hernandez, Hatillo, La Garita Nueva, La Garita Vieja, Cartagena, San José de Pinilla, Matapalo, Portegolpe, Lorena, El Llanito, Lindero, Tempate, San Francisco, Brasilito and Potrero. They receive help from enterprises, schools, community organizations and volunteers. The full breakdown of activities and the number of minors profiting of each of these activities are given in the appendices.

3.1.2. Girls' entrepreneurship club

One of the most important programs offered by after-school classes regarding the prevention is the **girls' club**. This program is intended to promote and organize the creation of secure spaces for the girls inside the community, especially for the prevention against sexual violence and/or abuse of girls between 8 and 12 being at social risk for a period of time of 11 months in the 10 communities mentioned below.

During 2019, a total of **143 girls** from the communities of El Llano, La Garita, Brasilito, Potrero, Portegolpe, Villarreal, Matapalo, Santa Rosa, El Llanito and Huacas.

Among others, the following themes were covered: health and personal care, sexual and reproductive health, prevention against the use of drugs, strengthen lifestyles and healthy eating, resolution of group or individual conflicts, personal strengthening, prevention against various forms of violence.

Each participant received either group or individual attention. The programs were in accordance with the situations identified thanks to the Population Council methodology, actually the new CEPIA manual with workshops and sessions, based on the promotion of an empowerment education by means of fun and educational activities as well as activities of psychological support that can be incorporated in their daily lives to achieve changes on an individual, familial and communal level.

Of the total of girls participating in the girls' club, a total of **18** were referred to CEPIA's department of psychology and from there to the corresponding governmental entities, for treatment and monitoring due to different types of situations identified for their comprehensive protection.

GIRLS' CLUB 2019	
COASTAL COMMUNITIES: 10	NUMBER OF PARTICIPANTS. 143
EL LLANO	25 GIRLS
LA GARITA	12 GIRLS
BRASILITO	12 GIRLS
POTRERO	8 GIRLS
PORTEGOLPE	15 GIRLS
VILLARREAL	8 GIRLS
MATAPALO	8 GIRLS
SANTA ROSA	20 GIRLS
EL LLANITO	10 GIRLS
HUACAS	25 GIRLS

3.1.3 Camps

The 4 camps organized during 2019 were attended by an approximate total of 370 children, boys and girls.

The traditional summer camp takes place during four days in January, providing recreative, sporting, artistic, cultural and learning activities to **100 children**, boys and girls

In March, thanks to the participation of the Hyde Park School, a camp took place in the community of Cartagena with **120** boys and girls each day, developing healthy relationships, self-care and attention to people and to the environment.

The camps characterizing the end of holidays took place in July. National and foreign volunteers and the children, girls and boys, participated in several recreational and

sporting activities. Aproximatively **100** boys and girls participated in these camps during four days.

In December, we received a group of foreign volunteers who organized mini camps with several activities, regrouping **50** boys and girls coming from different extracurricular activities in the sector of Huacas.

As a product of this work, 15 appointments were realized for the monitoring of cases CEPIA's psychology and health area due to situations that engaged the girls' physical, psychological or emotional integrity for their protection. They also participated in recreative and cultural activities as well as trips thanks to the contribution of program related institutions, volunteers and sponsors.

3.2 Health programs

In 2019, 1 604 consultations took place in all the services of integral health: clinical psychology, homeopathy, osteopathy, therapeutic yoga for minors, acupuncture and physical therapy. See details below:

- 1 283 appointments or treatments with clinical psychology with 355 records.
- 235 appointments in physical therapy for handicapped minors (broken down between therapy, stimulation and hydrotherapy)
- 58 treatments with homeopathy and acupuncture
- 8 treatments with therapeutic yoga for minors.
- 20 treatments in energetic therapy

3.2.1 Clinical psychology and comprehensive health - familial and EMDR:

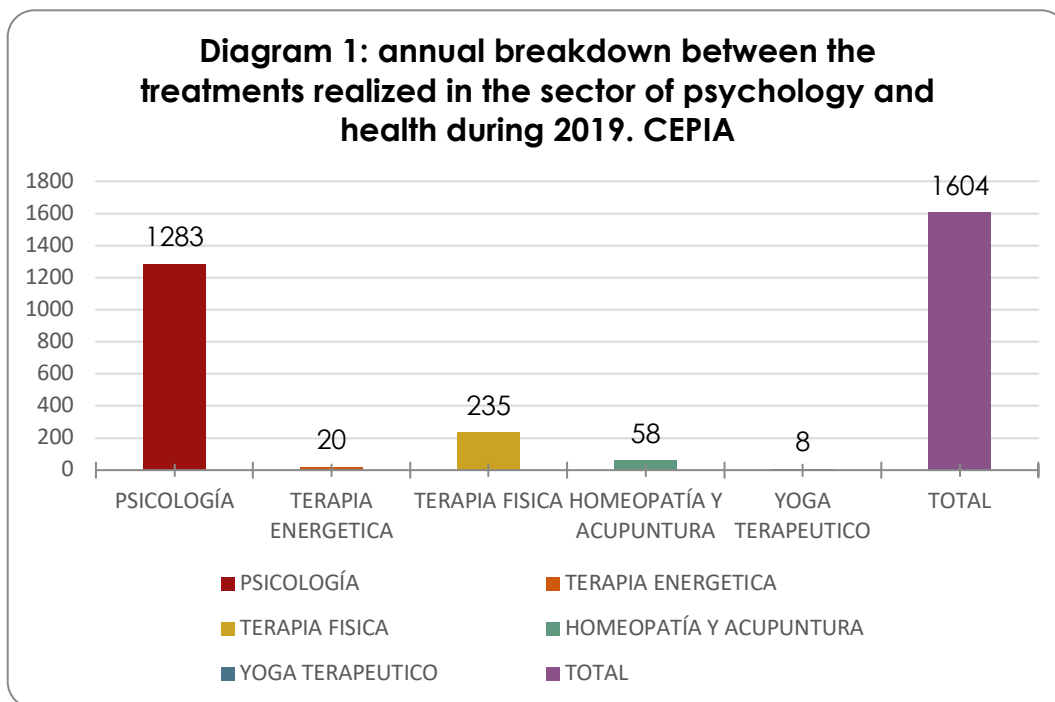
The aim of the project regarding clinical psychology and comprehensive familial health is to ensure accompaniment in comprehensive psychological intervention as well as the minors' rights at social risk and their families.

During 2019, 355 cases of minors and adults (special cases) were accounted in the department of clinical psychology. From these 355 cases, 9 corresponded to processes having started in 2016, 16 having started in 2017 and 45 new cases in 2018, resulting in a total of 285 treatments or new processes in 2019 from January, 2nd to December, 6th 2019.

a) Treatments offered in the domains of clinical psychology and comprehensive health in 2019

1 604 treatments were given during 2019 (from all comprehensive health services corresponding to physical therapy, homeopathy, therapeutic yoga for minors and energetic therapy together with the department of clinical psychology); 1 283 treatments were given in clinical psychology, 235 appointments in the department for physical therapy (broken down between therapy, stimulation and hydrotherapy and workshops), 58 treatments with homeopathy and acupuncture, 8 treatments in therapeutic yoga for minors referring to psychology and finally, 20 treatments with energetic therapy.

The following diagram shows in detail the treatments offered in clinical psychology and comprehensive health 2019.



Source: statistical report regarding clinical psychology and integral health coordination 2019 Diagram 1.

The type of treatments or interventions realized by the department of psychology corresponds to **76% (270)** persons submitted to process in psychotherapy, **14% (50)** had an appointment for initial assessment (assessment of cases), **7% (23)** corresponding to crisis interventions and **3% (12)** corresponding to Eye Movement Desensitization and Reprocessing (EMDR).

b. The main motives for consultation in 2019 were:

The main motive for clinical psychology consultation in 2019 is a behavior disorder (**29 %**). Secondly depressive symptoms (**13%**) related to self-prejudicable behavior; thirdly, familial conflicts (**11%**). It is important to point out that during 2019, **10%** of the cases were

related to stress, **6%** to sexual abuse, **3%** to an hypersexual behavior, **2%** to substance abuse and **1%** for inappropriate relationships.

c. Interinstitutional appointments:

74% (corresponding to 40 appointments) were sent to valuation and corresponding medications to the Social Security Fund due to self-harming behaviors, depression, anxiety disorders, psychotic symptomatology and attention deficit disorder for the valuation or corresponding medications, among other symptoms. **22%** (13 appointments) to PANI for complaint processes, protection of minors' rights and imminent risk of domestic violence, inappropriate relationships/sexual abuse, parental negligence, physical aggressions towards minors and **5%** (8 cases) of social work for the socioeconomic assessment and governmental aids to families with limited financial resources.

Similarly, these cases characterize the area of social work made by CEPIA (these cases were also referred to CEPIA's social work area). This underlines that during the year 2019, one of the goals in the area of clinical psychology in therapeutic processes was to carry out the corresponding appointments or complaints for the valuation of the cases meriting it, for the comprehensive well-being of the minors and their families, in coordination with other related government entities and internal interdisciplinary support.

d) Profiles determined and talks and workshops realized by the department of psychology during 2019

51 assessments have been carried out in 2019 as well as the respective reports regarding clinical psychology with minors written by CIDAI; **11 profiles** of the participants in the young entrepreneurs' and creators' program and **14** assessments of women groups. In addition, 6 working appointments have been organized.

44 workshops have been organized in 2019 as CEPIA internal projects, 19 have been organized for the minors by CIDAI and 3 for the group of young people in coordination with the legal field, with topics related to sexuality, prevention of drug and alcohol use, rights and protection of minors. In addition, 8 workshops have been organized for parents as projects internal to CEPIA, with topics regarding positive discipline and management of the restrictions for minors, among others; 4 workshops have been organized for the parents of minors receiving physical therapy (handicapped minors), with the objective to deliver the appropriate tools necessary for physical and mental health; 5 workshops with the women's committee of the CEPIA with the objective to deliver the appropriate tools necessary for their development and empowerment and finally, 6 self-care workshops for CEPIA's direct attention staff, team work and positive discipline among others as well as psychological attention to minors of the girls' club.

Other processes in the sector of psychology:

3 workshops were carried out for the school of Matapalo to intervene because of recent mourning for two groups of 3rd and 6th graders as well as a personal group for teachers.

1. Accompaniment, appointments and coordination in the field of education:

- ✓ Official visits and interdisciplinary coordination occurred with these entities and with others for special cases of patients in the following schools: La Garita , Matapalo , Huacas and the college of Villareal (*by phone*).
- ✓ Inter-disciplinary interventions have been coordinated with the legal field for different cases that require legal advice with the support of Lic. Max Chaves of CEPIA.
- ✓ Inter-disciplinary home and neighbourhood visits to follow up cases of minors following a psychological treatment have been coordinated with the sector of social work.
- ✓ A general work satisfaction interview (motivation) was realized for all CEPIA collaborators with their respective graphical analysis of results, and these results were returned to the staff at Bach. Karla Marin's expense (psychologist).

3.2.2 Physical therapy for handicapped minors:

The objective of the program is to bring better quality of life to the handicapped child-youth population by means of physical therapy, cognitive and sensorial stimulation, art therapy and hydrotherapy.

In 2019, 17 minors (between 2 and 22) with different types of handicaps such as PCI, Down syndrome, psychomotor limitation, autism, hydrocephalus, etc. received care in this department with a total of 235 appointments or treatments. The types of therapy offered to this population were: physical therapy (rehabilitation), types of therapy such as early stimulation, hydrotherapy, music therapy and 4 workshops targeting caring parents given by the sector of psychology of CEPIA.

The communities that have benefited from this program were: Cartagena, Matapalo, Lajas, Villareal, El Llano, Lorena and El Llanito living in poverty conditions.

Other processes or treatments:

- ✓ 6 minors coming from the school of Cartagena followed workshops regarding psychology, art, hydrotherapy and music lessons.
- ✓ The population described received different donations such as various articles from the CEPIA association, it could benefit from transportation accommodations to attend different activities, go to their therapies and participate in activities such as Christmas parties and camps, etc.

3.2.3 Sexual and reproductive rights of women (women's life project)

In 2019, the life project for women of CEPIA was continued as its goal is to prevent unintended pregnancies and to protect and promote the sexual and reproductive rights of women in a vulnerability situation and migrant women living in the coastal sector of Santa Cruz who do not have access to social security.

During 2019, **355 women** could benefit the free insertion of an intrauterine device to be protected from getting pregnant, receiving informations about their sexual and reproductive rights, about secure contraceptive methods, to get advice and follow-up of cases, everything being free of charge.

8 professionals such as doctors and nurses, national and foreigners, in addition to 10 volunteers and persons from CEPIA have participated in the management of the project. This would not have been possible without the precious collaboration of **Dr. Luis Villegas**.

Concerning women, about 30% of them have had the possibility to access parenting advice for free to remove any doubts and phone consultations or via whatsapp, 10% had access to mediations and only one 5% had to be removed from this system due to personal pathologies or health difficulties.

The project was realized in collaboration with Fundemeco, Dr. Jimenez, Dr. Andrea from BeachSide Clinic by using the facilities, Paul Chester Foundation and the aid of Margarita Ville by hosting the doctors as well as with the active participation of volunteers.

3.3 Programs of comprehensive daytime care for minors

3.3.1 CIDAI program: comprehensive daytime care center for children

The daytime care center for children seeks to provide comprehensive attention, care, stimulation and bilingual education to encourage the development of the cognitive, physical and emotional capabilities of boys and girls between 2 and 17 years of age.

In 2019, comprehensive holistic development was promoted, with a population of **88** minors (PME) in extreme poverty or vulnerability. Services for four groups of age: child care from 2 to 4 from 7 am to 4 pm. Homogeneous group (maternal - transition) from 4 to 6 with educational service from the MEP from 7 am to 4 pm. Elementary from 7 to 12, after-school schedule from 7 am to 12 md / 12:30 pm to 4 pm. Young people from 13 to 17 from 7 am to 12 md.

All PME received:

- **Care and development of the autonomy:** 100% of the subsidized quota has remained full. During this year, each child developed his skills (physical, emotional,

educative) each day of the week. Minors have created and put into practice the rules of existence. In addition, the situation of 100% of the children being assessed by the professors which demonstrated satisfaction thanks to the service. For the first time in its 3 years of existence, the program ends with a graduation dinner to recognize the minors' participation during the year. The parents and the minors received their titles with joy and determination, although this wouldn't close the period for them as they would continue in this program. It was a matter of great satisfaction for all.

- **Professional care:** minors have received, during the year, the psychological aid they needed, either individually or in their families, and the whole population received psychological reports. In addition, monthly group workshops were held about priority topics. They received the aid of professionals in the sector of education who trained them to educational support and early stimulation.
- **Educational process:** we realized evaluations, including the profile at intake and exit of every child and the analysis of their school grades. 100% of the children passed their grade, meaning a success indicator of the program.
- In the **health** sector: 95% have a healthy nutritional state, they receive both a menu made by a nutrition professional and talks about healthy food. Furthermore, 50% of the population are treated by a dentist, monitoring the minors' dental health. 100% of the population count on free medical consultation in a private clinic. An agreement was concluded with the Universidad Latina and the nursing school which offer supervised practice, helping to control weight, vision, hearing and development tests were carried out on 100% of the population.
- In the **cultural sector:** 100% of the population received art and music lessons. Volunteers also gave art classes, 50% of the population received clay lessons. A folkloric dance group named "Cuasrán" was created during the civic activities of the year. PANI approved exceptional funds to buy sound equipment.
- **Sport and recreation:** 100% of the PME had daily sports classes, also 50% of the population attended swimming classes, martial arts and surf as well as extrascolar classes.

The different groups did **tours:** 18 minors in early childhood visited a monkey park to observe flora and fauna species, 25 minors helped showing movies in Tamarindo, 40 minors received talks from the MINAE. Visits of beaches (Tamarindo, Brasilito, Playa Grande) were also organized for different groups.
- Networking with the **community:** the PME participated in voluntary work cleaning the beaches, cleaning Huacas, learning different ways of recycling by talking on the beaches. Parents participated in workshops held by the department of psychology.

This program is financed by the National Child Welfare Agency (PANI), the Joint Social Aid Institute (IMAS), the Social Care Board (JPS) and private donations.

3.3.2 Young entrepreneurs and creators

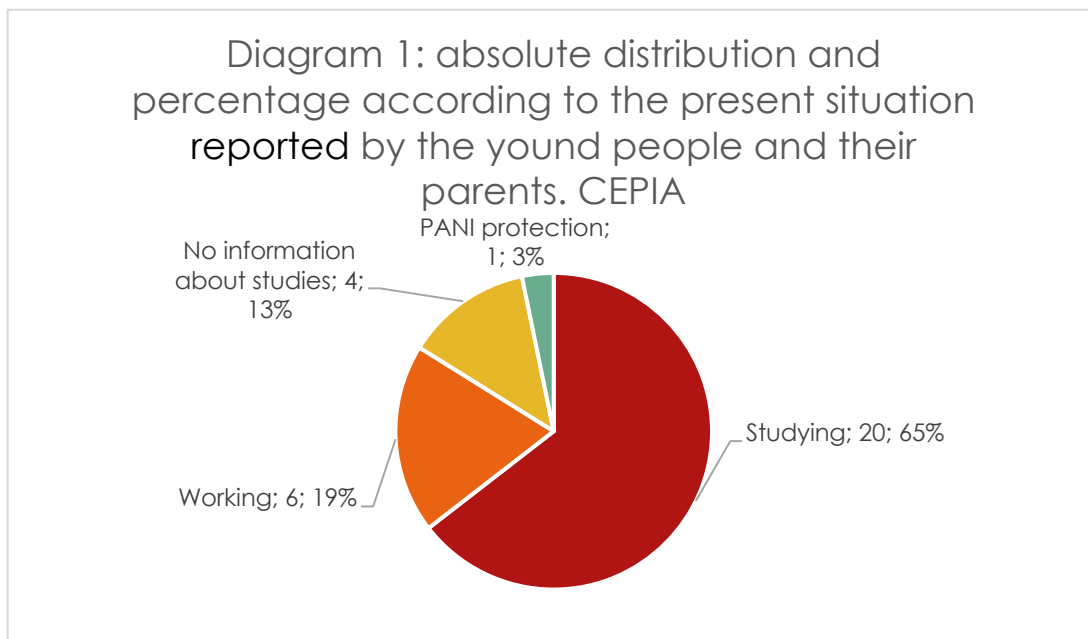
During more than 10 years, CEPIA has kept this program for socially excluded young people. The objective of this program is to provide development opportunities for teenagers through educational and social tools such as: comprehensive care via learning processes, customized accompaniment, English classes, computing, cultural and artistic activities, through one-year processes. During this year, the people will access different services and they will have opportunities to improve their skills and some aspects of their family life or situations they went through.

During 2019, comprehensive care was offered to **41 young people** between 13 and 18 years of age and coming from different communities of the coastal area of Santa Cruz, all being at social risk, due to college exclusion, poverty, sale and/or consumption of drugs, family violence, sexual abuse, inappropriate relationships, among other factors.

Results of the follow-up of young people during 2019:

- **13 young people** were able to reintegrate or continue their studies.
- From the 31 persons registered during the year, **4 young people** got a job.
- **12 young people** went on developing their life project for 2020.
- **1 young person** could maintain himself in the PANI protection program.
- **1 young person** traveled to Nicaragua and did not let hear from him then.

This diagram shows the self-perception of the young people in relation to their achievements thanks to the program during 2019.



Source: report regarding young entrepreneurs and creators 2019. Diagram 1.

It has been emphasized that, during 2019, 5 appointments have been identified in the CEPIA area of clinical psychology for the follow-up of cases and 11 psychological profiles with the application of the vocational Explora test intended to work on their life project.

15 workshops were proposed with the following topics: inappropriate relationships, prevention of consumption of addictive substances, comprehensive sexuality education, gender violence among other topics. They also participated in various film clubs, celebrations and activities organized by partner institutions, 14 in total, such as: concerts from the National Symphonic Orchester, cleanliness of beaches, camps, weekly visits to the fitness club "Beyond Sports" (Flamingo) thanks to a sponsor. Among others.

The group of young people also worked as volunteers for the food bank to know the objective of this institution and its working method. Another activity to highlight was the visit in November of the center for comprehensive care, Calle Real, with the goal to know the situation in the jails and the programs developed in the institution. During this trip, they also had the opportunity to discover the womens' module and the therapeutic community.

3.4 Professional training and social enterprises

3.4.1 Professional training

Technical training for adults: **335** adults have received training in the following subjects:

- Training to repair celular phones; 15 persons
- INA computing; 25 persons
- Intermediate English lessons; 27 persons
- English for beginners 2; 10 persons
- Food handling; 194 persons
- Driving course; 64 persons

3.4.2 Social enterprises

CEPIA's restaurant has been successfully operating for 3 years. It is a social enterprise headed by a graduated woman from the CEPIA's professional training and supported by the extreme poverty program. This entrepreneurship enabled this family to find a way out of poverty and gave a job to two other women in the same situation.

CEPIA's "Mini Tienda" (mini-store) is a clothing store inside the community center that is operated by women belonging to the program intended for people in extreme poverty. This center collects clothes and other used articles to be given to families in extreme

poverty. There are also cloth sales at very low prices and, with these funds, the women help each other like in a cooperative.

Another enterprise, **Going Local**, is leaded by adults graduated from CEPIA's youth group. This social enterprise offers a cultural and educational tour to tourists as well as an opportunity to live and share with the people staffed by CEPIA. Apart from employing people in this area, it helps promote donations for CEPIA, produces supply chains and gives 10% of its gains to CEPIA.

During 2019, 5 tours have been made with families or independent tourists. This group also participated in 2 camps described in the section about camps, one in Hyde Park School in Cartagena and **Collete** at CEPIA. A total of \$1 800 was collected through these initiatives.

3.5 Comprehensive support to families living in extreme poverty

All CEPIA programs indirectly contribute to fight poverty and extreme poverty. Nevertheless, specific initiatives are being developed to fight this issue:

Women's committee 2019: the objective of the women's program during 2019 was to help women living in extreme poverty and social risk in the coastal area, many of them being migrants in vulnerable condition – for a period of one year – through processes that contribute to their empowerment, to the development of their skills and strengths and bringing food assistance, legal consulting, psychological support, care and employability.

Working to the elaboration of an entry profile (psychological report) started for a total of 19 women, each one receiving a roadmap including a contract of volunteer. If necessary, intervention in crisis situation or brief therapy given by the department of psychology, consultancy and empowerment as well as appointments to IMAS (Joint Institute for Social Assistance).

15 women remained in a sustained process, 4 with an intermittent participation, for a total of 19 women in this project; each month, they received a basket of food (for a total of 294 baskets of food for the periods from the 4th of February 2019 until the 21st of November 2019). As well as donations of school equipment and uniforms for their children and Christmas presents among other socio-economic aids.

5 meetings were held with a group of women during 2019 as well as 6 workshops strengthening the cooperation with students in psychology from the UCR, Guanacaste site.

69 various types of donations were made for the group of women with different articles for them and their children such as: articles for the household, electric appliances, clothes, shoes, etc.

In coordination with the psychology area, 5 practical workshops were organized to enhance their skills, work on empowerment, sorority and strengths, as well as legal orientation, appointments at the IMAS by psychology and social work. The project's closing process successfully took place on the 6th of January 2020 with a donation from Hotel Sugar Beach.

In an opinion survey realized with this group in July 2019, 66% of the persons cited declared having been victims of one of the following delicts: violence during breeding, victim of sexual violence (also from their partners).

School supplies: in 2019, **725 school packets** of school suppliers were distributed in the CEPIA facilities, the other packets were also distributed in public schools and communities of the area. **371** boys and girls also received a school or college uniform.

Christmas party: Christmas and closing party of the CEPIA activities is always a special date with **1 110 Christmas presents handed out on the 17th of December 2019** to vulnerable minors from the program communities and internal projects of the association.

Donations in kind: many families in extreme poverty have profited from the association, coming to the premises to apply for any kind of socio-economic, psychological and legal assistance during 2019 as well as for the delivery of food, clothes, electrical equipment, mattresses, socio-economic studies by the social work (home visits), optical consultation, appointments at the BeachSide Clinic for situations compromising the health of their children among others, medical appointments at specialists, coordination of cases with other governmental institutions, among others.

The following donations in kind have been registered in 2019:

They firstly benefit the participants of the program for women, as part of the comprehensive care they are offered, improving their tools and skills for life, helping to reach sustainable economy by means of the donation of a food basket for the sustainability of their families during this specific period of time.

Among the 2019 women's group, 15 women plus 7 other women that had integrated processes during previous years participated during the whole year, which makes a total of **22 women** leading to 22 families directly benefitted.

284 food boxes were handed, as well as clothes, shoes, electrical equipment, utensils for the household, pieces of furniture and other products from donations gathered through the CEPIA project "**community store**".

Other groups of families also benefited from the program of **SoS direct care**: families that came to CEPIA in extreme conditions or high vulnerability to cover their basic needs regarding security, physical integrity, alimentation, shelter and protection and that do not belong to any program or do not receive any other service from CEPIA. A total of **226 families** received this type of donation **during 2019**.

3.6 Legal consulting

During 2019, as part of the actions implemented from the legal field, a total of **65 persons** received help in the following topics: family 17, domestic violence 20, work 10, migration 18.

In addition, there were 2 appeals for legal protection which were treated in the Sala IV (courtroom IV) in the following topics: accessibility to the health system (sueing the hospital of Nicoya) and other (for a pension in a non-contributive regime by a person with epilepsy sueing the CCSS).

2 professional practices have been carried out with law students, who realized their TCU (University Comunal Work) with a total of 150 hours each, developing workshops and consultancies with the supervision of the CEPIA legal department. Under these conditions, a total of **31 persons** participated in themes such as health rights, migration, pensions, custody and parental authority, recognition of children of married women, among others.

5 workshops were organized with family mothers of children being integrated in the CIDAI program, group of young people, women's committee in topics such as: individual and collective rights, inappropriate relationship, domestic violence, parental responsibility, children rights, legal implications regarding sexual harassment.

Legal advice was given from Monday to Wednesday from 1 to 4 pm regarding a total of 12 cases with the women's group and 20 with recommendations from the psychological department.

3.7 Community library

During 2019, we developed a new concept to offer new opportunities, not only to the persons following CEPIA programs but also to other persons of the community and we created a space dedicated to games and pedagogy to practice reading, because it has been widely demonstrated that early access to books helps developing "soft" skills or skills for life and enhance the children's development.

The games library was completed with a series of educational games intended to develop a space in which children, boys and girls, with specific learning needs, who have to manage anger and other types of situations can be helped personally according to their needs.

3.8 Environmental education

At CEPIA, we have incorporated environmental education in all programs. In the programs about comprehensive daytime care, environmental issues and projects have been included in each age group, stories and talks, neighborhood cleanliness of rivers and

beaches; projects about reusing and recycling and the celebration of anniversaries such as the World Environment Day. The surroundings of the beaches were cleaned after each extracurricular surf class at Selina and swimming class for young people at ConnectOcean.

The poverty program works with women to train them in productive projects for the environment. For example, in 2019, they received training about how to sort out usable waste to specially motivate social enterprises on environmental issues and use it in our collection center.

CEPIA works together with community groups and public enterprises to do public campaigns to clean beaches, collect recycling waste, collect non-traditional waste and celebrate anniversaries such as the World Environment Day. Before or after the annual holiday camps, communities and beaches were cleaned and information sessions made.

2 beaches were cleaned during the school holidays in January and July with the participation of **50** children, boys and girls, following the program for young people and the CIDAI program (comprehensive daytime care center for children).

4. Partnerships and coordination between entities

A big part of what CEPIA could achieve was thanks to the coordination with other entities both public and private. In 2019, we had projects in collaboration with the following entities:

Institutions

- Patronato Nacional de la Infancia (PANI)
- Instituto Mixto de Ayuda Social (IMAS)
- Junta de Protección Social (JPS)
- Cruz Roja Costarricense
- Ministerio de Ciencia and Tecnología (MICIT) (computers in the library)
- Ministerio de Educación Pública (MEP) (pre-school teacher)
- Instituto Nacional de Aprendizaje (INA) (classes for the community)
- Colegio Católico de Huacas
- Organismo de Investigación Judicial
- Fuerza Pública (workshops and support in events)
- Policía Turística de Flamingo (workshops and support in events and crisis)
- Ministerio de Health, CCSS & Clínicas EBAIS
- Banco Nacional de Costa Rica (workshops)

Empresas privadas

- Asembis

- Universidad Latina (TCU)
- Universidad Libre de Costa Rica ULICORI (professional internships)
- Coopeguanacaste (donations)
- Dra. Diana Fuentes (food handling lessons, nutritional surveys)
- Hotel Sugar Beach
- Hotel Luna Llena
- Beach Side Clinic (Huacas)
- Hospital San Rafael Arcángel
- ConnectOcean Aquatic academy and dive centre (swimming classes)
- Óptica Pacífico en Huacas
- Escuela comunal La Paz
- TIDE academy
- Colores del Pacífico
- La Senda and Hotel Cala Luna
- Hotel Margarittaville Flamingo
- Diamante Eco Park

Civil Society

- Asociaciones de desarrollo integral (ADI)
- Asociación Banco de Alimentos
- Abriendo mentes
- Fundación CRUSA
- Asociación Salvemonos
- Asociación Futuro Brillante
- Strachan Foundation
- Fondo Comunitario Guanacaste
- Paul Chester Foundation
- Hero Academy

5. Funds and marketing

5.1 Financing

CEPIA achieved the diversification of the revenue resources for its programs in order to achieve better stability and sustainability. In 2019, the institutional arrangements increased to raise the number of minors in the programs of comprehensive daytime care. In the same time, CEPIA applied to get help from national and international aid agencies to support extracurricular class programs, clubs for girls and to improve the infrastructure of the Comprehensive Community Center. Collect of funds from private sources (persons and enterprises) and events. Donations to the association are deductible from taxes in Belgium, Canada, USA and Costa Rica.

Financial reporting on incomes and expenditures 2019, as well as the number of donations

are to be found in the link:

<https://cepiacostarica.org/es/informes/>

5.2. Publicity and marketing

During 2019, CEPIA wrote articles and organized interviews in the following media:

- La Voz de Guanacaste,
- The Howler,
- The Tamarindo News,
- The Aspen Institute magazine.

The CEPIA Costa Rica Facebook page achieved 10.200 “likes” on the 1st of March 2020, an increase of 3400 “likes” compared with 2018.

5.3. Events to raise funds for CEPIA:

- The event “Reserva Conchal Homeowners Charity Golf Tournament” raised \$4 600
- \$22 375 were raised during the event “Black and White Party” with 340 persons
- The event “Robert August Surf & Turf” could raise \$30 000

As an additional information, for any suggestion or question about these events or about the CEPIA association, please contact:

Laelitia Deweer

Asociación pro Cultura, Educación y Psicología de la Infancia y la Adolescencia - CEPIA

Cédula Jurídica (legal capacity card): 3-002-417696

www.cepiacostarica.org

cepiacostarica@gmail.com

Phone: (506) 2653-8533 / 8301-8282

Facebook: CEPIA Costa Rica

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APENDICES

After-school classes year 2019

Activity	Responsible	Location	Participants
Monday			
Soccer	Fillomon	El Llano	30 minors
Girls' club	Kathia Garcia	El Llano	25 girls
Hero Academy	Romel	Tamarindo	40 minors
Surf	Javier	Villarreal/Santa Rosa	60 minors
Yoga	Marisol	Huacas/Matapalo	30 young people
Swimming	Conect to Ocean	Brasilito	30 minors
Soccer	Belquis	Huacas	25 minors
Clases de Baile	Elevate	Cartagena/El Llano/Brasilito	25 girls
Tuesday			
Girls' club	Kathia Garcia	El Llanito	25 girls
Girls' club	Kathia Garcia	Brasilito	25 girls
Girls' club	Kathia Garcia	La Garita	25 girls
Soccer	Abad	La Garita nueva and vieja	30 minors
Tutoring	Cecilia	Villarreal/Linderos	10 minors
Wednesday			
Swimming	Andrea	Portegolpe/El Llano	25 minors
Soccer	Andrey	Hatillo	25 minors
Basketball	Beyons Sport	Potrero/Brasilito	30 minors
Girls' club	Kathia Garcia	Potrero	25 girls
Thursday			
Soccer	Jerome	Brasilito	30 minors
Swimming	Conec to Ocean	Potrero	15 minors
Girls' club	Kathia García	Portegolpe	25 minors
Art and recycling	Marta Bonilla	Potrero	25 minors
Friday			
Fonctional classesFuncionales	Rafa Sandoval	Huacas	10 minors
Girls' club	Kathia García	Pinilla	25 minors
Swimming	Conect to ocean	Varias comunidades	15 minors
Swimming	Conect to ocean	Varias comunidades	15 minors
Saturday			
S4y	Geovanny	Varias	28 minors

Girls' club	Kathia García	Villarreal	25 minors
Girls' club	Kathia García	Matapalo	25 minors
Girls' club	Kathia García	Santa Rosa	25 minors
Girls' club	Priscilla Arias	Huacas	25 minors
Art and recycling	Karla	Villarreal	20 minors
Soccer	Dayana	San Francisco	30 minors
Sport	Beyons Sport	Varius communities	30 minors
Soccer	Miguel	Potrero	40 minors

Voluntary work on a temporary basis and by university students

A total of **25** persons worked as temporary volunteers and absolved their academic internships at CEPIA in 2019:

Forename and surname	Country	Institution	Job	Date of entry	Date of graduation
Andrea Barrientos	Spain		Social educator and peace studies - Spain	1/02/2019	1/09/2019
David Berard	Germany		Psychology	1/02/2019	1/07/2019
Emma Hofman	USA	Colby College, Waterville, ME, USA	Arts	21/01/2019	8/02/2019
Taylor Hannan	USA	English teacher	English teacher	4/02/2019	?
Olivia Deschanel	CR	TCU Ulicori	CIDAI Tuesday and Thursday 8-1:30pm	26/02/2019	18/04/2019
Jeeten Carreau	FR	-	Finances	15/3/2019	30/06/2019
Lieselot Bousson	BE	Odisee University Brussels	Nutrition	18/03/2019	10/05/2019
Martine Willems	BE	Odisee University Brussels	Nutrition	18/03/2019	10/05/2019
Eva Vandenbroucke	BE	Odisee University Brussels	Nutrition	18/03/2019	10/05/2019
Hyde park school	USA	Hyde park school	Camp Cartagena	11/03/2019	15/03/2019

Phaedra Pittoors	Belgium	Odisee University Brussels	Internship Family Sciences Odisee	4/09/2019	30/01/2020
Alice Friedenson	USA	Clay classes CIDAI	Retired math teacher	29/11/2019	13/3/2019
Océane TREIL	FRA	La Rochelle	Business	28/05/2019	18/08/2019
Alisson BERT	FRA	La Rochelle	Business student	28/05/2019	6/08/2019
Thomas Vidal	FRA	La Rochelle	Business student	08/07/2019	18/08/2019
Adra Mirica	Germany		English teacher	30/07/2019	30/09/2019
Angie Centeno Downing	CR	Free University of Costa Rica	Social work	10/07/2019	12/08/2019
Rosa Esther Centeno Rofriguez	CR	Free University of Costa Rica	Social work	10/07/2019	12/08/2019
Maria Jose Rosales Hernandez	CR	Free University of Costa Rica	Social work	10/07/2019	12/08/2019
Melany Daniela Mendoza Obando	CR	Free University of Costa Rica	Social work	10/07/2019	12/08/2019
Maya Domke	Germany		Theology and global development	1/10/2019	8/12/2019
Amparo Nates lopez	Spain		Marine biology/surf instructor	14/01/2019	30/06/2019
Dylan Hoffman	USA	La Paz school	College	15/01/2019	30/12/2019
Alexa Toman	CAN	La Paz school	College	15/01/2019	30/12/2019
Sibley Zepeda	USA	La Paz school	College	15/01/2019	30/12/2019