



## Introducing SHiNE: Sharing HaRT in New Expenses

### Why SHiNE?

SHiNE is a two year initiative to evaluate 'Move with HaRT' with women and girls who have experienced human trafficking. Using the 'gold standard' evaluation approach—a randomized controlled trial (RCT) – we will study whether Move with HaRT improves mental health and overall wellbeing for survivors. This is critical, because far too often the long-term consequences of trauma prevent survivors from living dignified lives, yet we lack evidence-based approaches. SHiNE aspires to fill a critical gap in the global evidence base and ultimately improve programming for survivors. Positive results would mean that we can support more women and girls to fully recover and experience wellbeing, in Uganda and beyond.

### What is Move with HaRT?

Move with HaRT was created by [Healing and Resilience after Trauma](#) (HaRT) to support survivors to connect with their inner resilience, build supportive community, and experience healing. It is a group-based, twelve-week program that uses a survivor-centered and trauma-informed approach. Weekly sessions (90 minutes) include yoga/physical exercises, breath practices, relaxation techniques, positive visualizations, and supportive group discussions. The curriculum is organized around three main themes: safety in the body, radical self-love and compassion in action.

### Who is in the partnership?

We are excited to bring together a passionate and experienced team across policy, programming and research. SHiNE will be a collaboration between HaRT, the University of Alabama, Innovations for Poverty Action (IPA) Uganda, a Survivor Advisory Group (SAG) and seven program partners: Dwelling Place, Everfree (formerly Willow), Hope for Justice, Rahab Uganda, Set Her Free, the Remnant Generation and UYDEL. We will also be joined by co-investigators including policy expert Agnes Igoe and a team of skilled researchers based in Uganda and the U.S. SHiNE is funded by the Human Trafficking Research Initiative (HTRI). HaRT will deliver the programming, including supervision and monitoring quality. IPA Uganda will conduct the research data collection. Program partners will have the role of mobilizing participants, supporting crises referrals, providing snacks and transportation, and coordinating with the program and research teams. In addition, the AFRIPads foundation has generously donated reusable sanitary pads for all our SHiNE participants.

### How will the study work?

RCTs are considered the 'gold standard' because of the randomization process. Practically speaking, this means that some sites will be randomly selected to participate in Move with HaRT, and some sites will be part of the 'research only' group. By comparing data across the two groups, we can confidently attribute any positive impacts we observe to the Move with HaRT program. During SHiNE, everyone will get to participate in Move with HaRT—although some groups will wait until after all the data has been collected.

### What does this mean for the partner organizations?

We will have three different 'waves' for the research and programming: Wave 1 starts August 2023, Wave 2 starts Jan 2024, and Wave 3 starts June 2024. We will let you know when your start date is after randomizing the sites. *\*Some partners may participate in more than 1 Wave.*



- All Partners will participate in the research, which means that a trained team of researchers will come to carry-out surveys with some of your clients who meet the study criteria (see below). The research will involve a baseline survey, endline survey, and a three month follow-up (either in-person or via telephone).
- Some partners will be randomly selected as 'Move with HaRT' sites, and HaRT team members will come to facilitate the 12 week Move with HaRT program. Others will be randomly selected as 'Research-Only' sites. In this case, we will wait to implement Move with HaRT until the study wave is finished.
- Only eligible women and girls will be invited to participate: 14 and older, prior experience of human trafficking, able to understand Luganda or English, and physically able to do day-to-day activities. The program and research will be carefully explained to everyone, and only individuals who give their informed consent will join.

*We aim to create a vibrant partnership, with all collaborators working as a team, to learn, share experiences, and support one another to shine. We also hope this work together will bring visibility to partners, and most importantly, support survivors to experience greater healing and wellbeing.*

#### **Participant Voices: Excerpts from Move with HaRT participants, 2020 pilot research (Uganda)**

*I would recommend yoga to other girls because when you do HaRT you live in peace, you feel like the peace is all yours. You feel all the love is yours. You feel relaxed, your mind is relaxed without any pressure. You start looking at the challenges that you are facing as nothing, they do not weigh you down. Everything seems normal and there is nothing that bothers you. You get the courage from within you that empowers you to face any challenges.*

*I currently have hope, this [HaRT] has greatly strengthened me, feeling that I can do it however difficult the situation is. I have learnt that there are challenges in life, but I do not have to give up. Instead you stay strong in order to overcome the challenge that you are facing. Never to give up, because challenges will always surface. But the issue is remaining strong and knowing that you can overcome. You must believe in yourself and know that you can overcome that challenge.*

*Yes it is true, [HaRT] changed me, and healed me...even when I am feeling body aches I practice yoga and I feel better....so it heals. I was shy but now I am confident, I even know how to manage my anger...it helps you to get rid of stress...you have to focus on the positive things that are happening in your life, focus on that and move on.*

*I truly think that [HaRT] has greatly changed me. I used to be lonely. I never wanted to interact with people, even when I tried to interact with people I would disorganize them. I used to think that people are not easy to deal with, they are bad and I was truly scared of relating with people. But when I joined [HaRT], they were telling us that people are good, try to put on other people's shoes [...] It helped to change my life because that is when I became compassionate and I started making friends. They also started coming to me because my attitude was also different because then I started talking to people. We would always be talking, chatting and having fun.*

*When we are doing [the practice] my mind started relaxing slowly slowly, and then I become more friendly with my sisters here.... they also keep me busy when sometimes I am lonely, they come you find you, another coming telling me that, "come and we go and we dance." And I go and we dance So then I feel good.*