

ICDP Mozambique – 2025 Annual Report

Update by ICDP representative Santana Momade:

Strengthening MHPSS, Protection Systems and Community Resilience Across Mozambique

1. Introduction

In 2025, ICDP Mozambique continued to expand its contribution to child protection, psychosocial well being across 4 Provinces and 23 districts of the country. The programme focused on strengthening the competencies of civil society organisations, community structures, and government staff working with children and families in vulnerable situations — including internally displaced persons (IDPs), host communities, children exposed to violence, neglect, exploitation, and premature unions.

ICDP maintained strong collaboration with the Ministry of Gender, Children and Social Action (MGCAS), UNICEF and other partners.

Across all interventions, ICDP promoted children’s rights, gender equality, and the protection of women and girls, ensuring that psychosocial support and caregiving practices remain central to community resilience and recovery.

2. Project: Care Component of the Child Grant Programme (Cabo Delgado)

Context

Cabo Delgado continues to face severe humanitarian and protection challenges due to ongoing insecurity, displacement, and limited access to services. Within this fragile environment, ICDP’s work plays a critical role in safeguarding vulnerable children and supporting caregivers under stress.

Key Contributions

ICDP strengthened the Care Component of the Child Grant programme through a combined **competence-building and case management approach**, ensuring that children exposed to violence, neglect, exploitation, or early pregnancy are identified, assessed, and linked to appropriate services.

ICDP provided:

- Technical assistance to government delegations
- Support to SDSMAS/RAMAS in case registration and follow-up
- Strengthening of multisectoral coordination mechanisms

Achievements

Despite insecurity, districts exceeded enrolment targets for the Care component of Child Grant:

- **1,154 cases** referred for case management and parents received psychosocial care and support
- Regular training for SDSMAS, INAS technicians and volunteers
- ICDP program and Case Management training delivered across districts

Coordination

The programme facilitated:

- Joint meetings with health units
- Coordination with the Prosecutor's Office
- Engagement with District Education Services
- A provincial roundtable chaired by the Provincial Director of Gender, Children and Social Action, gathering 44 participants from government, INAS, SDSMAS, UNICEF and ICDP

Challenges

- Lack of equipment and financial constraints
- Insurgent attacks and displacement
- Difficulty locating families
- Barriers to birth registration and school reintegration

Resilience and Adaptation

Teams demonstrated exceptional commitment by:

- Use of motorcycles
- Conducting remote follow-ups
- Drafting care plans from safer districts
- Contributing personal resources to maintain activities

Conclusion

Despite operating in one of the most fragile environments in Mozambique, ICDP strengthened:

- Local capacity
- Multisectoral coordination
- Identification and follow-up of vulnerable children
- Community engagement and ICDP parenting sensitization
- Protection pathways for adolescent caregivers



Capacity-building Training for Government Staff

3. Project: Technical Assistance Programme for the Elimination of Child Marriage

Implementation advanced across Zambézia, Nampula, Sofala and Cabo Delgado, each with distinct social and protection dynamics. Post-electoral demonstrations and ongoing insecurity affected community engagement, but adaptive planning ensured continuity.

Core Achievements

- Identification, support and follow-up of cases of child marriage and violence against children
- Expansion of preventive systems through ICDP's Positive Parenting and Caregiving Programme
- Capacity-building for DPGCAS, SPAS, SDSMAS, CCPCs and caregivers
- Strengthened District Reference Group (GRD) coordination
- On-the-job coaching for RAMAS technicians
- Community sensitisation on SEA, child marriage and violence
- Advanced training in Case Management, MHPSS and PSEA for DPGCAS and UNICEF staff
- Resilience-building interventions including PFA, individual and group counselling, and self-help groups

Reach

- 4.300 children and girls rescued from child Marriage and violence and supported
- 95 CCPCs strengthened
- 80 government technicians trained
- 900 caregivers trained in ICDP parenting programme across 10 districts



Support group session for survivors of child marriage

4. Project: Psychosocial Support for Internally Displaced People and Victims of Armed Conflict

ICDP, together with its partners, is developing an integrated psychosocial support and mental health programme for internally displaced people currently living in Nampula province, particularly in Nacala district and host communities. It is evident that this crisis increases vulnerability to physical and sexual violence, abuse and neglect, trafficking, exploitation, child labour, and early unions.

Furthermore, the already limited protection services available at community level are facing significant challenges and experiencing growing pressure on their scarce resources, heightening the risks to mental health and spiritual well-being for both host and displaced populations.

ICDP expanded community and school-based MHPSS services, ensuring that children and their families affected by conflict-related displacement receive emotional support and safe spaces to receive adequate care,

Strengthening Community and School-Based MHPSS

ICDP delivered targeted MHPSS training to:

- 30 community volunteers
- 19 teachers and schools director
- 9 district technicians
- 400 caregivers were sensitized in ICDP parenting programme. Caregivers learned new approaches, challenged harmful practices, and shared cultural strategies of care. Sessions also addressed GBV risks, child rights and early reporting of suspected sexual violence. The sessions aim to strengthen caregivers' capacity to support their children's mental health and psychosocial well being, whether or not the children have experienced trauma. Parents learn new caregiving approaches, challenge harmful traditional practices, and share culturally rooted strategies of care and healing. For many women, the group also provides a rare safe space for

open discussion about family challenges and emotional stress. Caregivers are introduced to signs of trauma, anxiety and psychological distress, and receive guidance on when and how to seek support through community structures, project psychologists or district mental health services. Relaxation techniques are practiced to help caregivers manage stress and support children during moments of panic or emotional overwhelm. Participants report improvements in family communication, reduced use of harsh discipline, and greater confidence in recognizing when a child needs help. The sessions also address gender based violence risks, child rights, and the importance of early reporting of suspected sexual violence or exploitation.



Community sensitization sessions on positive parenting training

5. Overall Conclusion

ICDP Mozambique strengthened the foundations of community-based MHPSS, positive parenting, and child protection systems across multiple provinces. Through capacity-building, coordination, and culturally grounded approaches, the programme contributed to safer, more nurturing environments for children, girls and families affected by conflicts, displacement, poverty and chronic vulnerability.

The resilience of staff, technicians, caregivers, community leaders and volunteers remains central to this progress. Continued investment, stronger integration of services and improved security conditions will be essential to sustain and expand these achievements in the years ahead.