



Utah Health and Human Rights: *Holistic Healing and Hope*

Mission & History

The mission of Utah Health & Human Rights (UHHR) is to promote the health and well-being of the world's torture survivors. At the core of torture, the trust between two human beings is destroyed. Our services focus on restoring trust and helping a survivor rebuild emotional, physical, social, and spiritual bonds. Our work also aims to prevent the effects of intergenerational trauma.

UHHR was founded in 2003 in response to the unmet needs of torture survivors in our community. Today, UHHR is the only organization in Utah that specializes in serving torture survivors.

- UHHR serves over 400 individuals each year: men, women, and children who have fled their homes because of torture and severe human rights abuses
- Based on the most recent Utah data, at least 36% of all refugees resettled in Utah have experienced torture, including 64% of Iraqi and 55% of Sudanese refugees
- We have experienced a 55% increase in the number of clients served each year and new intakes continue to increase by an average of 30% annually

Services

UHHR's evidence-based and holistic services are guided by profound respect for the resiliency of our clients. All UHHR's services are provided free of charge.

- **Mental Health Therapy:** Client-centered and highly specialized, individual and group therapy focused on rehabilitation and recovery. UHHR also operates an in-house psychiatric clinic, ensuring that psychiatric care is easily integrated into clients' overall treatment plans
- **Medical Advocacy:** Medical assessment, advocacy, and forensic examinations and medical affidavits for survivors seeking asylum. UHHR trains and supports a network of healthcare providers to better identify and address torture related physical and psychological injuries
- **Case Management:** Assists clients with both acute and chronic needs that impede self-sufficiency, including issues related to transportation, food, housing, and education
- **Legal Advocacy:** Representation of survivors seeking asylum through a partnership with highly experienced immigration attorneys who specialize in asylum claims for torture survivors
- **Capacity building:** UHHR has trained an extensive network of community agencies, resettlement agencies, social service and ESL providers, and medical providers to identify and refer at-risk torture and severe human rights abuse survivors who are struggling to function or adjust to life in Utah.