



ANNUAL REPORT 2023

HEALTHCARE PROGRAMME MONGOLIA

PROGRAMME OVERVIEW

ESTABLISHED

1997

LOCATION

Songinokhairkhan, Chingeltei, Bayanzurkh, Bayangol, Nalaikh, Sukhbaatar, Bagakhangai and Khan-Uul districts of Ulaanbaatar City; Tuv Province; Selenge Province; Bulgan Province; Orkhon Province; and Darkhan-Uul Province

BACKGROUND

CNCF's Healthcare Programme was established with an aim to provide the children in our care and vulnerable children of Mongolia with complimentary and professional medical check-ups, treatments and emergency care. On-site treatments for mild to moderate health conditions are provided by CNCF Doctors, whilst children with complex conditions are referred to a secondary or tertiary level hospital for specialised diagnosis and treatment. Financial assistance is provided to ensure children are able to receive the emergency treatments they desperately needed. Additionally, CNCF's Psychology Programme is dedicated to addressing the emotional well-being of vulnerable children

Through a tailored approach, the programme offers a range of psychological services tailored to the individual's age and specific emotional characteristics. By fostering a sense of empowerment and providing tools for self-reflection, children are equipped to enhance their self-esteem and develop crucial skills for emotional regulation and self-control

BENEFICIARIES

Children of CNCF's Blue Skies Ger Village, Blue Skies Kindergarten, Rehabilitation Centre For Youth Education Programme, Child Sponsorship Programme and their families; CNCF staff; psychologists and specialists in residential care centres, temporary protection shelters, and special education schools and public schools; state and private kindergartens; and psychology-specialised universities in Mongolia

LOCAL PARTNERS

Department of Family, Child and Youth Development; National Centre for Maternal and Child Health; General Hospital for State Special Services; Trauma and Burn Hospital; Mongolian National University of Medical Sciences - School of Dentistry; Songinokhairkhan District Medical Centre; Songinokhairkhan District Family Clinic; Australian Government; Premium Dental Clinic; Misheel Kids Foundation; Tiens Corporation; Green Gates International; Nano International; Bridge Group; Onosh-Med Laboratory; Seoul Optic; Gurvan Gal Hospital; Australian Awards Mongolia; Asian Medical Student Association; Express

Laboratory; Monos Pharmacy; 102th, 58th, and 29th Schools; Training Department of General Executive Agency of Court Decision Rehabilitation Centre for Youth; United Nations International Children's Emergency Fund; Khongorzul.T (Ph.D.), Clinical Psychologist; Tsengel.Ts, Designer; Khudulmur, Designer; Miranda Marsh, M.A, Integrative Child Psychotherapist; Khishignyam.B (Ph.D), Professor at National University of Mongolia; Elena Adams (M.A.(Hons), Dip. Psych., UKCP Accredited) (M.A.(Hons), Dip. Psych., UKCP Accredited), Integrative Psychotherapist; Ncazelo Ncube-Mlilo (M.A. (MON), CEO at PHOLA International, South Africa), Trauma Specialist and Narrative Therapist; Emily Berger (Ph.D), Monash University Senior Lecturer; Mongolian National Chamber of Commerce and Industry; Focus on the Family Mongolia; Mongolian Psychologists Association; National Centre of Psychology; Institute of Applied Psychology, Mongolia; Tuushin Hotel; Psychology Publishing; Art Therapy Publishing; Nelumbo Stiftung; New Press LLC; Barlo World Mongolia LLC; Mandal Risk School; Buuvee Cashmere; and Buramkhan Company

**CNCF
ACCOUNTABILITY**

CNCF is responsible for the funding, programme management, monitoring and evaluation of this programme

**MONITORING AND
EVALUATION**

CNCF Programme Management Team closely monitors the health and well-being progress of each child and provides timely support

when needed. Frequent internal meetings are conducted for CNCF staff to discuss programme related issues and updates. Monthly reports are sent to CNCF's Director of Operations, and an annual report is made available to all stakeholders. Throughout the year, regular psychological trainings and counselling are organised and progress is evaluated



PROGRAMME DESCRIPTION

On average in Mongolia, one in three adolescents face emotional or behavioural challenges, primarily stemming from persistent food, housing, and income insecurities, as well as the pervasive effects of poverty. These circumstances significantly impact the mental well-being of children, particularly those lacking access to basic necessities like proper nutrition, clean water, and healthcare services. In addition, urban areas, notably the country's capital city Ulaanbaatar, struggle with severe air pollution, posing substantial health risks to residents. The influx of migrants from rural areas further strains the city's already stretched healthcare system, while the harsh winter conditions exacerbate the vulnerability of impoverished children to various health ailments and life-threatening situations.

CNCF's Healthcare Programme - since 1997, the Programme has provided the children in CNCF's care and disadvantaged children of Mongolia with complimentary and professional medical check-ups, treatments and emergency care. On-site treatments for mild to moderate health conditions are provided by CNCF's Doctors, whilst children with complex conditions are referred to a secondary or tertiary level hospital for specialised diagnosis and treatment. If a child requires emergency treatment, CNCF provides financial assistance that enables the child to receive treatment at a private clinic, not having to wait weeks or months to be seen at a state hospital.

CNCF's Psychology Programme - CNCF started providing psychological services to children in 2015 which expanded into the fully formed Psychology Programme in 2022. Almost all of the children who come into CNCF's care are deeply traumatised and suffering PTSD, all have either suffered or were at high risk of exploitation and abuse. Healing emotional trauma and empowering youth through education and care, is at the core of our work. With little or no access to mental health services in Mongolia due to lack of funding and stigmas that exist surrounding mental health, CNCF's unique mental health team is providing critically needed support by professionals

in this area to some of the most marginalised and distressed communities on our planet.

CNCF's Medical Exchange Programme (MEP) - In 2004, CNCF's Medical Exchange Programme (MEP) was established in partnership with leading paediatric surgeon Professor Martin Corbally, Operation Childlife (OCL) and the Royal College of Surgeons in Ireland. Since then, MEP has brought world-class medical expertise to Vietnam in the form of medical delegations that assess difficult medical cases and perform surgeries that are otherwise unavailable in Vietnam. In 2022, the programme expanded its annual trips to Mongolia where international delegates demonstrate safe surgical, anaesthetic and nursing practice in complex clinical areas and improve standards of care with leading local medical teams.



OUR YEAR

Ensuring equitable healthcare access for all children, regardless of their circumstances, is fundamental to CNCF's grassroots strategy for poverty alleviation and sustainable community development. In 2023, CNCF remained dedicated to providing essential healthcare services to children under our direct care and vulnerable communities through our Healthcare Programme. Our Psychosocial Programme continued to offer individual psychological counselling, focus group meetings, training, and evaluations. CNCF's Psychology Programme also reached a significant milestone with the implementation of two pilot initiatives: the BayARTai Pilot Programme, which trained specialists in Art Therapy to support children's emotional well-being, impacting 1,000 children in its inaugural year (*view full BayARTai Programme summary [here](#)*). The programme concluded with an International Conference on Childhood Trauma, the first of its kind in Mongolia, attracting experts from Mongolia and across the globe. Additionally, the 'We Are Future Psychologists' Programme successfully trained university students in Psychology, providing hands-on experience and benefiting over 250 children.

In addition, in 2023 CNCF's Medical Exchange Programme in Mongolia facilitated the visit of leading surgeons from abroad, delivering complex surgeries and enhancing the skills of local medical teams.





Attendees at CNCF International Psychologists Conference on Childhood Trauma 2023, Ulaanbaatar, Mongolia

OUR YEAR



Since inception, **13,051 CHILDREN AND ADULTS** have been provided with quality healthcare and medical support through CNCF's Healthcare Programme

In 2023, **1,250 CHILDREN AND 207 ADULTS** were supported by CNCF's Healthcare Programme

- 56 CHILDREN** from CNCF's Blue Skies Ger Village
- 65 CHILDREN** from CNCF's Blue Skies Kindergarten
- 668 CHILDREN** from CNCF's Child Sponsorship Programme
- 346 SIBLINGS & PARENTS** of Child Sponsorship Programme children
- 107 STUDENTS & STAFF** of the Rehabilitation Centre For Youth
- 158 CHILDREN & ADULTS** from other organisations in cooperation with CNCF
- 57 CNCF STAFF**

53 HEALTH TRAININGS AND WORKSHOPS were organised



OUR YEAR

Psychology



1,537 CHILDREN AND 687 ADULTS received support from CNCF Psychologists and were reached through CNCF's Psychology Programme

- 56 CHILDREN** from CNCF's Blue Skies Ger Village
- 172 CHILDREN** from CNCF's Child Sponsorship Programme
- 02 CHILDREN** from CNCF's Blue Skies Kindergarten
- 34 STUDENTS** from the Rehabilitation Centre For Youth
- 10 GUARDIANS** of Child Sponsorship Programme children
- 13 GUARDIANS** of Blue Skies Kindergarten children
- 14 STUDENTS** from the 'Hear Our Voice' Programme
- 49 CNCF STAFF**
- 228 CHILDREN** received 442 individual counselling sessions

- 64 CHILDREN** received psychological evaluations
- 133 CHILDREN** attended 35 psychology training sessions
- 38 CHILDREN** participated in 38 psychological focus group meetings
- 22 EXCURSIONS** were organised with the participation of 290 children
- 11 STAFF** from the General Executive Agency of Court Decision Mongolia
- 37 PSYCHOLOGISTS, 277 PARTICIPANTS AND 1,000 CHILDREN** through the BayARTai Programme
- 50 PSYCHOLOGY STUDENTS, 259 KINDERGARTEN CHILDREN, AND 240 PARTICIPANTS** from the 'We are Future Psychologists' Programme



OUR YEAR

Blue Skies Ger Village Healthcare

 **1,010** HEALTH CHECK-UPS were conducted

 **50** CHILDREN received seasonal flu vaccine

 **14** HEALTH TRAININGS AND WORKSHOPS were organised, 51 children attended

 **50** CHILDREN attended 28 psychology training sessions

 **50** CHILDREN received comprehensive psychological evaluations

 **38** CHILDREN participated in 38 psychological focus group meetings

Vitamin/Supplements	Provision duration	
	1-6 months	7-12 months
Vitamin D 2000 ED	48 Children	48 Children
Vitamin D 1000 ED	48 Children	
Vitamin D 50000 ED	15 Children	
Vitamin D 5000 ED	50 Children	
Vitamin C 500 mg	46 Children	
Multivitamins	26 Children	
Zinc supplements	50 Children	
Calcium supplements	23 Children	
Spirulina supplements	50 Children	
Nutritional composite powder	20 Children	
Moisturising cream	15 Children	
Antiseptic cream	06 Children	



OUR YEAR






Blue Skies Ger Village Healthcare

Examinations	Tested/Examined	Required further treatment
Ear, nose and throat examination	03 Children	-
Dental examination	51 Children	20 Children
Dental treatment	20 Children	03 Children
Paediatric health check-up	51 Children	15 Children
Dermatology check-up	01 Child	-
Paediatric neurology screening	02 Children	01 Child
Paediatric cardiology screening	01 Child	-
Trauma examination	07 Children	01 Child
Adolescent (girls) check-up	06 Children	05 Children
Blood test	36 Children	-
Vitamin D test	36 Children	-
Electrolyte test	36 Children	-
Urinalysis	36 Children	-
Bone density test	36 Children	-
Pinworm test	25 Children	07 Children
Tuberculosis screening	01 Child	-
Speech therapy	01 Child	01 Child
Orthodontic examination	01 Child	-
Ophthalmic examination	01 Child	01 Child
Hospital admissions	01 Child	01 Child



OUR YEAR

Blue Skies Kindergarten Healthcare

- 
65 HEALTH CHECK-UPS
 were conducted for 65 children
- 
10 CHILDREN
 received further check-ups, treatments or close monitoring
- 
01 HEALTH TRAINING
 was organised, 20 children attended
- 
04 KINDERGARTEN TEACHERS
 participated in 02 psychology trainings on positive psychology and working with children with psychological trauma
- 
13 PARENTS AND 04 TEACHERS
 participated in 01 Art Therapy training

Vitamin/Supplements	Provision duration (1-6 months)
Vitamin D 1000 ED	10 Children
Multivitamins	20 Children
Calcium supplements	10 Children
Formula nutritional milk	50 Children
Baby nutrition cereal	60 Children
Moisturising cream	03 Children



OUR YEAR

Child Sponsorship Programme Healthcare

Child Sponsorship Programme Children Supported

02

Children

Under 6 years old

80

Children

6-10 years old

150

Children

11-15 years old

368

Young people

16-18 years old

56

Young people

19-24 years old

12

Young people

Over 24 years old

 **1,002** HEALTH CHECK-UPS were conducted for **668** children

 **12** HOME VISITS were made by CNCF Doctors to children who are physically impaired, or sick and unable to attend in-house appointments

 **18** HEALTH TRAININGS AND WORKSHOPS were organised, **335** children attended



Vitamin/Supplements	Provision duration	
	1-3 months	3-6 months
Vitamin D 5000 ED	250 Children	36 Children
Vitamin D 2000 ED	320 Children	-
Multivitamins	270 Children	-
Vitamin C 500 mg	310 Children	-
Zinc supplements	200 Children	-
Calcium supplements	87 Children	-
Spirulina supplements	03 Children	-
Omega supplements	06 Children	-
Iron supplements	03 Children	-
Baby cereal	800 Children	-
Formula nutritional milk	110 Children	-
Anticeptic cream	15 Children	-
Moisturising cream	40 Children	10 Children
Incontinence pads	53 Children	-
Scar treatment cream	06 Children	-

Examinations	Tested/Examined	Required further treatment
Paediatric neurology examination	210 Children	18 Children
Paediatric cardiology examination	280 Children	23 Children
Optometrist test	03 Children	01 Child
Eye surgery	01 Child	-
Skin graft surgery	01 Child	01 Child
Dental treatment	06 Children	02 Children
Paediatric pulmonology examination	230 Children	21 Children
Dental screening test	668 Children	630 Children
Burn hospital referral	07 Children	02 Children
Paediatric urology examination	15 Children	06 Children
Paediatric gastroenterology examination	63 Children	18 Children
Paediatric nephrology examination	08 Children	06 Children
Paediatric endocrinology examination	03 Children	02 Children



172 CHILDREN received 56 sessions of psychological counselling



52 CHILDREN attended 24 sessions of Art Therapy training



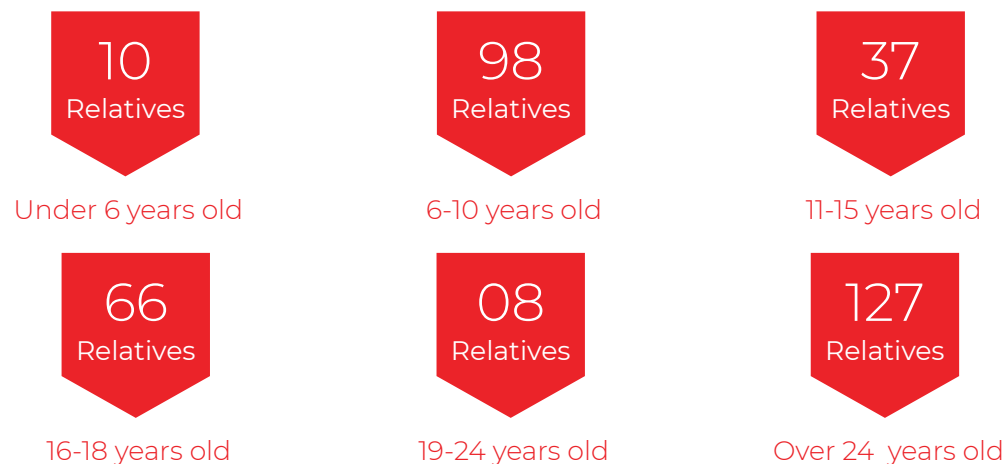
17 CHILDREN (07 boys & 10 girls) aged 13-18 engaged in a specialised Art Therapy Programme



29 CHILDREN underwent psychological evaluations



Child Sponsorship Programme Children's Relatives



346 HEALTH CHECK-UPS were conducted for relatives of CSP children



46 RELATIVES required further check-ups, treatments or close monitoring

Vitamin/Supplements	Provision duration	
	1-3 months	3-6 months
Vitamin D 2000 ED	230 Relatives	10 Relatives
Vitamin D 5000 ED	58 Relatives	
Multivitamins	10 Relatives	-
Zinc supplements	28 Relatives	-

Rehabilitation Centre For Youth Education Programme Healthcare

39 STUDENTS underwent dental screening and received full dental treatment

02 HEALTH TRAININGS AND WORKSHOPS were organised, **55** students attended

31 STUDENTS attended **04** sessions of Art Therapy training

11 STAFF from the General Executive Agency of Court Decision Mongolia attended **01** session of Art Therapy training

Vitamin/Supplements	Provision duration	
	1-3 months	3-6 months
Vitamin D 2000 ED	230 Relatives	10 Relatives
Vitamin D 5000 ED	58 Relatives	
Multivitamins	10 Relatives	-
Zinc supplements	28 Relatives	-



CNCF Staff Healthcare



130 HEALTH CHECK-UPS
were conducted for 57 CNCF staff



36 STAFF
required further check-ups, treatments or close monitoring



57 STAFF
underwent annual health screenings



27 STAFF
underwent annual screening tests

Vitamin/Supplements	Provision duration (1-3 months)
Vitamin D 2000 ED	27 Staff
Vitamin C 2000mg	27 Staff
Vitamin C 1000mg	18 Staff
Zinc supplements 50mg	13 Staff

Examinations	Tested/Examined	Required further treatment
General screening	57 Staff	50 Staff
Lab examinations	27 Staff	-
Annual health screening	57 Staff	40 Staff

Social Skills Development



Throughout the year, CNCF Psychologists organised activities to support children in fostering emotional understanding and cultivating passion through artistic mediums.

- **15 CHILDREN**
aged 13-18, attended a visual drama viewing
- **42 CHILDREN**
aged 6-18, took part in a movie screening
- **105 CHILDREN**
participated in primary counselling sessions and drawing exercises for artistic expression at an Open Day event organised by CNCF Psychologists

Staff Training and Evaluation Activities

28 TRAININGS AND WORKSHOPS
were organised, 49 staff attended

02 TRAININGS
were organised specifically for 11 staff at the Rehabilitation Centre for Youth

02 TRAININGS
were organised for 04 teachers at CNCF's Blue Skies Kindergarten

03 TYPES OF PSYCHOLOGICAL EVALUATIONS
were conducted for a group of 33 staff

837 ACTIVITIES
engaging 245 children and 592 adults, were organised by CNCF's Psychology Team in the year

OUR YEAR

Medical Exchange Programme

In October 2023, a CNCF medical exchange programme in Mongolia took place in partnership with programme partner Operation Childlife (OCL). The primary goal of the trip was to conduct joint surgeries for complex cases and share knowledge regarding the latest advancements in neonatal endoscopic procedures. The programme, focusing on Neonatal and Paediatric surgery at The National Centre for Maternal and Child Health (NCMCH), was a collaborative effort between medical professionals from Ireland, and Bahrain including three general paediatric surgeons, an anaesthetist, and a surgical nurse.



In 2023

20 SURGICAL CASES were consulted on

04 JOINT SURGERIES were performed

03 OTHER COMPLEX SURGERIES including cases of diaphragmatic hernia, were also performed with successful recoveries

During the week-long programme, the international team worked with Mongolian counterparts, consulting on 20 surgical cases and successfully performing four joint surgeries, including a notable procedure on a 7-year-old girl with kidney cancer. They also provided post-operative care and shared insights on surgical processes.

This experience fostered discussions on surgical interventions for children, cultural exchange, and knowledge-sharing. Additionally, two of the OCL volunteer team members, presented their cases and insights at an International Seminar alongside teams from Korea and Japan. Over 40 professionals from all 21 provinces of Mongolia

attended this seminar, allowing for the exchange of knowledge and the presentation of cutting-edge surgical methods and technologies.

During this visit, Mongolian and Irish surgeons also generated four different research datasets, compiled by a joint team of Mongolian and OCL professionals, and the establishment of a simulation centre to enhance surgical skills nationwide. The visit not only facilitated the sharing of expertise but also opened the door for Mongolian doctors to engage in clinical research and case studies with support from OCL, marking the beginning of further promising collaborations.



OUR STORIES

A New Beginning Thanks To Much-Needed Healthcare Assistance

Six-year-old Nandia* is the sister of CNCF's Child Sponsorship Programme beneficiary, Amina. Nandia was born with ptosis, a congenital eye condition that significantly impaired her vision and affected her well-being. Due to the family's challenging circumstances, her parents struggled to access the necessary medical treatment, having to face long waits at hospital due to the significant needs in the area. As a result, Nandia's condition worsened with each passing day.

When CNCF Social Workers learned about Nandia's health situation, they immediately referred her to CNCF's Healthcare Programme for further support in making an appointment with an ophthalmologist and provided financial assistance for her treatment. By the time Nandia received her first diagnosis, her vision was severely impaired, forcing her to constantly strain to see. She then underwent a series of specialised eye examinations and received the desperately needed surgery at the National Centre for Maternal and Child Health. The successful surgery corrected her vision, significantly improving her quality of life.

We are grateful for the collaborative efforts among CNCF Social Workers, the CNCF Healthcare team, and the network of healthcare providers in Mongolia, which ensured that Nandia received prompt and effective treatment upon her hospital admission. As Nandia embarks on her school journey and explores the world with clear vision, she can now look forward to a brighter future filled with new opportunities thanks to CNCF's Healthcare Programme.

*Name and identity changed to protect privacy



OUR STORIES

A Life Transformed Through Psychological Care

Bataa* arrived at CNCF's Blue Skies Ger Village in January 2023, along with his siblings. Following the devastating loss of both parents, Bataa and his younger brothers were left to live with their grandmother in the countryside. This sudden and unexpected tragedy shattered Bataa's world, leaving him in a state of profound grief and confusion. The weight of responsibility for his younger siblings fell heavily on him, leading him to view himself as a bad child, feeling helpless and incapable. Upon his arrival at the Ger Village, Bataa showed aggressive behaviour and neglected his siblings. He often took out his anger on younger children and ran away when confronted with issues. He would avoid school, spending his days without motivation or direction.

Recognising his emotional needs, CNCF Psychologists provided Bataa with regular psychological services, including individual and group meetings, as well as psychological training sessions. Over time, Bataa's ability to communicate with other children improved significantly. He began to express himself to our team, make and keep his commitments, and follow the rules at the Ger Village. Bataa also started attending classes actively and paying attention to his studies. His progress was evident as he became more self-expressive and emotionally resilient.

Moreover, Bataa's interest in cricket and football played a crucial role in boosting his self-esteem. When he engaged in sports, he felt more confident and began to dream about his future. Bataa now confidently expresses his ambition to become a famous football player, demonstrating the positive changes in his life and outlook.

*Name and identity changed to protect privacy



FINANCIAL OVERVIEW

The total cost of the Healthcare Programme in Mongolia in 2023 was:

\$39,025 USD

The total cost of the BayARTai Programme in Mongolia in 2023 was:

\$62,020 USD

The total cost of the Medical Exchange Programme in Mongolia in 2023 was:

\$6,282 USD

Heartfelt thanks to our primary Healthcare Programme Partner, **Mhango Trust (UK)**, to our primary BayARTai Programme Partner, **Nelumbo Stiftung (UK)**, and to our primary Medical Exchange Programme partner, **Wednesday Afternoon Golf Society (HK)**, who enabled CNCF to keep these programmes operating. Thank you also to the many kind individuals not mentioned for their additional support which enables us to keep our costs down.

Audit in progress at time of reporting. Our audits can be found [here](#).



MONGOLIA HEALTHCARE PROGRAMME EXPENDITURES IN 2023

Expenditure	Amount (USD)
Medicine & Vitamins	3,886.31
Healthcare Treatments	3,363.40
Equipment & Supplies	1,225.38
Utilities (Electricity, Firewood & Coal) & Miscellaneous / others	1,637.47
Staff Salaries (1 x Pediatrician, 1 x Doctor, 1 x Psychologist partial salary)	22,440.51
Staff Social Insurance (mandatory)	1,832.65
Staff Health Check	2,026.86
Staff Training & Public/Staff Relations	1,682.24
Maintenance & Improvements	453.72
Depreciation	477.26
TOTAL COST	39,025.80

BAYARTAI PROGRAMME EXPENDITURES IN 2023









Expenditure	Amount (USD)
Learning & Teaching Materials	48,248.83
Communications	503.12
Staff Salaries	10,503.01
Staff Social Insurance (mandatory)	1,844.11
Staff Training	921.80
TOTAL COST	62,020.87

MEDICAL EXCHANGE PROGRAMME EXPENDITURES IN 2023

Expenditure	Amount (USD)
Doctor's Licenses & Document Translation Fee	284.88
Doctor's Meals (Breakfast, Lunch, Dinner)	544.93
Doctor's Press Release Cost	152.71
Travel to Mongolia (3 x OCL Volunteers)	5,050.00
Travel Insurance (3 x OCL Volunteers)	249.75
TOTAL COST	6,282.27



For more information on this report and our CNCF projects in Mongolia, please contact:

-  PO Box 2150 Ulaanbaatar 2112 13 Mongolia
-  +976 11 329866
-  international@cncf.org
-  www.cncf.org
-  Christina Noble Children's Foundation
-  [@ChristinaNobleChildrensFoundationInt](https://www.facebook.com/ChristinaNobleChildrensFoundationInt)
-  [@CNCF_int](https://twitter.com/CNCF_int)
-  Christina Noble Children's Foundation