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PROGRAMS IMPLEMENTED AT TAHANAN NI MARIA: A CASE STUDY FOR THE EMPOWERMENT AND REHABILITATION

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ABSTRACT

This study evaluates the rehabilitation programs implemented at Tahanan ni Maria, focusing on how these programs empower and contribute to the holistic development of their beneficiaries. The study gathers data on various services provided, including social, homelife, educational, psychological/psychiatric, health, economic productivity or skills training, recreational sports, developmental, and spiritual services. The survey employs a five-point Likert scale to measure the extent of implementation and the challenges encountered in the implementation of the programs.

The findings revealed that all rehabilitation programs are highly implemented, with an overall weighted mean score of 4.76. Specific services such as educational, social, and spiritual services obtained the highest implementation ratings, indicating their significant role in supporting the beneficiaries' development. However, the study identifies several challenges that hinder the program's effectiveness, including lack of staff, limited funding, and resistance and stigma from some beneficiaries and their families.

Recommendations to address these challenges include increasing staffing levels, securing additional funding, enhancing staff training, combating societal stigma through education programs and fostering better coordination with other agencies and organizations. By executing this recommendations, Tahanan ni Maria can enhance its rehabilitation programs certifying more comprehensive support and empowerment for its beneficiaries.

KEYWORDS: *Tahanan ni Maria, Rehabilitation Programs, Empowerment, Rehabilitation*

I. INTRODUCTION

Rehabilitation is a complex concept and can mean very different things within different contexts (Higgins, A., & Bourke, R. 2017). According to Campbell (2010) rehabilitation is defined as the process of helping a person to readapt to society or to restore someone to a former position or rank. The underlying assumption is that returning to readapting to, or being restored to a prior social status is something that is both desirable and possible. Rehabilitation is a sophisticated journey, encompasses social, educational, medical, and vocational measures. It enfolds training, therapy, and unwavering support to guide individuals towards a healthy and normal life. For victims of domestic violence, rehabilitation becomes a lifeline, offering escape from the chains of abuse and the chance to rebuild shattered self-esteem.

Rehabilitation programs that focus on education enhancing job skills or providing specific psychological assistance are often advanced as potential mechanisms (Arbour, 2021).

Violence against women worldwide has a profound violation of human rights and gender equality. Women who are victims of violence frequently experience extensive emotional and psychological injury. Acknowledging the importance of the comprehensive needs of victims of violence, Rehabilitation Programs plays a pivotal approach for the holistic healing and empowerment for survivors of gender-based violence.

The Tahanan ni Maria is a venue of hope and transformation. It is not only a shelter for women who were abused but also a place for restoration and empowerment.

The purpose of this study is to determine the Programs Implemented at Tahanan ni Maria. Specifically, it seeks to answer the following: 1) What are the Rehabilitation Programs Implemented at Tahanan ni Maria and how do they empower and contribute to the holistic development of its beneficiaries? (2) What are the challenges encountered in implementing these programs? (3) Proposed programs or activities to empower the beneficiaries at Tahanan ni Maria.

By comprehensively documenting the programs practices and challenges, this study will serve as inputs for the departments initiative to come up with an extension program.

Further, the researchers as faculty members from the College of Criminology and presently assigned as Guidance Coordinator and Gender and Development (GAD) Focal person respectively believes that this study will help the university, specifically the College of Criminology.

II. METHODOLOGY

This study aimed to determine the Programs Implemented at Tahanan ni Maria as well as the challenges encountered in the implementation of these programs. To achieve this goal, the respondents were made up of guardians, house parents and personnel. A mixed method research approach was employed, combining both qualitative and quantitative data collection methods.

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III. RESULTS AND DISCUSSION

Table I. Rehabilitation Programs Implemented at Tahanan ni Maria and how do they empower and contribute to the holistic development of its beneficiaries

INDICATOR	WM	VERBAL INTERPRETATION
1. SOCIAL SERVICES -Assistance of integrated and Comprehensive Rehabilitation programs and services using an interdisciplinary framework for individuals' physical, social, mental, and emotional health while being at the center.	4.87	Highly Implemented
2. HOMELIFE SERVICES -Assistance with basic needs such as clothing, food and shelter, as well as trying to give and trying to teach the child household activities and work assignments based on her capacity, interest and preparedness, all with the goal of offering a semblance of typical family life.	4.79	Highly Implemented
3. EDUCATIONAL SERVICES -Provision of continuous education opportunities via-non formal or formal education in collaboration with the Department of Education (DEpED) and NGOs.	4.91	Highly Implemented
4. Psychological/Psychiatric Services -Administers psychological test to determine the client's aptitude, interest, and cognitive functioning. Girls who require psychiatric programs are referred to health institution for professional assistance and treatment.	4.70	Highly Implemented
5. HEALTH SERVICES -Provision and upkeep of physical, nutritional, and mental well-being. This includes consultation and therapeutic interventions, medical and dental examinations, and referral to a hospital for further medication attention, assessment and treatment.	4.79	Highly Implemented
6. ECONOMIC PRODUCTIVITY OR SKILLS TRAINING -Skills and development training provide girls with basic livelihood capabilities, to begin with, once they are reunited with their households or reintegrated into community.	4.66	Highly Implemented
7. RECREATIONAL SPORTS -Conducts a variety of activities such as camps, sports and social gatherings with the goal of fostering the girls' well-rounded personalities.	4.66	Highly Implemented
8. DEVELOPMENTAL SERVICES -Provision of activities to assist the resident in developing awareness and technical knowledge planning and gaining access to skills training to prepare them for potential open and self-employment.	4.66	Highly Implemented
9. SPIRITUAL SERVICES -Refers to programs or activities such as regular team prayer time and masses that will promote residents' close relationship with God as well as brotherhood.	4.87	Highly Implemented
TOTAL	4.76	Highly Implemented

Table I presents the rehabilitation programs implemented at Tahanan ni Maria. It can be deduced from the table that indicator: (1) Social Services obtained a weighted mean of 4.87. It shows that comprehensive rehabilitation programs addressing physical, social, mental and emotional health are effectively provided. This multifaceted approach certifies a well-rounded support system for the beneficiaries. (2) Homelife Services obtained a weighted mean of 4.79. It reveals that basic needs and household activities are well-provided, imitating a family-like environment. This supports the beneficiaries in obtaining necessary life skills and a sense of normalcy. (3) Educational Services obtained a weighted mean of 4.91. Partnership with the Department of Education (DepED) and NGOs ensures continuous education opportunities, highlighting a strong significance on formal and non-formal education for the beneficiaries. (4) Psychological/Psychiatric Services obtained a weighted mean of 4.70. It appeared that psychiatric care signifies a proactive approach in response to the mental health needs of the beneficiaries. (5) Health Services obtained a weighted mean of 4.79. It conveyed that, extensive health services, including medical, dental, and therapeutic interventions, guarantees the physical and mental well-being of the beneficiaries is maintained. (6) Economic Productivity or Skills Training obtained a weighted mean of 4.66. It presents skills development training taught the girls with livelihood capabilities, preparing them for reintegration into their communities with economic independence. (7) Recreational Sports obtained a weighted mean of 4.66. It implies that recreational activities promote well-rounded personalities, providing physical, social, and emotional benefits. (8) Developmental Services obtained a weighted mean of 4.66. It manifests that activities aimed at technical knowledge and skills training prepare residents for future employment opportunities, strengthening their future self-sufficiency. (9) Spiritual Services obtained a weighted mean of 4.87. It conveyed that spiritual activities foster a close relationship with God and promote a sense of brotherhood among beneficiaries, supporting their spiritual growth.

The rehabilitation programs at Tahanan ni Maria are highly implemented, with an overall weighted mean of 4.76. This stipulates a strong implementation across various domains crucial for the holistic development of the beneficiaries.

The findings also highlighted that the comprehensive and interdisciplinary approach of these programs effectively addresses the physical, social, mental, emotional and spiritual needs of the beneficiaries. Specific services such as educational, social and spiritual services received the highest implementation ratings, indicating their remarkable role in supporting the beneficiary's development.

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Based on the personnel interviews, the implementation of these services is highly implemented. The personnel commented:

"We are proud of the comprehensive and holistic approach we have implemented to support our residents' well-being. By meeting basic needs such as clothing, food, and shelter, and teaching household activities, we help our residents feel secure and develop essential life skills".

Furthermore, Personnel highlighted the role of continuous education and skill development in empowering individuals and preparing them for future independence. They also emphasized promoting personal growth through recreational and spiritual activities.

The findings is congruent to the study of Duguid (2000), stating that: Education and Rehabilitation efforts may be seen as compatible endeavors when they adopt an approach that prioritizes the person. In addition, in the study of Heggins (2017), Social rehabilitation is also important due to its intention to restore and develop the abilities of a person experiencing social dysfunction so that they can carry out their social functions properly. Moreover, in the study of Woody (2000), behavior in its individual and social contexts, with an emphasis on spiritual values in rehabilitation programs to effect positive social reentry is very important. A positive correlation between commitment to spiritual values and practices and positive personal transformation has implications for the presence and the role of faith-based institutions in recovery. Substantial research has been also conducted on the utility of faith as a coping mechanism in response to negative and traumatic events (Racusin & Lauren, 2017).

Table II. Challenges encountered in implementing the Programs

INDICATOR	WM	VERBAL INTERPRETATION
1. LACK OF STAFF - Insufficient staffing can hinder the effectiveness of personnel in delivering Rehabilitative Programs.	3.54	Agree
2. LACK OF TRAINING - The undertrained staff may struggle to provide quality services to beneficiaries.	2.33	Disagree
3. LIMITED FUNDING - The limited funding for rehabilitative programs can lead to insufficient resources to provide necessary services and support to beneficiaries.	3.95	Agree
4. RESISTANCE AND STIGMA - Some beneficiaries and their families may resist rehabilitation efforts due to societal stigma or misconception about the program.	3.79	Agree
5. INADEQUATE INFRASTRUCTURE - There may not be enough rehabilitation centers or suitable facilities to provide the services and support to beneficiaries.	2.5	Disagree
6. LACK OF COORDINATION - Lack of coordination and communication with other Government agencies, non-Governmental organizations and community groups.	2.20	Disagree
TOTAL	3.05	Moderately Agree

Table 2 presents the challenges in implementing the programs at Tahanan ni Maria. It can be noted that the indicators: (1) Lack of staff obtained a weighted mean of 3.54. It can be inferred that insufficient staffing is acknowledged as a challenge, which could affect the rendition and effectiveness of the rehabilitation programs. (2) Lack of Training obtained a weighted mean of 2.33. It can be deduced that the staff appears to be sufficiently trained, proposing that training is not a major issue impacting program quality. (3) Limited funding obtained a weighted mean of 3.95. It shows that funding constraints are a notable challenge, probably limiting the resources available for providing comprehensive services. (4) Resistance and Stigma obtained a weighted mean of 3.79. It reveals that Societal Stigma and resistance from beneficiaries and their families are remarkable challenges that can impede rehabilitation efforts. (5) Inadequate Infrastructure obtained a weighted mean of 2.50. It implies that the infrastructure is considered adequate, indicating that there are sufficient facilities to support the rehabilitation programs. (6) Lack of coordination obtained a weighted mean of 2.20. It can be construed that coordination and communication with other agencies and organizations are not seen as significant issues, suggesting effective collaboration exists.

The challenges faced in implementing the programs are moderately agreed upon, with an overall weighted mean of 3.05. The primary challenges identified include Lack of staff and limited funding, both of which can impact the sustainability and expansion of services. Resistance and Stigma from beneficiaries and their families are also significant concerns that need to be addressed.

Based on the perspective of personnel, the delivery of rehabilitative programs is significantly impacted by several key challenges. According to them:

"One of the primary issues we face is the lack of sufficient staff and Insufficient financial resources. This insufficiency hampers our ability to effectively deliver the comprehensive support that beneficiaries need. In addition, Societal resistance and stigma are also considerable obstacles. Misconceptions about rehabilitation programs often lead to reluctance among beneficiaries and their families to engage fully with the services offered".

The result is consistent with the study of Leonor (2023), stating therein that the issue of insufficient funds is considered as a concern of the personnel. Likewise, the insufficient staff as well as the perception of inadequate training for personnel in implementing the programs is also a challenge. Further, the pain of psychological assessment is another very real pain of the rehabilitation. That's why, societal stigma from beneficiaries and their families is also a concern. The findings agree to the study of Mulyana et al. (2022) that until now there are still negative views from the community, even the closest family members. This can cause or worsen mental conditions, as one of the reasons for the challenges of rehabilitation programs.

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TABLE III. PROPOSED PROGRAM OF ACTIVITIES

To address the challenges and empower the holistic development of personnel, a comprehensive program of activities was designed to enhance their skills, knowledge, and well-being. This program aims to improve staffing effectiveness, secure additional funding and reduce stigma and strengthen coordination with other entities.

Proposed Activity	Objectives	Strategies/Activities	Proponent/s	Beneficiaries	Outcome
(Staffing Solutions) ➢ Volunteer Program	To supplement staffing with dedicated volunteers	Develop a structured volunteer program with clear roles and responsibilities, training and supervision.	Rehabilitation Center Administration and staff members	Personnel and residents at Tahanan ni Maria	Alleviate staff workload and provide additional support
(Funding and Resource Management) ➢ Fundraising Events	To raise funds for program needs	Organizes events such as charity runs, auctions and community fairs	Rehabilitation center Administrators in collaboration with School Administrators, teachers, staff and students.	Personnel and Residents at Tahanan ni Maria	Generate additional financial resource for program enhancement
(Reducing Stigma and Resistance) ➢ Community Outreach programs	To educate the community about rehabilitation programs and reduce stigma	Conduct awareness and engage in community dialouges	➢ Rehabilitation Administration and Staff ➢ Former residents of the rehabilitation center ➢ Community leaders ➢ Schools and Educational Institutions	Victim of violence/abuse	Reduce resistance and enhance engagement with rehabilitation

IV. CONCLUSION

The study on the rehabilitation programs implemented at Tahanan ni Maria reveals that the programs are highly effective and well-implemented, notably contributing to the holistic development of the beneficiaries. The overall weighted mean score of 4.76 signifies that most of the programs are highly implemented specifically educational, social and spiritual services. The programs' success is credited to their ability to provide a comprehensive service that caters to the various needs of the beneficiaries, thereby empowering them and attributing them to their overall development.

However, the study also identifies several challenges in the implementation of these programs. The main challenges include lack of staff, limited funding and resistance and stigma from some beneficiaries and their families. These challenges are moderately agreed upon by the respondents, with an overall mean score of 3.05. Other issues such as lack of training, inadequate infrastructure, and lack of coordination with other agencies are less significant but still pose hindrance to the effective provision of services.

V. RECOMMENDATIONS

1. To strengthen the effectiveness of the rehabilitation programs, it is essential to address the staffing shortages. This can be achieved by hiring additional qualified personnel.
2. To increase funding and resource allocation, seeking grants and forming partnerships with government agencies and non-government organizations and private sector entities will add financial support for the programs.
3. Conduct regular workshops and training to staff to be well-informed with the latest rehabilitation techniques and best practices in order to effectively support the beneficiaries.
4. Designed an education program to address societal stigma and misconceptions about rehabilitation. Engaging with the community and families of beneficiaries can help foster a more supportive environment and reduce resistance to rehabilitation efforts.
5. Create a network of support through collaboration with other government agencies, NGOs and community groups.
6. Implement continuous monitoring and evaluation system to assess the effectiveness of the rehabilitation program.

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