

### **Abstract**

The primary emphasis of this project for vulnerable youth in Northern Uganda was on the adaptation, assessment, and development of short, art therapy-based activities, that were originally designed for refugees. The activities were taught to community-based activists. The project lasted four weeks, in Lira, Uganda. During the first three weeks, art materials were found and purchased, an affordable paint was invented, two new activities were created, and an existing activity was modified. Three activity training sessions were held. Later, trainers gave limited feedback. The overarching goal of the project was to empower at-risk youth by equipping them with straightforward psychological techniques to cope with their difficult experiences. The project used a human rights-based approach (HRBA), creating and adapting in collaboration with the people it sought to help. Feedback from participants suggest that the researcher's approach and the activities were culturally relevant, useful, suitable, sustainable. Following participants' requests for vocational training, the research suggests that future psychosocial aid can be delivered by integrating it with vocational training. The project demonstrated that flexible structure and goals may be required for an unconventional, Human Rights-Based Approach to psychosocial aid.

*Keywords:* Mental Health, Psychosocial, Art Therapy, Community, Sustainability, Uganda, Lango, Luo.