

IFRC Psychosocial Centre Support in Ukraine and impacted countries

Scaling up Mental Health and Psychosocial Support in times of protracted crisis

Ganna Goloktionova, Technical Advisor
anglo@rodekors.dk

18 November 2024

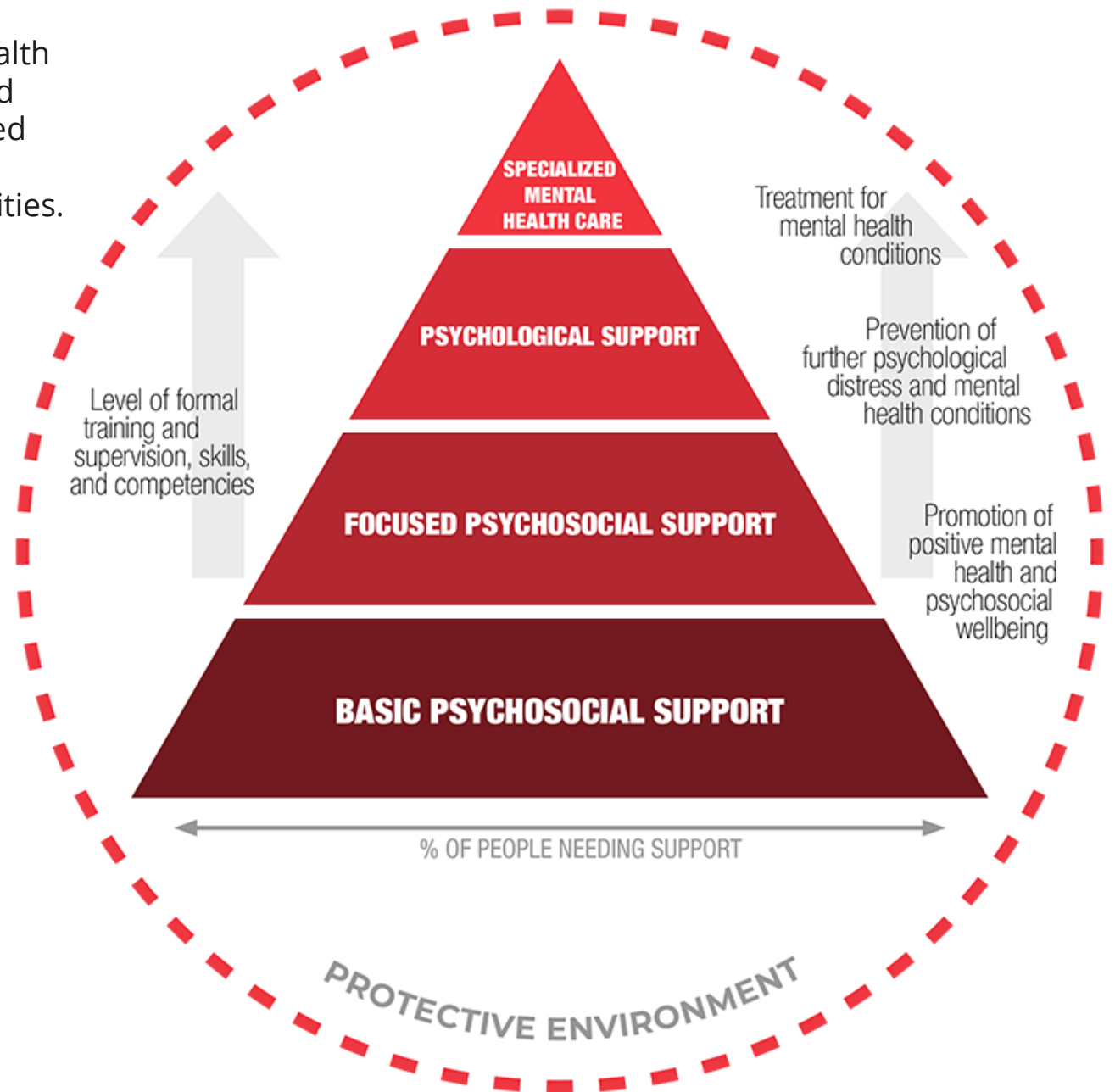
The MHPSS Framework

Specialized clinical care and treatment of chronic mental health conditions EG: treatment centres for survivors of torture and alternative approaches to drug therapy. Services are provided within State healthcare and social welfare systems and in detention facilities.

Prevention and treatment for more complicated psychological distress and for people at risk of developing mental health conditions. EG: counselling and psychotherapy

Promotion of positive mental health and psychosocial wellbeing, and prevention activities, with a specific focus on groups, families, and individuals at risk. EG: peer support and group work.

Access to health, social protection, education services for all affected EG: Psychological First Aid Training





#EU4HEALTH Project

Provision of quality and timely PFA to people affected by Ukraine crisis in impacted countries

June 2022 to June 2025

28 National Societies



Key figures (sept. 2024)

More than **449 000 requests for support** on platforms established in the framework of the project.

More than **23 680 health professionals and volunteers trained** in mental health and psychosocial support.

More than **18 270 staff and volunteers supported** with mental health and psychosocial support.

PSC support within the three EU4Health project objectives:

Overall role Psychosocial Centre:

Quality Assurance
and
Capacity Strengthening



Project objectives:

Objective 1
PFA, MHPSS provision



Objective 2
Caring for staff &volunteers



Objective 3
MHPSS stakeholders' coordination



TRAININGS

- PFA as ToTs
- PFA + (PFA for Children, PFA for Young peers, PFA in complex situations, PFA for groups)
- M&E for MHPSS
- Supervision
- Community based MHPSS

TECHNICAL SUPPORT

- MHPSS assessments
- Tools development
- Supervision
- Caring for staff and volunteers survey
- Guidance notes development
- Training materials development

Bilateral support to the NSs:

- Support to NSs in technical implementation
- Support visits
- In-country trainings

EU4Health project:

Support groups for Ukrainians living in Europe: Guidance note.

Background for the intervention:

Displacement related stressors, living apart, being exposed to very different life circumstances, having for each of the partners to grow in unexpected ways and take on tasks that would either be done mutually or delegated to the partner who is now not present.

Objective: provide a psychosocial support for people coming from Ukraine through a peer-to-peer volunteer lead support.

The aims of the basic group intervention are to:

- provide a safe space to share thoughts and feelings and hopes for their life with their close ones who may be with them in Europe or living in Ukraine.
- be and feel supported by peers
- normalize reactions to displacement and to living apart.
- share thoughts, ideas and suggestions for how to handle the situation.

The intervention:

- consists of themed sessions that are carried out following the same model
- carried out by trained MHPSS staff and volunteers who run groups of five to eight people in same gendered groups.
- Structured so it is easy for the lead person.
- Each session has a theme.
- Participants are informed about the themes for the sessions before signing up for the group.
- Participants are assigned "buddies" so they can follow up with each other between sessions and provide peer support in pairs.

The sessions are run following this structure and are repeated at each meeting:

Opening of each group support session:

- The group gathers and is welcomed by the leader of the support group.
- The ground rules are explained and are posted on the wall.
- The structure of the meeting is explained.
- The theme is introduced.
- The first round where participants each talk about the theme that is conducted.

Developed by IIRC PS Centre

Piloted by Slovenian Red Cross

Please, share your feedback, questions, comments, suggestions to Ganna Golobokanova: ganna@protektor.at



INTRODUCTION TO PSYCHOLOGICAL FIRST AID

EU4HEALTH

GUIDES & TOOLS

EU4Health project: Support groups for Ukrainians living in...

Rapid MHPSS Assessment tool for Ukraine and affected countries crisis (version May 2022)

Please note, that the assessment template should be adapted to the needs for information as well as to the context.

General information about the host community & institutional services

Population size:

- Languages spoken
- Types of institutions (schools, health clinics, etc.) in the community
- Add any other information that about the host community that you find relevant for the purpose of a rapid assessment

General information about the displaced community

Available secondary data on the demographics, including percentage/number of:

- distribution of age groups
- distribution of genders
- female headed households
- pregnant and lactating women
- people living with disabilities
- people lacking documentation

Where are the displaced/people from Ukraine staying (give approximate percentages or numbers):

- Reception centers/shelters
 - who is operating the centre/shelter: ____
- Host families: ____
- On their own: ____
- Other: ____

Do displaced/ people from Ukraine have access to health-, mental health-, and social care-services?

Are there any barriers to access to health-, mental health-, and social care- services?

NB:

Public

GUIDES & TOOLS

Rapid MHPSS Assessment tool for Ukraine and affected countries

2022



CHILD FRIENDLY SPACES IN HUMANITARIAN SETTINGS



INTRODUCTORY TRAINING WORKBOOK

IN FOCUS: for a community based MHPSS, adapted to local realities



Key ingredients:

1. Flexibility for adapting to evolving needs
2. Tailored interventions
3. Continuum of care and MHPSS integration
4. Investing in community engagement
5. Engaging local structure

Red Cross approach:

- ✓ Constant & regular needs assessments
- ✓ RC Auxiliary role to governments
- ✓ Psychosocial support: psychoeducation integration and recreational activities...
- ✓ Outreach efforts
 - Empowering communities & Turning language barrier into an asset w/Ukrainian staff & volunteers
- ✓ Partnership with municipal structures, schools, CSOs...



FORWARD LOOKING: Sustaining actions cross-sectors

While international support is rapidly decreasing...

- Needs for mental health support continue to remain urgent
- Vulnerable populations are at risk of being left behind
- **Strengthening national systems is paramount, integrating MHPSS cross-sectors:** education, social and health services...
- Growing attention to foresee in the workplace



Thanks for your attention!

[Find more on the project and our actions on our website](#)

Ganna Goloktionova, Technical Advisor
anglo@rodekors.dk

18 November 2024