



# Estonian Refugee Council MindSpring

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# Estonian Refugee Council

- International humanitarian organisation
- Founded in 2000
- **Offices:** Tartu, Tallinn, Kyiv, Dnipro, Zaporizhzhia, Ramtha, Yerevan, Tbilisi, Ankara
- **Staff:** 116 employees (in Estonia ca 50)



# Key donors



Funded by  
European Union  
Civil Protection  
and Humanitarian Aid



**USAID**  
FROM THE AMERICAN PEOPLE

**UHF** Ukraine  
Humanitarian  
Fund



**UNHCR**  
The UN Refugee Agency



REPUBLIC OF ESTONIA  
MINISTRY OF FOREIGN AFFAIRS



**ESTDEV**  
From the people of Estonia



# Target countries

## LARGE-SCALE COUNTRY OFFICES

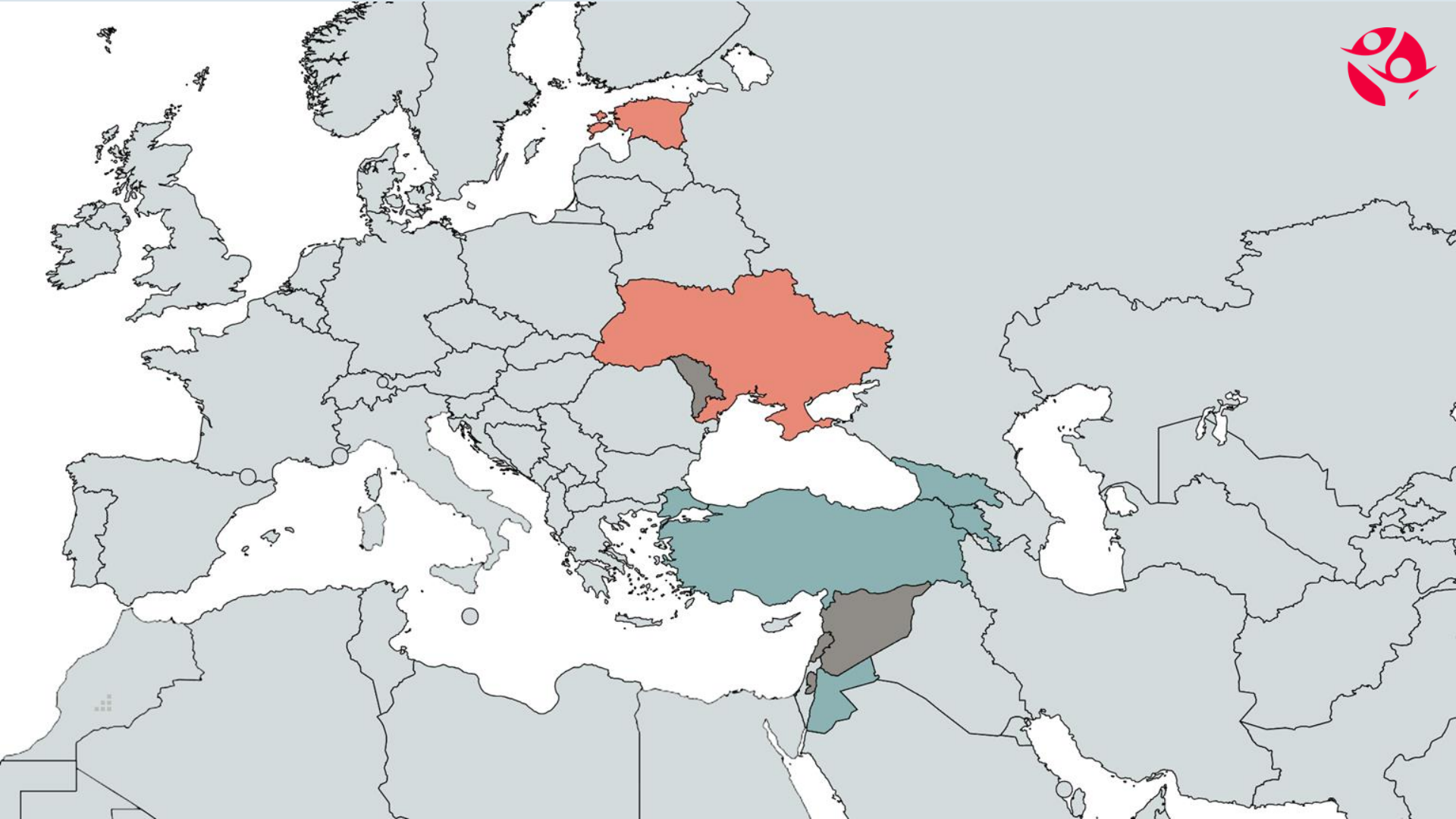
Country offices where  
key programmatic and  
support roles are filled  
locally  
(EE, UA)

## SMALL-SCALE COUNTRY OFFICES

Country offices with small  
teams, missing functions are  
covered from the HO  
(AM, GE, TR, JO)

## OTHER TARGET COUNTRIES

Other target countries where  
country office has not been  
established, work through local  
partners  
(LB, KE, MD, SY, PS)





# Programmatic areas

**EMERGENCY  
RESPONSE**

**ECONOMIC  
RECOVERY**

**PROTECTION AND  
EMPOWERMENT**

# MindSpring program

Mindspring program was developed in 2006 in the Netherlands by a psychologist Paul Sterk.

Aim of MindSpring:

- Address challenges related to exile-related stress
- Prevent that challenges develop into serious problems, prevent exacerbation of trauma



# MindSpring

- Short group program
- Mother tongue
- Peer-to-peer
- Person with a refugee background trained to facilitate
- Supported by professional who participate (with interpreter if needed)
- Following detailed manual
- Topics: Stress, identity, trauma, parenting and general challenges related to living in exile





# Results and affects

## Results:

- Articulation
- Awareness
- Normalization/Mirroring
- Network
- Empowerment

**Long term effects:** Reduced barriers to integration

This year in 2024 The European Commission has recognized MindSpring as a promising practice in the field of mental health.





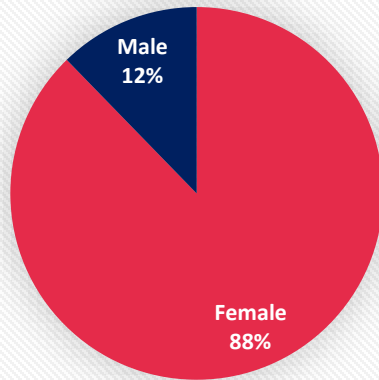
Estonian refugee Council has implemented MindSping in Estonia since March 2023. Over **250** people have participated.

Currently we run groups for:

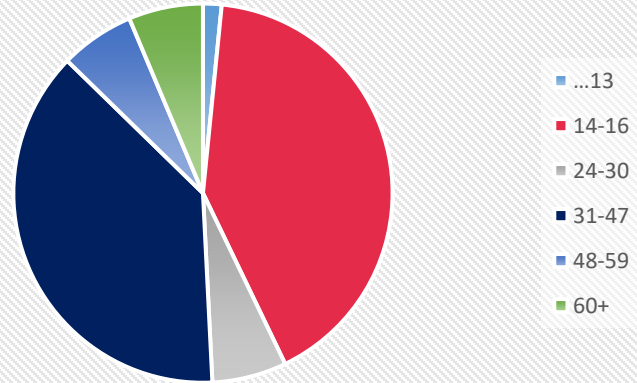
- Children (9-14 years)
- Young adults (15-30 years)
- Parents

# Characteristics

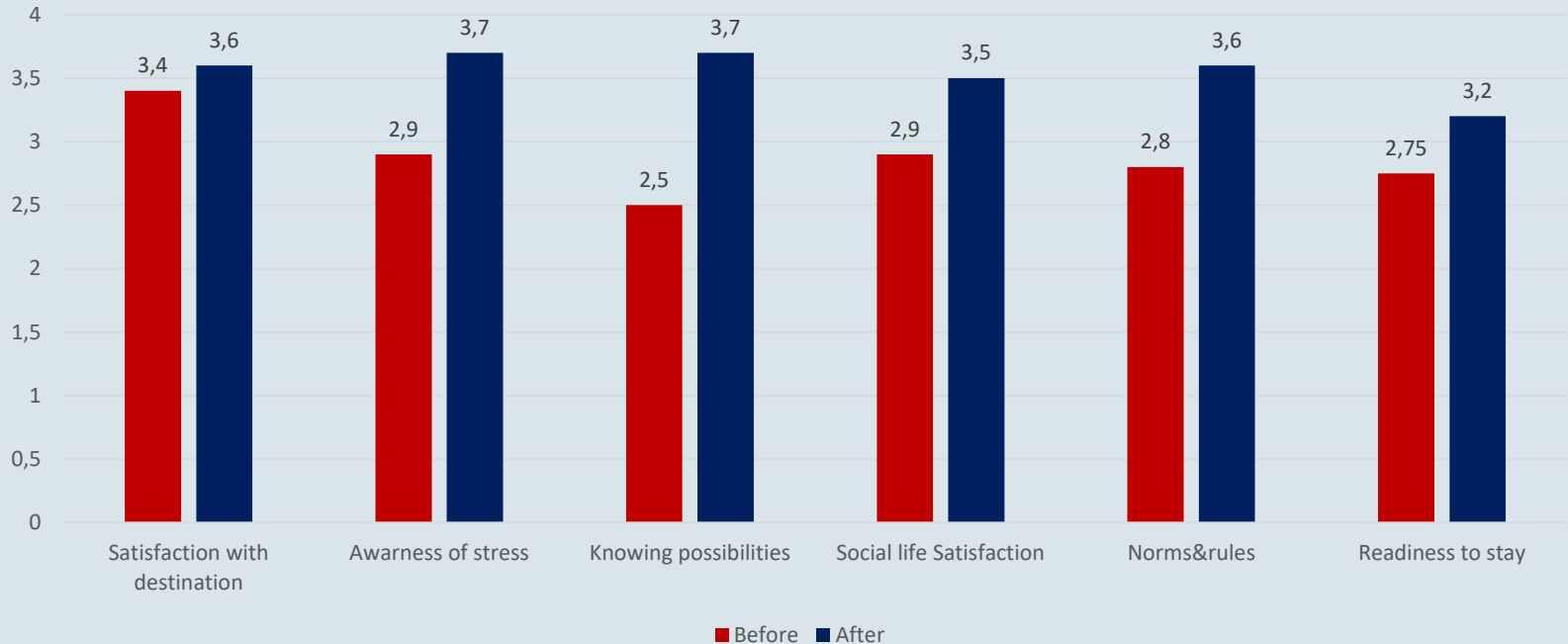
## Sex



## Age



# Evaluation of MindSpring program outcomes



(On 4-point scale, where 1 represents the lower level of agreement and 4 represents the higher level of agreement)











# THANK YOU!

Questions?

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