Mental Health and Psychosocial Support of the population affected by the conflict
## Key MHPSS activities

<table>
<thead>
<tr>
<th>Activity</th>
<th>Yes/No</th>
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</thead>
<tbody>
<tr>
<td>Social and psychological support of the population affected by the conflict</td>
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<tr>
<td>Psychological support of the staff of the social services</td>
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<tr>
<td>Psychological rehabilitation of the ATO combatants and their families</td>
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<tr>
<td>Transformation of the psychoneurological care institutions</td>
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<tr>
<td>Development and implementation of the community based model of social rehabilitation of the persons with mental health disorders</td>
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<tr>
<td>Development and implementation of the model of care for persons with intellectual disability</td>
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<tr>
<td>Support and development of the volunteer activities</td>
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</tbody>
</table>
### Social and psychological support of the population affected by the conflict

<table>
<thead>
<tr>
<th>Project title</th>
<th>Region/raion</th>
<th>When</th>
<th>Partners (international/state agencies)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Project: “Responding to the urgent humanitarian needs of the most vulnerable women and underage girls affected by the military conflict in the East of Ukraine. Phase 2: Humanitarian response and resolving the long-term outcomes of the crisis”</td>
<td>Donetsk, Luhansk, Kharkiv, Dnipropetrovsk, Zaporizhzhia, Lviv, Vinnytsia, Kherson, Odesa, Kyiv, Mykolayiv regions</td>
<td>November 2015 - January 2019</td>
<td>UNFPA, UNICEF with the support of the Ukrainian charitable foundation Ukrainian Public Health Foundation and the MSP</td>
</tr>
</tbody>
</table>
The project activities: Mobile psychosocial support teams (MT)

**MTs operate:**
- **in Luhansk region, 6 settlements** (Novoaydar, Stanytsa Luhanska, Severodonetsk, Lysychansk, Kreminka, Rubizhne)
- **in Donetsk region, 7 MTs** (established at the city and rayon centers of social services for family, children and youth)
- **in Odesa, 2 MTs**

**Key objectives of the MTs**
- to provide psychological aid to the affected persons
- to respond within the shortest time possible and to provide psychosocial support using the crisis and emergency interventions
- to inform the affected persons about the services (medical, social, psychological, legal etc.), about the service providers, the specialized services for the affected persons
- to raise awareness about the persons’ rights, the possibilities to receive aid, in particular to prevent and combat violence
- to raise awareness regarding the forms, manifestations and outcomes of violence, prevention and combatting violence
- to cooperate with the social services to resolve the problematic issues (the crisis centers)

Please note!

**Positive project outcomes**

It is necessary to prolong the project

The population is in need of psychosocial support, especially in Donetsk and Luhansk regions
Legal background. Outcomes Problems

Approved:
The model provisions on the mobile psychosocial support team (the Ordinance of the Cabinet of Ministers of Ukraine of 22 August 2018 No. 654)
The model provisions on the shelter for the domestic violence survivors the Ordinance of the Cabinet of Ministers of Ukraine of 22 August 2018 No. 655)

Outcomes:
Donetsk region: 2 546 trips covering 9 000 persons; 250+ group sessions covering 1000+ IDPs; 55 public events, 3000 persons involved, awareness-raising materials with the contacts of the mobile teams disseminated
Odesa city: In 2018, 2 MT made 661 trips, provided services to 1163 persons, provided 4300 services, carried out 95 group sessions

Problems:
The 2nd project phase will be completed in January 2019
It is important to provide such service as Mobile Teams on a permanent basis, especially in the territories bordering with the armed conflict
Financing the activities of the MT is a significant burden on the local budget (for instance, the Donetsk RSA needs a total of UAH 3 mln annually to support 7 MT)
Psychological support of the staff of the social services

<table>
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<tbody>
<tr>
<td>Project: “Strengthening the capacities of the Ukrainian territorial communities to host the internally displaced people in Ukraine”</td>
<td>Dnipropetrovska Zaporizhzhia Kharkiv</td>
<td>August 2015 - December 2019</td>
<td>Deutsche Gesellschaft für Internationale Zusammenarbeit GmbH, GIZ</td>
</tr>
<tr>
<td>2 components:</td>
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<tr>
<td>- to provide support to the Ukrainian territorial communities due to increase in a number of IDPs</td>
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<tr>
<td>- to provide psychosocial support and conflict management <em>(the Ministry of Social Policy)</em></td>
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</tbody>
</table>
Outcomes Problems

Project description

to provide the organizations with the equipment necessary for the psychosocial support/rehabilitation, to strengthen capacities of the staff of centers for social services for families, children and youth in family mediation, staff of other social services in rehabilitation of the persons with the MH disorders, to organize trainings for the supervisors to provide psychosocial services, to introduce pet-therapy etc.

Outcomes:

2 centers for victims of gender-based violence (in Kryvy Rih and Berdiansk) were opened

over 3000 employees of the social services received advanced training in psychosocial support

556 IDPs were trained in the skills necessary to set up a business

25 psychologists were trained in pet therapy

psychoneurological care homes were provided with the equipment

Problems:

The child care homes, psychoneurological care homes, geriatric care homes are in need of transformation; the staff needs to be trained in rehabilitation of the persons with the MH disorders; the community-based services for the persons with the MH disorders and intellectual disorders need to be implemented
<table>
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<tbody>
<tr>
<td>Provision of the psychosocial support to the ATO combatants: introducing ‘decompression’ as the first stage</td>
<td>In the health centers</td>
<td>September 2018</td>
<td>The National Guard</td>
</tr>
<tr>
<td><strong>Priority:</strong> not to treat the PTSD but to prevent it</td>
<td>Zaporizhzhia</td>
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<td></td>
<td>Odesa</td>
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<td></td>
<td>Kharkiv regions</td>
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</tbody>
</table>
DECOMPRESSION - is a form of the psychosocial rehabilitation of the military involved in action in the combat missions Is implemented at the time when the unit is transferred from the operational area to the permanent base
## Psychological rehabilitation of the ATO combatants and their families

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</thead>
<tbody>
<tr>
<td>To develop the model to support the families of the combatants and to launch the activities of the relevant centers</td>
<td>The entire territory of Ukraine</td>
<td>Is to be launched in 2019</td>
<td></td>
</tr>
</tbody>
</table>
Legal background. Outcomes Problems

Approved:

The Law of Ukraine “On the status of war veterans, guarantees of their social protection”
The Law of Ukraine “On social and legal protection of the military and their family members“
The Decree of the President of Ukraine No. 150 “On additional measures on social protection of the ATO combatants”
The Concept of the State Special-Purpose Program on physical, medical, psychological rehabilitation and social and professional readaptation of the ATO combatants for the period through to 2022 (the Ordinance of the Cabinet of Ministers of Ukraine of 12 July 2017 No. 475-r)
The State Special-Purpose Program on physical, medical, psychological rehabilitation and social and professional readaptation of the ATO combatants and persons involved in the activities aimed at ensuring the national security and defense, deferring military aggression of Russian Federation in Donetsk and Luhansk Regions, ensuring their implementation, for the period through to 2022 (the Ordinance of the Cabinet of Ministers of Ukraine of 05 December 2018 No. 1021)

Outcomes:

Over 64 000 persons received the social and psychological support services
Approximately 3000 agreements to provide psychological rehabilitation were signed
121 person went through ‘decompression’

Problems:

There is a need in support of the development of the model of psychological rehabilitation/aid to the ATO family members
# Transformation of the psychoneurological care homes of the social protection system

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>Improvement of the quality of work: to reassess the facilities, to develop the individual social rehabilitation plans, to introduce the rehabilitation programs taking into the account the capacities of the persons under care, to create the home-like living conditions, to retrain the staff, to introduce the transit approaches</td>
<td>Donetsk, Poltava region, Kyiv (city)</td>
<td>2018 – 2023</td>
<td>International Foundation “Human Rights in Mental Health” - Federation Global Initiative in Psychiatry</td>
</tr>
<tr>
<td>Short Description</td>
<td>Region/raion</td>
<td>When</td>
<td>Partners (international/state agencies)</td>
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<tr>
<td>- to assess the needs of the community in the services for persons with MH disorders</td>
<td>Donetsk, Poltava regions Kyiv (city)</td>
<td>2018-2023</td>
<td></td>
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<tr>
<td>- to introduce the services: home care, day care, social rehabilitation, social adaptation, case management, employment and work place assistance, supported living</td>
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<tr>
<td>- to introduce the emergency services for home care: emergency call button etc.</td>
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<tr>
<td>- mobile interdisciplinary psychiatric teams</td>
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<tr>
<td>- to train staff, to introduce new professions and specializations (educational programs, qualification profiles and requirements)</td>
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<tr>
<td>- to train the families, to provide psychological support to the families</td>
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<tr>
<td>- to improve the legislation</td>
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</tbody>
</table>
Legal framework

Approved:
The Law of Ukraine “On social services”
The Law “On social work with families, children and youth”
The Law of Ukraine “On psychiatric aid”
The Decree of the President of Ukraine No.553 “On measures aimed at ensuring the rights of the persons with disability”
The Action Plan to implement the recommendations from the final comments provided by the UN Committee on the rights of persons with disabilities to the 1st report of Ukraine on implementation of the UN Convention on the rights of persons with disabilities for the period through to 2020 (the Ordinance of the Cabinet of Ministers of Ukraine of 28 December 2016 No. 10730)
The Concept of the National Mental Health Program for the period through to 2030 (the Ordinance of the Cabinet of Ministers of Ukraine of 27 December 2017 No.1018)
21 public standard of the social services
Regulations on the social services (psychoneurological care homes, territorial centers of social services (provision of the social services)
Outcomes Problems

Outcomes:
261,000 patients with the mental health disorders have a disability status, of them, 8.5% are children (as of the end of 2016)
28,000 patients receive in-patient care (150 psychoneurological care homes)
800+ persons are on home care (1 department at the territorial center, 3 territorial centers)
1000 persons are on supported living (1 social dormitory, 1 social apartment)
The supported living units are now being opened in the care homes.
Some examples of employment of the persons with MH disorders

Problems:
It is necessary to improve mechanisms to finance the social services, to stimulate obligatory medical insurance for their development
It is necessary to build capacities (to retrain the staff), to introduce new professions (ergotherapist), specializations of the social workers etc.
Opposition of the families and carers (training, psychological support to the families)
Lack of motivation among the employers
It is necessary to conduct a high-quality information campaign
## Development and implementation of the model of care for persons with intellectual disability

<table>
<thead>
<tr>
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<th>Region/raison</th>
<th>When</th>
<th>Partners (international/state agencies)</th>
</tr>
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<tbody>
<tr>
<td>- to assess the needs of the community in the services for people with cognitive disorders</td>
<td></td>
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<td>The Red Cross Society (is currently under consideration)</td>
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<tr>
<td>- to introduce the services: home care, day care, supported living (separate communities), case management</td>
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<tr>
<td>- to introduce the emergency services for home care: call button, electronic bracelets etc.</td>
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<tr>
<td>- family support centers (information materials, education, psychological support, hygienic sets etc.)</td>
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<tr>
<td>- mobile interdisciplinary psychiatric teams</td>
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<tr>
<td>- to train the staff, to introduce new professions and specializations (training curricula, qualification profiles and requirements)</td>
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<tr>
<td>- to improve the legislation</td>
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</tbody>
</table>
Legal framework

Approved:
The Law of Ukraine “On social services”
The Law “On social work with families, children and youth”
The Law of Ukraine “On psychiatric aid”
The strategy for the public policy on health and active ageing of the population for the period through to 2022 (the Ordinance of the Cabinet of Ministers of Ukraine of 11 January 2018 No. 10)
The Action Plan to implement the strategy for the public policy on health and active ageing of the population for the period through to 2022 (the Ordinance of the Cabinet of Ministers of Ukraine of 26 September 2018 No. 688)
21 public standard of the social services
Regulations on the social services (geriatric care home, territorial centers for social services (provision of the social services))
Outcomes Problems

Outcomes:
By 2025 the share of people aged 60+ years will reach 25% of the total population
1,5-2% of the population suffers from dementia
21 000 persons receive in-patient care (90 geriatric facilities)
over 400 000 persons receive home care, of them 800 with MH disorders are on home care (1 department at the territorial center, 3 territorial centers)

Problems:
It is necessary to improve mechanisms to finance the social services, to stimulate obligatory medical insurance for their development
Advanced training (re-training of the staff)
Specialization of the existing facilities
Support to the families (training, psychological support of the relatives)
Information campaign
## Support and development of the volunteer activities

<table>
<thead>
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<tbody>
<tr>
<td>To study international experience, to begin promoting volunteering, to improve the current laws, to introduce training of volunteers, to register volunteers</td>
<td>Entire country</td>
<td></td>
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</tr>
</tbody>
</table>
Legal background. Outcomes Problems

**Approved:**
The Law “On volunteering”

**Outcomes:**
Activating the volunteering to provide assistance to the ATO combatants and the population of the Donetsk and Luhansk regions

**Problems:**
Low motivation to volunteer to help persons with the mental health disorders