MHPSS Technical Reference Group/ Moldova

November 14, 2023

Co-Chairs:

Maura Reap *(WHO)*

Jana Chihai *(MENSANA)*

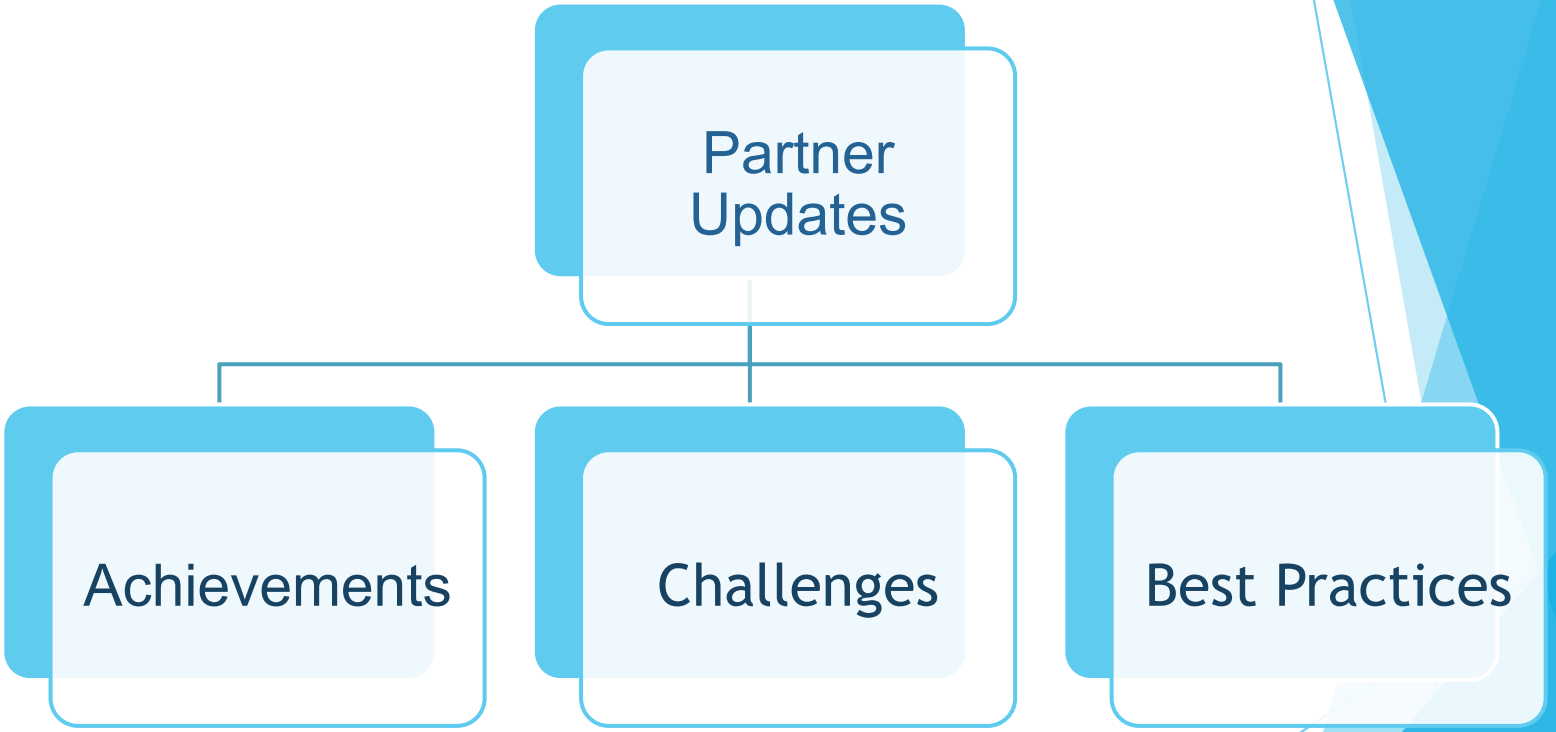
Andrei Esanu *(Federatia Familiilor pentru Unificare si Pace in Lume din Moldova)*

Agenda

14:00 - 14:05	**Welcome**
14:05 - 14:10	**Agenda, follow-up items from last meeting**
14:10-15:20	➢ Introduction to the new MHPSS mapping dashboard ➢ Mental Health and Wellness Fair: feedback and reflections ➢ TRG Joint Capacity Building - 2023-2024 ➢ MHPSS TRG in 2024: Nominations for Co-Chair seat (opening in December) ➢ MHPSS TRG in 2024: Priorities for 2024 ➢ “MHPSS in Moldova: Year in Review” Newsletter ➢ MHPSS TRG special holiday meeting (December 12)
15:20 – 15:50	**Partner Updates (e.g. events, challenges, developments, etc.):** ❖ Ministries, UN organizations, INGOs/NGOs, and other WG members are invited to share any relevant updates
15:50 – 16:00	***AOB/ Announcements***

Follow-up Items

Action	Responsible Party	Due date	Status
Registration for the Mental Health Conference (through the link)	TRG partners	*15 Sept*	*Completed*
Registration for Mental Health Fair	TRG partners	*22 Sept*	*Completed*
Arrange overall logistics for the Fair; develop a schedule	*WHO*	*7 Oct*	*Completed*
RRP: Work with Sector Lead to ensure MHPSS is represented in different sector strategies	*Co-Chairs*	*Sept. and Oct.*	*Completed*
Input planned activities into the RRP portal	TRG partners	*15 Oct*	*Completed*
Focus Group Discussions with Ukrainian Refugees - Final revision/ processing	WHO	*7 Nov*	*In process*
Input org. info and activities for Q3 mapping exercise	TRG partners	*29 Sept*	*Completed*


Partner Updates
Achievements
Challenges
Best Practices

Discussion Items

- Introduction to the new MHPSS mapping dashboard
- Mental Health and Wellness Fair: feedback and reflections
- TRG Joint Capacity Building - 2023-2024
- MHPSS TRG in 2024: Nominations for open Co-Chair seat
- MHPSS TRG in 2024: Priorities for 2024
- “MHPSS in Moldova: Year in Review” Newsletter
- MHPSS TRG special holiday meeting (December 12)

Service Mapping

https://app.powerbi.com/view?r=eyJrIjoiNDU1NTRiMWMtOWE3Yy00Mzg0LWE3MmEtNTcwYTZiZDBjMThlIiwidCI6ImY2MTBjMGI3LWJkMjQtNGIzOS04MTBiLTNkYzI4MGFmYjU5MCIsImMiOjh9

Mental Health and Wellness Fair Highlights

- Organized in observance of World Mental Health Day (October 10)
- Conducted October 7, 2023, in Alunelul Park, Chisinau
- Theme: “Mental Health is a Universal Human Right”
- 15 MHPSS TRG Partners participated by hosting information booths, conducting activities
- Over 600 people (Ukrainians and Moldovans) attended (estimated)
- First event of its kind in Moldova!

NAȚIUNILE
UNITE
MOLDOVA

SĂNĂTATEA MINTALĂ
ESTE UN DREPT
FUNDAMENTAL AL OMULUI

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SĂNĂTATEA MINTALĂ

IOM
UN MIGRATION

Dorcas
HelpAge
INTERSOS

KUNA MATATA
KENYA

MÉDECINS
DU MONDE

Mental Health and Wellness Fair: Feedback and Reflections

What went well?

What didn't?

- *Communication*
- *Roles*
- *Organization*
- *Promotion/ outreach*
- *Objectives*

MHPSS TRG Workforce Capacity Strengthening

2023 Capacity Building Priorities

(as identified by capacity building needs assessment conducted Nov. 2023)

1. *Psychological reactions to extreme adverse events / "Trauma-informed care"*
2. *Suicide prevention and intervention*
3. *Self-care and managing personal stress levels*
4. *Applied interventions (scaled): Psychological First Aid (PFA)*
5. *Applied interventions (scaled): Mental Health Gap (mhGAP)*
6. *Applied interventions (scaled): Problem Management Plus (PM+)*
7. *Familiarity and compliance with the Interagency Standing Committee's (IASC) MHPSS Guidelines for Emergencies*
8. *Managing difficult behaviors such as anger, aggression, etc. (de-escalation)*
9. *Identifying signs and symptoms of more severe mental health problems*
10. *Applied interventions: Mindfulness, relaxation, and grounding techniques*

MHPSS TRG Workforce Capacity Strengthening

Training Title	Partner(s) conducting training	Date(s)	Location	Target Audience	# MHPSS TRG Participants	Status
Psychosocial Art I	IOM/ WHO	18-20 Jan	Chisinau	Front line workers/	20	Completed
PSEA	WHO	24-Jan	Chisinau	MHPSS actors	37	Completed
GBV Risk Mitigation	GBV SWG (UNHCR and UNFPA)	30-Jan	Chisinau	MHPSS actors	7	Completed
Sports and MHPSS	Olympic Refuge Council	10-Feb	Chisinau	Front line workers	38	Completed
EMDR	Europe EMDR Institue	17-19 Mar	Remote	Psychologist s	30	Completed
Trauma-informed Care	WHO	9-Mar	Chisinau	Frontline workers	10	Completed

MHPSS TRG Workforce Capacity Strengthening

Training Title	Partner(s) conducting training	Date(s)	Location	Target Audience	# MHPSS TRG Participants	Status
Suicide Prevention and Screening	WHO	16-Mar	Chisinau	Frontline workers	21	Completed
Fundamentals of MHPSS for Frontline GBV Workers	WHO/UNFPA	24-25 Mar	Chisinau	Frontline workers	25	Completed
Psychosocial Art, Part 2	IOM/ WHO	3-5 April	Chisinau	Front line workers	22	Completed
PM+	WVI/WHO	5-9 June	Chisinau	Front line workers	14	Completed
TRG Focal Point Retreat	WHO/ MENSANA/ Family Federation	7-Jul	Vadul Lui Voda	TRG Focal Points	17	Completed
Self-Care for Frontline Workers	WHO/Family Federation	21-Jul	Complex Codru	Front line workers	16	Completed

MHPSS TRG Workforce Capacity Strengthening

Training Title	Partner(s) conducting training	Date(s)	Location	Target Audience	# MHPSS TRG Participants	Status
PM+ ToT	WVI/WHO	25-27 Sept	Chisinau	Front line workers	12	Completed
De-escalation	MDM (for UNHCR)			RAC Personnel	TBC	Completed
PFA	INTERSOS	22-Oct	Le Roi	Greenline Operators	TBC	Completed
Stress Management (3 hours)	IRC for UNHCR	5-Nov	Le Roi	Greenline Operators	15 (planned)	Completed
GBV and MHPSS	WHO/UNHCR	30-Nov	Chisinau	Frontline workers	25 (to be invited)	Planned
GBV and MHPSS	WHO/UNHCR	4-Dec	Comrat	Frontline work	25 (to be invited)	Planned

Totals

- **Completed:** 16 activities, 269+ MHPSS workers trained

MHPSS TRG in 2024:
Nominations for open Co-Chair seat

RESPONSIBILITIES:

- ROUTINE COORDINATION: plan and run meetings, circulate minutes, maintain mailing list, mapping, linking/ networking opportunities
- STRATEGIC LEADERSHIP: review/ update workplan and ensure progress towards objectives, actions to support sustainability, RRP
- INTERAGENCY/INTERSECTORAL COORDINATION: brief/ update other sectors on activities (health, protection, GBV)
- ASSESSMENT: capacity building, needs, gaps, etc.
- CAPACITY BUILDING: assist members to develop capacity, access technical resources, etc.

MHPSS TRG in 2024:
Workplan Priorities 2024

Review of 2023 workplan, and next steps

“Year in Review” Newsletter

Please submit:

- *Best practices*
- *Achievements*
- *Pictures*
- *What else?*

Deadline: ?

December: Special Holiday Meeting

What do we want to do?

Announcements/ AOB

Thank you for your participation in today's meeting!

Any questions, please feel free to reach out to:

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