

POLAND MHPSS TWG Meeting

Meeting Minutes – 23 June, 2022

Meeting subject	Poland Mental Health and Psychosocial Support Technical Working Group Bi- Weekly Meeting
Time & Location	https://teams.microsoft.com/l/meetup-join/19%3ameeting_NTIhMTIyNjQtMmQzNC00ODc3LTk5ODktZTA5M2ViNDhkMjVh%40thread.v2/0?context=%7b%22Tid%22%3a%22f610c0b7-bd24-4b39-810b-3dc280afb590%22%2c%22Oid%22%3a%22d782bb44-7c31-4c80-9b1b-3eb33764ae5f%22%7d 23 June 2022 Thursday 11 am
Chaired by	Anna Goloktionova, Selma Sevкли
Minutes prepared by	UNHCR Poland /WHO Poland CO
Participants (29)	Anna Depukat (Institute of Psychiatry and Neurology), Aleksandra Kochanowska (Polish Migration Forum), Aylin Hayal Mantini (SGDD - ASAM), Lucia Daccarett, Joanna Brzezinska (WHO), Joanna Głazewska (MoH Poland), Iwona Mazur (Wroclaw University), Izabela Solarska (LWF), Katarzyna Zaremba (Kalejdoskop Kultur), Magdalena Kondas (IOM), Marta Wojcieszak-Paluch (EZRA), Maya Perlmann (Americares), Murat Yuksel (International Medical Corps), Melita Murko (WHO/EURO), Natalia Musial (Babiński Hospital), Natalie Baruch (Topaz Israel), Oksana Dmytriak (UNICEF), Olga Khan, Olga Volyk (PUI), Silvia Onate, Pablo Perez – Fernandez (IRC), Reo Morimitsu (IFRC), Roei Shaul Hillel (Humanity Crew), Sibel Kocaoglan (ASAM SGDD), Maria Strzemieczna-Salikier (MoH Poland), Tamara Martyniuk (CORE), Maelle Tappon (Plan Int), Tuva Schroder (BRF), Yenehun Ashagrie
Agenda	<p>Agenda:</p> <ol style="list-style-type: none"> 1. Greetings and Introductions of new members, Anna Goloktionova, DSS/ UNHCR MHPSS TWG Workplan discussion 2. Specialized Mental Health Pilot Project on Centers for People Affected by War, Maria Strzemieczna-Salikie, Ministry of Health of Poland 3. Humanity Crew's MHPSS Assessment in Kraków, Roei Shaul Hillel, MHPSS Director, Humanity Crew 4. System level updates, Anna Depukat, National Pilot Mental Health Program Director/ Institute of Psychiatry and Neurology 5. Access to specialized mental health services for children in Poland. Marta Wojcieszak-Paluch, EZRA Community Mental Health Center Manager 6. Updates and new developments: Selma Sevкли, WHO Poland CO 7. AOB
Introduction & Overview	
Agenda point 1	<p>Greetings and Introductions of new members, Anna Goloktionova, DSS/ UNHCR MHPSS TWG Workplan discussion:</p> <p>1. New members:</p> <ol style="list-style-type: none"> a. Aleksandra Kochanowska, Head of Psychological Team, Polskie Forum Migracyjne b. Tuva Schroder, Field Coordinator for BRF <ul style="list-style-type: none"> - Medical clinic providing primary and emergency medical care in a shelter nearby train station in Krakow

- Contact details: +31651974344, field-ee@boatrefugeefoundation.com
- c. Natalie Baruch, Topaz Israel
 - Shelters for women and children
- d. Magdalena Kondas, Social Worker and Psychosocial Team Leader, backup MHPSS FP, IOM
- e. Roei Shaul Hillel, MHPSS Director, Humanity Crew
- f. Reo Morimitsu - IFRC MHPSS Surge officer for Poland, rrmhps.poland@ifrc.org
- g. Joanna Brzezinska, MHPSS National Consultant, WHO Poland

Agenda point 2 Specialized Mental Health Pilot Project on Centers for People Affected by War, Maria Strzemieczna-Salikie, Ministry of Health of Poland:

- MoH pilot program – therapeutic intervention for people with experience of psychological trauma and for their families
- Purpose – to test the effectiveness of various therapeutic intervention programs
- Depending on evaluation results, new health services may be included in the public system as a result of the pilot program
- May target adults or/and children and youth
- Program providers will be selected by MoH in cooperation with the Institute of Psychiatry and Neurology (recruitment process starts soon)
- Planned duration of the program: August 2022 - December 2024
- Draft regulation currently under public consultation until 28th June: <https://legislacja.rcl.gov.pl/projekt/12360552>
- Referral will not be required
- Providers of the program must be medical institutions

Q1: Do you have an idea about geographical distribution of the program?

A1: Depends on what providers will answer the call. Soon we will start the recruitment process.

Q2: Ministry of Social Policy has initiated a project at voivodeship level. Is there any linkage between the ministries on MHPSS programs?

A2: Both ministries participated in the meetings and there is a coordination between us. This program is however different as it is possible that it will be included permanently in the health system. The program draft was sent to all of the ministers to invite them to consultation.

Q3: This new element will be a part of specialized health services in MoH, not of primary health services?

A3: Yes – specialized.

Q4: There are challenges to access help due to a limited number of specialists available at the second level. How to ensure large access of beneficiaries to these services?

A4: The exact aim of the project is to increase access. Currently there are no services dedicated to people with trauma experience so the program will improve their access.

Q5: When do your plan to begin?

A5: We plan to launch in August 2022, but it is possible that it will take longer. It all depends on how the public consultations will go.

Agenda point 3 Humanity Crew's MHPSS Assessment in Kraków, Roei Shaul Hillel, MHPSS Director, Humanity Crew

- Organization specializing in provision of first response mental health interventions to refugees and people in crisis
- Main focus on children, adolescents and caregivers
- Capacity building, assessments, direct supervision
- Currently conducting assessment in Paszkówka (a village nearby Kraków where is a castle rented by Jewish Community Centre which hosted more than 120 people since March, now around 60 people, but in mid July additional 35 unaccompanied children and their 10 caregivers are expected)

Paszkówka assessment outcomes:

- Information gathered through questionnaires and 1 focus group (in total 24 mothers)
- Main psychological concerns: unemployment, fear, discrimination at schools, high prices, unstable emotional state, loss of home and family
- Support needed: psychiatry, direct psychotherapy, parent guidance, areas with privacy
- Individual and Community Capacities: recreational initiatives, large Ukrainian community in Poland, independent support groups
- Children's mental health screening – 5 out of 18 children assessed with PTSD
- Recommendations: identification of vulnerable for inclusion in protection; creation of referral pathways; promote children's inclusion and participation; ensure access of caregivers to information about services; support capacity-building of caregivers
- Assessments in other locations to be conducted soon. Contact: roei@humanitycrew.org

Agenda point 4 System level updates, Anna Depukat, National Pilot Mental Health Program Director/ Institute of Psychiatry and Neurology:

- 74 mental health centers in Poland
- An interactive map with all mental health centers for adults in Poland available [here](#) (useful for referrals)
- Check the map regularly as the new centers are opening each month – on 1 June 8 new locations in big cities will be added
- Patients can access these centers without any referral
- Opened 24h/7
- An online chat on the website and a map are being developed

Agenda point 5 Access to specialized mental health services for children in Poland. Marta Wojcieszak-Paluch, EZRA Community Mental Health Center Manager:

- Reform aims to provide adequate psychiatric care to children and adolescents

- A result of discussions of mental health experts since 2018
- Mental health centers for children – first therapeutic help, available in every voivodeship and municipality in Poland
- Started in April 2020
- Three level care system in Poland:
 - 1st level – community therapists, psychologists, psychotherapists, no psychiatrist
 - 2nd level – can get advice of a psychiatrist
 - 3rd level – centers with highly specialized services, danger of health and life
- EZRA has two 3rd and 2nd level centers, the rest of the centers are 1st level

Q1: Is there a list of locations available?

A1: The 2nd level centers are Piaseczno and Warsaw. 1st level centers are located in whole Poland. A list of 1st level centers for children and adolescents is available [here](#)

Q2: Do you see many Ukrainian children using these services?

A2: The patients are only Polish, but we are working to reach Ukrainians too.

Q3: Does a person need a referral from a specialist to use the services?

A3: No, a person can self-refer.

More information about EZRA can be found [here](#)

Agenda point 6 Updates and new developments: Selma Sevkli, WHO Poland CO:

- Selma Sevkli (WHO Poland CO and TWG co-chair) ends her mission in Poland next week
- Joanna Brzezinska is a new WHO Poland National MHPSS Consultant - brzezinskaj@who.int
- On Tuesday – interagency meeting
- Multisectoral assessment by REACH is coming
- MHPSS comprehensive service mapping is coming soon
- We are working on a comprehensive MHPSS terminology document

Useful links

- UNHCR Data Portal [[click here](#)]
- Poland MHPSS TWG Google Drive [[click here](#)]
- First issue of Poland MHPSS TWG Newsletter [[English version](#)] [[Polish version](#)]