



Poland Mental Health and Psychosocial Support Working Group Newsletter June, 2022

Dear Poland MHPSS TWG Poland Members!

We are excited to welcome you to our first newsletter! From now on, we will be sending monthly updates on the MHPSS activities in Poland to make sure you all are kept in the loop.

Please do not hesitate to contact us if you wish to contribute to the newsletter with your stories or updates. We want to make these emails informative and valuable to all of you, so we are open to any suggestions or comments you may have!

We would also like to take this opportunity to inform you that our bi-weekly meeting will take place **on 23 June**. Hope to see you there.

Meanwhile, we hope you will enjoy this newsletter!

Poland Context Updates

Recent movement trends



Cumulative: As of **02 June 2022**, **3.712m** entries into POLAND from UKRAINE through eight border crossing points since 24 February 2022. This number is adjusted to exclude the crossing of Polish nationals.



Cumulative: As of **02 June 2022**, **1.581m** entries into UKRAINE from POLAND of Ukrainian nationals only.

Quote of the month

“The reception phase has passed. We now are embracing the challenges of the integration phase”

Bartosz Grodecki, Undersecretary of State, Ministry of Interior and Administration of Poland at the launch of the Regional Response Plan for Poland. Warsaw, 31 May 2022

Visual of the month

IASC
Inter-Agency Standing Committee

Wytyczne IASC dotyczące
zdrowia psychicznego
i wsparcia
psychospołecznego
w sytuacjach
kryzysowych



IASC MHPSS Guidelines in Emergency Settings, a key international document with guiding principles of do-no-harm and good practice provision of MHPSS services in emergency settings released in Polish



A series of referral workshops in Warsaw, Krakow, and Wroclaw were held to discuss the principles of safe MHPSS referrals and challenges faced by providers at the local level.



Updates & Announcements

- An MHPSS capacity building assessment was initiated by UNHCR/MHPSS TWG aiming to collect the technical support needs of direct service providers on training and supervision relevant to their work. This assessment is relevant to Ukrainian and Polish service providers, including social workers, volunteers, and psychologists. Data collection will be taking place until 30 June 2022. The MHPSS Capacity needs assessment tool is available in [Ukrainian](#) and [Polish](#) now. Kindly disseminate among your colleagues and partners.



- **World Refugee Day is on 20 June.** This day celebrates the strength and courage of people who have been forced to flee their home country to escape conflict or persecution. World Refugee Day is an occasion to build empathy and understanding for their plight and to recognize their resilience in rebuilding their lives.

- The Polish Humanitarian Action (PAH) announced a [Call for Proposals](#) for MHPSS projects for children and adolescents affected by war. The deadline is **1 July 2022**

- UNHCR has published the Call for Expression of Interest (CEOI) for prospective partners. Organizations intending to respond to this CEOI are kindly requested to access the following links <https://www.unpartnerportal.org/> and download the relevant documentation. Any queries can be addressed to email POLWAPARTNERS@unhcr.org. All Concept Notes and supporting documents are required to be submitted via the UN Partner Portal and additionally by e-mail to POLWAPARTNERS@unhcr.org. The closing date for this CEOI is end of day on **24 June 2022**.

-The [MHPSS TWG Workplan](#) and [MHPSS TWG Terms of Reference](#) are now available for members.

- The WHO Poland CO has been working with Translators Without Borders (Clear Global) for translation of key MHPSS resources. The list of translations has been shared with members, who have also been asked to add Polish translations being worked on to coordinate/harmonize all emergency MHPSS resources in Polish.

MHPSS Events: Book your calendars!

Training opportunities

If you wish to organize Psychological First Aid (PFA) training for your organization or team, we are able to put you in touch with recommended trainers.

An orientation workshop by WHO Poland CO is being held on [Prevention of Sexual Exploitation and Abuse \(PSEA\) for Health & MHPSS Partners](#) in Krakow on 20 June 2022 and in Warsaw on 22 and 23 June 2022.

[Register Here](#)

Resources

DATA AND INFORMATION

- [Poland MHPSS TWG Google Drive](#) – You can find all the resources and tools that we have access to as well as [meetings minutes](#), the call for proposals, and assessments
- [Contacts of MHPSS TWG Poland](#) (please align the tabs/columns after downloading, a better version will be shared soon)
- A one-pager info sheet for Poland MHPSS TWG in [Polish](#) and [English](#).
- [UNHCR Operational Data Portal](#) – updated information about refugee situation in Poland
- [Poland MHPSS TWG resources](#) at UNHCR Operational Data Portal.
- General information on access to medications in Poland (including psychotropics) in [Polish](#) and [Ukrainian](#).
- The psychotropic medication announcement by MOH Poland / WHO EURO endorsed by MOH Ukraine in [English](#), [Polish](#) and [Ukrainian](#).
- A two pager ‘Essential Concepts and Best Practices for Mental Health and Psychosocial Support (MHPSS) Ukrainian Refugee Response’ in [English](#), [Polish](#) and [Ukrainian](#).

CAPACITY BUILDING

TRAINING RESOURCES

- WHO online course on MHPSS in Emergencies in [English](#), [Polish](#) and [Ukrainian](#).

MHPSS ASSESSMENTS

- [WHO's Poland Rapid MHPSS Situation Analysis Report from March 2022](#)
- [International Medical Corps' Rapid MHPSS Situational Analysis from April 2022](#)

PROTECTION ASSESSMENTS

- [UNICEF & UNHCR Joint Rapid Assessment: Border and Reception Areas in Eastern Poland from \(11 – 13 March 2022\)](#)

KEY MHPSS RESOURCES IN EMERGENCIES (Polish/Ukrainian)

- IASC Basic Psychosocial Support Skills: A guide for COVID-19 Responders ([Polish](#)) ([Ukrainian](#))
- WHO Psychological first aid: guide for field workers ([Polish](#)) ([Ukrainian](#))
- IASC MHPSS Guidelines ([Polish](#)) ([Ukrainian](#))
- IASC Advocacy Package ([Polish](#)) ([Ukrainian](#))
- IASC Reference Group Mental Health and Psychosocial Support Assessment Guide ([Polish](#)) ([Ukrainian](#))

The [MHPSS Minimum Service Package](#) - an intersectoral package of activities to be implemented in all humanitarian emergencies, developed by WHO and UNICEF, in collaboration with UNHCR and UNFPA. (in English for now, soon available in Polish)

- [Checklist for field use of IASC Guidelines on Mental Health and Psychosocial Support in Emergency Settings in Polish](#)
- IASC Referral Guidance Note for MHPSS ([Polish](#)) ([Ukrainian](#))
- [Responding to Mental Health and Psychosocial Support \(MHPSS\) needs in Ukraine and affected countries: Key considerations when offering help remotely/online by IASC MHPSS RG \(Polish\)](#)
- [Response Learning Hub MHPSS](#) – inter-agency Capacity Building Task Force website with upcoming trainings in English

MHPSS SERVICE MAPPING

- [MHPSS service mapping by WHO & UNHCR](#)
- An overview of MHPSS service providers among health care providers (on the maps) found on the website pacjent.gov.pl: <https://pacjent.gov.pl/opieka-psychiatryczna>
- [A list of children and adolescents mental health care providers](#)
- [A map with mental health care providers for children and adolescents](#)
- [Mapa wsparcia](#) - an overview map of free-of-charge psychological support for Ukrainians
- [A referral pathway mapping for Poland published by the Child Protection Working Group.](#)
- Online and face-to-face psychological support groups for teenagers and parents whose lives have been disrupted by the war <https://poruch.me/> provided by UNICEF Ukraine in collaboration with the Ukrainian Ministry of Health and others
- [Community mental health centers established within the frames of the pilot project of Mental health Reform in Poland](#)

WEBINARS AND PRESENTATIONS

- MHPSS TWG [Presentation for Poland Ministry of Health's Orientation Session on Mental Health Care System in Poland](#)
- Ukraine MHPSS TWG orientation session: *MHPSS in Humanitarian Emergencies, What Should Humanitarian Actors Should Know*, ([recording and presentation](#))
- International Medical Corps presentation '[MHPSS Rapid Situation Analysis in Poland for Ukrainian Refugee Response](#)'
- [WHO's Psychological First Aid Slides in Polish](#)
- Presentation slides "[Mental Health and Psychosocial Support in context of humanitarian emergencies: What Should Humanitarian Actors Should Know?](#)" by WHO
- [Community Mental Health Centers: The Role in Providing Access to Mental Health Services for Displaced Population from Ukraine](#) – a presentation by Dr Anna Depukat, Director of National Office for the Pilot of the National Mental Health Program
- [Essential Concepts and Terminology for Mental Health and Psychosocial Support \(MHPSS\) - Ukrainian Refugee Response](#) – a presentation on the Poland MHPSS TWG

WHO EURO REGIONAL MHPSS WORKSHOPS RECORDINGS AND PRESENTATIONS

- [Community-based MHPSS in Emergency Settings](#) by IOM
- [Children and Adolescent MHPSS in Emergency Setting](#) by UNICEF
- [Working with Volunteers in Emergency Settings](#) by IFRC
- [Specialized MHPSS Services in Emergency Settings](#) by MSF

ADDITIONAL RESOURCES ON MHPSS

- [IFRC Poster in Polish – Self-care and wellbeing](#)
- [A two-page guidance note on how to support volunteer teams in Polish](#)
- [‘Let’s talk about Psychological First Aid in Ukrainian’](#) a video prepared by Psychosocial Centre of IFRS
- [Psychosocial Centre of IFRC newsletter](#) subscription to stay updated with new resources

That is all for now. We hope you enjoyed our first newsletter. If you have any questions, do not hesitate to contact us!

Take care and stay safe,

Selma Sevkli (WHO), Anna Goloktionova (UNHCR) and Anna Depukat (IPiN)

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