Poland Mental Health and Psychosocial Support Working Group Newsletter
March 2023

Dear Poland MHPSS Technical Working Group (TWG) Members!

We hope you will enjoy this newsletter!

Poland Context Updates

- **Poland has taken in 10.2 million Ukraine refugees**

10.2 million refugees have crossed into Poland since Russia's invasion of Ukraine, the country's Border Guard agency reported on Sunday.

- **Scientists from Wrocław will examine the stress of refugees from Ukraine**

Researchers from the Department and Clinic of Psychiatry of the Medical University in Wrocław will check how the war traumas experienced by refugees from Ukraine for almost a year now affect the functioning of neural networks and the development of possible mental disorders. Read more …

- **Ukrainian refugees in Poland will now be charged to stay in state-funded housing**

Starting 1st March, Ukrainians staying in state-funded accommodation for >120 days will have to pay 50% of their housing and food costs; after six months, that goes up to 75% (please also see an update from Anna Karpinska). Read more …

- **Psychotherapy Profession Act**

Since the end of 2022, there have been discussions and projects on the Psychotherapy Professional Act in Poland. Read more

MHPSS TWG In 2023

- MHPSS TWG set up top priorities for 2023

1 Enhance platform from sharing inforamtion and increase coordiantion

Holding meeting jointly with health, and continue sharing needs, identify gaps, and allow space for updates by partners
Continuing to utilize different methods utilized in 2022.
Sessions to increase understanding and materials in different platforms

2 To ensure service information dissemination

To ensure facilitation of safe and effective referral
Workshops on service mapping
Creating locational referral pathways
Sharing other sector service mapping and referral pathways to ensure accessibility of information

3 Contribute to capacity development and provide tehcnical guidance for actors

Increase capacity of MHPSS actors on GBV and CP concepts
Increase capacity of all sectors in evidence-based scalable intervetnions
Workshop on supportive supervision
Creation of technical guidence on specific topics

4 Increasing monitoring and evaluation by MHPSS actors

Translation of IASC M&E Framework to Polish
Oriencetation on the Framework to ensure actors could modify for their need
Recommendations for basic MHPSS indicators and means of verifdication for actors

5 Contribute to reducing stigma and promoting MHPSS

Alignment in theme on awareness raising activities to promote MHPSS on special days (like WMHD, Suicide prevention week, etc)
Creation of key advocacy points from feedbacks of partners to share with key parties

- MHPSS TWG Work plan 2023 is available here

- RRP2023 Launch here
- Service mapping has been completed. Available here

Key materials and event

- ***Doing What Matter in Times of Stress*** is available in Polish. You can use both manual and recordings for exercises (both with female and male voice, so you can choose your preference) The material can be found here

Updates & Announcements

- 14 April regular MHPSS TWG meeting
- In April MHPSS TWG plan to hold PFA training for partners and other sectors –DATE? (Online)
- In April WHO CO Poland plan to conduct Doing What Matters in Times of Stress Training of Trainers. The online call will be launched soon.

- 12 May regular MHPSS TWG meeting
- On the 26th of May MHPSS TWG plan to hold an IASC workshop in person with invited speaker Fahmy Hanna in Warsaw
- 15-25 May is the Mental Health Awareness Week
- 23 May – There is the Mental Health Awareness event in Katowice
- TWG partners meetings are planned to be held in Krakow, Lublin, and Rzeszów (dates to be announced)

Research and Assessments

- Health service needs and access for people fleeing from Ukraine
- Health of refugees from Ukraine in Poland 2022

Capacity Development

- The Institute of Psychiatry and Neurology (IPIN) developed an online course on Suicide Prevention

Title: **ELLIPSE Gatekeeper+ course in Suicide Prevention**
English: https://navoica.pl/courses/course-v1:JagiellonianUniversity+EG_A+2023_1_EN/course/
Polish: https://navoica.pl/courses/course-v1:JagiellonianUniversity+EG_A+2023_1_PL/course/
Ukrainian: coming soon
Available: Febr-June 2023
Costs: Free
Institution: Jagiellonian University in Krakow, Poland.

International Medical Corps (IMC) Poland, launched Training of Trainers on evidence-based WHO interventions Problem Management Plus (PM+) and Self Help Plus (SH+).

To register for the training, please complete the online registration form using the link below. You can choose the language on the top-right corner of the page.
https://ee.humanitarianresponse.info/x/K3hYrpUP

Action Against Hunger (ACF) proposes trainings that they can provide upon your request. All trainings can be delivered in English, Polish and Ukrainian. The following modules are available:

- **Protection mainstreaming.** This module focuses on the notion and importance of protection mainstreaming in humanitarian responses, linking protection considerations with each particular context.
- **Guidelines for Interpretation in the Humanitarian Context.** This module focuses on providing inputs and guidelines for interpretation in the humanitarian context, targeting both interpreters and staff/volunteers who collaborate with interpreters.
- **Understanding Trauma.** This module focuses on assisting field responders/volunteers in understanding how trauma affects the brain, conditioning human experience and behaviour, so that their interventions with the affected population can be trauma-informed. More specifically, the main objectives are
- **Humanitarian Principles.** This module serves as an introduction to basic humanitarian principles, mainly through the elaboration of IASC guidelines. There is also a part on "MHPSS impact in emergencies" that is optional. It is mainly addressed to volunteer groups or organizations with no prior experience in the humanitarian field.
- **Basic helping skills.** This module is mainly addressing volunteer groups/organizations, referring to minimum standards on effective communication, good practices on communication skills and managing distress.
- **Self-care.** This module has been developed to help field responders identify signs of distress in themselves and prevent vicarious traumatization. The main objectives refer to;

That is all for now. We hope you enjoyed the newsletter. If you have any questions, do not hesitate to contact us!
Take care and stay safe,
MHPSS TWG Cochairs: *Olga Khan(WHO), Sanem Ozen (UNHCR) and Anna Depukat (IPiN)*
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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)
    - 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.
    - A one-pager info sheet for Poland MHPSS TWG in Polish and English.
    - Here are the MHPSS TWG meeting minutes and presentations of 2022.
- UNHCR Operational Data Portal – updated information about refugee situation in Poland
    - Poland MHPSS TWG resources at UNHCR Operational Data Portal.

CAPACITY BUILDING

TRAINING RESOURCES

- WHO online course on MHPSS in Emergencies in English, Polish and Ukrainian.

WHO Quality Rights in English, Polish and Ukrainian.

ASSESSMENTS

- UNHCR and REACH undertook a multi-sectoral needs assessment (MSNA). Here is the overall summary and Health Sector findings including MHPSS findings.
- Health Needs of Refugees from Ukraine in Poland 2022 the Statistics Poland office in Poland: **Video**

KEY MHPSS RESOURCES IN EMERGENCIES (Polish/Ukranian) - all in Google Drive

- 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

- 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

- Mapuj Pomac offers a consolidated platform where different level of services could be identified for all of Poland with contact details
- 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
- MHPSS Hotlines with details
- Referral pathway for GBV referral Pathway for 2022

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 Medial 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
- World Suicide Prevention Day presentation about Global Best Practices and Polish legislation

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

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Please do not hesitate to contact us if you wish to contribute to the newsletter with your stories or updates by writing to us on mhpsstwg.poland@gmail.com. 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!