



# MHPSS TWG - Bulgaria

## Meeting Minutes



Members

WHO, NCPHA, UNICEF, UNHCR, IOM, AKNO, Situational Center Open Doors, Pomosht za Ukraina, Reachout Foundation, Bulgarian Red Cross, ENERGY Association, Pituitary Association, CRWB

**Action point from previous meeting follow up - NCPHA:** the training program in the pipeline will be divided into two curricula, one for staff with MHPSS background, and one for non-specialized staff. The sessions will be also translated in Russian/Ukrainian, supported by UNHCR. NCPHA to further reach out to agencies for nomination of training participants. TWG to continue supporting with the promotion of the training.

Presentation and discussion around MHPSS indicators for the 2023 RRP: five indicators are adopted from the regional MHPSS M&E framework (regional guidance shared with TWG ahead of the meeting). Three additional indicators are specific for Bulgaria, and adopted following brief online survey and consensus during the meeting. The additional indicators selected by the TWG members are the following:

- # of people who participated in MHPSS awareness-raising sessions
- # of cases referred to MHPSS specialized services
- # of staff (including volunteers) receiving MHPSS

These indicators will be integrated as cross-cuttings items, under all sectors. Andrea to share with UNHCR a definitive list of the indicators for log-frame inclusion.

AKNO presented incoming assessment in Varna region to quickly assess prevalence of mental disorders among Ukrainian refugees served by its medical outreach program. The tool include questions based on PHQ-4 scale, alcohol consumption, previous psychiatric diagnosis and treatment, psychological support received in Bulgaria, and recommendations for service providers. The data collection will be conducted by AKNO between 11 Jan and 11 Feb and results will be shared in mid February. It was noted that need for assessment of neurological disorders like epilepsy would be also relevant. It was also noted that it would be valuable to include analysis of coping strategies among refugees. Despite this won't be part of AKNO assessment, the TWG will follow up on this matter later in the year to promote a larger inter-agency assessment, including qualitative participatory data collection based on IASC assessment guide. Additionally, BRC started an online country-wise assessment, including MHPSS components like access to services and MHPSS needs. BRC link up the assessment with sensitization about MHPSS available services for refugees provided by BRC.

**AoB:** Andrea will reach out to agencies bilaterally for rapid MHPSS service mapping and will grant access to shared folder including MHPSS materials. The next meeting is scheduled for Thursday 26<sup>th</sup> January and will focus on TWG ToRs and brainstorm around TWG strategic objectives for 2023.

- Andrea to share final list of indicators with UNHCR for 2023 RRP inclusion
- Andrea to reach out for rapid MHPSS service mapping
- Andrea to create shared folder and grant access



Updates & Achievements



Action Points