



## MHPSS TWG - Bulgaria Meeting Minutes



Members

WHO, UNHCR, CRWB, USRF, NRG, Association Animus

### 1. Up-dates from members

UNHCR announced the conduction of an online Problem Management training, organized by their Regional Bureau.

WHO CO Bulgaria announced a launch of preliminary survey for needs assessment and engagement of mental health actors for participation in PM+ training (organized by Country Office). The survey will be disseminated by email to the TWG members.

### 2. Thematic focus of the meeting: Strengthening MHPSS workforce and tracking progress of activities

CRWB shared that for the past two years they are continuously supporting group supervision to social workers and cultural mediators, ensuring minimum two supervision sessions per month. In case of a request for individual supervision sessions, such are being organized with accordance to the case and the dynamic of the practice. Supervisors alternate depending on the needs: some have deeper knowledge in the social and legal system, others are more psychodynamic oriented. However, difficulties arise when it comes to the sustainability of the supervision, which is closely linked to funding opportunities.

Requests for supervision at USRF arise more from the psychologists. The four psychologists at the organization have internal supervision each week, while also each one of the professionals pay out of pocket money for individual supervision. USRF also accents on limited funding resources for the provision of supervision. Additionally, the language barrier remains a challenge, as it is still very difficult to find a supervisor who speaks their native language.

CRWB advised to reach to Dimitar Germanov, who used to provide trainings and supervision sessions to social workers coming from Ukraine and Moldova in Russian. Contacts will be further shared.

Animus added to the discussion that they too have supervisors providing onsite and online sessions, however mainly in Bulgarian language.

Compass Varna shared about their recently developed good practice: open and public information sessions on various topics conducted by psychologists. To encourage participation, every meeting is scheduled in the afternoon and next topics are being selected at the end of each session, according to the needs of the participants. CRWB added that their experience with the conduction of similar sessions led to the recognition of need for individual meetings among the participants, thus 18 individual requests for psychological sessions were made. Members agreed that online meetings have much lower attendance rate and long-term engagement.

### 3. Topics for next meeting

1. Defining needs and topics for 2025 according to vote results.

### 4. AoB

Next meeting to be held in January 2025, as per members availability.

Next steps: Chair to create and disseminate a shared folder where contacts of supervisors and methodologies of practices could be submitted. Chair to create online vote for thematic focus of 2025 meetings.



Updates &  
Achievements



Action  
Points

