



Poland Mental Health and Psychosocial Support Working Group Newsletter June 2023

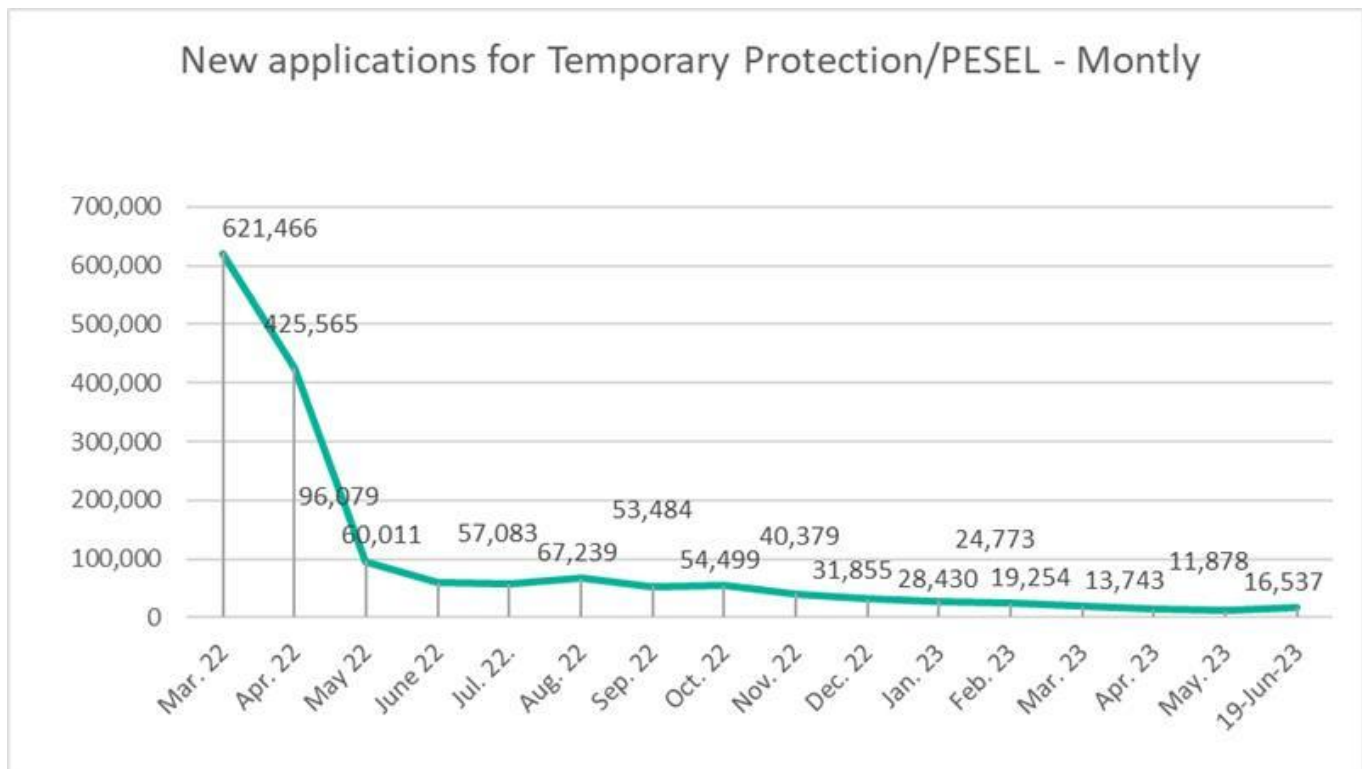
Dear Poland MHPSS Technical Working Group (TWG) Members!

Welcoming

Meanwhile, we hope you will enjoy this newsletter!

Poland Context Updates

- As of 5 June 2023, children below the age of 13 can be registered within the [Diia.pl](https://diia.pl) of their parent/legal guardians. This is a significant development as diia.pl serves as an electronic document confirming residence and protection status for Ukrainian citizens in Poland. Previously, only children over 13 had access to Diia.pl, creating challenges for younger children, particularly when travelling.
- On 9 June, the Group of Experts on Action against Trafficking in Human Beings (GRETA), which monitors the implementation of the Council of Europe Convention on Action against Trafficking in Human Beings, published its [third country evaluation of Poland](#). The third evaluation round focuses on trafficking victims' access to justice and effective remedies. While noting developments in the legislative and policy frameworks on human trafficking, such as Amendments to the Law on Foreigners introducing the possibility to grant a residence permit to child victims regardless of their cooperation with the authorities, the increased sanctions for committing human trafficking offences and the adoption of a National Action Plan against trafficking in human beings (2022-2024). GRETA has inter alia expressed concern over the lack of effective and consistent provision of legal aid to victims, the lack of effective prevention and detection of cases of labour trafficking and the lack of a national referral mechanism (its development has been pending for a number of years).
- **114,615** persons applied for **Temporary Protection (TP)** in Poland so far in 2023 (according to last government's figures available – [LINK](#)). Since the law amending the Special Act on Assistance stipulates a period of 30 days to apply for **TP/obtain a PESEL number** to have access to social benefits, the number of new TPs serves as a proxy indicator to give an overview of the number of new arrivals in Poland. The graph below provides a monthly overview:



MHPSS updates in spring 2023

- **MHPSS TWG Work plan 2023** available [here](#)
- **RRP Reporting**

RRP Reporting should be completed on monthly basis the following month (e.g., 10 July for activities carried out in June). Reporting will be critical because it will strengthen common **advocacy** and showcase **achievements** and **gaps (including financial)** in the response.

Please find more information on how to report in Activity Info ([Polish](#) and [English](#))

As far as the funding reporting is concerned, the next deadline for Q2 is set for **14 July** :
- Deputy Minister of Health Waldemar Kraska on reform of psychiatry during Health Summit: <https://www.medexpress.pl/wydarzenia-kampanie/waldemar-kraska-reforme-psychiatrii-akceptuje-cale-srodowisko-dziekuje-za-dobra-wspolprace/>
- On 7 June 2023, the European Commission adopted the Communication on a comprehensive approach to mental health, which will help Member States and stakeholders to take swift action to deal with mental health challenges. More details here: https://health.ec.europa.eu/non-communicable-diseases/mental-health_en Link to summary in Polish: https://health.ec.europa.eu/non-communicable-diseases/mental-health_pl

There is also EU4Health call for tenders on mental health training and exchange programmes for health professionals, link: https://hadea.ec.europa.eu/news/eu4health-call-tenders-mental-health-training-and-exchange-programmes-health-professionals-2023-06-12_en
- Polish First Lady met with Ukrainian psychologists and psychotherapists in June: <https://www.prezydent.pl/malzonka-prezydenta/aktywnosc/o-opiece-zdrowotnej-i-spoecznej-w-dziedzynie-zdrowia-psychicznego-z-ukrainskimi-specjalistami,70308>
- The report for research about Mental Health of children and adolescents was presented in Ministry of Education and Science on the 19th April. The report and discussion over that was the 1st event withing nation-wide campaign about mental health. Link: <https://www.gov.pl/web/edukacja-i-nauka/wyniki-raportu-zdrowie-psychiczne-dzieci-i-mlodziezy>
- University of Kiev: The mental health of Ukrainians is not well <https://www.medexpress.pl/swiat/stan-psychiczny-ukraincow-jest-zly/>

Key activities MHPSS TWG held this spring:

- **MHPSS TWG organized a series of the workshop for suicide response**

In response to requests from MHPSS, Protection and Health partners on increasing capacity and understanding of actions that could be taken for suicide related cases ranging from ideations to attempts. MHPSS Co-chairs organized a set of workshops related to suicide prevention for MHPSS TWG partners. The workshops are organized in 3 layers of workshops based on the specialty of staff:

 - (i) General staff (gatekeepers) on call centers
 - (ii) MHPSS helpline
 - (iii) Psychologists. Experts from Foundation Nagle Sami and exert, adviser for suicide prevention in MOH Anna Baran, did a presentation on suicide response. Presentations available [here](#)
- **IASC MHPSS Guidelines Introduction**

The MHPSS Technical Working Group is organized practical mastering stations: How to use IASC MHPSS materials. The aim of the workshop is to present evidence-based methods and strategies developed by the Reference Group of the Inter-Agency Standing Committee (IASC) on Mental Health and Psychosocial Support.

The workshop are designed to practice the skills and principles that humanitarian workers dealing with mental health should be guided by. You can read more about the IASC MHPSS here: <https://interagencystandingcommittee.org/mental-health-and-psychosocial-support-emergency-settings>

The MHPSS TWG has translated a list of IASC materials into Polish, and during the workshop, it will be the opportunity to practice how to use all the manuals in practice.

Available materials in Polish [here](#)



"I joined IASC event in IPiN, because IASC MHPSS standards are currently included in the new European Health Union pillar focused on mental health. This event gave me new perspectives and insights, and a lot of networking with the colleagues working on MHPSS in Poland. This activities will benefit from the experiential and thoughtful IASC day in IPiN, including lectures, simulations and study tour around wards. The more such events there are, the better designed our response can be. (Dr. Piotr Toczyski, director of the Mental Health Support for Ukrainian Refugees (MESUR) programme in Poland

- **Introduction of evidence based scalable intervention**

In order to introduce the verity of available and applicable to different settings MHPSS TWG organise a series of the workshops on scalable intervention:



'Mental Health and Psychosocial Support (MHPSS) Scalable Interventions and Psychological First Aid'. The objective of this first session is to introduce the concept of scalable interventions that are used in MHPSS services, what modules will be covered through the upcoming sessions, and to introduce the aim and objective of PFA training. This session is 1st of many to come, in each call, we will introduce a different scalable module with its aim, objective, and requirements to implement and discuss the best practices in utilization of the modules in the field. The list of interventions you can find on the infographics.

Mental Health and Psychosocial Support (MHPSS) Scalable Interventions - Self Help + & Problem Management +'. The objective of this second session is to introduce the aim and objective of Self Help Plus and Problem Management Plus interventions. You can learn the process of intervention what resources are needed and in what situation they are applicable.

In the upcoming workshops we will introduce the following interventions: IPT, CETA, Thinking Healthy, Doing What Matters in Times of Stress and mhGAP

All presentation from the webinars are available [here](#)

Further information on work on psychological interventions can be found [here](#). In addition to WHO interventions there are other non WHO interventions that may already be used in countries being considered. Developing an understanding of existing resources and capacity should be considered as part of the work.



IOM MHPSS team participated in the webinar on scalable interventions: SH+ and PM+. We found this webinar very useful and inspirational. The presented tools are relevant to our work and assistance we provide to the conflict affected populations. We are eager to take part in workshops dedicated to SH+ and PM +.

Anna Ochmańska, Mental Health and Psychosocial Support (MHPSS) Coordinator/ Psychologist
International Organization for Migration (IOM) Warsaw, Poland

Capacity Building opportunities and announcements

- 1. mhGAP-HIG program for NGOs:** mhGAP-HIG capacity building course on integrating mental health with general health care in humanitarian settings. This is part of the ‘Strengthening organizational capacity for integrating mental health care in health services in humanitarian settings through training and mentoring’ project, which is led by the World Health Organization (WHO) and International Medical Corps.

The project seeks to enhance leadership and the capacity to implement integrated mental health programs in emergencies within humanitarian organizations by helping them operationalize the 2015 WHO and UNHCR [mhGAP Humanitarian Intervention Guide \(mhGAP-HIG\)](#), the 2018 WHO [mhGAP Operations Manual](#) and the International Medical Corps [Toolkit for the Integration Mental Health into General Healthcare in Humanitarian Settings](#).

Overall participation in the project is comprised of:

- a 13 week online training that covers mhGAP-HIG Training of Trainers and Supervisors (TOTS) in clinical assessment and management and mhGAP-HIG project design and service implementation and
- a capacity building phase in which partner organizations implement mhGAP-HIG, with tailored mentoring and technical support from WHO and International Medical Corps.

This course is for mental health experts (e.g. MHPSS advisors, MHPSS clinical field staff serving as trainers and supervisors or MHPSS project managers) and general health workers with considerable expertise in MHPSS who work in humanitarian emergency contexts and have organizational commitment to the operationalization of mhGAP-HIG. The project prioritizes the capacity building of local non-governmental organizations (LNGOs).

This course will be implemented in **English**. A separate announcement will be shared in September 2023

To apply please fill out the brief application form [here](#). **The deadline for applications is June 30th, 2023.** Given the required time commitment and expectations for post-training integration of mhGAP-HIG in your organizations, please discuss your intention with your supervisors and/or teams before applying.

2. International Medical Corps is organizing a one-day workshop on **Enhancing Staff Care and Well-being in Humanitarian and Civil Society Organizations**. The workshop aims to enhance the understanding and capacity of managers, supervisors, and team leaders in humanitarian and civil society organizations working with Ukrainian refugees in Poland to effectively support staff care and well-being, ultimately fostering a healthy and resilient work environment.

Please confirm your participation by **completing the registration form** using the link below. You can choose the language on the top-right of the page: [Enhancing Staff Care and Wellbeing in Humanitarian and Civil Society Organizations \(humanitarianresponse.info\)](https://www.humanitarianresponse.info/en/operations/ukraine/enhancing-staff-care-and-well-being-in-humanitarian-and-civil-society-organizations)

If you have any questions, please contact Karolina Olszewska kolszewska@internationalmedicalcorps.org

Partner's Updates

- **UNICEF**

More than 60 per cent of Ukrainian refugee mothers in Poland are experiencing high or severe levels of distress according to the results of a survey by the UNICEF Refugee Response Office in Poland. The survey also found that 53 per cent had considered getting, or had already accessed, mental health support since arriving in Poland. "The psychosocial toll of the war in Ukraine is immense so the results of this survey are not a surprise," said Dr Rashed Mustafa Sarwar, Country Coordinator, UNICEF Refugee Response Office in Poland. "Mental health and psychological support is vital to help families and children heal from the invisible wounds of war and that's why it's a huge part of our response and cuts across all of the work we do here in Poland."

UNICEF has used the results of the survey to inform a nationwide Social Behaviour Change campaign '[The Roof is in Your Hands](#)' targeting Ukrainian mothers with information on available psychological support as well as coping strategies. The campaign will reach audiences through digital channels as well as offline through the partnerships with municipalities UNICEF is working with. The name of the campaign was inspired by the expression 'your mind = your roof' in Ukrainian. The campaign aims to motivate refugees to seek professional help before their mental health worsens. It also suggests coping strategies based on mental health expert recommendations to help refugees deal with stress and 'take the roof back to their hands'.

- **HIAS**

HIAS providing the Self-Help+ trainings for refugees from Ukraine.

HIAS Poland cordially invites you to the Self-Help+ training which takes place in July and August in our office in Warsaw.

Self-Help+ is a group stress management course designed by the WHO. The course consists of 5 weekly sessions, each of which is devoted to learning practical tools. The skills gained during the training help in dealing with stress, overwhelming thoughts, and emotions. It has been proven that in adults, the course prevents the development of mental disorders. The course organized by HIAS is conducted by a certified facilitator.

Course language: Ukrainian

Place: HIAS Poland Office, ul. Tamka 37, apt. 1, floor 1, Warsaw

When: training takes place on Wednesdays from 18:00 to 20:00

Training dates: 19.06, 26.06, 2.08, 9.08, 16.08

More information and the registration form are available here <https://forms.office.com/r/bS0RCVYmQJ>

In case of any additional questions please contact katarzyna.topolska@hias.org

- **iFightDepression**

The iFightDepression tool is ready for your MHPSS work

- Already 400 Polish specialists care for the mental health of people from Ukraine.

- Clinics, practices and support organizations are distributing access to free psychoeducation tool.iFightDepression.com in Ukrainian.
 - Any Polish or Ukrainian mental health professional can become a guide to the tool for people from Ukraine.
 - What is included in the tool.iFightDepression.com workshop? Says psychologist Dr. Piotr Toczyski, director of the Mental Health Support for Ukrainian Refugees (MESUR) programme in Poland:
 - These digital workshops are a primer on self-awareness. In mild forms of depression, they foster one's own work with symptoms and, consequently, recovery. But I would recommend them to any person who wants to get to know themselves better, not only in a situation of psychological crisis," he explains.
- The workshop was jointly created by renowned European psychiatrists and psychologists invited to co-create the European Commission's best practices.
- More details here: <https://tool.ifightdepression.com>

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/Ukrainian) - 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 Pomoc](#) 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 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
- 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](#)

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!