MHPSS TWG 29.05.2025 Meeting minutes

Date: 29 May 2025

Chaired by: Joanna Głażewska WHO

Minutes taken by: Paulina Brożyniak UNHCR

Participants: Romana Dławichowska-Ochej (Rzecznik Praw Pacjenta), Dorota Szawarska (NFZ), Agnieszka Żukowska (NFZ), Agnieszka Smyk (NFZ), Ania Kavouras (NFZ), Bogusława Bukowska (KCPU), Grzegorz Tomczyk (KCPU), Dawid Chojecki (KCPU), Katarzyna Ludwiczuk (KCPU), Jan Marković (PSAR), Magdalena Kondas (IOM), Irina Ivanova (Zustricz), Justyna Kligeman (Wojskowy Instytut Medyczny - Państwowy Instytut Badawczy), prof. Piotr Gałecki (Krajowy Konsultant .w dziedzinie psychiatrii), Oleksandra Myronova (ADRA Polska), Iryna Vasilyeva (HFPC), Dorota Ziętek, Magdalena Wrzesień, Aleksandra Niedzielska (Gdański Ośrodek Promocji Zdrowia I Profilaktyki Uzależnień, Magdalena Wiosna (KCPU), Jolanta Palma (Życie warte jest rozmowy), Shoira Ruzybaeva (UNHCR).

1. **Welcome and introduction of participants**

WHO welcomed all participants, especially representatives of national institutions who were attending the meeting for the first time. Each participant had the opportunity to introduce themselves and present the organization they work for.

2. **MHPSS from a global and regional perspective: concept, functioning, service package (Sofia Casas, UNHCR Regional Adviser)**

Sofia Casas, UNHCR Regional Adviser, gave a presentation on the concept and functioning of MHPSS on a global scale and in the context of Europe, particularly Ukraine and Poland. She presented data from a Socio-economic Insights survey (SEIS) conducted by UNHCR across 10 countries within the Regional Refugee Response Plan (RRP) on among other topics, psychosocial support among refugees from Ukraine. In Poland, 26% of those surveyed experienced mental health problems, slightly above the regional average of 23%, and global results, where approximately 20% of the surveyed population experience mental health challenges.

Sofia presented the MHPSS pyramid, which describes different levels of psychological intervention, from the most general and basic to the more specialized and individualized. She emphasized that mental health and psychosocial support activities should primarily focus on ensuring dignified conditions while receiving support and restoring resources and balance in people experiencing forced displacement. Sofia added that MHPSS activities are also aimed at host communities and can lead to a reduction in the burden on the health system.

Sofia pointed out the importance of coordination between the health, social assistance, and education sectors and others, thanks to which mental health and psychosocial support activities are not duplicated but integrated into the existing assistance system. In addition, she presented recommendations and training prepared by the IASC, UNHCR, and WHO aimed at structuring MHPSS activities and strengthening the capacity of health workers, social workers, teachers, counselors, and psychologists to support refugees. She concluded by emphasizing the importance

of multisectoral coordination, applying a systems approach, and strengthening both formal and community-based support capacities

3. **MHPSS Technical Working Group in Poland: from 2022 to 2025 and beyond – a brief presentation and opening discussion**

WHO has prepared a presentation on the MHPSS TWG's activities until present date. Due to the changing profile of refugees in Poland after three years of war in Ukraine, the group should also consider the direction of future activities, e.g., how to support people struggling with addiction. In the long term, the MHPSS group's activities may not only address the refugee crisis, but also other possible crises, e.g., in the event of floods. Therefore, it is important for national actors from various sectors to participate in building holistic and systemic solutions.

The WHO emphasized that the group is open and invited new organizations to join. Currently, about 50 organizations are members of the group. Several organizations have expressed their willingness to join.

Materials:

1. Presentation - MHPSS from a global and regional perspective: concept, functioning, service package

2. Presentation - MHPSS Technical Working Group in Poland: from 2022 to 2025 and beyond - a brief presentation and opening of the discussion