POLAND
MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT WORKING GROUP NEWSLETTER
OCTOBER 2023

Dear Poland MHPSS Technical Working Group (TWG) Members!

We hope you will enjoy the Autumn issue (Oct-Dec) of our newsletter.

POLAND CONTEXT UPDATES

Several surveys conducted by different pollsters in recent weeks and months suggest that most Poles remain supportive of the presence of refugees from Ukraine in Poland. For instance, United Surveys survey conducted in September shows that a vast majority (64.4%) positively assess the presence of Ukrainians. About 29.5% of respondents assessed their presence "rather negatively" (17.2%) and "definitely negatively" (12.3%) (link). Other polls, conducted by IPSOS and CBOS, among others, show fluctuating trends, with still a large majority showing a positive attitude towards the long-term stay of refugees from Ukraine in Poland. The latest Ipsos survey in July shows that men (66%) hold more positive views than women - 59% (link).

PESEL registration:
As of 11 September, 174,270 persons had applied for Temporary Protection (TP) in 2023 (according to government's figures posted in its data website (on 12 September) – LINK), with 7,316 recorded so far for the month of September.

MHPSS UPDATES AUTUMN 2023

- The pilot programme in Mental Health Centres was extended until 31 December 2024 by the Ministry of Health. The extension of the pilot aims to fully evaluate and adapt the solutions to the adult mental health system. So far, 82 out of 129 planned centres have been established.

- The Ministry of Health is making changes to the pilot programme for people who have experienced trauma and their families. It will also be possible to benefit from the programme if the person is in the process of a detailed mental health assessment (previously a full diagnosis had to be made in order to be enrolled).

- WHO together IPIN andwith the support if MOH is introducing mHGAP program for 2 pilot regions: podlaskie and mazowieckie.

- Polish version of IOM's Manual on Community-Based Mental Health and Psychosocial Support (MHPSS) in Emergencies and Displacement was published and is available here.

RRP TIMELINE

PARTNER'S UPDATES

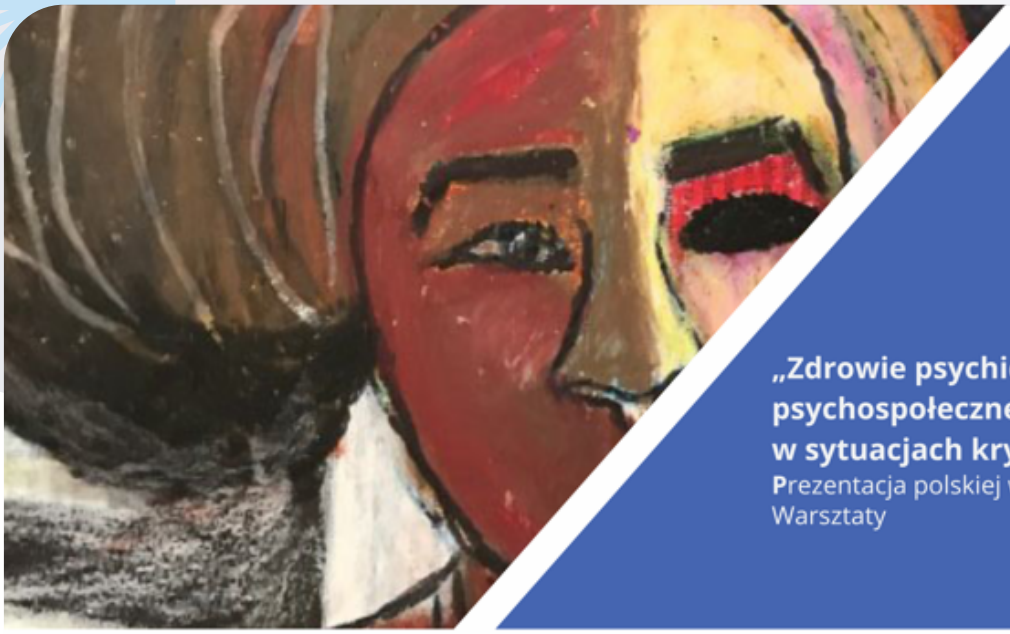
SOLETERRE

Soleterre's psychologists in Rzeszów launched sessions of neurographics art as well as therapeutical groups to facilitate the creation of a solid and safe community network for sharing and healing together. This psychotherapy approach focuses on the pattern of interpersonal interaction of the group, used to achieve psycho-physical well-being of the participants. It is based on a common ground of suffering related to traumatic experiences, which put people closer in terms of similarities - relevant for empathizing. The main discussed topics are: grieving, lack of communication, alienation, deterioration of family relationships. Emotional feedback provide the chance of experiencing a new sense of belonging, while Gestalt approach helps living through harsh feeling and developing self-reliance.

KRISENCHAT UKRAINIAN

Krisenchat Ukrainian psychological counseling support service reached a milestone of 15,000 consultations! Krisenchat Ukrainian provides free, confidential psycho-social crisis support via chat from professional psychologists and psychotherapists. The consultations are conducted in Ukrainian, Russian and English for everybody in need, regardless of age, location, or topic. The project was launched shortly after the beginning of the Russian invasion in March 2022.
Krisenchat Ukrainian is always looking for possible referral options and are open to different types of cooperation. Please don't hesitate to reach out: ukraine@krisenchat.de.

EVENTS



„Zdrowie psychiczne i wsparcie psychospołeczne w społecznościach w sytuacjach kryzysu i przesiedlenia"
Prezentacja polskiej wersji podręcznika
Warsztaty

IOM
UN MIGRATION

5 października 2023
11:00 - 14:00
Biuro UNHCR, ul. Stefana Batorego 25, Kraków

Międzynarodowa Organizacja do Spraw Migracji (IOM) ma przyjemność zaprosić Państwa na spotkanie z okazji publikacji polskiej wersji podręcznika „Zdrowie psychiczne i wsparcie psychospołeczne w społecznościach w sytuacjach kryzysu i przesiedlenia" Międzynarodowej Organizacji ds. Migracji połączone z warsztatem dla praktyków i praktyczek, zainteresowanych lub zaangażowanych w udzielanie wsparcia psychospołecznego w kontekście uchodźstwa i migracji.

Warsztat będzie prowadzony w języku polskim.

Warsztat odbędzie się w siedzibie Biura Wysokiego Komisarza Narodów Zjednoczonych do spraw Uchodźców (UNHCR) w Krakowie.

Osoby chcące wziąć udział w wydarzeniu proszone są o rejestrację za pośrednictwem formularza on-line (link lub kod QR) nie później niż do 3 października 2023 roku.
Pytania dotyczące warsztatu prosimy kierować na adres: mkondas@iom.int

Link do rejestracji:
https://forms.office.com/e/Zp0Jbvcku8

From
the People of Japan

- Registration: https://forms.office.com/e/Zp0Jbvcku8

EVENTS

- Registration: https://app.evenea.pl/event/pomorzezachodnieprzeciwdepresji

- "Mental health, human rights and legislation: guidance and practice"
- 9 October 2023 (12:30 to 14:30 CEST)
- The World Health Organization (WHO) and the Office of the United Nations High Commissioner for Human Rights (OHCHR) have developed new guidance on mental health, human rights and legislation. The guidance provides critical information to enable policy makers, lawmakers and other stakeholders to formulate laws in line with international human rights standards including the UN CRPD. It also offers practical information on how to develop, implement and evaluate mental health-related legislation following a rights-based process.
- The event, which will be conducted in English, will also include interpretation in Arabic, Chinese, French, Russian and Spanish. International sign language and captioning will also be available.
- Registration: https://who.zoom.us/webinar/register/WN_-6LBmzY2SWaFQUIFNK3ZvA

NOSTRIFICATION

Since 24 February 2022 (based on "Special Act"– Article 64a of the Act of March 12, 2022, on assistance to citizens of Ukraine in connection with the armed conflict on the territory of that country) psychologists could provide psychological services to Ukrainian citizens residing in Poland, including health care services in the field of psychiatric care and addiction treatment, without the need for diploma nostrification.

Psychologists from Ukraine could provide the above services if they:

1. resided legally in Poland (both on the basis of the Special Act and other acts) and
2. had a diploma obtained in Ukraine (only uniform 5 years of studies or first and second degree studies - both in psychology) completed with the title of a specialist in the field of psychology or a master's degree in psychology.

This law expired on 24 August 2023.

What happened since then?

On 22 August 2023, representatives of more than 130 social organizations made an open appeal to the Ombudsman to intervene.

The law, including the extension, was adopted by the Sejm and sent to the Senate. The amendment regarding the rights of Ukrainian psychologists was hidden in a large bill on the State Treasury's obligations to the National Energy Security Agency.

On 7 September 2023 - Senate rejected the whole act.

NGOs once again appealed to the Ombudsman, and on 20 September the Ombudsman sent a letter to the Minister of Interior and the Government's Plenipotentiary for War Refugees from Ukraine with a request to address the possibilities of solving the problem.

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.

TRAINING RESOURCES

- WHO online course on MHPSS in Emergencies 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)

- 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)
- Response Learning Hub MHPSS – inter-agency Capacity Building Task Force website with upcoming trainings in English
- Manual on Community-Based Mental Health and Psychosocial Support (MHPSS) in Emergencies and Displacement (Polish)

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

- 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!