POLAND
MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT WORKING GROUP NEWSLETTER
WINTER 2024

Dear Poland MHPSS Technical Working Group (TWG) Members!

We hope you will enjoy the Winter (Jan-March) edition of our newsletter.

POLAND CONTEXT UPDATES

The total number of border crossings from Ukraine to Poland since February 2022 to 19 January 2024 was 18,415,828 (729,777 from 04 January 2024 to 02 February 2024), while 15,783,649 border crossings were recorded to Ukraine (645,098 from 04 January 2024 to 02 February 2024). Since February 2022, 2,632,179 more entries have been registered to Poland than those to Ukraine. From 04 January 2024 to 02 February 2024, there were 84,679 more crossings to Poland than to Ukraine.

PESEL registration:
As of 02 February, 955,893 persons had active Temporary Protection (TP) status. 231,432 of them registered in 2023 alone (according to government's figures posted in its data website on 5 January), with 10,432 recorded for the month of December.
In 2023, a monthly average of 19,142 have registered for PESEL.

MHPSS UPDATES WINTER 2024

- The WHO CO in Poland conducted in January two sets of ToT in Problem Management+ (PM+): one targeting Community-based Mental Health Centers and the other focusing on civil society. PM+ is a scalable psychological intervention. Introducing PM+ in Poland aims at support of mental health reform in Poland, harmonizing care within community-based mental health centers, and addressing the substantial demand for mental health services. It is an integral part of the mhGAP umbrella.
- The updated leaflet of MHPSS TWG in Polish Ukrainian and English can be found here .
- TWG Workplan and Terms of Reference (ToR) for 2024 were created and can be found on the TWG Google drive.
- We are happy to inform you that we are updating MHPSS TWG service mapping. Please follow the link below and fill in information about your organization. This will contribute greatly for overall mapping and for strengthening the referral pathway between partners.
- We have three new resources of Inter-Agency Standing Committee translated into Polish (follow the link to see the full version):

Podręcznik w zakresie koordynacji zdrowia psychicznego i wsparcia psychospołecznego (MHPSS)

Przeciwdziałanie samobójstwom w warunkach kryzysów humanitarnych - wytyczne i wskazówki (IASC)

Zdrowie psychiczne i wsparcie psychospołeczne - minimalny pakiet świadczeń (IASC)

MHPSS UPDATES WINTER 2024

NOSTRIFICATION

Despite the advocacy efforts of various stakeholders, the amendment to the Special Act that came into effect on February 24, 2024, did not address the issue of Ukrainian psychologists' ability to work without the requirement of diploma recognition. As a result, the legal status of psychologists has not changed - the right to provide assistance to Ukrainian citizens by Ukrainian psychologists without diploma recognition expired on August 24, 2023.

ARTOLUTION - FUNDACJA NA MIEJSCU & UNHCR

A series of artistic workshops for refugee children took place recently, conducted by Fundacja Na Miejscu and UNHCR as part of the Artolution project.

During the workshops, participants learned various artistic techniques and attempted to translate their personal experiences into the language of art. They painted who they are and what they like to do, the path they had to travel to be here and now, the tastes and places they have stored on their private maps of memories. There was also space to reflect on the distance separating the new reality from the sensitive points of everyday life stored in memory.

From this a map, and later a track for the bottle cap game was created. Participants, joined by their families and friends, celebrated the completion of the activities during a tournament where everyone emerged as a triumphant winner, united by the joy of creativity and community.

REFUGEE RESPONSE PLAN 2024

Regional Refugee Response
For the Ukraine Situation

On 15 February 2024, Refugee Response Plan appeal event took place. In order to provide support for the most vulnerable Ukrainian refugees, 103 humanitarian organizations throughout Poland appealed for USD 377 million (PLN 1.5 billion) to help those who suffer because of the war. The vast majority of participating organizations – over 80 percent – are grassroots Polish NGOs and Ukraininan-led groups that bring together the local community and the refugee population. The appeal is coordinated by the UN Refugee Agency, UNHCR, in support of the Government.

There were 56 MHPSS partners who appealed under 3 sectors - health, protection, education, with a total budget of 22 milion USD intended for MHPSS activities.

MHPSS projects in RRP 2024 focus around:

- Children's mental health - interventions for children and projects for helpers, teachers, caregivers.
- Refugees psychosocial support - MHPSS services: individual and group consultations for women and older population.
- Mental health related sectors: health, protection, child protection, and gender based violence, SRH - capacity building activities: mhGAP and scalable interventions, trainings.

EVENTS

COMMUNITY-BASED MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT (MHPSS)

COURSE FOR PRACTITIONERS
EXPERIENCED IN SUPPORTING MIGRANTS,
DISPLACED OR MOBILE POPULATIONS

WARSAW

15 COURSE DAYS:
21-24.03, 25-28.04, 24-26.05, 6-9.06
+ FIELDWORK

Funding provided by the United States Government

IOM UN MIGRATION

Akademia Pedagogiki Specjalnej im. Marii Grzegorzewskiej
rok założenia 1922

Summary of the course:

The Mental Health and Psychosocial Support (MHPSS) Course, spanning fifteen days, constitutes an intensive and comprehensive initiative aimed at addressing the intricate challenges posed by mental health issues, particularly for people experiencing instability and conflict. It starts with foundational topics, such as creative team building and humanitarian law, then moves to advanced discussions on psychosocial support, migration, and mental health law. The curriculum incorporates diverse perspectives from esteemed trainers and professionals, offering insights into the multifaceted dimensions of mental health. Moreover, the program introduces practical elements, including needs assessment, creative sessions, and community-based interventions, ensuring a holistic understanding of MHPSS in humanitarian contexts. The culminating fieldwork period provides participants with the opportunity to translate theoretical knowledge into actionable strategies, reinforcing the practical applicability of the acquired skills. The program concludes with a participatory evaluation session and a celebratory dinner, fostering collaboration, knowledge exchange, and the cultivation of a network of professionals committed to addressing mental health challenges in Poland.

Course dates:

21-24 March 2024 -Session 1 (Days 1, 2, 3, 4): 9.00 a.m. - 5.00 p.m.
25-28 April 2024 - Session 2 (Days 5, 6, 7, 8): 9.00 a.m. - 5.00 p.m.
24-26 May 2024 -Session 3 (Days 9, 10, 11): 9.00 a.m. - 5.00 p.m.
Interim period: On-line test
6-9 June 2024 - Session 4 (Days 12, 13, 14, 15): 9.00 a.m. - 5.00 p.m.

REGISTRATION:
PLACES ARE LIMITED TO 30
INTERESTED APPLICANTS SHOULD REGISTER THROUGH THIS LINK:
HTTPS://KONFERENCJE.APS.EDU.PL/MHPSS/
REGISTRATION DEADLINE: 10.03.2024
CONTACT: MKAMINSKA@APS.EDU.PL

EVENTS

World Health Organization

WHO QualityRights 2024 training webinars

on eliminating coercive practices in mental health

Contacts:
Michelle Funk & Natalie Drew Bold
drewn@who.int
Policy Law & Human Rights Unit
Dept of Mental Health and Substance Use, WHO

MARK YOUR CALENDARS!!

22 March (15.00 to 16.30 CET)

The road towards zero coercion mental health services - real world examples

Registration: https://who.zoom.us/meeting/register/tJElde6rpzItH9LodwfBKbw_SscP8G_Yndnf

26 April (12.30 to 14.00 CEST)

Crisis De-escalation: Practice & Tools

23 May (15.30 to 17.00 CEST)

Recovery planning: Practice & Tools

19 June (15.00 to 16.30 CEST)

Supported decision making (English/Spanish simultaneous interpretation available)

Upcoming webinars later in 2024:

- Advance planning
- Comfort/sensory rooms
- Response teams
- National coercion notification & response systems

WHY PARTICIPATE?

- Learn from lead experts working towards eliminating coercion
- Benefit from expertise of persons with lived experiences
- Participate in dynamic, interactive discussion & training
- Contribute to shaping the global conversation on these critical issues

Do you know?

"How to eliminate coercion in services?"

"How to safeguard people's rights, even in crises?"

"How to respect people's will & preferences?"

"What actions are needed for effective supported decision-making & advance planning?"

REGISTRATION LINK

INAUGURAL WEBINAR IS SCHEDULED FOR MARCH 22ND, FROM 15:00 TO 16:30 CET, SPOTLIGHTING "THE ROAD TOWARDS ZERO COERCION IN MENTAL HEALTH SERVICES - REAL WORLD EXAMPLES." PLEASE ALSO REFER TO THE ATTACHED FLYER FOR MORE INFORMATION ON THIS SPECIFIC SEMINAR.

TO JOIN US, REGISTER VIA THIS LINK: HERE

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

- Multi-sectoral needs assessment (MSNA) 2023 - overall summary and Protection Sector findings including MHPSS.

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 2023 (Ukrainian)

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!