

Centre for Mental Health and Psychosocial Support



NATIONAL UNIVERSITY OF
KYIV-MOHYLA ACADEMY

Rehabilitation programs for ATO-zone veterans, their families
and IDPs

Director - Dr. Sergiy Bogdanov

Centre goals

- Support conflict-affected individuals, including people involved in Maidan events , ATO combatants (Anti-Terrorist Operation), internally displaced people, volunteers, journalists and others
- Research for services improvement and scientific results
- Development of sustainable models of support for Ukraine

Posttraumatic stress disorder (PTSD) is a serious condition that can develop after a person has experienced or witnessed a traumatic or terrifying event in which serious physical harm occurred or was threatened. The condition can cause intense fear, helplessness, or horror. Families of victims can also develop PTSD, as can emergency personnel and rescue workers.



Centre for Mental Health and Psychosocial Support is a unit of the National University of Kyiv-Mohyla Academy

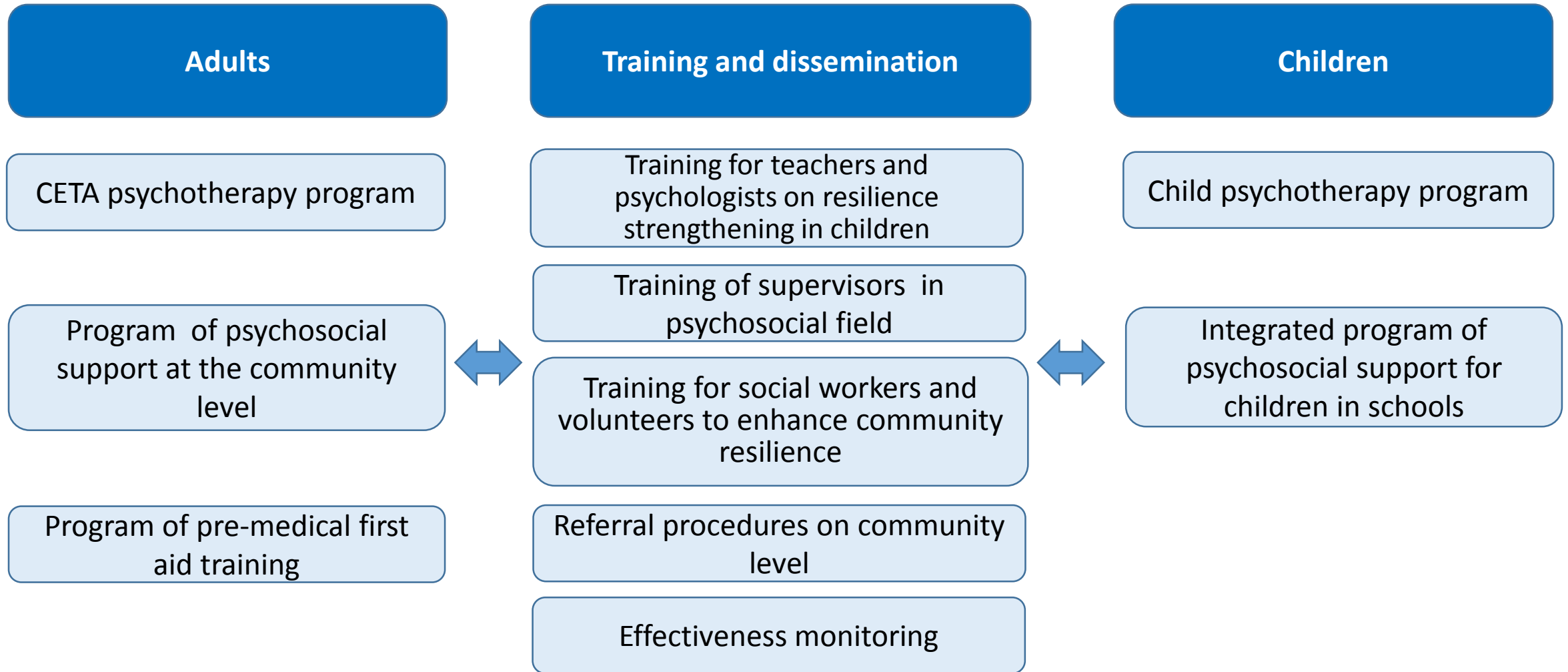
Overall:

- 20 employees and 70 project staff
- Projects in 5 regions: Donetsk, Luhansk, Kharkiv, Dnipropetrovsk, Zaporizhzhya
- 2 Psychosocial Rehabilitation Centres : Kyiv and Slovy`ansk; Pokrovs`k planned
- Scientific method approach
- Efficacy monitoring
- Experts with international experience in emergency psychosocial assistance
- Transparent reporting to donors

Partners:

- Ministry of Education and Science of Ukraine
- Ministry of Social Policy of Ukraine
- Kyiv City State Administration program «Turbota. Nazustrich Kyianam» (Care. Towards Kyivites)
- WHO
- UNICEF
- Johns Hopkins University, USA
- International Medical Corps
- Malteser International
and others

Programmes



Research & implementation model at nation-wide level



CETA psychotherapy program

CETA* psychotherapy program is an effective method for veterans and migrants

- Designed by Johns Hopkins University and proven efficient in military conflicted countries (Iran, Afghanistan, Burma)
- Consists of maximum 12 meetings
- Without a diagnosis, medicines and setting for psychiatric records
- Weekly monitoring of symptoms reduction level: PTSD; depression; anxiety; alcohol abuse; suicide / violence
- Cooperation with centers of social services for youth, NGO's and territorial medical association "Psychiatry" – referral of clients to the Centre. Social workers are trained to identify the need and refer.
- Study of the effectiveness of the program in Ukrainian cultural context
- Weekly supervision of consultants by trainers from the USA (Johns Hopkins University)

By Apr.1,2017: *start of randomized control trial in 3 sites: Kyiv, Kharkiv, Zaporizhya*

Goal 2017: to reduce PTSD symptoms in at least 500 ATO veterans, their families, migrants aged over 18 y.o. in Kyiv with addition of Zaporizhya and Dnipro



Referral procedures on community level

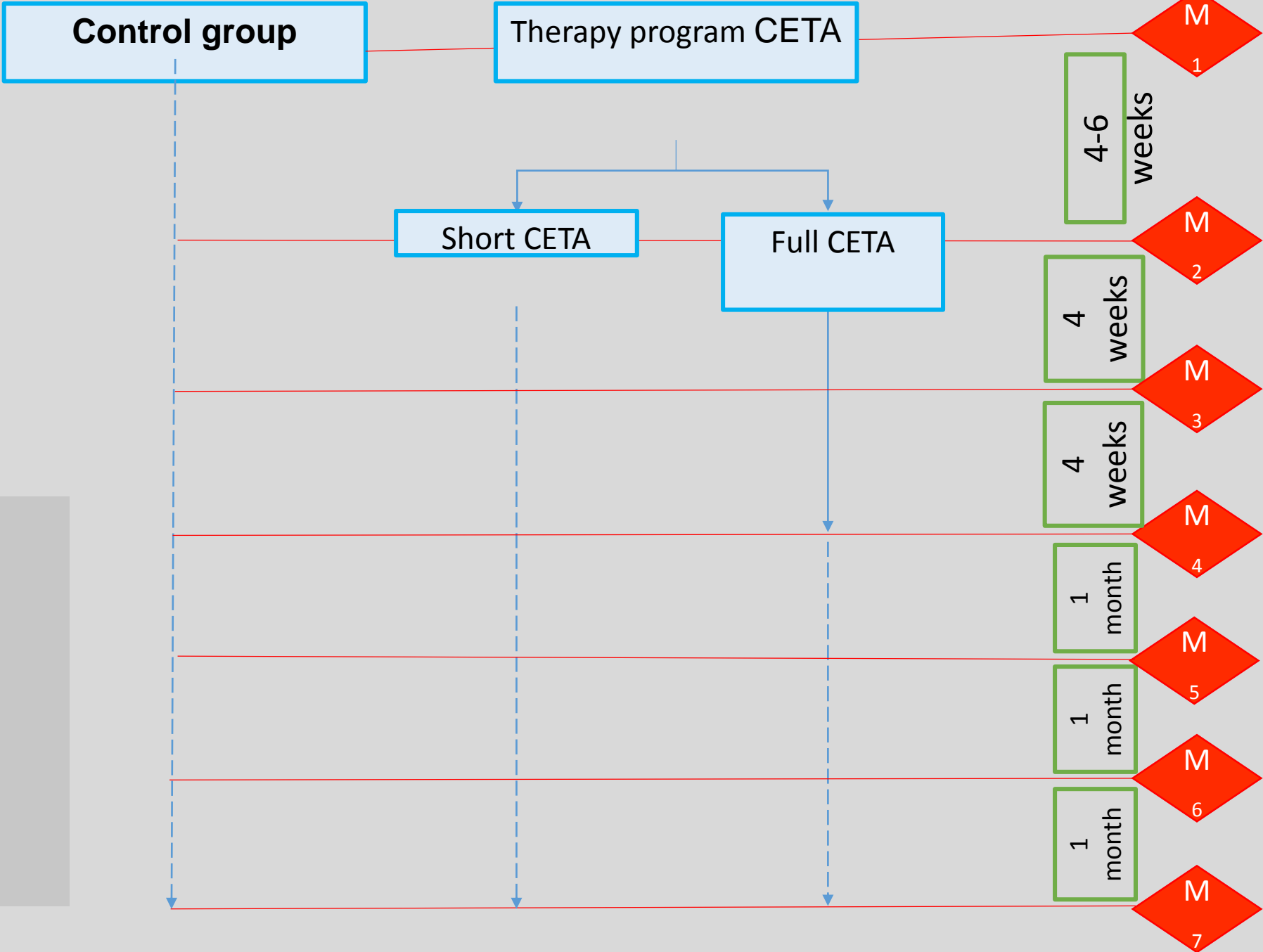
Gives potential clients an opportunity to learn about psychosocial support centres

- Based on the study of mental problems and daily functioning of ATO veterans and migrants in Kyiv, Zaporizhya and Kharkiv (NaUKMA and Johns Hopkins University, 2014-2016)
- Provides clear instructions and tools for social workers, volunteers and physicians for identifying those who need advanced psychological help
- Motivational approach (Prochaska & Di Clemente)
- Raises awareness among clients of psychosocial programs and healthcare programs
- Increases effectiveness of social services, health care and specialized therapy programs
- Revives trust to Ukraine social system among ATO veterans and IDPs

Goal 2017: to implement a referral system in 3 sites Kyiv, Zaporizhya and Kharkiv

To teach 100 volunteers to use [Mental Health Screener](#) NaUKMA – JHU

Effectiveness monitoring



Promoting evidence based programs in Ukraine

- 3 years of research of the conflict and its impact in Ukraine commissioned by UNICEF, the World Bank, German humanitarian aid, USAID
- Development and adaptation of valid and reliable measure's
- DIME approach (Design, Implementation, Measurement and Evaluation)
- The combination of quantitative and qualitative evaluation methods
- Recommendations for Ukrainian MHPSS programs

Status: *established for children support programmes (UNICEF). CETA – pilot*

- [UNICEF researches:](#)
 1. *Randomised: Psychological stress level among students of Donetsk and Luhansk regions schools*
 2. *Qualitative: Psychological problems and life resistance strategies of children living within 40 km to the war border zone in Donetsk region*
 3. *Quantitative: Effectiveness of the program of psychological support to students by school teachers in Luhansk and Donetsk regions*
 4. *Effectiveness of the program of stress resistance development among students by school psychologists in Luhansk and Donetsk regions*
 5. *Qualitative: Referral program of school students with psychological problems in Donetsk region*
 6. *Validity and reliability research of the psychometric instrument of children life resistance learning*
- *RCT (CETA) continuing*

Program of psychosocial support at the community level



Strengthens people's resources and makes them stronger in the face of danger

- Groups/workshops/trainings
- Emotionally safe and creative space for communication
- Art workshops and master-classes
- Self-help groups for wives of ATO veterans (run by wives of soldiers)
- Group of volunteers "Fireflies", cooperation with other volunteers
- Consultation on the social and psychological issues for employment
- Assessment of needs and referral to specialized programs

Dec.2016 – Jul.1,2017:

411 people received individual consultations on psychosocial issues in Kyiv and 336 in Slovyansk

783 people participated in in group events in Kyiv and 856 in Slovyansk

150 clients received legal, social and other support

Goals 2017: psychological recovery of at least 300 people of Kyiv and Slovyansk, including ATO veterans, volunteers, internal migrants

To open center in Pokrovsk (Donetsk region)

To extend Kyiv support program with physical rehabilitation

Kyiv and Slovyansk centres services 1.06.2015-1.07.2017

Therapy services

IDPs	ATO veterans	ATO veterans family members	Volunteers	Students, professors	Other	Total
59	24	15	14	17	99	228

Consultations

IDPs	ATO veterans	ATO veterans family members	Volunteers	Students, professors	Other	Total
116	52	38	12	18	282	518

Trainings and master classes

Q-ty	Participants
277	1639



Program of
pre-medical
first aid
training

Maltese International experience in saving human life

- 8-16-hour courses for everyone in Kyiv and Slovyansk
- Practical skills that can help everyone save the lives
- Use of electronic dummies for practicing emergency rehabilitation techniques
- NaUKMA certificates

Jul.2016 - Jul.1,2017: *9 trainers had comprehensive trainings at Maltese; 314 participants*

Goal 2017: to train 1000 people in Kyiv, Slovyansk and Pokrovsk, including IDPs from the East, local residents, volunteers



Child psychotherapy program

Child psychotherapy program: reducing stress while playing (Kyiv+Slovyansk)

- 8-12 sessions
- Individual and group methods
- Play therapy and sandplay therapy
- Monitoring of symptoms (start/end period)
- Groups for parents once every week
- Monthly supervision of child psychotherapists

Sep.2016-Jul.1,2017: *34 children received psychotherapy support (3+ sessions), 47 children received psychological consultations*

Goal 2017: to decrease the symptoms of stress, anxiety, hyperactivity in at least 100 children in Kyiv and Slovyansk/Pokrovs'k

Training of teachers and school psychologists



Supporting school teachers in promoting resilience among schoolchildren

- Curriculum for teachers, school psychologists approved by Ministry of Education
- Helps to decrease the level of teachers` occupational burnout level
- Adapted to the educational process in Ukrainian schools
- Provides different components for preschoolers, elementary, middle and high school students
- Trainings for parents
- Supported by UNICEF

Teachers influence effectively pro-social behavior, decrease level of emotional problems and problems with peers (UNICEF Research 2016)

Nov.2014-Dec.31,2016: *programme covered 893 schools, 891 school psychologists, 3 842 teachers, 112 social workers in 5 regions;*

Feb.-Jul. 2017: *special programme developed for teachers in 5 km buffer zone to the frontline.*

Programme covered 32 directors, 103 teachers, 14 psychologists, 10 social pedagogues of 33 schools.

2 handbooks for [teachers](#) and [school psychologists](#) on psychosocial support for children, including instructions for referral to specialists

Goal 2017: to extend program nationally.



Integrated program of
psychosocial support for children
in schools

More than 2 years of successful psycho-social support to children in Eastern Ukraine

- Program allows to solve psychosocial problems in 90% of children during educational process
- After passing the program **level of traumatic stress in children reduces by half** and the number of children with **high levels of stress reduce 4** times from 40% to 11%. The level of significant deviations in hyperactive behavior decreases from 24% to 14% (UNICEF Research, 2015)
- Supported by Ministry of Education and Science of Ukraine and UNICEF
- Based on training program for teachers and school psychologists

Consists of three levels :

- 1 – teachers promote safe emotional space in the classroom;
- 2 – school psychologists conduct group sessions with most affected children;
- 3 – children with high levels of symptoms are referred to specialized psychotherapeutic programs outside schools.

Nov.2014-Dec.2016: *200 000 of children and 50 000 parents in regions of Donetsk, Luhansk, Kharkiv, Zaporizhia and Dnipropetrovsk received help*

Goal 2017: to extend program on national level



Training for social workers and volunteers to enhance community resilience

We train social workers to strengthen resilience among Veterans and IDPs

- Developed 5 days training curriculum on resilience strengthening for social workers, volunteers, social work lecturers
- Systematizes knowledge and skills of volunteers and social workers, promotes evidence based approaches into Ukrainian practice and academic education
- Provides practical tools for psychosocial support for IDPs, ATO veterans and their family members based on strengthening resilience approach and socio-ecological theory
- Developed higher education academic programme on resilience increase for different client types and programme for university professors training
- Supported by the International Medical Corps (IMC), USAID
- Based on the Guidelines of the international Inter-Agency Standing Committee on mental health and psychosocial support in emergency setting, other UN guidelines of psychosocial support in emergency situations
- Incorporates experience of work by our centers in Kyiv and Slov'yansk, outcomes of the qualitative study held by NaUKMA Centre and Johns Hopkins University

Aug.2016 – Jul.1,2017: *6 trainings conducted, 119 persons trained (including 28 volunteers, 76 social workers, 15 academicians)*

Goal 2017: to publish and to disseminate the training manual on resilience based psychosocial support across Ukraine



Program of training supervisors in psychosocial field/mobile teams

Helps UNICEF mobile teams in Eastern Ukraine to avoid occupational and emotional burnout and improve support

Train and supervise psycho-social mobile teams working in the front line zone:

- Provides skills in psychological first aid and resilience strengthening
- Prevents emotional burnouts among psychologists and social workers
- Increases effectiveness in working with families, children in front line zone
- Suited for universities master program in psychology and social work
- Can be integrated into the work of social services

Results Apr.25 – Oct.31, 2016:

10 supervisors of mobile groups trained

5 two day trainings for 117 psychosocial support specialists to work in mobile conditions with families and children

10 daily trainings to 200 representatives from organizations of psychological support area

MA program for supervisors is developed

Curriculum for supervisors in PSS field is developed

Goal 2017: dissemination and implementation among universities



Join our team!

Centre for Mental Health and Psychosocial Support of the NaUKMA

Contact us:

Kyiv, Hlasunova 2/4 (Druzhby Narodiv metro station)

Tel. +38 (067) 109 58 31 ; +38 (068) 876 81 67

Opening hours: 9.00-18.00

Monday - Friday

To get more information about the NaUKMA Centre activities please contact

Dr. Serhiy Bogdanov at dr.bogdanov.s@gmail.com

or

Kateryna Maksym at maksymk@ukma.edu.ua