

kma **rehab**

National University Kyiv–Mohyla Academy
Mental Health Center

About **kmarehab**

kmarehab – the University Center for Mental Health, uniting clinical experts, faculty members, researchers and administrative staff.

Core staff: 30 experts

Project staff in 2024: around 500 mental health providers from various regions of Ukraine

Ongoing projects:

- 6 international research projects
- 10 projects aimed on implementation of evidence-based interventions

Since 2015 **kmarehab researchers** published more than 30 original research papers



Kyiv, Dnipro, Bucha

Online in all regions of Ukraine

Services

kmarerehab

Training

Degree programs

Certificate

Training/Supervision

R & D

safe space

CHANGE
CONFLICT · ALCOHOL · MENTAL HEALTH

CETA
UKRAINE



Implemented by





kma rehab

Key achievements, 2022-2024

Provided evidence-based mental health support to:

- **7500** Adults
- **3000** Children (direct)
- **375 000** Children (indirect)

Trained in evidence-based interventions:

- **450** School psychologists
- **7500** Teachers
- **930** Suicidal prevention gatekeepers/ crises leaders
- **250** local mental health counselor

Adult's Mental Health Treatment

- **CETA** (Common Elements Treatment Approach)
- cutting edge transdiagnostic mental health treatment intervention, developed by JHU researchers, adopted and tested within 2 randomised controlled trials (RCT) in Ukraine
- CETA effectively treats comorbid conditions like PTSD, depression, anxiety, substance use, aggressiveness
- Certificate program at NaUKMA since 2019
- since 2021 network of 85 providers and supervisors treated **4470 clients (40% suicidal)**

Children's Mental Health and Psychosocial Support

- **SAFE SPACE** – school based multi-layer program of psychosocial support
- Developed by KMAREHAB researchers in collaboration with Ukrainian Ministry of Education and Science and UNICEF office in Ukraine
- In-service training program for teachers and school psychologists
- 50 national trainers/SAFE SPACE online course
- In 2024 networks of 400 school psychologists will support **12.000** children

Suicide prevention and crises management

- **Health collaboration for Ukraine** (MoH Ukraine and Norway) since 2017
- Collaboration with Ministry of Social Policy, Ministry of Education and Science on the Program scale up at national level
- 50 national trainers in suicide prevention/crisis management trained a wide network of community gate keepers and crisis leaders
- established referral pathway from gate keepers to CETA mental health treatment
- strengthened crisis response in local communities in all oblasts of Ukraine

Alcohol misuse

- **CHANGE** – research project aimed to develop and test effectiveness of newly brief treatment for men, who misuse alcohol in Ukraine and Uganda, 2020–2026
- Funded by NIH Wellcome Trust, in collaboration with London School of Hygiene and Tropical Medicine
- 2020–2023 development and piloting CHANGE intervention
- 2024–2026 randomised controlled trials (RCT) to test effectiveness/cost effectiveness and study implementation and scale up strategies
- Expected to engage **500** participants in RCT

Substance Use Prevention

SUPRA, 2024-2029 Research Collaboration with Boston University and Public Health Alliance

- conduct an epidemiological survey (n=577) evaluating substance use patterns and risk factors among IDPs seeking medical services
- test effectiveness of the intervention on preventing the development of substance use disorders within RCT (n=144)

HIV and Mental Health

SHAWL - 2023-2028, NIH funded research project, Collaboration with Alliance for Public Health and Boston Medical University

- a newly group intervention will be developed and tested within RCT among women IDP's

Implementing evidence-based treatment for common mental disorders in HIV clinics in Ukraine ,
2023-2028 research collaboration with Harvard University

- transdiagnostic mental health intervention will be integrated with in-patient treatment of HIV patients receiving antiretroviral therapy

Community mental health centers

- Maltese Aid Service to Ukraine, Germany: "**Multisectoral Humanitarian Aid and Strengthening Resilience**," 2015 – 2023
- Community based mental health centers in the east of Ukraine (Pokrovsk, Slovjansk, Hirske) and Kyiv oblast (Kyiv and Bucha communities)
- Implementing NaUKMA tested evidence-based programs at all levels of IASC Pyramid
- Leadership and advocacy in MHPSS sphere at community level
- Capacity building of local community health and lay care providers

Building research capacity

Building Research Capacity for Implementation of Outcomes Research and Evidence-Based trauma care after Mass Violence, in Ukraine, funded by NIH, 2023–2028, Collaboration with Texas A&M University

- incorporate trauma-based knowledge and treatment
- build translational interventions that will be used in trauma care
- implement research to evaluate effectiveness.

Collaborate with kmarehab for better Mental Health in Ukraine

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