



Annual Review

2017



Global Initiative on Psychiatry - Tbilisi

Annual review 2017

GIP-Tbilisi

Contents

Contents

3 Foreword

4 Introduction

6 Capacity building

Psychosocial Seeds for Peace: Trauma Rehabilitation and Civic Activism in Ukraine6

Enabling civil society to play a greater role in promoting socio-economic rights of vulnerable populations8

Training of Village Health Committees, FAPs, Non-governmental Organizations in the South of Kyrgyzstan on methods of prevention and on elements of diagnosis and detection of mental disorders9

Training of Pilot Community Center specialists on New Methods of Mental Health Services in Kyrgyzstan.....10

Development of human resources, evidence base and quality standards in addicology in Georgia (ADDIGE)11

Advancing Wellbeing of War-affected Populations in Georgia through Better Policy Dialogue13

Expert assessment of the privatization of mental health care facilities in Georgia16

Supporting tertiary crime prevention by developing youth social skills17

16 Selected activities

18 Different

20 Talking finances



Foreword

by the GIP-Tbilisi director
Nino Makhashvili



This brief overview of the GIP-Tbilisi activities, carried out in 2017 is intended to map this year for the general board of the Federation GIP. We are glad that it would also go to the web and to a wider public.

Each project that we have implemented is described in short, with some accompanying photos. A lot of activities as lobbying, lecturing, facilitating meetings, etc. are not part of the document, however we hope that the text still indicates how fruitful, constructive and intense this year was for our team and partners.

One could always reach out to us with any additional question or comment at tbilisi@gip-global.org.

Introduction

Introduction

Global Initiative on Psychiatry – Tbilisi

Background

The foundation Global Initiative on Psychiatry (GIP) –Tbilisi is a non-governmental, non-for-profit organization that assists professional communities, NGOs, international agencies, governments, and other development institutions in the Caucasus and Central Asia to improve rights-based mental health care.

The organization started its activities in May 2003, under the name of “Geneva Initiative on Psychiatry – Tbilisi”– as Regional Support Centre for Caucasus and Central Asia. In April 2005 the name of the organization has been changed to “Global Initiative on Psychiatry – Tbilisi” (GIP-Tbilisi). GIP-Tbilisi is a member of GIP Federation with GIP-Hilversum, GIP-Sofia and GIP-Vilnius.

Vision

Global Initiative on Psychiatry believes that every person in the world should have the opportunity to realize his or her full potential as a human being, notwithstanding personal vulnerabilities or life circumstances.

Mission

The Global Initiative on Psychiatry considers its mission as to promote humane, ethical, and effective mental health services throughout the world and to support a global network of individuals and organizations to develop, advocate for, and carry out the necessary reforms.

GIP - Tbilisi aims to **work at 3 levels** of society to achieve maximal effect:

Micro Level

In order to find innovative, locally appropriate and acceptable approaches to mental health care in Caucasus and Central Asia region, new, innovative projects and activities are sought and supported. Because of its experimental and piloting character, a proper monitoring and evaluation of results is strongly present.

Meso Level

Here the strategy is to challenge the old soviet model of psychiatry and press for more appropriate, human rights-based mental health care approach by provision of modern literature, training, workshops and conferences to the main actors in mental health care.

Macro Level

The main strategy is to influence the governments to adapt or change current laws on psychiatry conform to universal human rights and to modern standards on mental health and to push government to apply the laws and by-laws into practice; to support development of relevant MH policies and plans; to created the monitoring mechanism and supervising independent bodies for ensuring human rights protection of people with mental ill health.

To achieve the goal GIP-Tbilisi

- Provides and shares with information on latest achievements, trends and directions in mental health sphere throughout the region;
- Conducts studies in order to envision and plan the corresponding evidence-based approaches and interventions in different fields of mental health care;
- Functions as an organizational and facilitation centre for training programs;
- Promotes local pioneering initiatives and best practices via consultations, expertise and advices;
- Facilitates establishment and functioning of local mental health networks and coalitions;

- Promotes cooperation between governmental and non-governmental actors working in mental health sphere and cross-sectorial cooperation as well;
- Lobbies the governments for adopting and implementing appropriate legislation, recovery-focused policies, strategies and programs for structural changes in the field;
- Provides lectures, conducts workshops and organises conferences on various aspects of the MH care;
- Supports service users and their movement; promotes effective enactment of corresponding national and international instruments/mechanisms to arise public awareness and combat mental illness related stigma.

The board of GIP-Tbilisi

David Gzirishvili, MD, Chair (UK)

Nestan Duduchava, MD, Treasurer (Georgia)

Narmin Hajiyeva, MD (Azerbaijan)

Khachatur Gasparyan, (Armenia)

GIP-Tbilisi staff

Nino Makhashvili, MD, PhD, director

Irina Chopikashvili, Financial manager

Jana Javakhishvili, Senior program manager

Maia Khundadze, MD, Project manager

Tamar Okujava, MD, Project manager

Nino Agdgomelashvili, Project manager

Ketevan Pilauri, Project manager

Nino Mkurnali, Fin&admin Assistant

Program Areas

- Protection and Advocacy of Human Rights
- Child and adolescent mental health
- Forensic psychiatry and prison mental health
- Psychotrauma and psychosocial aid
- Support of deinstitutionalization, recovery and social inclusion
- Legislation and policy
- Promotion of Juvenile Justice Reform
- HIV/AIDS and mental health



GIP-Tbilisi staff

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CAPACITY BUILDING

Capacity



European Union



Psychosocial Seeds for Peace: Trauma Rehabilitation and Civic Activism in Ukraine

Funded by EC, Ukraine

November 2014 – November 2017



Project was implemented in partnership with International Alert (UK). GIP-T coordinated the psycho-social component of the action.

Overall Objective: reintegration and recovery and prevention of marginalisation of groups affected by the conflict (IDPs, ex-military-personnel, bereaved families or those whose relatives are missing).

Specific Objective: to strengthen mental health and psycho-social recovery efforts at both national and community levels.

Capacity building and development of psychosocial services implied:

- Training of key professionals and stakeholders; training of trainers (ToT)
- Piloting psychosocial intervention services
- Research for evidence-based service development and relevant policy recommendations.

Main target groups were Practising mental health professionals (psychologists, psychiatrists, etc.); and the second tier workers as psychologists, social workers, primary health workers, etc. (who benefited from secondary training series).

The final beneficiaries of the action were war - affected populations of Ukraine - psychosocial support service users: IDP communities/families in different regions, ex-combatants, families with missing persons, torture survivors, etc.

Topics discussed during trainings:

- Trauma focused bio-psycho-social services
- Multidisciplinary team work
- Case management
- Clients' trajectories

building

- Referral networks and coordination
- Evidence based methods of trauma care
- Strategy of communication
- Professional «burn out», self-help at the time of vicarious traumatization, etc.

It was possible to support developing of model trauma centres in Kiev, Lviv and Dnipro. All centers apply bio-psycho-social approach, have multidisciplinary teams, provide At center and Outreach services; have established strong referral pathways. Model centers offer consultations and psychosocial support, pharma, psychological therapies (individual, group, couple), social counseling, legal aid, etc. GIP-T provided regular supervisions to staff and management of centers.

The regional psychosocial services, offering help to large groups of war-affected populations, were also established in Mariupol, Maryinka, Bakhmut, Druzkovka, Severodoneck, Avdiievka. They offer First Psychological Aid, psychosocial support to children and adults and broad community outreach work to people living in the “Gray Zone”. GIP-T conducted regular face-to-face and Skype supervision sessions with these teams.

The study on “Mental Health Needs of Conflict-affected Civilians in Ukraine” was implemented with specific objectives:

- Measure the prevalence of mental health disorders of PTSD, depression, anxiety, and harmful alcohol use
- Examine the characteristics associated with the mental disorders (e.g. gender, age, trauma exposure, socio-economic stressors)
- Examine access and utilization of health and psychosocial support services
- Draft evidence-based recommendations for mental health and psychosocial support to relevant governmental and professional bodies in Ukraine.

The study involved the national-wide sample of Internally Displaced People (IDPs) and found a considerable burden of common mental disorders among them. Key messages and recommendations were elaborated based on the research evidence for professional communities and policy-makers and disseminated accordingly.

As a result of the action, the country is better prepared to deal with consequences of war.



CAPACITY BUILDING

Capacity

Enabling civil society to play a greater role in promoting socio-economic rights of vulnerable populations



FCCC staff training, Baku

Funded by UNDP Azerbaijan

October 3, 2016 – October 3, 2017

Partner organisations in this joint project: “Initiative for the Sake of Development”(Azerbaijan) and Global initiative on Psychiatry – Tbilisi (Georgia).

The overall objective of the action is to contribute to the successful implementation of human juvenile justice reform in Azerbaijan by promoting successful socialisation of children with emotional, conduct and autism spectrum disorders.

GIP-Tbilisi experts

- elaborated 2 training modules:
 - ToT module Emotional and Conduct Disorders designed for capacity building of specialists working at Family and Child Care Centre (FCCC), also for further trainings of other professionals (GPs, teachers, nurses, etc.)
 - Module on Establishment of referral system for children and adolescent with mental and behavioral disorders
- provided advanced 5-day ToT on Emotional and Conduct Disorders for FCCC staff in Baku.
- involved Lithuanian experts to provide advanced 5-day training on Autistic Spectrum Disorders to FCCC staff and other specialists in Baku.
- provided need-based online supervisions to Baku FCCC staff during 9 months.
- conducted a desk-research on Juvenile Delinquency current situation in Azerbaijan. The study outcomes with recommendations had been presented to the stakeholders
- conducted post-establishment assessment to measure effectiveness of the FCCC service focusing on piloting early identification and intervention model to provide effective community-based services for at-risk children and families living in Narimanov District in Baku. The Service Evaluation Report “Addressing Juvenile Justice Reform through Piloting Innovative Services for Promotion of Children Mental Health in Azerbaijan” had been used during advocacy campaigning.



Empowered lives.
Resilient nations.

building

Training of Village Health Committees, FAPs, Non-governmental Organizations in the South of Kyrgyzstan on methods of prevention and on elements of diagnosis and detection of mental disorders

Funded by the Ministry of Health of the Kyrgyz Republic

29 March – 29 September, 2017

The project is aimed at mobilization human resource approach and capacity building of the target groups in the field of early detection and response to the mental health problems.

The main objective of the project is to develop a culture of early appeal to mental health specialists through

- destigmatisation of mental health services
- understanding of community-based mental health services
- forming minimal knowledge on mental health for community representatives
- informing the communities of Southern region about Pilot Center activities to develop wider coverage of target groups
- development a culture of early appeal to mental health specialists in village area as that will except appeal to incompetent healer, also self-treatment that lead to advanced clinical cases and chronization of disorders.

The project target groups were selected for training representatives of the Rural Health Committees (RHC), feldsher-mid-wife stations (FMS), local community-based organizations, Health Promotion Rooms (HPR) and nurses of family doctors' groups. With the purpose to conduct trainings and workshops in the future 16 persons from Batken, Jalal-Abad and Osh regions were chosen for ToT and further supervision. Within the framework of the given project, 980 representatives of above-mentioned services were prepared.

The training/workshop modules were developed by the GIP-T experts. Based on this methodology a Training Guide for Communities in the Regions was designed and distributed.



Ministry of Health
of Kyrgyzstan



Training of the local VHC, DHC, FOP, HPR representatives, Jalalabad

CAPACITY BUILDING

Capacity

Training of Pilot Community Center specialists on New Methods of Mental Health Services in Kyrgyzstan

Funded by the Ministry of Health of the Kyrgyz Republic

29 March, 2017 – 29 April, 2018

The aim of this project is to familiarize mental health professionals with multi-sectoral group work – working in a multidisciplinary team, managing individual cases, building capacity while working with a range of scientifically grounded interventions, which will complement traditional treatment methods, such as, for example, pharmacotherapy, and provide a balanced approach to the management of certain mental health states.



Training on trauma management, Osh

Objectives of the project:

- training and development of skills on using methods of non-pharmacological treatment for people with mental disorders by specialists working in the pilot projects of community-based mental health services
- making analysis and development of training programs. The training program should include training of non-pharmacological treatment methods
- training the pilot project specialists
- supervision support for pilot projects specialists
- conducting a training of trainers (ToT) for pilot projects specialists.

Target groups of this project are specialists of the Pilot Centers: psychiatrists, psychotherapists, psychologists, social workers and nurses with different levels of knowledge and skills in care, assistance, interventions and follow-up experience with the purpose to ensure quality of services.

The GIP-T experts' team developed 5 basic training modules: *Multidisciplinary Teamwork (MDT) and Case Management in Mental Health field, Systemic Crisis Intervention (SCI), Psychosocial Rehabilitation, Trauma Management, Cognitive-Behavioral Therapy*. 29 participants took this basic course, altogether. 10 of them were selected based on trainers' impressions on trainees knowledge and skills,



Ministry of Health
of Kyrgyzstan

building

motivation and ability to conduct trainings/workshops. Supervision seasons are conducted by GIP-T experts once a month by Skype.

GIP-T will try to explore the possibilities to establish and strengthen a professional society (i.e. Kyrgyz CBT Society) by empowering it with all relevant ethical and other policies and procedures. This will be the association/society that would provide national certificate to those who would meet the certification requirements and pass the exam.

Development of human resources, evidence base and quality standards in addictology in Georgia (ADDIGE)

Funded by European Commission (TEMPUS programme)

December 1, 2013 – March 1, 2017

The aim of the project was to develop a system of education in addictology, a transdisciplinary field that represents an effective approach towards the complex issue of drug use in its different patterns and related harms to society. The main tool of the project was intense trainings of Georgian trainers in each of the areas of addictology, provided by EU experts based in Czech, Polish, and German universities. The project was implemented by 13 partner organizations from 4 countries: Czech Republic (applicant), Germany, Poland and Georgia. The project addresses the following national priorities: Higher Education and Society – Knowledge triangle – education, innovation, research and Qualifications frameworks.

The project aimed at increase the potential of Georgia to pursue a modern, evidence-based drug policy and thus to tackle the acute problem of drug addiction and its negative consequences by means of developing and implementing MA and BA curricula and a lifelong learning framework in addictology (addiction science). The project provided trainings for teachers for the MA and BA program in addictology, BA level classes to other specialties, and lifelong learning courses for addictologists and other professionals that are servicing substance use agenda (psychologists, social workers, nurses, narcologists, lawyers). At the same time, it provided a sustainable institutional environment by establishing: (i) a research and monitoring center on drug situation; (ii) a framework of practical training and for lifelong learning, and (iii) quality standards in addictology services.



Orientation visit to Family Medical Centre
Jalalabad



CAPACITY BUILDING

Capacity

GIP-T with partner organisations carried out several activities in the project:

- elaborated a Conceptual framework of lifelong learning with project partners – a document describing the current educational framework for professionals working in addictions services and further requirements on their education through lifelong learning courses
- promoted Lifelong learning accreditation/acknowledgement – created 10 modules for various professions (narcologists, psychologists, social workers, nurses, journalists and managers) each in 2 versions (basic and advance); also all necessary documents for gaining the certificate of accreditation by the Ministry of Healthcare. Though the Ministry has granted the accreditation to only two courses envisaged for narcologists.
- developed 10-Teaching lifelong learning modules in addictions – 13 modules and syllabuses:

- Social Work and Addiction
- Addiction Treatment Principals
- Addiction management in police practice
- Drug primary prevention for school teachers
- Best practices and legislative changes in the management of drug abuse programs
- Management and psychosocial rehabilitation of addiction
- Drug Services and legislative changes in Georgia
- Introduction in Addictions for Mental Health professionals
- Introduction in Addictions for Mental Health Nurses
- Outreach work and beneficiary in Addictions Field
- Screening and Brief Interventions in Addictions Field
- Quality mechanisms of psychological support in addictions services
- Drugs, Bitcoins, Darknet



Steering Committee meeting

building

Advancing Wellbeing of War-affected Populations in Georgia through Better Policy Dialogue



ევროკავშირი
საქართველოსთვის
The European Union for
Georgia

Funded by EU, Georgia

2015 – 2017

“Global Initiative on Psychiatry – Tbilisi” Foundation has completed the project “Advancing Wellbeing of War-affected Populations in Georgia through Better Policy Dialogue” implemented with financial support from the European Union.

The action aimed at strengthening social cohesion of communities of Internally Displaced Persons (IDPs) in new settlements in Gori, Kareli, Khashuri and Mtkheta municipalities. The most important outcome of the action is advanced wellbeing of targeted war-affected population, both IDPs and their host communities via engagement, active participation, mobilization and successful policy dialogues.

During the action:

- 41 members of 15 CSOs selected from targeted regions were participated in capacity building trainings and workshops – assessment of community needs, effective communication, lobbying and advocacy, developing policy briefs for national authorities, managing networks, organizational development, project writing and management, community mobilization and resilience building, poverty and MH, etc. Altogether 173 participants - 10 trainings, 60 participants in 3 skill-building schools.
- 13 CSOs set up a Policy Network “Movement for Wellbeing” – active and well-equipped for a policy dialogue on the national and local levels for advancing psychosocial wellbeing of war-affected communities. 6 policy dialogues have been held by the Network.
- 12 persons were trained and supervised as for multidisciplinary team (MDT) to deliver effective psychosocial assistance to both, children & adults.



Cycling event on healthy lifestyle, Tserovani IDP settlement



Mental Health awareness raising campaign, Tserovani IDP settlement

CAPACITY BUILDING

Capacity



'Drive Social Change' - training of Network CSOs



Centre Tserovani's promotional event - representatives of local IDP community, local and central Government and the Parliament of Georgia

- Up to 600 individuals and families received qualified mental health and psychosocial support during 1 year through the modern, community based Psychosocial Rehabilitation Centre “Tserovani” run by the trained MDT. Centre based and outreach service in 4 IDP locations: Tserovani, Tsilkani, Prezeti and Saguramo. Free individual consultations to children, adults and elderly, community mobilization activities, psychoeducation, individual treatment, couple and family counseling, group work including the parents, etc.
- app. 1900 people were involved in 20 community meetings and 12 awareness raising community mobilization events were organised by MDT and volunteers of Centre “Tserovani” and the “Movement for Wellbeing”. Participants were provided with relevant and updated information on new healthcare initiatives, social benefits, legislation, etc. and awareness raising materials.
- 106 Primary Health Care (PHC) personnel serving 158 locations (most of them occupational border line villages) in targeted regions were trained for better identification, intervention and management of psychosocial problems in both child and adult populations of war-affected communities.
- up to 1750 persons were identified by the trained PHC doctors as having the signs of mental health problems; all of them were provided with consultations (among them 420 IDPs, 64 persons with disabilities), 230 were referred to specialized mental health services (in period of January, 2015 – August, 2016).

building

■ 2 researches was carried out to obtain additional evidence for policy lobbying and recommendations:

1. Mental Health Problems and People with Mental Disorders in War Affected Populations - Knowledge, Attitudes and Practices; drafted recommendations were used in MH awareness-raising strategies and in policy dialogues.
2. Effectiveness study of Community Based psychosocial service for war affected population. The study proved that established modern community based service is well equipped to address the needs of war-affected populations and could be served as replication model for other locations.

The war-affected communities were activated and engaged in the meetings and events, some new initiatives and strategies to solve specific problems were put forward. The Network is deeply rooted in the communities and closely cooperates with them. One of the successfully implemented initiatives was an opening of a Library in



Integrated group of IDP and local youth: training 'Gender and Human Rights', Gori region



high-mountainous, occupational border line village Gugutiantkari. The event was held in cooperation with the National Library. This initiative has dramatically changed monotonous everyday lives of the local youth. The library has become a cultural hub for the young people.

Wooden playhouse - project gift to the children of Khashuri IDP settlement



SELECTED ACTIVITIES

Expert assessment of the privatization of mental health care facilities in Georgia

Funded by the Embassy of the Kingdom of the Netherlands in Tbilisi

December 1, 2016 – October 1, 2017

The overall objective of the project was to provide an expert assessment of the (side-) effects of the privatization of mental hospitals in Georgia by taking the forensic psychiatric case as an example, and provide a well-founded plan of action how to mitigate negative side effects or risks and enhance positive ones (if any).

The goal of the project had been achieved:

- the expert assessment of the effects of the privatization of mental health hospitals had been provided by foreign and Georgian experts

- the report on “Privatization of Mental Health Care Facilities in Georgia”, assessment, conclusions and recommendations to the Georgian government had been worked out
- the report was presented to the relevant authorities and mental health professionals in Georgia
- a round- table discussion with the experts to discuss what steps need to be taken had been carried out.

The output of the project is a well-formulated report “Privatization of Mental Health Care Facilities in Georgia”, assessment, conclusions and recommendations to the Georgian government,

that addresses all relevant issues, explains the pros and cons of the current situation, describes the risks that currently exist, provides recommendations how these risks can be mitigated and how an undesirable situation can be mended and plan of action. The important parts of the report are recommendations for future privatization of Mental Health hospitals, which should take place within a



Kingdom of the Netherlands

activities

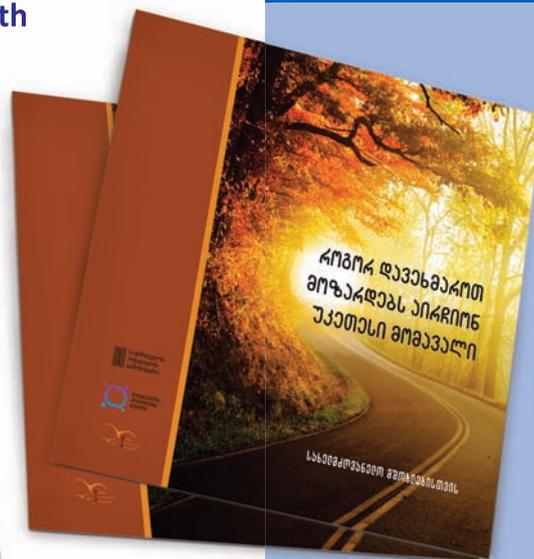
fundamentally more structured framework and the plan of action, how to ensure the benefit from privatization, which already happened. The report is designed/published in English, Georgian and Russian languages.

Supporting tertiary crime prevention by developing youth social skills

Funded by the Ministry of Justice of Georgia

July 27, 2016 – June 30, 2017

Based on the grant agreement between the Ministry of Justice and GIP-T signed in July 2016, GIP-T has implemented the project “Aiming at preventing crime via strengthening diverted juveniles and their family members”. 35 juveniles and 20 parents received group and individual psycho-social services according to their needs. New training module “Anger and Conflict Management” and guide for parents have been developed and distributed. The printed material has been delivered to the Center for Crime Prevention (at the Ministry of Justice) and National Probation Agency (at the Ministry of Corrections).



საქართველოს
იუსტიციის
სამინისტრო

Ministry of Justice of Georgia

Different

DIFFERENT



As in previous years, also in 2017 GIP-T was actively involved in Human Rights activities. Two of GIP-T staff were invited by the Public Defender to be in advisory bodies – National Preventive Mechanism Advisory Council and Consultative Council of Monitoring Mechanism for CRPD.

GIP-T published the Georgian edition of Psychiatric Interviewing and Assessment by R.Poole and R.Higo.



Editorial works was done for Georgian translations of the following books and guides (in the framework of TEMPUS-ADDIGE project):

- Uppers, Downers, All-Arounders. Physical and Mental Effects of Psychoactive Drugs. Darryl S. Inaba, William E. Cohen (8th Edition)
- Substance Abuse Counseling. Judith A. Lewis, Robert Q. Dana, Gregory A. Belevins
- The Alcohol, Smoking and Substance Involvement Screening Test (ASSIST). WHO
- ASSIST-linked BRIEF INTERVENTION for hazardous and harmful substance use. WHO
- Self-help strategies for cutting down or stopping substance use. A guide. WHO
- Articles related to substance use.

Different

DIFFERENT

In 10-12 April GIP-T hosted the Course on the Leadership and Professional Skills for Young Psychiatrists, led by prof. Norman Sartorius and prof. Graham Thornicroft and organized by the Alliance for Better Mental Health.



GIP-T also was involved in organizing the ECNP Seminar in Neuropsychopharmacology for young psychiatrists from Armenia, Azerbaijan, Georgia held in 20-22 October in Tbilisi.

Fund
Global Initiative on Psychiatry - Tbilisi
Balance Sheet

As of 31.12.2016

	EURO
Assets	
Current Assets:	31.12.2016
Advance for personnel	9,646
Cash in Safe	6,900
TBC Bank	180,872
TBC Bank Business Card	376
Tax refund	19,430
Total Current Assets	217,223
Fixed Assets:	
Fixed Assets:	21,018
Total Fixed Assets	21,018
Total Assets	238,241
Liabilities and Equity	
Current Liabilities:	
Other Current Liabilities	0
Liabilities to donors	178,897
Short-Term Notes Payable	0
Total Current Liabilities	178,897
Total Liabilities	178,897
Equity	
Opening Balance Equity	-14,801
Positive exchange rate difference	25,292
Financial profit/Loss of the current year	48,853
Total Equity	59,344
Total Liabilities and Equity	238,241

Director: *[Signature]*

Financial Manager: *[Signature]*



