

2018



Annual Review

2018



Global Initiative on Psychiatry - Tbilisi

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Foreword

by the GIP-Tbilisi director
Nino Makhashvili

GIP-T staff is pleased to present results of our work during 2018. The core team of the Foundation was as active as always to carry out diverse activities at different levels, but our main objective remained the same - to improve wellbeing and systems of care for persons with mental and psychosocial disorders and disabilities.

This year's brief overview demonstrates our efforts, challenges, struggles and successes and once again confirms our team's and our trusted partners' conviction that still there is a long road ahead. We are faithful to the vision and mission of GIP family and strive to work even harder for better mental health care in countries of Caucasus and Central Asia.

Introduction

Global Initiative on Psychiatry – Tbilisi

Background

The foundation Global Initiative on Psychiatry (GIP) –Tbilisi is a non-governmental, non-forprofit 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.

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
- Legislation and policy
- Promotion of Juvenile Justice reform
- Prevention of addiction
- Mental Health protection

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
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Selected activities

Launching of a new project

On February 1, 2018 GIP-T started implementation of the EU-funded project: “MH²R - promoting rights of people with mental disorders and psychosocial disabilities (PwMD) in Georgia”. Project duration: February, 2018 – September, 2020 (32 months).

The total eligible costs are estimated at EUR 439,886. The European Union undertakes to finance EUR 395,897 (90%). Other contributors: *Open Society Georgia* - EUR 16,100 (≈3.7%) for Piloting WHO QR mechanism; *Solidarity Fund PL* – EUR 17,100 (≈3.9%) for Supporting a civil activism movement and promoting rights of people with mental & psychosocial disabilities. GIP-T still needs to attract the contribution funds in the amount of EUR 10,789 – 2.4% in order to reach the estimated amount of total eligible costs.

Overall objective of the action is to create a strong civil activism movement and to promote rights of people with mental disorders and psychosocial disabilities (PwMD). Specific objectives are as follows: to promote and protect rights of PwMD by awareness rising, capacity building, strengthening self-advocacy; promote rights-based legislation and policies and implement quality rights instrument; contribute to crime prevention and resocialization of juveniles with mental health problems.



Project logo

The action targets several levels: at Micro level, there will be extensive campaigning for promotion and advocacy of rights of PwMD, strengthening their self-advocacy, awareness raising across the country; also piloting the innovative programs for juvenile with emotional and conduct problems - delinquents (JD) with addiction problems; several small grants projects will complement to this level of activities; at Meso-level, analytical work and broad capacity building will take place regarding mental health and human rights; the powerful Platform MH²R will be able to lobby all actual – present and emerging issues proactively and long-term, allowing changes to happen at macro level. The movement for mental health and human rights will have a double-effect: a. to strengthen communities’ mobilization, increase knowledge, awareness and let the society and decision-makers the voice of PwMD themselves; and b. to push for changes from policy and legislative levels. Trained Media will play a vital role as an attitude-forming medium; at Macro level, legislative amendments vis-a-vis CRPD, research and evidence-based policy recommendations and quality rights mechanism implementation will be accomplished. The improved laws and policies will ensure better protection of the rights of PwMD.

The project is based on 7 pillars:

1. Strengthening of civil society movement – establishment of the MH²R Platform; Capacity building and empowerment of member organizations
2. Media mobilization for MH²R via campaigns, events, discussions, contests, talk-shows; Trainings and Summer School for Media; Development of the Guidebook “Media and Human Rights of PWMD”, which will be published in summer of 2019.
3. Awareness raising on mental health issues and MH²R Campaigning, among them drug information campaigning
4. The legislative and policy packages – revision of the Law on Mental Health Care in accordance to CRPD principles; Elaboration of several rights- and evidence-based policy recommendations.

5. Piloting the WHO mechanism of human rights and quality of care – pilot the WHO QualityRights mechanism in 2 regions: Tbilisi and Batumi; Conduct the assessment; Dissemination assessment findings and planning for changes.
6. Prevention of addiction and mental ill health in children and adolescents –innovative programs of indicated prevention will be developed and piloted in Tbilisi and Batumi: Establishment of the Secondary Crime Prevention Psychosocial Service for children and adolescents at risk (from dysfunctional families), juveniles in conflict with law and young offenders, and their families; Capacity building of the service multidisciplinary staff; Service provision for 15 months; Regular supervision and monitoring.
7. Financial support to the third parties’ component – several small grant project to local NGOs and CBOs, especially from the regions, who are not a members of the MH2R Platform, but who worked with PWMD. The grants will be provided for concrete activities/actions directed to the PWMD.

Project partners:

Alliance for Better Mental Health – ABMH (based in Tbilisi, Georgia) is a federation of numerous reputable professional societies of Georgia, as Social Workers, Occupational Therapists, Trauma therapists, Psychiatrists, etc. The country-wide movement requires involvement of the consortium as the Alliance. ABMH leads the QualityRights mechanism implementation activities as well as awareness raising campaigns, takes part in trainings and capacity building schools.

Institute of Democracy – IOD (based in Batumi, Georgia) leads activities in Batumi and Adjara region: Policy dialogues; Awareness raising campaigns; Participation in trainings and capacity building schools, etc.

Helsinki Foundation for Human Rights – HFHR (Warsaw, Poland) is an internationally well-known foundation that in partnership with GIP-T is working on promoting rights of people with disabilities in Georgia for past 7-8 years. They are the part of the MH²R capacity building Schools.

Strengthening of civil society movement

During February-April, 2018 the MH²R Platform was established of 17 CBOs and NGOs, among them users’ & family members’ organizations with different backgrounds – involved in human rights, democracy building, rights-based mental health, etc. and selected from capital city and the regions (Tbilisi, Batumi, Kutaisi, Zugdidi, Gori, Telavi, Signagi). Each NGO/CBO appointed its representative to the Platform. The Platform is open without any selection criteria except willingness to contribute and respect to each other and aims that the action serves.

April 27 – the first meeting of the Platform conducted in non-formal environment – at Social Café “Mziuri”. The project, its aim, objectives, activities were presented, the aim of the Platform clarified. Participants together with project team worked on the mission and strategy of the platform. 5 working groups were defined and established:

1. Strengthen the movement of users of mental health services and their family members
2. CRPD: UN Convention on the Rights of Persons with Disabilities - to bring legislation and policy closer to the standards of the convention to support the rights of persons with disabilities
3. Awareness raising and anti-stigma campaigns, including the drug information campaign
4. Legislation and Policy
5. Mental health services and systems, including children and adolescent mental health.



MH²R-platform meeting at social cafe

Spring and Fall Schools for MH²R Platform members

The Spring School took place in May, 21-24, 2018. 25 participants attended the event. Georgian and Polish trainers (from co-applicant organization HFHR) covered the following topics:

- Mental Health in Georgia (general overview)
- Changes in current mental health care system and the latest challenges
- The history of the movement of mental health service users and best practices
- Monitoring of Quality of care and Human Rights in Mental Health Services– presentation of the World Health Organization Instrument
- Analysis of particular articles of CRPD – more important for PwMDs
- Legal Capacity reform in Georgia
- Recovery and social inclusion
- Evidence-based practice and policies: effective skills for policy research.



Parents attending the Platform spring school

The Fall School with the same program took place in October, 8-11 at GIP-T office. This time also the representatives of other regional organizations working on domestic violence joined the School.

The working groups, established within the platform are actively involved in the working process on the relevant issues.

Media mobilization for Mental Health & Human Rights

By the end of February, 2018 the media communication strategy was developed that aims at improving cooperation with media representatives to increase their engagement in coverage about mental health issues and advocacy of persons with psycho-social needs. Soon the process of mobilization of the journalists working on health and social issues was started. At this stage about 40 journalists from Tbilisi and the regions are selected as for mental health & human rights-oriented media group.

T trainings for media representatives were conducted at GIP-T office: on May, 13 and June, 22. The training was dedicated to the issues how to overcome the stress, how to deal with professional burnout and how to

manage anger. On October, 20 a training for the regional media representatives has been held in Kaheti (East Georgia).



3 Media Lunches were arranged to ensure the better communication between the project staff and media representatives to exchange the experience, to learn from each other, to establish the trustful relationships and in overall, to contribute to better networking and quality media broadcasting on important topics.

Media Monitoring, which implies analysis of media coverage on mental health and project related topics, takes place daily. Materials published in the media linked directly to GIP-Tbilisi and Mental Health, also apply to the organization's Facebook page.

The information on the fb site of GIP-Tbilisi is intensively updating by means of preparation and placing texts and photo/video materials on project activities.

On November 29-December 1, 2018, the Media school was held in Batumi during 3 days. Georgian experts were working with participants for two days and one day two Polish journalist-trainers shared their experience. 25 journalists from Central and Regional Media attended Media School. The participants represented television, radio, print media, Internet editions and social media. Managers – producers and editors, authors, presenters and bloggers as well as investigative journalists who are working on the issues of PwMD. Georgian and Polish (from co-applicant organization HFHR) experts covered the following topics: What is the Mental health; Myths and Reality about Mental Health; Psychiatry and anti-Psychiatry: Modern approaches and methods of management of mental health problems; Medical and social models of disability; Coverage of Mental Health Problems: Challenges, Resources and Protective Factors; Guidelines for DART center for Journalism and Trauma; Issues of deinstitutionalization; Basic concepts of human rights, Human rights and the rights of persons with disabilities; The basic assumptions of The Convention on the Rights of the Persons with Disabilities; A person with a disability as a hero/heroine and a journalistic source; Social image of people with disabilities. How to attract the audience with this topic?

The last session of the workshop was dedicated to the writing of the posts for uploading on the specially created Wordpress site - <https://gip-tbilisi.home.blog/> . First mental health related blogs of Media School journalists has been appeared and shared via fb-page in December.

Awareness raising on Mental Health

In many countries of the world, May is recognized as a "Green Ribbon" month. It aims to raise awareness about mental health. This campaign serves to increase the level of tolerance and mental stimulation towards

mental problems in society. In May 2018, GIP-Tbilisi joined this movement and launched the mental health awareness campaign “GREEN RIBBON 2018” main topics of which were: *Care for Mental Health and Stress Prevention*.

A seminar was led by a senior program manager of GIP-T, Professor Jana Javakhishvili; it was covered by various media means, including "Rustavi-2". TV channel "TV First" invited Ms. Javakhishvili in the talk-show "Women's narrative."

“Young people and mental health in a changing world” is the 2018 theme of the World Mental Health Day. So, October 10 was met with a street action in front of the Ilia State University building (situated on the central avenue of Tbilisi) – the place full of university students, youngsters from nearby schools and by passers from the big shopping center. The printed brochures, small stickers, green ribbons and green/white balloons were distributed explaining in few words the meaning of this date.

In the framework of the Mental Health Week the *Meeting with discussion on young people’s mental health challenges* was organized by GIP-Tbilisi, Society of Georgian Psychiatrists, Georgian Mental Health Coalition, Partnership for Equal Rights (user’s organization). The topics: *Young people and mental health, Juvenile delinquency, Influence of homo/transphobic bullying on adolescents: needs and challenges, Suicide prevention*. The event was attended by up to 50 people and widely covered by media means.



World Mental Health Day 2018



Deciding to held the series of *Talks About Mental Health* professors Nino Makhashvili and Jana Javakhishvili gave the first public lecture ‘Mental health and stigma’ at *Ligamus*, the bookstore of Ilia State University, on October 17. About 70 young people attended the lecture followed by discussion.



Mental Health and Stigma – public talks about mental health

Revision of Georgian Law on Mental Health Care

During the Spring/Summer the working group on Law and Policy was created. The project Steering Committee endorsed the initiation of the work on monitoring clause to the Law. The aim is to develop a new paragraph on ensuring quality of mental health services by quality monitoring. The ‘monitoring Paragraph’ was discussed at the policy meeting with the deputy minister of MoLHSA and with the representatives of the Healthcare and Social Affairs Committee of the Parliament. There is a strong support from both agencies at this stage.

Law and Policy working group started working on a ‘green paper’ to put the issue in policy dialogue agenda and lobbying activities. The draft of the Policy Paper on Suicide Prevention is developed as suicide rates is one of the mental health indicators of the UN Sustainable Developmental Goals (SDGs). Both, international and Georgian data on suicide are already collected by the working group members to outline a suicide situation locally and world-wide, accentuate importance of the suicide prevention programs and also emphasize SDGs.

Piloting the WHO mechanism of monitoring the Human Rights and quality of care

In March, 2018 GIP-T and the partners – *Alliance for Better Mental Health* and *Institute of Democracy* discussed the WHO QualityRights Toolkit for assessing and improving the quality and human rights in mental health and social care facilities. The team of translators and editors was selected for translation and adaptation of the instrument.



WHO QR toolkit presentation to MH²R Platform

The QR toolkit was presented to the MH²R-Platform members during the Spring and Fall capacity building Schools – the idea on its implementation was met with an enthusiasm. The members of Platform Working Groups on CRPD and MH Care Reform expressed their willingness to review the final version, also to be involved in the assessment process.

Translation and adaptation of the instrument has been finalized. Meanwhile an intense communication with WHO/Geneva was started to involve WHO experts in the implementation process and agree on a training for capacity building. Dr.Michelle Funk and Dr.Natalie Draw were the primary contact persons. In April, 2018 the Minister of MoLHSA sent the letter to Dr.Svetlana Akselrod (Assistant Director General, Non-Communicable Diseases and Mental Health at WHO Geneva) describing the situation in Georgia and requesting relevant technical support from them.

WHO recommend an e-training before the actual one. GIP-T sent an open letter inviting interested parties and finally provided them with a list of app. 25 persons (mainly from the MH²R Platform), who expressed willingness to be part of the e-training. Unfortunately, some members, especially service users and their family members, are not able to engage in the training as English knowledge is required. e-training is started in July, 2018. The feedback from participants is positive. WHO experts Dr. Peter MacGovern and Ms. Dovile Juodkaite will provide 5-day training in Tbilisi at the end of November.

Prevention of addiction and mental ill health in children and adolescents

The project intends to establish the Secondary Crime Prevention Psychosocial Services in Tbilisi and Batumi – for children and adolescents at risk (from dysfunctional families), juveniles in conflict with law and young offenders, also their family. Experts of GIP-T elaborated the preliminary concept of the Prevention Centre based on the online consultations with the German colleagues, and announced vacancy for recruitment the Service staff. As a result, 15 participants were recruited for the training on *Drug indicative prevention*.



On July 21 -24, 2018 the Georgian trainers held the training in Batumi: *Mental Health and Drug Indicative Prevention* (for those children/adolescents either under the high risk to become addicts or already using drugs though are not dependent yet). 8 participants from Batumi and 7 from Tbilisi participated in the training.

On September 6-9, 2018 the advanced training on *Mental Health and Drug Indicative Prevention* was conducted in Tbilisi by German trainers for the same participants.

The third training/workshop by Georgian trainers was held on October 17-19, 2018.

On December 27-28, 2018 the workshop on “Working strategies of the Crime Prevention Psychosocial Service” was held by Georgian trainers.

5-day Study tour in Germany (June 25-29, 2018) was organised to gain the relevant western experience and best practices in the field of secondary prevention of crime with the special focus on drug misuse prevention. German colleagues from the Institute for Interdisciplinary Addiction and Drug Research (ISD), Hamburg, facilitated all activities associated with the Study tour and training. The aim of the study was as following:

- to get acquainted with the best services and programs of indicative prevention and interventions
- to get insights in to the practical experiences and the results of the visited services
- to discuss the future training needs.



Georgian delegation visited drug and addiction centers, providing services on the different levels, community counseling centers as well as day care and inpatient clinic. Besides, they had the opportunity to visit policy makers as well as Hamburg university and Teacher Formation Institute, the staffs of which are responsible for developing, distributing and evaluating addiction prevention and intervention programs.

Contribution to the process of successful implementation of Juvenile Justice Reform

Since June, 2018 GIP-T in cooperation with Georgian Center for Psychosocial and Medical Rehabilitation of Torture Victims (GCRT) is implementing EU funded project “Contribution to the process of successful implementation of Juvenile Justice Reform”. The aim of the project is to contribute to successful implementation of the JJ reform via monitoring the process of implementation, leading the research-based advocacy and policy dialogue with relevant stakeholders, increasing the inclusion of regional civil society organizations in reform process and raising public awareness on the issues of juvenile justice.

GIP-T is responsible for research component of the project. The action implies to study compatibility of existing rehabilitation services and programs to the actual needs of the juveniles and examine their efficiency in terms of reduction of recidivism.

Substantial preparatory work has already been conducted. Research team has analyzed the relevant documents regulating and describing the JJ as well as developed the research methodology. Plans for the next months: to adapt the new assessment instrument and to conduct the pilot study.

Project duration: 01.07.2018 – 01.05.2020 (22 months), GIP-T budget: EUR 28,225

Promoting efficient mental health reforms in Georgia

Since January, 2018 GIP-T in partnership with the *Alliance for Better Mental Health* is implementing the project “Promoting efficient mental health care reforms in Georgia”. The project is funded by the Open Society Georgia with overall budget: USD 50,350.

The project aims at development of the model for effective distribution of the mental health State budget 40%-increase in 2018 in order to facilitate system reform in accordance with the strategic document of the country's mental health development plan and 2015-2020 Action Plan.

The working group was composed of local and international mental health experts, as well as healthcare professionals. Specific objectives are as follows:

1. Research of volume of the MH services across the country and mapping, that includes:
 - a) assessment and analysis of human, financial, infrastructural and material-technical resources of existing mental health services across the country and to determine basic needs to meet the modern standards
 - b) determination of human, financial, infrastructural and material-technical resources needed for development of new services defined by the 2015-2020 Strategic Document
2. Development of a long-term plan for efficient spending of the State budget
3. Advocacy for effective model of budget distribution

Several round-table meetings and workshops were held and some more are planned till the end of the year.

Prof. G. Thornicroft plays a vital role of advising the ministry and the working groups and carefully monitors dynamics of the process.



Health and Social Protection SWAp Project in Kyrgyzstan

In April, 2018 was ended the project that was started in March, 2017. The given project was aimed at supporting mental health specialists of the Kyrgyz Republic in the development of modern and consecutive community-based services/centers for piloting them in the Southern and Northern regions of the country. Budget: USD 89,907.

The target groups of this project were specialists of the pilot centers, in particular, psychiatrists, psychotherapists, psychologists, social workers and nurses (about 29 persons) with different levels of training

or qualification, appropriate knowledge and skills in care, assistance, interventions and follow-up experience with the purpose to ensure quality of services.

The results and outcomes:

1. Training and development of skills for using non-pharmacological/psychological treatment and psychosocial rehabilitation/ methods in management of people with mental disorders by specialists, working in pilot projects of community-based mental health care services, were provided.
2. The level of the knowledge in community-based mental health services was analyzed and training programs were prepared. The curricula included training and teaching of non-pharmacological methods in treatment of people with mental disorders. The mentioned above methods and techniques, such as cognitive behavioral therapy (CBT), as well as other methods of rehabilitation, including group and individual approaches are evidence-based healthcare (EBH) in the treatment and rehabilitation of the disorders of both severe and mild forms.
3. The trainings on 5 modules (Multidisciplinary Team and Case Management, Systemic Crisis Intervention, Cognitive Behavioral therapy, Trauma Management) for the specialists, working in pilot centers were conducted. In total, 29 participants underwent the given training.
4. During the implementation of the project, supervision in groups as well as individually was carried out on a regular basis - at least once a month. As a result of the final exams, out of 29 trainees 28 received the certificates.
5. Within the framework of the project, Training for Trainers was organized. 13 specialists underwent in-depth training in the cognitive behavioral therapy, p/s rehabilitation and trauma-focused cognitive behavioral therapy. The mentioned above specialists in future will conduct trainings for professionals working in the pilot centers.
6. The participants of the Training-of-Trainers laid the foundation for the establishment of the Cognitive Behavioral Therapy professional society, which would function under the name of the Kyrgyz CBT Society; the Society will comply with international standards. GIP-Tbilisi experts will promote strengthening of the professional association and its further development.

On completion of the project, the entire staff of GIP-Tbilisi was ready to render full support to all training participants to conduct consultations and supervision and support the personnel involved in the pilot centers in solving their everyday problems either organizational or related to clinical cases. The project participants would get the requested assistance pro bono through online Skype session during the entire 2018.



Talking finances

Fund
Global Initiative on Psychiatry - Tbilisi
Balance Sheet

As of 31.12.2018

	EURO
Assets	
Current Assets:	31.12.2018
Advance for personnel	9,297
Cash in Safe	6,447
TBC Bank	168,997
TBC Bank Business Card	907
Tax refund	<u>4,127</u>
Total Current Assets	189,773
Fixed Assets:	
Fixed Assets:	14,639
Total Fixed Assets	<u>14,639</u>
Total Assets	<u><u>204,412</u></u>

Liabilities and Equity

Current Liabilities:	
Other Current Liabilities	0
Liabilities to donors	164,730
Short-Term Notes Payable	0
Total Current Liabilities	<u>164,730</u>
Total Liabilities	164,730
Equity	
Opening Balance Equity	145,638
Negative exchange rate difference	(4,093)
Financial profit/Loss of the current year	<u>(101,863)</u>
Total Equity	39,682
Total Liabilities and Equity	<u><u>204,412</u></u>

Director: *G. 26*

Financial Manager:



Date:

31.03.2019