

Annual review



Global Initiative
on Psychiatry - Tbilisi

2011

ANNUAL REVIEW 2011



Global Initiative on Psychiatry - Tbilisi

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Foreword

by the GIP-Tbilisi director
Nino Makhashvili

This report briefly summarizes activities of the foundation “Global Initiative on Psychiatry-Tbilisi”, non-for-profit, non-governmental organization. We work in mental health field and promote a human rights based, humane and modern mental health care in countries of Caucasus and Central Asia.

2011 has been a busy and fruitful year for the organization. We have carried out numerous important projects with effectively applicable outcomes.

During recent years GIP-Tbilisi has been primarily focused on Georgia due to rapid changes and developments here. Continuing our investment also in 2011, we have been actively involved in a reform process – de-institutionalization and building community-based services, training of the workforce and lobbying contemporary, yet culturally sensitive policies and practices.

GIP-T continued to run services for children and their families in conflict-affected communities (Gori region) and also a preventive-intervention service for children with delinquency; we have piloted an out-reach multidisciplinary team to women pre-trial establishment for promoting mental health care; run a wooden toy workshop “Arbo”, where young probationers are employed.

GIP-Tbilisi held numerous conferences, trainings and workshops on different topics, promoting networking and cross-fertilization among various stakeholders.

We had a pleasure to host distinguished scholars and reformers in a global mental health field as Prof. Benedetto Saraceno and Prof. Graham Thornicroft.

We consider as a remarkable achievement that during 2011 the Memorandum of Understanding was signed with Ilia State University and a Mental Health Resource Center was established. The University Center will create a space for further promoting of professional capacities and resources, introducing modern healthcare methodologies and facilitating research.

Let me express my gratitude to all colleagues and collaborators, especially to users of mental health services, who worked side-by-side with us with unwavering support; our experts, who generously shared counsel and experiences; our donors, who kept supporting our initiatives faithfully and strongly. I trust that you share our enthusiasm about the constructive and dynamic role we can play in the reform process for better mental health for all.

Introduction

Introduction

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 create 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 prevalence of information on latest achievements, trends and directions in mental health sphere throughout the region;
- Conducts studies in order to plan the corresponding interventions in different spheres of mental health;
- Functions as an organizational (facilitation) centre for training programs;
- Promotes local innovative initiatives and best practices via consultations and advices;

Background

Global Initiative on Psychiatry (GIP) –Tbilisi 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.

- Facilitates and coordinates establishment and functioning of local mental health networks and coalitions;
- Promotes cooperation between governmental and non-governmental actors working in mental health sphere;
- Lobbies the governments for adopting and implanting appropriate legislation, elaboration of relevant policies and implementation of structural changes in the given field;
- Provides lectures, conducts workshops and organizes conferences on various aspects of the given field.

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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
- HIV/AIDS and mental health

The board of GIP-Tbilisi:

Dr. Simon Surguladze, MD
Chair (UK)

Nestan Duduchava, MD
Treasurer (Georgia)

Fuad Ismayilov, MD
(Azerbaijan)

Armen Soghoyan, MD
(Armenia)



GIP-Tbilisi staff

GIP-Tbilisi staff:

Nino Makhashvili, MD, Director
Jana Javakhishvili, Senior program manager
Maia Khundadze, MD, Project manager
Tamar Okujava, MD, Project manager
Nino Agdgomelashvili, Project manager
Irina Chopikashvili, Financial manager
Nino Mkurnali, Finadmin assistant



Events

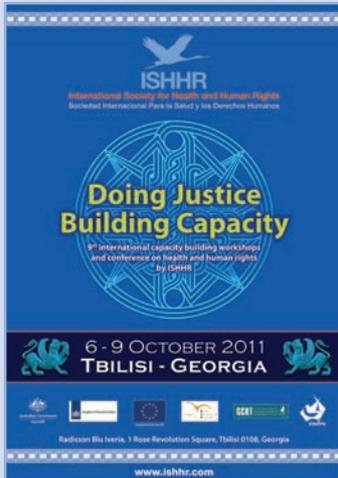
GIP becomes an IFHHRO regional focal point in Caucasus and Central Asia



GIP-T joined the International Federation of Health and Human Rights Organizations (IFHHRO) and has been appointed as a Regional Focal Point (RFP) for Caucasus and Central Asia in January 2011. The launching ceremony was held in Tbilisi, February, 11. RFP aims to strengthen the network of health and human rights organisations in the region. The new RFP is focused on prison health and train health workers in applying the human rights framework to improve health care in prisons. The week before the launching the regional training on health and human rights

IFHHRO now has Regional Focal Points in Asia, Africa, Latin America and Eastern Europe/Central Asia.

Doing Justice Building Capacity – ISHHR 9th international conference



On October 6-9, 2011 Georgia hosted the 9th international conference held by The International Society of Health and Human Rights (ISHHR). GIP-Tbilisi was one of the local partners of ISHHR in preparing and organising the event.

185 delegates in total from 45 countries attended the event where 51 presentations and Keynote addresses were delivered to the delegates.

The 9th ISHHR Conference was a very valuable experience for the participants. It promoted the exchange of information be-





tween new and old members of ISHHR and between the Georgian and international communities. It increased understanding and solidarity between attendees. Mental health professionals from Georgia and around the world, working with traumatised communities, learnt more about new methodologies and latest developments in the area of rehabilitation, counseling and community development. By the end of the event, participants felt more competitive to deal with the challenges they encounter in every day work. With the gained skills and shared experience they are expected to play an important role in the healing process of their affected communities.



GIP-Tbilisi involved young volunteers, also. As for incentives, they were allowed to attend some workshops and sessions time by time. Beside, they got contacts from the presenters for further relationships and professional consultations

The whole event was highly appreciated by the participants and ISHHR secretariat. We hope that in the longer haul the effects of this project will fill in a gap and assist in social healing and reconciliation processes.



Doing Justice Building Capacity – ISHHR 9th international conference

Events

Cooperation to support of mental health reform

On February 9, 2011 the Memorandum on mutual cooperation between the Ministry of Labour, Health and Social Affairs (MoLHSA) and the GIP was completed implying professional training of human resources within mental health sphere. The document was signed by the minister Andria Urushadze (MoLHSA), Robert van Voren (GIP Federation) and Nino Makhashvili (GIP-Tbilisi).

The Memorandum aims to increase competence of professional staff – doctors, nurses and other MH specialists through the trainings. The professors and experts of leading European clinics and universities will share their experience by providing ToTs to Georgian MH professionals, following these the trained doctors and nurses will conduct further trainings for their colleagues.

The cooperation also intends to develop the unified mental health training packages and to increase the accessibility of modern professional literature in Georgian language.

Workforce capacity building, training and re-training of mental health professionals, upgrading the availability of professional literature in Georgian language and assistance in developing of a system of certification and licensing of psychiatrists was the main subjects of the Memorandum.



The foundation of Mental Health Resource Center at Ilia State University

Mental Health Resource Centre (MHRS) was founded by GIP-Tbilisi and Ilia State University in 2012 in the premises of Ilia State University. MHRS serves as an academic centre and base for cooperation of GIP-Tbilisi and Iliauni on promoting mental health reforms and developing mental health field in the country.

MHRS provides access to the relevant literature to the students and professionals, organizes different professional trainings and courses, facilitates mental health research, supports establishment and development of contemporary mental health services.

Mental Health library is founded in MHRS, giving opportunity to the students and professionals to be acquainted with the contemporary literature in the field of mental health. Seminars of Georgian Society of Psychotrauma are going on in MHRS on a weekly base, uniting students, grown up professionals and interested individuals; this summer MHRS hosted Iliauni seminar on psychological care of children with behavioral problems.

Projects

Piloting innovative services for promotion of juvenile justice reform in Georgia (1.02.10–30.03.11)

In March, 2011 the project '*Strengthening of the Alliance for Addressing Juvenile Delinquency and Piloting Innovative Services for Promotion of Juvenile Justice Reform in Georgia*' was completed successfully.

The *Alliance* was strengthened by qualitative ToT trainings provided by foreign experts; Afterwards some of the Alliance members were involved in elaboration training modules and further in providing trainings to the target group representatives. The Alliance is linked to the strategic stakeholders, which ensures coordination in the field of juvenile delinquency prevention and care and ensures an impact on the processes and the sharing of experience with other stakeholders. The Inter-agency Steering Committee (23 members) was established and functioned during the project period facilitating the prevention component of JJ reform in the country and providing a country-wide coordinating mechanism for it.

The attitudes of *stakeholders*, mainly MoJ and MOLHSA, but also MoES, MCLA, the Parliament of Georgia, etc. toward the action can be considered positive and supportive – the innovative service that, for the first time in the country, addressed problems of certain families and children gained a high interest and motivated these organizations to become part of the process.

The *new pilot service* – Family and Child Care Centre (FCCC) was set up and its capacity built via trainings and regular supervision.

Intensive series of *trainings* (34) in detecting of JD and referral were provided to social workers, teachers, school mandatories, GPs (264 in total); the clear referral pathways and procedures were created to provide chain of comprehensive multidisciplinary care to juveniles in need and their families. With the step-by-step launching of the referral system the number of beneficiaries referred to FCCC began to grow day by day.

In February the regional 5-day training on Health and Human Rights for health workers took place in Tbilisi with participation of 5 country representatives.

Raising awareness of the effects of the preventive approach to juvenile delinquency was implemented by the regular Round Table discussions with key stakeholders.

Model programs of the best Western practices are translated and analyzed to adapt to Georgian reality and put into practice. Publication on Western best practices under the title "Prevention of Juvenile Delinquency – best practices" is developed and published (300 copies). The publication describes 11 tailored programs (Blueprints) for JD prevention that according the research, proved its effectiveness in practice.



The *findings, evidence, and lessons learned* by FCCC is drafted in the analytical report and published under the title: "Prevention of Juvenile Delinquency – psychosocial service experience" (200 copies); Both publications are disseminated and discussed with stakeholders to promote the preventive approach regarding JD.

Activating Advocacy was implemented by meetings with policy-makers (4) involving foreign project experts and inter-sectoral Steering Committee representatives. In March, 2011 the fourth meeting with policy makers was organised at the Parliament of Georgia. The set of specific policy recommendations was presented there by GIP-Tbilisi.



The project is supported by:
EU (NSA)

Project partners:
GCRT, Union SAPARI,
Association NDOBA,
GIP-Hilversum



Associated partners:
PDO, MCLA, MES, MoJ

Projects

Enhancing respect for rights of prisoners through promotion of right to health, including mental health (17.12.10-17.03.12)



The project is supported by:
EU(EIDHR)
IFHHRO

The main goals of the project was:

- Introduction and establishment of Human Rights and Right to Mental Health concept to penitentiary staff, particularly to health care personnel for increasing attention and proper response to the health and mental health needs of prisoners;
- Promotion human-right based policies in penitentiary mental health care by active civil participation and experience sharing.

As for target groups were defined:

- General practitioners, psychiatrists, nurses, psychologists, social workers from all penitentiary facilities of Georgia
- Regime personnel from the same establishments
- Trainers of the Training Center of MCLA
- Policy-makers from different ministries and the Parliament of Georgia

During 2011 two training modules for health care staff and regime personnel of penitentiary institutions were developed. The group began to prepare the resource manual on HR and MH in prisons: 'Human Rights and Mental Health in Prison'.

The planning of the trainings on 'Mental health and Human Rights' was carried out in close cooperation with the Medical and Penitentiary Departments of the MCLA. All together 11 trainings of health care and regime staff of the penitentiary institutions of East and West Georgia were conducted.

Two study tours, intending exchanging of experience and knowledge, were conducted to penitentiary facilities of the Netherlands.

In the frame of the project was planed to provide workshops and policy dialogues with policy-makers for promotion of effective MH care, based on HR respect. The regular working group, involving representatives of Georgian Parliament, MOHLSA, MCLA and project partners met several times during the year. The main thema of discussions was possibility to influence policies and reform process in the constructive and assertive way.



Project partners:
GCRT
GYLA
GIP-Hilversum

TEA - Transition in the East Alliance (2011-2015)

Since 2011 GIP-Tbilisi in Partnership with Medical Committee Vietnam (MCNV) and World Granny (WG) have been implementing the program *Transition in the East* (TEA).

The Transition in the East Alliance implements a program on poverty reduction through a combination of livelihood development, comprehensive health and social care, and civil society strengthening. The TEA program targets marginalized communities in six countries in transition – Georgia, Laos, Mongolia, Tajikistan, Sri Lanka and Vietnam – that experience rapid social, economical and demographic developments.



The program which consists of a number of projects aims to have results at three distinct levels:

- Better and sustained coverage of target groups organized in CBOs and NGOs who represent their rights.
- The target groups have improved access to credit, insurance, pensions and other innovative livelihood products through the CBOs and NGOs strengthened and/or established through the programme and because of improved service delivery of other relevant institutes in the programme areas.
- Target groups have improved access to improved health and social services, including psychosocial care through the CBOs and NGOs strengthened and/ or established through the program and because of improved service delivery of other relevant institutes in the program areas.

In 2011 the following was implemented by GIP-Tbilisi in the frame of TEA program per result area:

Three services were functioning delivering comprehensive mental health care projects to the beneficiaries in need: *Family and Child Care Center (FCCC)*, *Prison Aid (PA)*, *Gori Trauma Centre Tsiskara*; *The Arbo social enterprise* still was able to produce wooden toys employing the vulnerables. (see below in SERVICES).

Besides, GIP-Tbilisi was providing regular monitoring & supervision sessions to the above mentioned three service provider NGOs and Arbo social enterprise; in total, 172 M & S sessions were delivered, assuring proper provision of the services and efficient organisational management.

The foundation of Mental Health Master Program was facilitated at Ilia State University in addition to the described above, based on a package of Mental Health modules elaborated by corresponding task forces, uniting leading experts in the MH field, initiated and coordinated by GIP-Tbilisi. Master in Social Psychiatry and Master in Psycho-traumatology programs will start functioning from the autumn of 2012.



Alliance members
MCNV
World's Granny
GIP – Hilversum

Projects

Support to mental health reform in Georgia (01.05.11 – 30.05.12)



During last 50 years, Mental Health care in the world has undergone major changes. From human rights perspective, the implications of these changes have been substantial, requiring a new services and new set of competencies for working; new emphasis on recovery and rehabilitation; new professions as social worker or occupational therapist, etc.

In May 2011, with an aim to address these serious shortcomings, UNDP and MoHLSA in cooperation with GIP Federation and GIP-Tbilisi started rounds of activities to implement one of the component of the reform, namely strengthening capacity of the Georgian MH care personnel to provide professional, adequate and ethical care to the patients.



During the year 10 comprehensive training modules were created with participation of Georgian and international experts in disciplines of fundamental importance at the initial stage of reform. The modules use the modern methods of training as community-based education, problem-based learning, and multidisciplinary team-based learning. They utilize extensive case discussions and role-plays, small

group discussions and presentations. The Human Rights-based approach, ethical care and humane relationships with users/beneficiaries are crosscutting themes in all modules which are published and used in all training sessions during the project period.

The project was divided into two phases. The pre-phase covered the cycle of ToTs in modern treatment and care methods, and the following first phase intended to train the MH personnel in Tbilisi and Rustavi. After ToTs a resource of qualified and committed trainers is created, which is available on call of the MoHLSA to be used in upcoming activities and to provide the intellectual engine for further reforms. All in all, 13 ToT were conducted by the foreign experts to local MH professionals which afterwards trained about 500 colleagues in Tbilisi and Rustavi MH facilities. For the second phase is planned to train all of MH professionals in the regions.

On November 9, 2011 the special event was held with participation of MoHLSA. The Ministry opened



Empowered lives.
Resilient nations.



The project is supported by:
UNDP
Rumanian Government

the event. The presentations on the achievements and challenges in MH sphere were shared with the participants. Famous MH expert Dr. Benedetto Saraceno, the Chairman of the Board of GIP Federation since 2011, discussed the worldwide best practices. Next steps and possible risks in reforming process were considered during the event.

Translation of modern professional literature is one of the issues in reform-cooperation. In August was started translation of "Oxford shorter text-book in Psychiatry", that will be the first Georgian contemporary manual in psychiatry.



Support to mental health reform in Georgia

Development of unified mental health training package (01.01.11 – 31.12.11)

The project intended a promotion of effective mental health care in Georgia through professional capacity building. The implementation was started by the launching ceremony, which aimed at announcing the project goal and objectives. During the ceremony the Memorandum for Cooperation among the MoLHSA, GIP-Hilversum and GIP-Tbilisi was signed according to which the above-mentioned parties have agreed to collaborate in the development of modern, effective mental health care service delivery in Georgia. Workforce capacity building, training and re-training of mental health professionals, upgrading the availability of professional literature in Georgian language and assistance in developing of a system of certification and licensing of psychiatrists was the main subjects of the Memorandum.

At the beginning had been created several working groups within coupled foreign and local experts to elaborate trainings modules taking in account cultural as well as contextual aspects and at the same time enhancing the abilities of the Georgian working group members as future educators.

The group of international prominent MH experts with high-professional rating – Dr. Benedetto Saraceno, Dr. Graham Thornicroft and Dr. Peter Tyrer were invited to review the outcome of the working group, providing a safe framework and eventually facilitating the adoption of modules. GIP-Tbilisi ensured the contacts of the Georgian experts with the foreign specialists.

As a product 10 Modules were developed during the project. As planned, for the nearest future all of them will be linked to relevant universities and appropriate professional societies.



The project is supported by OSGF

Projects

Development of protected living environment (PLE) in Georgia (01.08.11 – 01.04.12)



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The project is supported by:
UNDP and SIDA

The project addressed to establish a system of Protected Living Environment, which would be financially sustainable, technically viable and generally – the one where a person would have an opportunity to enjoy a dignified life independent of its disability status – just in line with the fundamental human rights principles. Project was supported by the MoLHSA.

The project aimed to strengthen protection of rights of people with mental health disability by creating a necessary condition for an adequate care and rehabilitation of the MH patient. The contemporary methods of MH care and especially those related to PLE management have never been used in Georgia before. Therefore the project has to rely on the international experience and experts in undertaking the proposed tasks. A team of esteemed international experts were invited from the Netherlands to work closely with the MoLHSA and provide recommendations on establishment and management of the PLEs. The recommendations included clear guidelines and protocols, clear admission and discharge criteria, household rules, mechanisms and safety. The team also developed a special training programme for the staff of the PLEs.

The managers of the long-term MH facilities were also supposed to undergo a set of comprehensive trainings in the topics, essential to the social rehabilitation of the PLE patients, such as 'Networking and Communication', 'management', 'organizational development', while the staff of those facilities was trained in establishing connections with the patients.

3 ToTs by Dutch experts for 12 Georgian participants in 2011. Later on some of them provided trainings to their colleagues in Tbilisi and Kutaisi.

The planned study tour to the Netherlands was conducted in November. Among the participants were the managers and staff members of long-term MH units and MoLHSA representatives. The host organisations - Anton Constandze and Kwintes are the biggest PLE providers in the East part of the Netherlands. The group visited some community residences, day activity centres and supported living facilities in Haagse, Gouda and Rotterdam.

In December the conference 'Creation of PLEs in Georgia: development perspectives' was held in Tbilisi. After the presentations the participants from the MH facilities, state agencies and professional community, discussed the necessity of PLE development in Georgia.



Projects

Development of an integrated network of community mental healthcare services

(1.11.08 – 21.11.11)

'One of the key components of any credible mental health system reform is the shifting from hospital base care to community base care. The basic principles that should inspire the establishment of community services and shifting from hospital to community care are three: accessibility, comprehensiveness and continuity' (B.Saraceno).

2011 was the last year of the 3-year project intended to create a functional network of accessible community mental health care services in Tbilisi, as a pilot for further dissemination throughout the whole country.

On October 1st, 2011 the Crisis Intervention Centre with 8 beds was launched in Tbilisi. GIP-Tbilisi provided the centre with furnitur and equipment. The staff is trained in the frame of the project. At the center functions the mobile team. The service is partially financed by the government.

This project created a definite break with the past by changing the traditional Georgian/Soviet psychiatry into a community-based one giving a new vision directed on treatment, rehabilitation and re-integration of mentally ill persons.

Soon after the opening of the first crisis intervention unit, the MoLHSA planed to open 3 more units in 2012 in the regions.



The project is supported by
Ministry of Foreign Affairs
of the Netherlands
(MATRA program)

Projects

Revision and Development of National Guidelines in Psychiatry (OSGF, 1.12.11–1.03.12)



The project is supported by OSGF

In December was started a new project aiming to revise and develop the Georgian National Clinical Recommendations in the treatment and management of mental disorders.

According the standards the guidelines should be reviewed and revised in every three years. Due to this recommendation the MoLHSA has initiated this process to improve national guidelines in psychiatry. Though GIP-Tbilisi will coordinate the process, the MoLHSA will be actively involved and closely follow the whole program.

In December has been selected Guideline Development Group (GDG) consisted of psychiatrists, psychologists, nurses and social workers and GDG leaders were appointed. 2 deceases was identified to develop the guidelines in accordance of NICE system: treatment and management of Depression in adults (to revise and renew of existed guideline) and treatment and management of Schizophrenia in adults (to create a Georgian version). Besides, the groups defined the guideline volume and agreed the schedule of GDG meetings. The final product of the project is full and short versions of the guidelines and the patient version which is a new practice for Georgian MH system.

Both revision of existing guidelines and development of new clinical recommendations are highly important for MH professionals, service managers, primary health care specialists, as well as for patients/service users and their families and carers. The project is the first phase of the program that will involve a costing exercise and also revising and developing several other guidelines, but also the implementation of the developed tools into practice.



Early intervention and social Inclusion of children with special needs in Azerbaijan (6.12.09 – 6.12.11)

Improvement the quality of life of people with mental disability by promoting their social inclusion into the community and saying NO to their unnecessarily placement in the institutions was the main purpose of the project. For realisation this idea the Children's Healthy Future Association planed to improve the quality of life of children with special needs in the pilot area implementing of Early Intervention program in the primary health care structure.

2 target groups were identified: the specialists (medical and pedagogical staff) working with children with special needs (CWCN) and the parents.

During the project period the trainings on the Early Intervention Program were conducted to the specialists. The set of trainings intended to improve the early detection of disability and to create a comprehensive rehabilitation close to the living areas of those children. Another set of trainings was on inclusive pre-school education oriented on improvement of professional skills of the staff and facilitate their cooperation in multidisciplinary teams (policlinics' staff).

Trained parents are empowered to actively participate in care provision of their children, form a sound board for service implementation and establish a Parent Organization to lobby the interests of CWSN at governmental level.

As the results of the project were established:

- *Early Intervention Training Methodological Centre (EITMC - expert centre) integrated in the 'Children's Healthy Future' Association located in Baku.*
- the comprehensive system of rehabilitation to CWSN on the basis of governmental health care system;
- the *Parents' Organization.*

GIP-Tbilisi provided regional coordination of the project in Azerbaijan making regular organizational supervision and administrative support to the local project team. Being familiar with the specific socio-economical features of the region, GIP-Tbilisi was as an inter-mediator in communication between the lead project coordinator and the local project managers.



The project is supported by EU



Project holder: GIP-Hilversum

Project partners:

Children's Healthy Future Association, Azerbaijan
GIP – Tbilisi

Projects

Projects



Polish aid

The project is supported by
Ministry of Foreign Affairs
of Poland



Project holder:
Helsinki Foundation for
Human Rights



Project partner: GIP-Tbilisi

Associated partners:
Ministry of Education and
Science of Georgia (MES)
Ministry of Labour, Health
and Social Affairs of Georgia (MoLHSA)

Polish Aid against social exclusion – continuous education of people with mental disabilities in Georgia (01.03.11 – 30.11.11)

GIP-Tbilisi and the Helsinki Foundation for Human Rights, together with the MES and MoLHSA implemented the project concerning issues of continual and long-term education for children with mental disabilities.

The main goals of the project was:

- Care and support of education for children with mental disability.
- Provision of dignity and independence for children with mental disability, their inclusion in social life taking into consideration their appropriate skills and abilities.
- Alteration of public opinion concerning disability conception.

During the project 30 pedagogues of the Training College, psychologists and teachers were trained through the two 6-day trainings related to professional education of people with mental disability.

The study visit was organised to Poland. 14 training participants attended Warsaw for 7 days. Helsinki Foundation for Human Rights organised the visits to different institutions, the interviews with institution personnel and conversations to organisation management.

2 representatives from the MES and 2 – from the State Care Agency were sent to Warsaw for 2-week practice course.

As a closing event, on October 12-13 the summarising Round Table meeting was held in Tbilisi. Besides the training participants, all interested parties were invited to attend the event. Among them were the representatives of MES, MoLHSA, Public Defender's Office and the institutions that are directly involved in issues concerning continual and long-term education of the children with mental disability.

The Polish experts presented the set of recommendations related to continual and long-term education of children with mental disability.



Services

Services



FCCC – Family and Child Care Centre

Established as a pilot service in 2010 in the frame of EU funded project the FCCC continued activity with support of TEA program since March 2011.



Family and Child Care Centre (promo leaflet)

The Family and Child Care Center (FCCC) offers free qualified psycho-social service to children, adolescence and their families, with behavioral and emotional problems. Center's multidisciplinary group (psychologists, social workers, child psychiatrist, child neurologist/psychosomatic) will assist in the following:

To children:

- Impulsive behavior managing and self-control building
- Decrease and complete withdrawal of aggressive behavior
- Regulating and managing emotions
- Solving existing problems consisting of peer group and other relations
- Problem solving, communication and conflict managing skill

building

To member of their families:

- Improving relationships within families
- Improving communication within parent and child

Service of the center includes:

- Psychological, medical and social consultation and guidance
- Group sessions for children and adolescence, which will assist them to build life's important skills and overcome behavioral problems
- Group sessions for parents, which will assist in upbringing child and solving related problems
- The center will serve children, adolescence and their family members in age 4-18. Receiving clients can be processed directly in the center, as well as by calling out specialists to the needed locations.
- Confidentiality will be guaranteed.

*The center is working everyday from 10am-7pm, except of Sunday. Free of charge service
Address: 50, I.Abashidze str. Tel. 214 3434*



Services



FCCC – Family and
Child Care Centre

During the year the FCCC have served 142 youngsters with behavioral problems, 19 beneficiaries referred by the Ministry of Corrections and Legal Advice among them, and their family members, in total 290 persons. The youngsters suffered from behavioral disorders, learning difficulties, psychotrauma symptoms; in 80% of families were observed destructive up-bringing style and improper communication style, in 60% of families – family violence. The beneficiaries were served by the multidisciplinary team of FCCC and provided with psychiatric, social, psychological and legal services. The positive dynamics is observed among more than three quarters (98 youngsters and 138 family members) of the beneficiaries, which we consider as important indicator of their improved social adjustment and increased integration into social life;

To assure quality of services, GIP-T have been providing coaching and supervision to the FCCC team on a regular (weekly) base.

Since 2010 Social Work Master Program students from Tbilisi State University and Ilia State University are undergoing clinical practice at FCCC, based on the corresponding memorandums signed by GIP-T with these universities. The master programs students are working as volunteers for FCCC and at the same time gain experience and study-credits. They are provided by regular coaching by FCCC social workers and other staff members.

The efforts to incorporate the service into Georgian governmental structure to provide its long term sustainability still goes on.



TSISKARA – Gori Trauma Centre

The trauma centre TSISKARA is established in 2010 in the frame of the project supported by the Lithuanian Ministry of Foreign Affairs.

The beneficiaries of TSISKARA are IDPs and Gori region inhabitants who were challenged mentally due to 2008 war with Russia and previous armed incident among Georgians and Ossetians. In addition to the extreme poverty, the beneficiaries suffer from Traumatic Stress Disorders and related cognitive, emotional, behavioral and psycho-social problems, which feed their social exclusion.

The centre works on daily basis, has two mobile groups, each including a psychologist, a social worker and a doctor. The groups carry out field work, providing consultations in Gori and borderline villages as well as in IDP settlements. The centre hires 2 cars that serve mobile groups for outreach services during the week.

The psycho-social centre staff is being constantly increased, during the given reporting period training for trainers concerning anger management and communication module issues was conducted several times. The first out of these trainings turned out to be very successful in the participants' everyday activity. At present the centre is providing group meetings with the beneficiaries that are proved to be useful enough.

During the working process it was revealed that working in groups was very important at village schools where the displaced children's needs were seen more clearly – in particular, how important their integration into the local resident society is and what difficulties they have while living in the new environment. Selection of schools was carried out with the assistance of the Ministry of Education.

Supervision takes place once a week in the centre and in case of need a child psychiatrist from Tbilisi goes to the settlements in order to provide consultations concerning difficult cases.

Referral system is properly established at present – referrals are made from children polyclinic and also other governmental organizations of Gori district. The children as well apply to the centre independently.

It should be noted that not only family members need to be consulted, but teachers who express their desire to be assisted, consider that first of all they need to be helped because they spend most of the time at work and dealing with children.



During 2011 the Centre served 123 children and adolescents and their 86 family-members by in-centre and outreach activities. The pre- and post-intervention evaluation questionnaire shows positive dynamics among more than two thirds of the beneficiaries (85 youngsters, 63 parents), which contributes to strengthening of them in way to catalyze their social pro-activity.

The mobile groups worked in the settlements: Berbuki, Skra, Khurvaleti, Dici, Tkviavi. Group work was also being carried out in the villages of Zemo and Qvemo Niqozi, Zemo Khviti, Dici. Among nearest plans is assistance to another settlement (Karaleti) where there are a lot of children and adolescents (in total 400 families live in the settlement). The centre is also planning to arrange group consultations and meetings at schools located in the borderline areas. In case of need, the centre will not be limited to consultations only but is ready to organize group sessions as well.

Services



Prison Aid (PA) Mobile In-Reach Team

From April, 2011 GIP-Tbilisi in collaboration with the Ministry of Corrections and Legal

Assistance launched the innovative project “Developing mental health care in women prison, pre-trial department”, directed on introduction of the Mental Health care services in the women prison #5.

The special room for the purpose was given by the administration of the prison. GIP-Tbilisi equipped the room according the needs, and on 1st of April the service was started.

The mobile multidisciplinary team of psychiatrist, a clinical social worker and 2 psychologists work three times a week in the prison pre-trial department.

The team provides:

- Primary screening for MH problems
- Consultancy and support to persons with MH problems
- Setting up the suicide prevention system
- Promotion of the system of the individual approach

During project period (April-December, 2011):

219 accused and 16 convicted women were initially consulted. Repeated counseling – for 187 women. 36 out of those needed a long term counseling, 26 – psychiatric aid. Despite of the fact that the team was supposed to work only with accused women, in addition 16 convicted women were consulted on request of the administration.

The feedback of the female prisoners to the team of psychiatrists and psychologists working with them shows a positive dynamics of the intervention on the anxiety, depression and antisocial scales of the questionnaire used for their testing pre- and post-intervention. The positive dynamics is also revealed by the qualitative (interviews) data showing their increasing orientation towards social life after releasing from prison.



ARBO – Social enterprise

FOR HEALTHY GENERATION – is a promo of the social enterprise that was established by GIP-Tbilisi in 2010 under the financial support of CSRDG. The social enterprise manufactures ecologically pure toys and furniture for children with specially chosen wooden material. During infancy, children use various ways to perceive the world. In the process of perception, toys play a crucial role. Therefore, when manufacturing toys, it is essential to carefully choose the material the surface of the toy is made of to ensure the safety and health of the child.

The enterprise uses linden and beech wooden material of Georgian origin, but the finishing materials are carefully selected and imported from Germany. Wooden pieces have smooth surfaces and rounded edges to avoid physical injury. ENOLIT dyes and BIOFA coating oil both are heavy metal free and meet European Standard on Toy Safety (EN71).

Moreover, the toys have excellent durability and a pleasant grip effect. The design and the color is based on the awareness that children should be able to feel and experience the wood. Little color and structural differences among the details of toys grant special attractiveness and uniqueness. The paint does not cover the wooden structure, so children can perceive its nature in its original way. This allows kids to learn to understand and appreciate natural beauty. When playing with ARBO toys, children feel the positive natural energy from the wood, which they cannot do while playing with plastic and metal toys. Additionally, while playing with the wooden toys, children's hands remain warm.

From September the enterprise continued working without external financial support, though the way to financial independence turned out very difficult. Only by the end of the year the enterprise developed new marketing strategy and defined a new market niche – municipality kindergartens. Besides the existed toy sets, the new clients tried to explain ideas for new developmental toys. Their wishes always were met successfully by the ARBO team. So step by step the information from satisfied directors reached the other kindergartens. Even some samples were sold in Amsterdam small toy shop. Toys were requested also from the other shops in the Netherlands, but transportation costs makes the price so higher, that the export issue remains unsolved.

ARBO was invited to present/sell own products in the event related to the Disability Day.



Children learn by playing games. Often enough, simple toys lead them to discover new things about life. Playing with wooden blocks helps to develop physical, social and cognitive skills as children learn about balance and gravity. ARBO toys help children to develop creative thinking, spatial perception, mathematical concepts and fine motor skills.

Services



In the frame of the Transition in the East Alliance program (TEA, the Netherlands) since January to August, 2011 the enterprise moved to a bigger space and purchased new equipments with more power, thus make possible to involve more employees in production. ARBO was functioning as an income generating activity employing 10 workers (one overall manager, 5 full time workers, 2 juvenile delinquents, 2 probationers and one ex-prisoner). The employed individuals could be considered as beneficiaries of the enterprise, as they were receiving salaries which assured their and their families' subsistence; besides that, the ex-prisoner, probationers and juvenile delinquents had a constructive social environment for socialization, mutual support and self-help which facilitates a process of their social re-integration.

ARBO – Social enterprise





LEONARDO'S BRUG

Materiaal: Georgisch beukenhout
De coating olie (BIOFA Naturprodukte GmbH, Duitsland) voldoet aan de Europese norm voor veiligheid van speelgoed (EN 71)

Leonardo's brug kan worden gebouwd zonder lijm of spijkers, alleen gebruik makend van kracht en tegenkracht. Een kleine brug kan gemaakt worden met maar 8 latjes.
Zie ommezijde voor de bouw instructies. Leonardo's brug is geschikt voor jong en oud.
Je kunt het alleen spelen of in een team. Het spel:

- verbetert de ruimtelijke beleving
- stimuleert het vermogen om zich te concentreren, ontwikkelt spiercontrole en motorische vaardigheden
- de eerste lessen over de grondbeginselen van de mechanica en statica

In 1502, besloot de sultan van Istanbul dat hij een brug over de Gouden Hoorn wilde laten bouwen. Leonardo da Vinci ontwierp een mobiele boogbrug, die met zijn 240 meter de langste in de wereld zou zijn geweest. De Sultan gaf opdracht tot de bouw van de brug, maar de Sultan verwierp het project. Het ontwerp werd nooit in Europa uitgevoerd.

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Made in Georgia

LEONARDO'S BRIDGE

Materiaal: Georgian beech wood
Coating oil (BIOFA Naturprodukte GmbH, Germany) meets European Standard on Toy Safety EN 71

Leonardo's Bridge can be built without glue or nails, using only force and building instructions. You can play on your own or in a team.

- improves spatial perception
- encourages ability to concentrate, develops muscle control and motor skills
- teaches the first lessons about the basics of mechanics and statics

In 1502, the Sultan of Istanbul decided he needed a bridge over the Golden Horn. Leonardo da Vinci designed a self-supporting, arched bridge, which at 240 metres, would have been the longest in the world. The Sultan did not believe it could be completed and rejected the project. The design was implemented 500 years later in Europe.






Publications

Publications 2011

During the project "Strengthening of the Alliance for Addressing Juvenile Delinquency and Piloting Innovative Services for Promotion of Juvenile Justice Reform in Georgia," all interventions provided by FCCC with delinquent juveniles were measured and evidenced according to the methodology developed together with foreign experts. The GIP-T study group designed the assessment study and study pre-, mid- and post-service delivery processes. The relevant success-indicators were identified and assessed using different instruments.

The findings, evidence, and lessons learned by the Family and Child Care Centre (FCCC) is drafted in the analytical report and published by J.Javakhishvili and N.Makhashvili under the title: "Prevention of Juvenile Delinquency – psychosocial service experience".



Prevention of juvenile delinquency:
Experience of psychosocial service

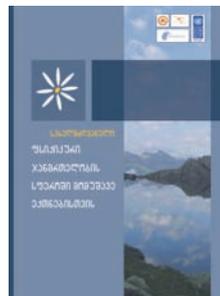


Prevention of juvenile delinquency:
International best practices



Prevention of Drug Misuse

The book by Jana Javakhishvili on primary prevention of drug misuse: manual for school administration, teachers, parents, psychologists and other primary and secondary school stakeholders. The book presents contemporary evidence based approaches in drug misuse prevention and proposes a healthy life style based approach, implying school drug policy, life skills training and comprehensive social influence model.



Mental Health Nursing

Nurses play a key role in the care of people with mental disorders. The current professional education must be upgraded to a higher vocational level with in addition in the long term nursing studies on master level. A first step in this process is to make contemporary mental health nursing literature available for Georgian nurses. The present manual of translated literature gives Georgian nurses an up to date framework and offers an important step forward in ensuring a comprehensive, client centered, and humane mental health care. Mr. R.Keukens and N.Duduchava are the manual contributors.