



# GIP-Tbilisi Annual Review

November 2018 – October 2019



# Contents

## Selected activities

- Strengthening of civil society movement
- Media mobilization for Mental Health & Human Rights
- Mental health awareness raising
- Revision of Georgian Law on Mental Health Care
- Piloting the WHO mechanism of monitoring the Human Rights and quality of care
- Launching the services for Prevention of addiction and mental ill health in children and adolescents - 'Club Synergy'
- Contribution to the process of successful implementation of Juvenile Justice Reform
- Promoting efficient mental health reforms in Georgia
- Promoting and Enabling Legal Capacity in Georgia
- Research project: Prevention of Addiction and Mental Ill Health in Adolescents in Georgia (PAMAd)
- Central Asia: Building capacity and competence in primary health care
- Adaptation and implementation of the WHO mhGAP - Implementation Guide in CA
- Psychological service for Ilia State University students
- Annual conference "Trauma and Society"
- ESTSS Autumn Workshop in Tbilisi
- Drug Universal Prevention project
- Small Grant Projects: Financial Support for Third Parties
  - Notice a Person Behind Diagnosis
  - Establishing support network of users and survivors of psychiatry in Tbilisi and Rustavi
  - Step Towards You

## Talking finances

# Selected activities

## Strengthening of civil society movement

Last year GIP-T started implementation of the EU-funded project: “MH<sup>2</sup>R - promoting rights of people with mental disorders and psychosocial disabilities (PwMD) in Georgia”. Project duration: February, 2018 – September, 2020 (32 months).

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.

In the first months there was established MH<sup>2</sup>R (Mental Health and Human Rights) Platform 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. 5 working groups were defined and established which are actively involved in the working process on relevant issues. During 2019 was held several meetings of the platform working groups.

Three *policy briefs* are developed by GIP-Tbilisi experts in close cooperation with relevant Platform working groups:

- World Health Organization’s Quality Rights Initiative for Improving Mental Health Care in Georgia
- Mental Health Promotion - Quality services for development of the mental health system
- Community Living Options for People with Serious Mental Illness (the document is still under discussion).

These discussion papers are actively used during the policy meetings.

Several Policy Dialogue meetings were conducted at the MOH and the Parliament healthcare committee regarding the revision of the Law on Mental Health care, also regarding the issues related to QR monitoring of mental health in-patient services.

## Media mobilization for Mental Health & Human Rights

The 3-day Media School was held in Batumi in December, 2018. Georgian and Polish journalist-trainers shared their experience to the participants. 25 journalists from Central and Regional Media representing TV, radio, print media, online editions and social media attended the School. Among the participants were producers, editors, authors 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 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; DART center guidelines - Journalism and Trauma; Issues of deinstitutionalization; Basic concepts of Human Rights; Human Rights and the rights of persons with disabilities; The basic assumptions of UN Convention on the Rights of the Persons with Disabilities (CRPD); 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/>.



Media training on the issues of “Mental health and media coverage” was held in Kutaisi (Imereti region, West Georgia) in March, 2019 - attended by 21 participants from Kutaisi and Imereti mass media, as well as student journalists from local University. The information about the training was covered in local media (Rioni TV, Mega TV). GIP-Tbilisi expert J. Javakhishvili participated in the program “Discourse” on Mega TV and talked about the Media and Mental Health.

In February 2019, a media contest “Mental Health and Society” was announced. The aim of the competition was to give a push to the media campaign for ethical and comprehensive coverage of mental health issues that would increase awareness on mental health and promote equality of people with mental health problems. The competition was open to current and future journalists with the product published in the media (TV, radio, print or electronic media) in period of January-April, 2019. Contest topics: mental health and human rights, attitude towards the people with mental health disorders, de-institutionalization, access to services, development of MH community services, independent living, recovery and inclusion, employment.

Active media campaigning devoted to “Green Ribbon 2019” was implemented in May. An user-friendly knowledge guidebook “Covering Mental Health” is in the process of editing.



### **Mental health awareness raising**

It's the second year that GIP-Tbilisi celebrates “Green Ribbon” which aims to raise awareness about mental health. GIP-T joined this worldwide movement last year launched this campaign also in Georgia. Various activities were planned and carried out within this campaign: “Run for Mental Health” event was

held on Lisi Lake in Tbilisi, large-scale media campaign was in action during the month; winners of the Media Contest were awarded. Events were widely covered by different media means.

It was decided that the “Green Ribbon” 2019 campaign would focus exclusively on human rights in mental health field. Accordingly, when developing the concept of the event “Run for Mental Health”, the team used UN CRPD for guiding. There were selected 6 rights from CRPD which are most frequently and grossly violated in Georgia. The team prepared 6 symbolic “barriers” that people with mental disabilities face on a daily basis:

- I am restricted from living independently and engaging in the society
- Others still take decisions for me
- The right to privacy and family life is restricted
- Stigma and discrimination harm me
- I am not protected enough from violation and exploitation
- I do not have access to the services equally with others



The event banner, runners’ stickers, medals for winners, barrier-banners, flyers – visually similar with symbolic barriers and shortly explaining the reasons, certificates for winners and for all participants were designed and printed out.

Uniforms for photographing were designed with symbols indicating that 1 in 4 people will experience mental illness at least once in their lifetime.

On May 19, more than 100 people participated in the event “Run for Mental Health” at Lisi Lake. Along with the pre-registered guests, the public, including children also joined the event with great enthusiasm.

When running the participants symbolically overcame these “barriers” as a sign of solidarity for people with mental health problems. The point of the action was to realize that any of us could ever be a person which “will experience mental illness at least once during lifetime” and thus have more empathy for people with mental problems.



The “Run for Mental Health” was attended by the group of young journalists from the Public TV program "Private Doctor" who dedicated a special TV coverage to the event. Engagement of this group was the idea of a journalist actively participating in GIP-T media seminars. During May and beyond the author and a host of the show appears with a green ribbon and a ‘1in4’ pin in all TV shows that are devoted to mental health issues.

The similar “Run for Mental Health” event was held in Batumi boulevard on September, 29. Some of GIP-T members were interviewed during the event and also invited in the Ajarian TV/Radio studios.



As the stigma is mostly related with “dangerousness” of people with mental illness, a chapter “Danger or disinformation. The facts about violence and mental illness” was translated and published from the book “Shunned. discrimination against people with mental illness” by G. Thornicroft.

Mental health awareness campaign entered in more active phase since July when the first small-scale grant products appeared publicly [‘financial support to third parties’ component in MH<sup>2</sup>R-project].

## Revision of Georgian Law on Mental Health Care

The experts of the legislative working group of MH<sup>2</sup>R-platform elaborated a Draft Law "On changes to the Law on Psychiatric Care".

The basic principle of the Draft Law is to refine some definitions, identify outpatient (psychiatric care) services and create a legal basis for the introduction of a modern, worldwide proven monitoring mechanism. The document was ready for submission to the parliament by the end of May, but Ministry of Health requested to add more clear regulations on restraint methods. Though the current Law does not recognize chemical restriction, this method is widely used in current practice, anyway (Public Defender's assessment). Also the definition of physical restraints (rules and procedures) is quite vague in the current Law. Based on this recommendation the experts’ group changed the formulation in a new version of the Law, introducing minimizing regulations on patient's physical and chemical restriction. Now the document is ready for official submission in the Parliament.

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

Last year GIP-T and the project partners ABMH and IOD discussed the WHO QualityRights Toolkit for assessing and improving the quality and human rights in mental health and social care facilities. Later on the instrument was translated and adapted.

In November, 2018 at GIP-T office was conducted the Quality Rights training “Mental Health, Human Rights, Recovery & Service Improvement”. The trainers/experts Dr. Peter MacGovern and Ms. Dovile Juodkite were recommended by WHO. 24 participants took part in the event - service users and

family members, representatives of MH<sup>2</sup>R-Platform, Healthcare Committee of the Parliament, Public Defender, Ministry of Health. Training program included both theoretical and practical part: overview of the WHO QualityRights initiative, understanding the toolkit, practical application of the toolkit. After the completion of the training the monitoring team was established and GIP-T started negotiations with the Healthcare department of MOH in order to secure their support for conduction in assessment of the MH facilities. MOH requested to increase the number of visiting facilities up to 11, instead of planned 3. List of institutions was defined by the healthcare department of the MOH. 12 well equipped monitors divided into visiting teams of 3 persons in each conducted the assessment of several different components of the facilities.



Each visiting team reported their findings analyzed and consolidated later on into country report with recommendations. The draft document was sent to the MH<sup>2</sup>R-Platform working group to overview. In July the draft report was finalized and sent to the Healthcare department of the MOH for revision. Till the end of the year there will be conducted several round table meetings to shape the final country recommendations.

### Launching the services for Prevention of addiction and mental ill health in children and adolescents - 'Club Synergy'

In March, 2019 the new psychosocial service *Club Synergy* has been launched In Tbilisi and Batumi. Club Synergy serves the teens and youth from 14 to 25, as well as their parents and family members. The service is targeted to those who experiments with drugs and different psychoactive substances or have emotional, behavioral problems. Target groups includes teens and youth from general population, those who are in conflict with law (diverted juveniles), teens under state care and IDP's, displaced and affected by wars.

**CLUB SYNERGY**  
PSYCHOSOCIAL SERVICE CENTER

Fund "Global Initiative on Psychiatry-Tbilisi" offers qualified, free psychosocial service on the basis of "Club Synergy"; the goal of the service is prevention of psychoactive substance abuse and mental health problems among adolescents and young people.

Highly qualified psychologists, social workers, psycho-traumatologists, addictionologists and doctors work at the center.

**WHO CAN ADDRESS US:**  
The center provides service for adolescents and young people aged 14-25, and their family members.

**YOU CAN COME TO OUR CENTER IF AN ADOLESCENT OR YOUNG PERSON**

- uses psychoactive substances
- shows addictive behavior (gambling)
- has difficulties communicating with peers or adults
- has emotional problems – feels sad, can't control anger, has episodes of high anxiety etc.
- shows behavioral difficulties, i.e. aggression
- has sleeping problems or somatic complaints not caused by medical reasons – abdominal pain, headache etc.
- has psycho-traumatic experience, i.e. heavy loss

**WHAT WE OFFER**

without psychosocial services, including:

- individual consulting
- family consulting
- parental consulting
- individual and group programs oriented at skills development, such as
  - emotion (i.e. anger) and conflict management
  - effective communication and interpersonal relationships
  - program oriented at addiction problems
  - other psychosocial assistance

**THE CENTER'S WORKING HOURS**

**Tbilisi**  
MONDAY-FRIDAY 14:00-19:00  
SATURDAY 11:00-17:00

**Batumi**  
TUESDAY-FRIDAY 14:00-19:00  
SATURDAY 11:00-17:00

**FOR CONSULTATIONS CONTACT US:**

**Tbilisi**  
+995 599 807 021  
clubsynergy.tbilisi@gmail.com  
Tbilisi, 96 Z. Palashvili St, apt. 2

**Batumi**  
0422 24 36 74  
clubsynergy.batumi@gmail.com  
Batumi, 12 Z. Gorgaladze St, apt. 3

The service is provided by Fund „Global initiative on psychiatry-Tbilisi“ with financial support of EU within the framework of the project “MR-20” promoting rights of people with mental disorders and psychosocial disabilities (PwMID) in Georgia.

Methodology used is based on transdiagnostic approach and aims at prevention and early intervention. Club Synergy offers to their clients several basic modules such as Emotion Regulation, Interpersonal Relationships, Art therapy, Positive Parenting, etc. Specific program is developed for those who are in conflict with law, which aims at crime awareness and prosocial behavior development. The programs are based on CBT and Motivational Interviewing and are delivered individually or in small groups according to the clients' needs.

Besides the basic, transdiagnostic modules, Club Synergy offers condition-specific interventions such as Trauma focused CBT, EMDR and others for those who suffer from PTSD, addiction problems and other common and comorbid mental health disorders.



Multidisciplinary approach is one of the main facets of the team, which include qualified psychologists, psychotraumatologists, addictologists, social workers, masters of social psychiatry and psychiatrists (under a contract). The staff underwent the intensive capacity building and training delivered by local as well as international trainers from Germany (Institute for Interdisciplinary Addiction and Drug Research, Hamburg) and UK (Cardiff University) and work under regular supervision.



Series of trainings had been conducted for the service staff: Working strategies of the Crime Prevention Psychosocial Service, Group work methods with adolescents, Needs assessment and development of intervention plan, Anger management and conflict management, Motivational Interviewing, Art-therapeutic methods for use with adolescents (Arts & Crafts workshop), Using board games to develop social skills, etc. Advanced training in Mental Health and indicated drug prevention with a special focus on standardized documentation, gambling prevention and mobile app for drug prevention was conducted by German trainers.

The service staff also participated in the workshops offered in the frame of Erasmus+ program run by Ilia State University and Cardiff University (UK). Among the others the topics covered: Digital health and adolescent depression, and the research and digital programme developed at Cardiff University; Planning the development of digital health tools in Georgia.

More than 100 teens and youth have already received various services offered by Club Synergy in both cities. Service effectiveness is being studied by comparing the pre-, post and follow up (after 3 months) assessment scores. The initial results show decrease in problem frequency and intensity as well as considerable improvement in functioning.





## 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 from the view of reduction of recidivism.

The research team comprising with researchers and juvenile justice experts elaborated the research methodology and design. The study aims at to assess the needs of different target groups – teens with conflict with law, children under state care, children living in streets and etc. and identify the service gap available for them.

Mixed methodology, quantitative as well as qualitative methods are being used. Currently more than 100 cases of juveniles are analyzed and individual, familial and community level needs are identified; at the same time the service mapping and description according to their accessibility, compliance and quality is in process. According to the preliminary analysis, the teens and youth are encountered significant familial and community level problems, such as living in dysfunctional families or poor school discipline (compared to individual needs), while the services available are mainly directed on individual needs and problems.

The study results will enable to clearly define the gaps existing on secondary and tertiary prevention level and will provide the strong evidence to advocate the development of services which are complaint to the beneficiaries needs.

## Promoting efficient mental health reforms in Georgia

State programs of Ministry of Internally Displaced Persons from the Occupied Territories, Labour, Health and Social Affairs of Georgia on mental health have become a subject of significant amendments in 2019, partially due to the lobbying and advocacy of the MH<sup>2</sup>R-Platform, actually, GIP-T and Alliance for Better Mental Health (ABMH) were the main players in that process. Namely, financing of Georgian state program for mental health care was increased by GEL 3 mln in 2019 (14.28%) and reached 24 mln; financing of Mental Health Promotion Program was increased by 28.5% and reached GEL 140,000. Regional and central CSOs and CBOs that are working on PwMD problems, including the PwMD/Users’ NGOs are united in the strong Platform and maintain effective lobbying, advocating and influencing policies.



Since 2018 GIP-T in partnership with ABMH and financial support the Open Society Georgia is implementing the project “Promoting efficient mental health care reforms in Georgia”. 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. During the year has been held 3 round-table meetings. The last one in August 2019 was attended by the French experts involved in the reform process by the MoH as a technical support.

## Promoting and Enabling Legal Capacity in Georgia

Since October, 2018 GIP-T together with partner organizations: *EMC - Human Rights Education and Monitoring Center* (leading), *Partnership for Human Rights* and the *Georgian Association of Social Workers* is implementing the project “Promoting and Enabling Legal Capacity in Georgia”.

The overall goal of the project is promoting the enforcement of the legal capacity reform and supporting the inclusion in social life of the persons with psychosocial needs as well as the people with intellectual disabilities. To achieve the goal the project aims at

- supporting the introduction of the legal capacity reform by eradicating the legislative and practical barriers and by implementing the pilot project.
- empowerment of the community, their families and their supporters by equipping them with adequate knowledge and skills
- promoting changing of public attitudes by increasing the visibility of the needs and conditions of people with psycho-social needs and the people with intellectual disabilities.

Together with local stakeholders as well as international experts’ comprehensive needs analysis has been carried out and the major barriers identified. Currently the project team is developing the supported-decision making concept which will describe the process, procedures and minimal standards of assessment, decision making, monitoring and services relevant for exercising the legal capacity.

## Research project: Prevention of Addiction and Mental Ill Health in Adolescents in Georgia (PAMAd)

Curatio International Foundation (Georgia) in partnership with Cardiff University (UK), London School of Hygiene and Tropical Medicine (UK) and Foundation Global Initiative in Psychiatry- Tbilisi (Georgia) since August 2019 has been implementing a study entitled: “Prevention of Addiction and Mental Ill Health in Adolescents in Georgia (PAMAd)”. The study is being co-funded by the Medical Research Council (MRC), the Department for International Development (DFID) and the Department of Health and Social Care (DHSC) through the National Institutes for Health Research (NIHR) in the frame of National Prevention Research Initiative (NPRI). The 42 months duration research project aims to take advantage and produce evidence on effectiveness of the intervention being designed to address Mental Health needs of adolescents and young adults (AYA) in Georgia. The research will have five main objectives:



1. to develop a phased and stratified service for AYA affected by drug & substance use and common MH problems, including those related to trauma (PAMAd service)
2. to measure the clinical effectiveness and unit costs of the PAMAd service through assessment of MH status and drug related risk behaviors
3. to determine the acceptability of the service to users
4. to describe how the PAMAd service works in the LMIC setting, what factors facilitate or hinder service implementation, and why PAMAd achieves or does not achieve its aims
5. to refine the service in the light of the findings of objectives 1-4 with a view to further development and scaling.

The study will evaluate the effectiveness of services delivered by the Club Synergy, established in the frame of the EC funded project, run by GIP-T, in Tbilisi and Batumi.

## Central Asia: Building capacity and competence in primary health care Adaptation and implementation of the WHO mhGAP - Implementation Guide in CA

Since mental health is increasingly viewed and accepted as a vital requirement for human, social and sustainable development, greater efforts are needed to progressively move towards universal health coverage for those suffering from mental health problems. To assist countries, close the treatment gap, WHO has developed its mental health gap (mhGAP) initiative, which includes an evidence-based intervention guide for use by non-specialists, associated training materials and also an operational manual for successful implementation.



Implementation of the WHO mhGAP – Intervention Guide has been initiated by WHO-Europe via ToTS workshops in CA countries. The purpose of these workshops has been to catalyze the generation of capacity and skills of non-specialized health personnel in the identification and management of mental, neurological and substance use disorders. The ‘training of trainers’ (ToT) events were aimed at

equipping a core set of educators with the knowledge and capacities to roll-out subsequent training workshops nationally.

During 2019 Dr. Nino Makhashvili visited a couple of CA countries as a senior consultant and trainer of WHO-Europe. she conducted the ToTS on WHO mhGAP in Uzbekistan, Kyrgyzstan and Kazakhstan with psychiatrists, primary healthcare doctors and psychologists from these countries. Besides the actual trainings, the practical steps were taken for implementing the Guide: pilot sites or districts have been selected for integration of assessment, management and follow up of certain mental disorders into the primary care practice; supervision, monitoring and evaluation instruments are adjusted to local communities, their needs and resources.

Nino Makhashvili also took part in the Second European high-level conference on the prevention and management of noncommunicable diseases and mental health conditions on April 9-10, in Ashgabat, Turkmenistan. She was one of the panelists in a session ‘Integrating the prevention, treatment and care of mental health conditions and other NCDs within health systems’.



## Psychological service for Ilia state University students

Ilia State University and GIP-Tbilisi jointly founded the Mental Health Resource Center in 2011. Since then the Centre serves as a hub for gathering professionals and non-professionals, meetings, conferences, lectures and events.

This year the Centre opened a new psychological service for University students – the graduates/former students/ of Mental Health master’s program are employed by the university as consultants and brief (1-6 sessions long) support is offered to every student who experiences mental health problems. 2 supervisors

are provided individual and team supervision. A peer-to-peer group sessions are also taking place at the Centre. The initial assessment of the effectiveness has been conducted and provided services prove to be beneficial both by dynamics measured by screening tools and qualitative reports from the students who received help. The second phase commenced in October with prolonged working hours.

The counseling center is staffed by postgraduate professionals of the Ilia State University, including the Masters in Mental Health, using the latest evidence-based methods, along with regular supervision.



### Annual conference “Trauma and Society”

Each year the Center together with other actors organizes the annual conference “Trauma and Society”. The theme of 2019 conference was “Professional Standards and Evidence Based Approaches” – it was organized on April 25-26 at Ilia State University, Ligamus, Tbilisi.

The conference was opened by a rector of Ilia State University – prof. Giga Zedania. Key note speech “International Networking in Psychotraumatology” was delivered by Prof. Jana Javakhishvili (Ilia State University, Georgian Society of Psychotrauma, European Society for Traumatic Stress Studies). It was followed by a Panel Discussion on Professional Ethics, Regulation of Profession and Legislation. The Workshop “Intimate Partner Violence, Mental Health – a Challenges within the Health Care System” was led by Dr. Julia Schellog (German Speaking Countries (Austria, Germany, Switzerland) Psychotrauma Society).



Prof. Jonathan Bisson (Cardiff University, a leader of the ISTSS new treatment and prevention guidelines task force) conducted a day-long workshop: New PTSD Prevention and Treatment Guidelines. The conference was well attended.

### ESTSS Autumn Workshop in Tbilisi

On October 13 and 14, the European Society for Traumatic Stress Studies in cooperation with Ilia State University, Global Initiative on Psychiatry – Tbilisi and Open Society Georgia Foundation organized a workshop dedicated to the 10-year anniversary of the European Journal of Psychotraumatology (EJPT). The theme of the workshop was “Addressing Consequences of Political Violence”. During the workshop EJPT editor-in-Chief and ESTSS board members delivered a round of presentations on the following topics: Open Access Publications, Trauma and Substance Abuse Disorder Comorbidity, Treatment and Psychosocial Care for Traumatized Veterans, Trans-generational Transmission of Trauma and Resilience among the families who underwent the Soviet Repressions, Online Harassment of Journalists, and, Trauma Focused Treatment for Children and Adolescents. The workshop took place at Ilia State University,

it was well attended by the local community of mental health professionals, as well as the colleagues from Australia, Iran, Turkey and Ukraine.



### Addiction Universal Prevention project

For the first time in Georgia, The National Center for Disease Control announced the tender focused at universal prevention drug misuse and gambling. GIP-T won the tender and starting from end of July of 2019 has been implementing this project. Within the frame of the project the work is implemented in the cities of Tbilisi and Batumi in the following directions:

- Qualitative research by the means of Focus Groups method – among school children, school teachers, university students and field experts (in addictions, epidemiology, psychology, media) – to the drug prevention communication strategy
- Elaboration of the national drug prevention communication strategy
- Implementing drug information campaign to inform teachers and parents on the evidence based methods of prevention and motivate them to work on the reduction of risk factors and promotion of the protective factors in regard of prevention of drug misuse and gambling among youngsters; in the framework of the drug information campaign a number of printed and electronic publications (social media posts, vlogs, blogs and social videos) are produced and disseminated among the target groups of the campaign
- Training of Trainers in the evidence-based school-based program of drug universal prevention – namely, “Comprehensive Social Influence (‘Unplugged’) Program”. Within the frame of this particular component of the project GIP-T established cooperation with the Psychological Service at Ministry of Education. At the moment 10 psychologists (7 in Tbilisi and 3 in Batumi) – employees of the Mandatory Services’ Psychological Service are trained in delivery of ‘Unplugged’ program and till end of the year they will train a number of teachers from the selected pilot schools under supervision of the GIP-T experts. The trained teachers will deliver ‘Unplugged’ program for their 11-12 years old students, under supervision of GIP-T professionals.



**ToT on Drug Adiction Prevention**



**Addiction - public discussion at Batumi University**

## Small Grant Projects: Financial Support for Third Parties

Three small-scale projects were funded under the MH<sup>2</sup>R-project FSTP component:

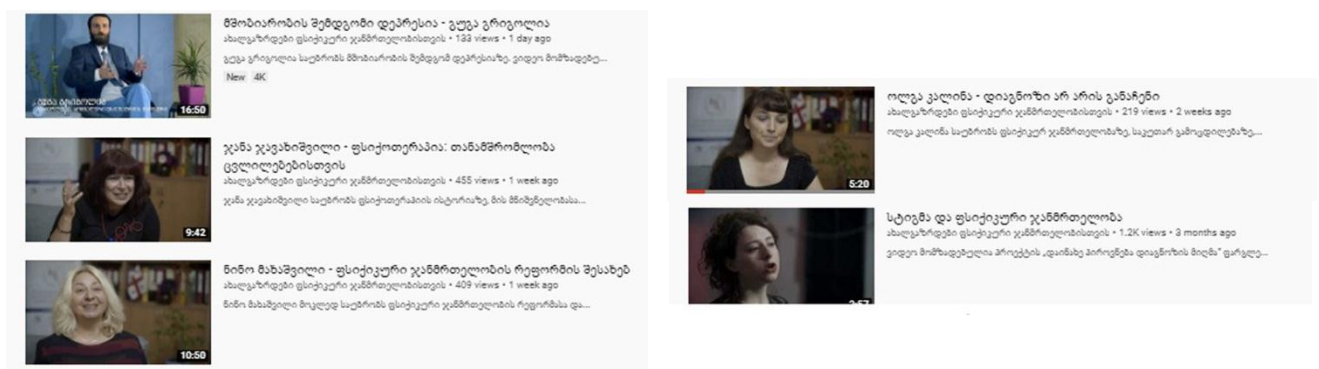
- *See the Person Beyond Diagnosis*. Implementing organization: Youth for Mental Health, duration: 6 months
- *Creating a Supportive Network for Psychiatric Service Users and Survivors in Tbilisi and Rustavi*. Implementing organization: Partnership for Equal Rights (PER), duration: 15 months.
- *Step Towards You*. Implementing organization: Mental Health Master's Association (MHMA), duration: 15 months.

### 'Notice a Person Behind a Diagnosis'

The project that aims at raising awareness and reduce mental health stigma is implemented by the organisation *Young Minds for Mental Health*.

Awareness raising videos were recorded addressing various aspects of stigma and living with mental disorder, also discussing some common mental disorders, i.e. depression, anxiety and PTSD, risks of suicide, etc., Among the speakers are young professionals, persons with lived experience and field experts. 13 videos were prepared and published during 6 months:

1. Mental Health problems (*G.Grigolia, psychologist*)
2. Mental Health and Human rights (*G.Grigolia, psychologist*)
3. Stigma and mental disorders (*R.Badriashvili, psychologist*)
4. Shortly about depression (*G.Grigolia, psychologist*)
5. What should we know about anxiety? (*R.Badriashvili, psychologist*)
6. Trauma and PTSD (*G.Grigolia, psychologist*)
7. Childhood Trauma (*G.Grigolia, psychologist*)
8. Diagnosis is not a verdict (*O.Kalina, Chair at European Network of Ex/Users and Survivors of Psychiatry, with lived experience*)
9. Stigma in mental health field (*prof. E.Chkonia, President of the Society of Georgian Psychiatrists*)
10. Psychotherapy: cooperation for changes (*prof. J.Javakhishvili, psychologist, President of European Society for Traumatic Stress Studies*)
11. Postnatal Depression (*G.Grigolia, psychologist*)
12. Mental Health reform (*prof. N.Makhashvili, psychiatrist, director of GIP-T*)
13. Suicide Prevention (*prof. N.Makhashvili, psychiatrist, director at GIP-T*)



Video length varies from 1.30 minutes up to 17 minutes. Uploaded on YouTube channel: ახალგაზრდები ფსიქიკური უკანმრთელობისთვის [Young Minds for Mental Health] and published on a relevant Facebook page. During initial 4 months all videos have 10,342 total views and 1,285 FB engagement.

## Establishing support network of users and survivors of psychiatry in Tbilisi and Rustavi

The aim of the project is empowerment of (ex-)users and survivors of psychiatry via creation of online and face-to-face support groups, peer support and awareness raising among them, among parents/carers and the general public.

Project was started in March, 2019. Several activities have been accomplished up to now:

2 Online support closed groups were created on Facebook, one for (ex-)users and survivors of psychiatry, another one - for parents and carers of people with psychosocial issues. The first group has 24 members, the second 13. The moderator of the group regularly posts new information related to mental health, best practices and upcoming meetings. Face-to-face meetings are being organized twice a month for the (ex-)users and survivors, with the first part being informational while the second part is devoted to exchange of thoughts and experiences among participants. Online/phone consultations are being conducted both for parents/carers and for people experiencing mental health problems, with referral to existing services, information sources and offer of the membership in the above-mentioned groups. Mostly people ask for peer support in the area of finding employment: they learn that the supported employment program exists but have no idea how to approach the social service agency with this request. On many occasions people just want to socialize and being listened to, many mentions that they have no social connections apart from the close family and wish to be part of the group (“I need to get out of the house, I need people”).

2 test sessions of the *Open Dialogue* with family member and the patient, also group meetings and conversation with in-patients were conducted in Mental Health and Drug Addiction Prevention Center.

A verbal agreement was achieved with the Rustavi psychiatric outpatient and in-patient facility to held meetings with patients once a week. Since many patients are not employed, the project coordinator decided to teach the patients how to make artificial flowers out of cold porcelain. The method proved to be interesting for the patients, easy enough to learn, does not require unsafe things and improves self-esteem. Additionally, it turned out that people can talk more informally during this sort of activity. The Rustavi hospital is organizing an exhibition by the end of October, devoted to suicide prevention, which will showcase also the cold porcelain made flowers and frames.



### ‘Step Towards You’

The Project implemented by the Mental Health Masters’ Association (MHMA) has following goals:

- to raise awareness of the society on common mental disorders, such as Depression, Anxiety and Post Traumatic Stress Disorder (PTSD)
- to provide project beneficiaries with the information on how to identify common mental disorders and how to seek professional help
- to introduce self-help strategies to the project beneficiaries.

Mental Health Awareness Mobile Pavilion (Mobile Pavilion), was constructed aiming at raising awareness of youth on common mental disorders, such as Depression, Anxiety and PTSD. The Mobile Pavilion, has a shape of a house, does not have a door and invites guests to find another way of getting into the pavilion. The concept of not having a door, is a metaphor, stimulating rethinking the concept of mental health and mental illness, rethink the stigma against people with mental health conditions, and reframe the logic of approaching new people, if we generally start conversation with “Hallo”, in some cases “Hallo” is not enough and we need to put additional effort to start new relationship.



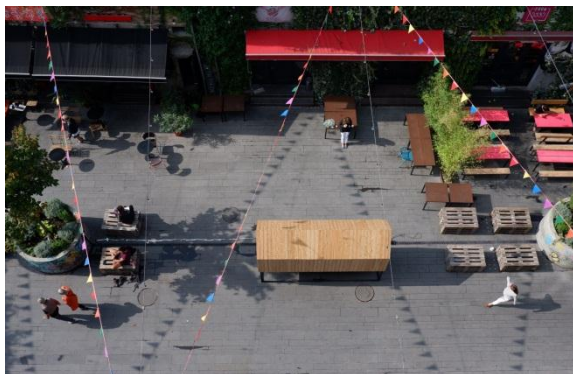
Different visual materials are presented in the Mobile Pavilion:

- 3 Notepad/Brochures on common mental disorders – 3 brochures/notepads, present description of each disorder, ways of identifying symptoms of these disorders, self-help and peer-help strategies and list of community, evidence-based services for managing these disorders. The brochures have shape of a notepad, providing pages with the information on each disorder and blanc pages, providing free space for noodling and writings, making brochures an everyday necessary thing, which is always in the bag/pocket and can be used accordingly. The concept was to provide beneficiaries with a product, which is always with them and helps them to think often and increase sensitization towards the mental health and mental issues.
- The tablet, where visitors can find different materials:
  - Digital version of notepad/brochures
  - Videos of mental health experts on different topics and issues in the field of mental health and mental healthcare. The videos were prepared by the partner organization “Youth for Mental Health”. Totally 10 videos are available in the tablet, on following topics: Trauma and PTSD (Guga Grigolia), Childhood Trauma (Guga Grigolia), Depression (Guga Grigolia), Mental Health in general (Guga Grigolia), Diagnosis is not a verdict (Olga Kalina), Stigma in mental health field (Eka Chkonia), Mental Health Reform (Nino Makhashvili), Stigma and mental disorders (Ruska Badriashvili), Anxiety (Ruska Badriashvili), Psychotherapy (Jana Javakhishvili).
- The 24 hour projection of ocean waves, with subtitles created based on mindfulness technics. The video of ocean waves was produced by contemporary visual artist Nikoloz Kapanadze, as a metaphor of our mental lifecycle, with calm times and with storm times. A human being is a surfer on these waves, trying to manage and pull her/his mental health condition together.



Presentation of Mobile Pavilion was organized in Fabrika, as a contemporary space for youth on 10<sup>th</sup> of October, World Mental Health Awareness Day. Representatives of different mental health services, students, psychologists, artists were invited to the event. Up to 150 persons visited Mobile Pavilion on that day.

On October 11, the Mobile Pavilion changed its' place and was transported to Tbilisi State Medical University. On opening of the Mobile Pavilion a first lecture in the cycle of "Pavilion Talks" was delivered to the students of Tbilisi State Medical University on *Managing Love Trauma*, by the Iranian clinical psychologist Mostafa Zarean. Up to 70 students attended the lecture and actively participated in the discussion.



← **MED FM** რადიო იმედი Radio Imedi was live. ...  
October 4 at 20:11 · 🌐

◆ გოგონები, რომლებიც სათავეში ჩაუდგნენ ფსიქიკური ჯანმრთელობის ცნობიერების ასამაღლებელ კამპანიას - თამთა ჭელიძე და ელენე ქორიძე



2.4K Views



← **TV2.0** Artarea/Tv2.0 ...  
October 11 at 19:11 · 🌐

ფსიქიკური ჯანმრთელობის მობილური პავილიონის პრეზენტაცია ფაბრიკაში.



4.9K Views

Link: [Mental Health Mobile Pavilion Presentation -](#)

# Talking finances

<i>Fund</i>	
<i>Global Initiative on Psychiatry - Tbilisi</i>	
<i>Balance Sheet</i>	
<i>As of 31.12.2018</i>	
	EURO
<b>Assets</b>	
<b>Current Assets:</b>	<b>31.12.2018</b>
Advance for personnel	9,297
Cash in Safe	6,447
TBC Bank	168,997
TBC Bank Business Card	907
Tax refund	4,127
<b>Total Current Assets</b>	<b>189,773</b>
<b>Fixed Assets:</b>	
Fixed Assets:	14,639
<b>Total Fixed Assets</b>	<b>14,639</b>
<b>Total Assets</b>	<b>204,412</b>
<b>Liabilities and Equity</b>	
<b>Current Liabilities:</b>	
Other Current Liabilities	0
Liabilities to donors	163,130
Short-Term Notes Payable	1,600
<b>Total Current Liabilities</b>	<b>164,730</b>
<b>Total Liabilities</b>	<b>164,730</b>
<b>Equity</b>	
Opening Balance Equity	145,638
Negative exchange rate difference	(4,093)
Financial profit/Loss of the current year	(101,863)
<b>Total Equity</b>	<b>39,682</b>
<b>Total Liabilities and Equity</b>	<b>204,412</b>
Director: <i>[Signature]</i>	
Financial Manager: <i>[Signature]</i>	
	Date: 31.03.2019

