

A brief overview of 2020

GIP-Tbilisi

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 ensure human rights protection of people with mental ill health.

To achieve the goal GIP-Tbilisi:

- Provides and shares with information on latest achievements, trends and directions in mental health sphere throughout the region
- Conducts studies in order to envision and plan the corresponding evidence-based approaches and interventions in different fields of mental health care
- Functions as an organizational and facilitation center for capacity building programs
- Promotes local pioneering initiatives and best practices via consultations, expertise and advices
- Facilitates establishment and functioning of local mental health networks and coalitions
- Promotes cooperation between governmental and non-governmental actors working in mental health sphere and cross-sectorial cooperation as well
- Lobbies the governments for adopting and implementing appropriate legislation, recovery-focused policies, strategies and programs for structural changes in the field
- Supports service users and their movement; promotes effective enactment of corresponding national and international instruments/mechanisms to raise public awareness and combat mental illness related stigma.

The board of GIP-Tbilisi

Manana Gabashvili, Ph.D, Chair (Georgia)
Nestan Duduchava, MD, Treasurer (Georgia)
Narmin Hajiyeva, MD (Azerbaijan)
Khachatur Gasparyan, (Armenia)

GIP-Tbilisi staff

Nino Makhashvili, MD, PhD, director
Irina Chopikashvili, Financial manager
Jana Javakhishvili, Senior program manager
Maia Khundadze, MD, Project manager
Tamar Okujava, MD, Project manager
Nino Agdgomelashvili, Project manager
Ketevan Pilauri, Project manager
Nino Mkurnali, Fin&admin Assistant



Projects

2018-2020 EC project “MH2R”

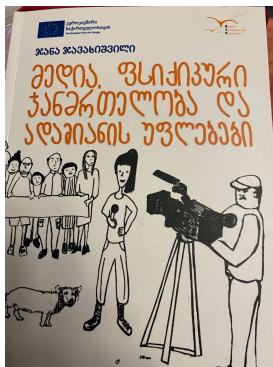
On September 30, 2020 the EU-funded project: “MH²R - promoting rights of people with mental disorders and psychosocial disabilities (PwMD) in Georgia” for 32 months was finished.

Overall objective of the action - to create a strong civil activism movement and to promote rights of people with mental disorders and psychosocial disabilities (PwMD) was implemented through several interwoven activities:



Project logo

1. Strengthening of civil society movement – establishment of the MH2R Platform; Capacity building and empowerment of member organizations
2. Media mobilization for MH2R via campaigns, events, discussions, contests, talk-shows; Trainings and Summer School for Media; the Guidebook “Media and Human Rights of PWMD” was published.



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Training of regional media in Kaheti

- Awareness raising on mental health issues and MH2R Campaigning, among them drug information campaigning in several cities of Georgia



- The legislative and policy packages – revision of the Law on Mental Health Care in accordance to CRPD principles; Elaboration of several rights- and evidence-based policy recommendations.
- Piloting the WHO mechanism of human rights and quality of care – assessment of all closed institutions of the country and dissemination of assessment findings and planning for changes.

ფემა 5 დამოუკიდებელი ცხოვრებისა და საზოგადოებაში ჩართვის უფლება

სტანდარტი	დამტკიცებულია													
	H1.1	H1.2	N1	N2	H2	H3	H4	H5	H6	H7	H8-1	H8-2	N3-1	N3-2
სტანდარტი 5.1 სურვის მომხმარებელს ქმარებთან საცხოვრებელი ადგილის სუბსიდიზიის უზრუნველყოფაში და განხილვით დინამური რესურსები თვში ცხოვრებისთვის.	AI	AI	AI	AI	N	AI	NI	AI	AI	AI	AI	AI	AI	AI
სტანდარტი 5.2 სურვის მომხმარებელს განაწილთ განათლებისა და დასაწყისის შესაძლებლობა.	AI	AI	NI	NI	N	AI	NI	NI	NI	NI	NI	NI	AI	AI
სტანდარტი 5.3 სურვის მომხმარებელი პოლიტიკურ და საზოგადოებრივ ცხოვრებაში მონაწილეობის და გერონიუმის თავისუფლების უფლებები მხარდაჭერლია.	AI	AI	AI	AI	AI	AI	NI	NI	NI	NI	NI	NI	AI	AI
სტანდარტი 5.4 სურვის მომხმარებელი მონაწილეობა სოციალურ, კულტურულ, რელიგიურ და დასვენების აქტივობებში მხარდაჭერლია.	NI	NI	NI	NI	N	NI	AI	AI	AI	AI	AI	AI	AI	AP

ფსიქიკური ჯანმრთელობის სტაციონარული დანესებულებების შეფასება

ქვეყნის ანგარიში

- Prevention of addiction and mental ill health in children and adolescents –innovative service of indicated prevention – intervention was established in Tbilisi and Batumi. Club Synergy serves

adolescents and youth at risk (from dysfunctional families and under the State care), juveniles in conflict with law and young offenders, and their families; PAMAd study to assess its effectiveness is undergoing (funded my MRC, UK and led by Curatio International Foundation).

Club synergy services

CLUB SYNERGY
PSYCHOSOCIAL SERVICE CENTER

Fund "Global Initiative on Psychiatry-Tsbi" 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, addictionsists and doctors work at the center.

WHO CAN ADDRESS US:

The center provides service for adolescents and young people aged 16-24, 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
- shows emotional problems – feels sad, can't control anger, has episodes of high anxiety etc.
- shows behavioral difficulties, i.e. aggression
- has drinking problems or somatic complaints not caused by medical reasons – abdominal pain, headache etc.
- has psycho-traumatic experience, i.e. heavy loss

WHAT WE OFFER

- 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:

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

Batumi
+995 24 36 74
clubsynergy.batumi@gmail.com
Batumi, 12 Z, Gorgoladze St., apt. 3

The service is provided by Fund "Global Initiative on Psychiatry-Tsbi" with financial support of EU within the framework of the project "MCR-18: promoting rights of people with mental disorders and psychosocial disabilities (PAMAd) in Georgia".

- Financial support to the third parties' component – several small grant projects to local NGOs and CBOs were funded. Another NGO, run by persons with lived experiences was established and accomplished several inspiring actions, i.e. opening up a workshop, conducting a monitoring study of mh services, etc.

WHO mhGAP Training for Trainers in Kazakhstan

Nino Makhashvili and Nana Zavradasvili, trainers of mhGAP-IG visited Almaty and conducted the ToTS for Kazakh colleagues who intend to implement the mhGAP-IG and incorporate assessment, management and follow up knowledge and skills into the primary health care in several regions of the country.



This is a continuation of the WHO/Europe initiated process of strengthening the PHC in several countries of Central Asia.

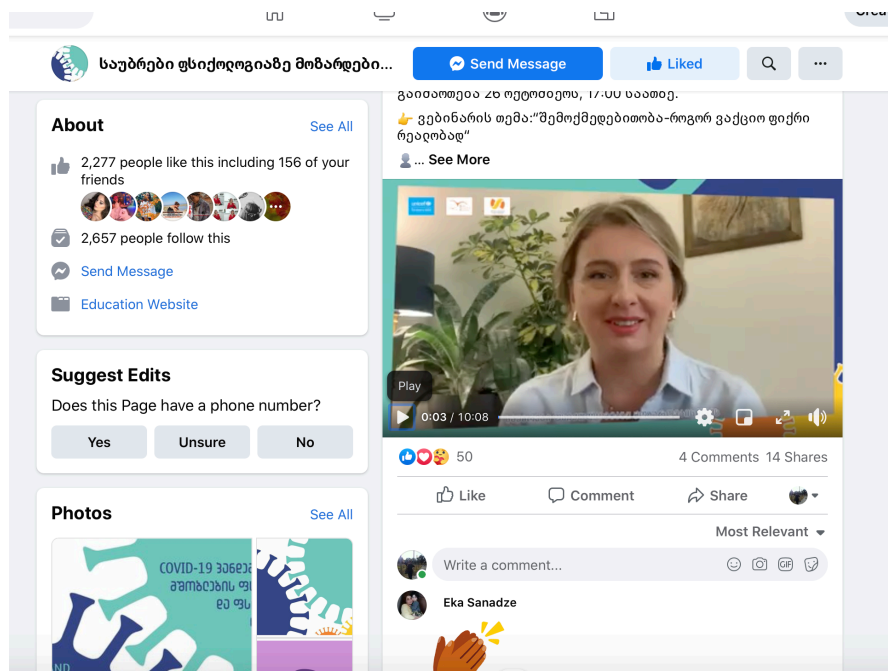
Response to the COVID-19 pandemics

Club Synergy services

With funding from OSGF the services, provided by Club Synergy-Tbilisi and Batumi were expanded to cover all population above 14. Short term online, telephone and even text -based counselling were provided to app. 700 persons during April- July 2020.

Together with UNICEF we started a campaign to promote, prevent, identify and address mental health (mh) and psychosocial consequences of the COVID-19 pandemic among adolescents and their parents living in Tbilisi, Gori and Adjara region. A comprehensive ‘awareness raising & resilience building’ video-campaigning is running through a Facebook page „Talking about psychology with adolescents and their parents“:

<https://www.facebook.com/psychologytalks1/>



Besides, the online Lessons are implemented in several schools of targeted regions, with children and their teachers.

The team of Club Synergy, with UNDP funding, was able to support staff at 5 facilities for elderlies and persons with physical and mental disabilities.

Studies

The Survey „Impact of COVID-19 on Mental Health in Georgia“

The first round of the online survey to assess the impact of COVID-19 threat on people’s mental health in Georgia was implemented. GIP-T, Iliia State University, National Centre for Disease Control and Public Health and London School of Tropical Medicine and Hygiene designed the study that consists of 2 rounds (7 months apart); ethics approval was obtained from NCDC and data from app 2000 persons was analysed to:

- Assess the frequency and severity of COVID-19 related stressors
- Examine the prevalence of mental health conditions and how concerns about COVID-19 influence these mental health conditions
- Examine what factors are associated with these concerns and mental health conditions
- Examine what types of coping and support people are utilising to mitigate the mental health effects of concern about COVID-19.

The study findings were presented to ministry of health and were broadly discussed with all interested stakeholders through the national media.

MASC Study

GIP-T is leading the national component of the cross-country study „Mental health care: Adverse Sequelae of Covid-19 (MASC study)“. Professor Sir Graham Thornicroft in the PI of the study that takes part in 7 LMICs and intends to answer the question: What are the implications for global mental health services of the Covid-19 pandemic in sentinel low- and middle-income countries (LMICs)?

The project objectives are:

- (1) identify what the consequences of the COVID-19 pandemic are for mental health services in LMICs;
- (2) record their frequency and severity;
- (3) provide baseline data for a grant application on a prospective study of these issues;
- (4) identify examples of good practice and disseminate this information.

This is a 6-month study consisting of a situational analysis; it already obtained an ethics approval from Ilia State University and team of researchers are in a process of implementing data collection.

The Eurasian Harm Reduction Association (EHRA) project: Satisfaction with the Opioid Substitution Treatment in the Western Georgia

This is a 6-months project (July 1st - December 31, 2020) aimed at assessing satisfaction with the OST programs and perception of the quality of own life among the patients of the Opioid Substitution Programs (OST) programs in the Western Georgia.

The specific objectives of the study are to:

1. Assess the satisfaction with the OST services among the programs' patients in the Western Georgia;
2. Examine subjective perception of quality of life of the OST programs' patients in the Western Georgia;
3. Reveal patients' needs, expectations and satisfaction re OST and an extend at which they are satisfied;
4. Reveal patients' satisfaction with the quality of communication/interaction with the medical personnel and fellow patients;
5. Examine patients' participation and satisfaction with the different components of the OST services;

The study implies a mixed-method approach, namely the sequential exploratory design which means that it started with the qualitative component – a round of the semi-structured interviews with the OST patients exploring their experiences with the engagement in the OST treatment. The results of the qualitative component were used to refine the questionnaire of the quantitative component of the study which is currently in the process of implementation among the representative sample of the OST patients in the Western Georgia.

The approach which we use in the study is innovative and participatory. Namely, the research team consists, on the one hand – from the professional researchers affiliated with the Foundation Global Initiative on

Psychiatry - Tbilisi (GIO-T) and Ilia State University's Institute of Addiction Studies, and on the other hand – representatives of the drug users' community, namely – a community-based organization (CBO) "Rubikoni". The professional researchers are responsible for elaboration of the study methodology, implementation of the qualitative component and overall analysis, processing and presentation of the study results. The CBO representatives are responsible for the collection of the quantitative data. The project implies capacity building of the CBO representatives via preliminary training and ongoing supervision.

The results of the project will be used for advocacy of the OST programs beneficiaries in Georgia.

Supporting the Rehabilitation and Resocialization of Persons in Conflict with law via Developing the Rehabilitation Programs and Capacity Building

This project is funded by the USA Embassy and is implemented with a partner organization GCRT.

It aims to promote the development and fine-tuning of rehabilitation programs of the National Agency for Crime Prevention, Non-custodial Penalties and Probation in the process of criminal justice reform

WHO country office project: Dealing with mental health consequences of COVID-19 pandemic on the Primary Health Care Level in Georgia (DeMCOV-PHC)

The new project, supported by WHO and the ministry of health aims to support Georgian population in dealing with mental health problems due to COVID-19 stressors.

The objectives of the project are:

- To strengthen assessment/early identification, management and follow up of the mental health conditions by capacity building of primary healthcare workers in 2 cities – Tbilisi and Batumi
- To study the effectiveness of the process and draw recommendations from lessons learnt for scaling up the project to other regions of Georgia

The first phase of the project started in October 2020 and ends by 2021, though there is the second phase that will last until April, 2021 and ensure that there are sizable deliverables; namely,

- Adapt the mhGAP-IG and other material into Georgian context

Deliverables:

- o Translated and adapted mhGAP material, augmented with guides and texts relevant to COVID-19 situation in Georgia
- Capacity Building of the primary health care personnel (PHC) in identification, management and follow up of selected mental health conditions
Deliverables:
 - o At least 10 family doctors trained as trainers, able to build further capacities in mhGAP
- Rolling out training sessions of strengthening of PHC personnel in Tbilisi and Batumi
Deliverables:
 - o 120-140 PHC specialists Trained in Tbilisi and Batumi have enough knowledge and skills and are able to deliver evidence-based MH care
- Supervision (Sv) sessions to trainers and PHC personnel
Deliverables:

- 1100 persons receiving quality MHPSS assessment, management and follow up (60 PHC facilities in 2 cities, app. 300 persons per month that equals app. 20 persons per facility)
- Effectiveness Study and Analysis of the lessons learnt
Deliverables:
 - Research brief and a set of Recommendations on integrating of MH into PHC.

Ilia State University Psychological counselling for students

Since April 2019 the psychological counselling service is offering free and quality consultations to Ilia State University students. The counsellors adapted the online mode since April 2020 and provide brief psychosocial support individually and also in a group format. The service is established under the auspices of Ilia University Mental Health Resource Centre, that is run jointly by the GIP-T and the university.

The study assessing effectiveness of this service is under implementation – a team of researchers aim to evaluate accessibility and quality of offered services, possible barriers, client satisfaction and other factors.

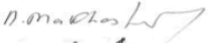

The screenshot shows the website for the Psychological Counselling Center at Ilia State University. The header includes the university's name in Georgian and English, and navigation links for home, English, and contact. The main content area is titled 'ფსიქოლოგიური კონსულტირების ცენტრი' (Psychological Counselling Center) and includes a logo with the acronym 'ISPCCC'. Below the logo, there is text in Georgian describing the center's services and contact details, including an email address (ispcc@iliauni.edu.ge) and phone numbers.

FINANCES

The audit report – 2019

Fund
Global Initiative on Psychiatry - Tbilisi
Balance Sheet

As of 31.12.2019

	EURO
Assets	
Current Assets:	31.12.2019
Advance for personnel	8,929
Cash in Safe	7,330
TBC Bank	189,222
TBC Bank Business Card	1,516
Tax refund	<u>1,237</u>
Total Current Assets	208,233
Fixed Assets:	
Fixed Assets:	14,625
Total Fixed Assets	<u>14,625</u>
Total Assets	<u><u>222,858</u></u>
Liabilities and Equity	
Current Liabilities:	
Other Current Liabilities	0
Liabilities to donors	165,113
Short-Term Notes Payable	<u>0</u>
Total Current Liabilities	165,113
Total Liabilities	165,113
Equity	
Opening Balance Equity	39,682
Negative exchange rate difference	(2,378)
Financial profit/Loss of the current year	<u>20,442</u>
Total Equity	57,745
Total Liabilities and Equity	<u><u>222,858</u></u>
Director: 	
Financial Manager: 	Date: 31.03.2020

Fund
Global Initiative on Psychiatry - Tbilisi
Profit and Loss

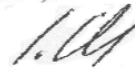
For the Year Ended 31.12.2019

	EURO
Financing:	
Received Financing/Grants	279,282
Tota Financing	279,282
Operating expenses:	
Salary	146,886
Allowances	0
Contractors	37,533
Depreciation	3,656
Office Supplies	2,355
Utilities	1,840
Communication	1,489
Outside Printing	5,934
PR Activities	2,256
Building Maintenance	1,308
Equipment Maintenance	461
Assets Purchase	3,642
Bank Fees	434
Travel	3,183
Per Diems	444
Small Grants	10,745
Training	20,111
Rentals	12,307
Audit	2,111
Participation fees	2,142
	258,840
Net Result for the Year	20,442

Director:



Financial Manager:



Date: 30.03.20

Fund
Global Initiative on Psychiatry - Tbilisi
Cash Flow

For the Year Ended 1.01.19 - 31.12.2019

	EURO
Beginning Cash Balance for 2019	176,348
Cash Inflows	
Received Financing	
By Transfer	279,282
By cash	0
Total Cash Inflow	279,282
 Available Cash Flow for 2019	 <u><u>455,630</u></u>
Cash Outflows	
Salary	146,886
Allowances	0
Contractors	37,533
Office Supplies	2,355
Utilities	1,840
Communication	1,489
Outside Printing	5,934
PR Activities	2,256
Building Maintenance	1,308
Equipment Maintenance	461
Assets Purchase	3,642
Bank Fees	434
Travel	3,183
Per Diems	444
Small Grants	10,745
Training	20,111
Rentals	12,307
Audit	2,111
Miscellaneous/Participation fees	2,142
	<u>255,184</u>
 Loss due to conversion rate	 <u>2,378</u>
Total Cash Outflows	257,562
Ending Cash Balance as of 31.12.19	<u><u>198,068</u></u>

Director:



Financial Manager:



Date: