**Current projects**

1. Project title: **Civil Society for Resilient and Safer Communities**

Duration 01/01/2022 – 30/04/2025

Donor: European Delegation to Georgia

Budget: EUR 1,446,164.58

Project partners: Georgian Center for Psychological and Medical Rehabilitation of Torture Victims (GCRT), Institute of Democracy (IOD), media organization “Publika”, UKE Consult and Management GmbH (UCM), Oxford Brookes University.

The overall objective of the action is to reduce crime and drug abuse rates in Georgian Society, especially among youth, women, and the most vulnerable communities. Specific Objective - improved access of Georgian citizens to crime and drug multidisciplinary prevention and rehabilitation programs. The work is underway in the following directions: Strengthening institutional mechanisms and local capacity for Crime and drug Prevention in Georgia; Upgrading professionals’ capacity for mental health and psychosocial care of people who use drugs, namely beneficiaries of State, NGO, and private-run Opioid Substitution Therapy (OST) programs; Developing institutional mechanisms of quality education in the field of drug and crime prevention and treatment; Providing multidisciplinary mental health services for children, adolescents and youth with behavioral, emotional and addictions-related problems and advocating for the sustainability of these services; Supporting projects aimed at meeting the needs of various disadvantaged communities (community safety projects for ethnic minorities, employment projects for groups living below the poverty line, women drug users, etc.).

1. Project title: **„SOLATIUM: for Justice and Wellbeing“**

Duration: 01/04/2023 – 31/03/2025

Donor: Trust Fund for Victims (TFV) at the International Criminal Court (ICC)

Budget: EUR 200 000

Project Partner: ELKANA, a Biological Farming Association.

The overall objective of the action is to create a strong movement of responding to and redressing the harm resulting from the crimes of the 2008 war by providing relevant assistance to war-affected victims, their families and communities through promoting recovery and healing of victims by providing mental health and psychosocial, medical and social assistance and fostering affected communities’ recovery and social cohesion through awareness raising, mobilization and capacity building; promoting income generation and livelihood activities. The multidisciplinary Mental Health and psychosocial support (MHPSS) team gives the beneficiaries understanding and skills to overcome their mental health conditions, emotional and behavioral problems, enhancing their coping and resilience. Medical services provide proper care for somatic disorders and problems and provide relief and healing. In the frame of the income generation activities, 10 small grant agricultural projects were supported.

1. Project Title: **Transcranial Magnetic Stimulation Somatic Therapy Method Implementation for Better Mental Well-being and Enhancing Mental Health Education in Georgia (TMS4MH)**

Duration: 01/08/ 2023 – 01/02/ 2025

Donor: Competitive Innovation Fund (CIF) which is based on the collaboration between the World Bank and The Georgian Ministry of Science and Education

Budget: GEL 63 000

Project Partners: Ilia State University, and Batumi Shota Rustaveli State University.

The project aims to create new opportunities for mental health service provision, clinical practice, and research at Ilia State University via the purchase of a Transcranial Magnetic Stimulation (TMS) machine, its installation, training of the personnel in its professional use, and actual operation. The TMC machine will increase the capacity of Ilia State University Psychological Counselling Center to provide accessible, effective, evidence-based mental health services that can be used by students as well as by the general population. Before this project, TMS machines and relevant interventions were not available in any of the clinics or services in Georgia. Implementation of the innovative TMS method will allow the establishment of a clinical practice site for the Ilia State University and Batumi Shota Rustaveli State University students. The project encompasses the planning and execution of a series of implementation studies, aimed at exploring the effectiveness of the TMS intervention to strengthen the links between research and practice.

1. Project Title: **Mental Health Support for Georgian Media Community During the 2024 Parliamentary Elections Period**

Duration: 15/06/ 2024 –15/12/ 2024

Donor: European Delegation in Georgia with co-funding from the side of Deutsche Welle Akademy

Budget: EUR 20,000

Project Partner: Deutsche Welle Akademy

The project aims to help media professionals cope with work-related stress, which is especially high during the parliamentary elections period. The project includes three components: 1. Strengthening media professionals’ mental health literacy via them with information on coping with stress to promote self-care; 2. Workshops for media professionals (journalists, cameramen, producers, and media managers) to enhance individual and organizational resilience; 3. Individual counselling sessions for media professionals to support their mental health.

**Past Experience**

1. Project title: **Development of Pathways and Clinical Guidelines for Certain Mental Health (MH) Disorders**

Duration: 15/05/2023 – 30/09/2023

Donor: WHO CO Georgia

Budget: USD 5000

Project Objective:To synthesize the international evidence and develop pragmatic practice guidelines and client pathways for the management of mental disorders such as Dementia, psychosis, Bipolar disorder and Depression.

Results of the action: 1. Developed desk-review report on NICE, APA, WHO mhGAP and other guidelines & protocols searched by a working group of mental health experts. Pathways for Dementia (F00, F01, F02, F03,), Psychoses (F20-F29), Bipolar disorder (F30, F31) and Depression (F32, F33) are developed. 2. Experts have developed 4 Guidelines - Psychoses and Schizophrenia (F20-F29), Dementia (F00, F01, F02, F03,), Depression (F32, F33) and Bipolar disorder (F30, F31) in the Georgian language. 3. The older versions of Depression, Schizophrenia and Dementia have been totally updated with the new evidence and systematic recommendations, provided by NICE, WHO and other leading organizations.4. The Guidelines, with Pathways, were edited and shared with the task force of the Ministry of IDPs from the occupied territories, labor, health and social affairs of Georgia for commenting. The process of their adaptation is ongoing and GIP-T is closely monitoring it.

1. Project title: **2022 Health Promotion State Program – Healthy Lifestyle Campaign**

Duration - 08/09/2022 – 21/12/2022

Donor: National Center for Disease Control and Public Health NCDC

Budget: EUR 14 003.79

The goal of the educational campaign was: To inform parents on how to support their children to reduce drug misuse and gambling risks; to inform adolescents on healthy lifestyle.
The educational campaign was focused on parents, teenagers, school administration, media, and interested organizations.
Results of the action: The evidence-based materials in the Georgian language were prepared with the involvement of specialists in the field of addiction; Webinars for parents, media, and other stakeholders were implemented; Training of Trainers in EU-DAP (‘Unplugged’ preventative evidence-based program) for psychologists and social workers from the Ministry of Education and Science Psychosocial Center was delivered; ‘Unplugged’ Program was conducted in 8 public schools of Georgia; social media campaign was implemented.

1. Project title**: UN JP Human Rights for All – Phase II Project title: UN JP Human Rights for All – Phase II**

Duration: 15/06 2021 – 28/02 2022

Donor: UNDP

Budget: EUR 43 165

The overall objective of the action was to help people with mental disorders (PwMD) receive accessible, affordable, high- quality and equitable MH care to support their mental well-being.

The outcomes of the action are as follows: The training protocol of detection, management and follow-up of priority MH conditions was refined and adapted; Training of trainers was conducted for 21 Primary Health Care (PHC )specialists who effectively delivered further trainings to 59 colleagues in Tbilisi, Batumi and Gori region; 320 persons with mental health problems receive proper care at the PHC level; To Support the creation of the institutional mechanisms for the integration of mental health services into primary healthcare the Study report “The effectiveness study on the integration of priority conditions in Primary Health Care (PHC) level” with recommendations produced; Up to 711 PwMD, especially adolescents, youth and adult population received MH care and preventive services through psychosocial centres in Tbilisi and Batumi. Relevant user-friendly awareness-raising materials were produced: webinars were recorded and disseminated via social networks, MH flyers were produced and widely disseminated among PHC specialists; Good practices were analysed and a Policy Brief ”For the better mental health system for children and adolescents” with recommendations was produced.

1. Project title: **Supporting Students (Young People) Mental Health as they Return to Schools During COVID-19**

Duration 28/09/2021–31/12/ 2021

Donor: UNICEF

Budget: EUR 12 267

The goal of the action: to promote the emotional and behavioral well-being of students/young people, living in Tbilisi and Adjara region to facilitate their fluent return to schools. The activities were implemented in 10 schools in the Adjara Region and 10 schools in Tbilisi. The action had three main directions: 1. Selection and training of Peer Educators/Supporters; 2. Mental health promotion seminars with young people (YP); 3.Public Events for Awareness Raising.

Outcomes of the action:

* The two groups of Peer Educators/Supporters from 10 Batumi and 10 Tbilisi schools, aware of MH promotion and able to support students in returning to schools were selected.
* Those selected were trained to conduct interactive outreach workshops on various mental health topics.
* 1641 young persons were engaged in online seminars with Peer educators, safer return to schools and their increased mental well-being.
* Awareness-raising events on MH issues were conducted in Tbilisi and Adjara for local communities.
1. Project title: **Addressing COVID-19 Stress and Trauma**

Location: Tbilisi and Regions of Georgia

Duration: 10/02/2022 – 25/02 2022

Donor: WHO CO Georgia

Budget: EUR 13 790

The goal of the action: To strengthen assessment/early identification, management and follow-up of mental health conditions, caused by COVID-19-related stress & traumatic experience in primary healthcare (PHC) workers; To strengthen the capacity and efficiency of PHC workers by supporting their own mental well-being and preventing professional burnt-out; To adopt a smart, evidence-based intervention to deal with trauma sequel and develop a manualised intervention guide for mental health professionals.

Results of the action: 10 one-day online refresher training for 112 PHC workers from Tbilisi and regions of Georgia who passed the TOT in the previous phase of the project in dealing with stress and trauma-related conditions. 10 one-day online trainings on self-care and burnout prevention were held for 107 PHC workers on the relevant topics. The well-known TF-CBT therapy guide, developed by the Cardiff University team (UK) has been adapted for use by mental health professionals to address trauma sequelae. The developed protocol was disseminated to PHC professionals to enable them to respond appropriately to pandemic-related trauma consequences.

1. Project title: **MH 2R - promoting rights of people with mental disorders and psychosocial disabilities (PwMD) in Georgia.**

Partners: Alliance for Better Mental Health, Institute of Democracy, Helsinki Foundation for Human Rights

Duration: 01/02/2018 – 30/09/2020

Donor: European Delegation to Georgia

Budget: EUR 439,886.63

The overall objective of the action was to create a strong civil activism movement and promote rights of people with mental disorders and psychosocial disabilities (PwMD).

Results of the action: Positive changes in budgets were evident. The mental healthcare annual budget continues to increase, as well as other important programs are introduced and funded; The increase of the MH budget by 2018 was 31% (reaching GEL 21 Mln from GEL 16 million), by 2019 – 14.3% (reaching GEL 24 million) and by 14,5% for 2020 (GEL 27,5 mln). Therefore, in total, the annual budget for MH care has increased by 72%.

Increased participation and social integration of PwMD". The rights of PwMD are promoted and protected by awareness raising, capacity building and strengthening self-advocacy; PwMD voices their needs and promotes their rights; The rights-based legislation and policies promoted and quality rights instrument implemented; Contributed to crime prevention and re-socialization of juveniles with mental health problems; The response on mental health crisis during the COVID-19 pandemic facilitated.

1. Project title: **Support of the Rehabilitation and Re-socialization of Persons in Conflict with Law via Developing the Rehabilitation Programs and Capacity Building**

Duration: 01 May, 2021 – 30 April, 2022

Donor: U.S. Embassy in Georgia

Budget: USD 24 995

The project 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.

Results of the action: GIP-T experts reviewed the existing local and international programs/best practices and elaborated the following rehabilitation programs: Emotional Management; Management of interpersonal relationships; Addictology – Relapse Prevention; Personal Development and the Support of a Healthy Lifestyle

The trainer's manual and participant workbook, program effectiveness assessment tools and evaluation guidelines were developed for each program and training of trainers for psychologists and social workers of the National Agency for Crime Prevention, Execution of Non-Custodial Sentences and Probation were conducted.

1. Project title: **Dealing with mental health consequences of COVID-19 pandemic**

**on the Primary Health Care Level in Georgia (DeMCOV-PHC)**

Duration: 10/10/2020 –31/03/ 2021

Donor – WHO CO Georgia

Budget: USD 30 000

The goal of the project was to strengthen the capacities of PHC providers in Georgia in dealing with mental health problems due to COVID-19 stressors.

Results of the action: The WHO mhGAP material, augmented with guides and texts relevant to COVID-19 situation in Georgia was translated and adapted to the Georgian context. 10 Primary Health Care specialists were trained for further Capacity Building of the primary health care personnel (PHC) in identification, management and follow-up of selected mental health conditions. Training sessions of strengthening of PHC personnel in Tbilisi and Batumi, as a result 135 PHC specialists equipped with enough knowledge and skills to deliver evidence-based Mental Health care. 934 persons receive quality MHPSS assessment, management and follow-up. Protocol and instrument for Effectiveness Study and Analysis, Research brief and set of Recommendations on integrating of MH into PHC developed.