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WELL·U

U-RISE



iFightDepression®
mental health support for ukrainian refugees

UNVEILING INNOVATIVE APPROACHES TO MENTAL HEALTH SUPPORT FOR DISPLACED UKRAINIAN POPULATIONS

Join our upcoming webinar where we'll explore strategies for empowering non-specialized professionals to provide culturally sensitive and trauma-informed care to displaced people from Ukraine.

Learn about scalable approaches to enhance mental health and psychosocial well-being while ensuring accessibility and sustainability.

During our webinar, we will discuss the projects:

- Well U
- U-Rise
- MESUR

This will be followed by engaging discussions led by our moderator including information about accessibility to a wider demographic, and leverage insights from adapting mental health interventions for displaced people from Ukraine, to inform global policy recommendations.



Monday, 29th
April, 2024



14:00 to 15:30
CET.



English
Ukrainian

[LINK TO REGISTER](#)

WAR
child



SOS VILLAGGI
DEI BAMBINI
ITALIA



SOS CHILDREN'S
VILLAGES



Terre des hommes

Helping children worldwide.

Housekeeping

- Two online surveys will be conducted
- This webinar is being recorded and the recording will be made available on the Child Hub website
- Please mute your microphone and turn off your video during the webinar.
- You can type your questions in the Q&A box at any time. There will also be chance to ask questions during the open discussion session.



Agenda



- Brief introduction: Webinar objectives + speakers
- Presentation MESUR, Simge Çelik
- Presentation U-RISE, Frankova, I. (Iryna)
- Presentation WELL-U, Sara Salmi and Alice Brunoro
- Questions by moderator to panellists
- General Q/A



Speakers



Simge Celik Stojanovic:
Neuropsychologist and
Project Manager at
EAAD, leading mental
health related research
projects like MESUR



Iryna Frankova:
Postdoc researcher at
Vrije Universiteit
Amsterdam and senior
researcher at ARQ
centrum 45,
Netherlands. Leads U-
RISE.



Alice Brunoro:
Psychologist
specializing in
Etnopsychiatry and
Migration Psychology.
Implements
interventions for social
development and
integration of at-risk
groups.



Sara Salmi:
Anthropologist
managing EU and
Emergency
Response projects.
Expert in gender
and youth dynamics,
using qualitative
research for
actionable
strategies.



MESUR

(Mental Health Support for Ukrainian Refugees)

- Start date: December 2022
- Duration: 2 years
- Project number: 101101460



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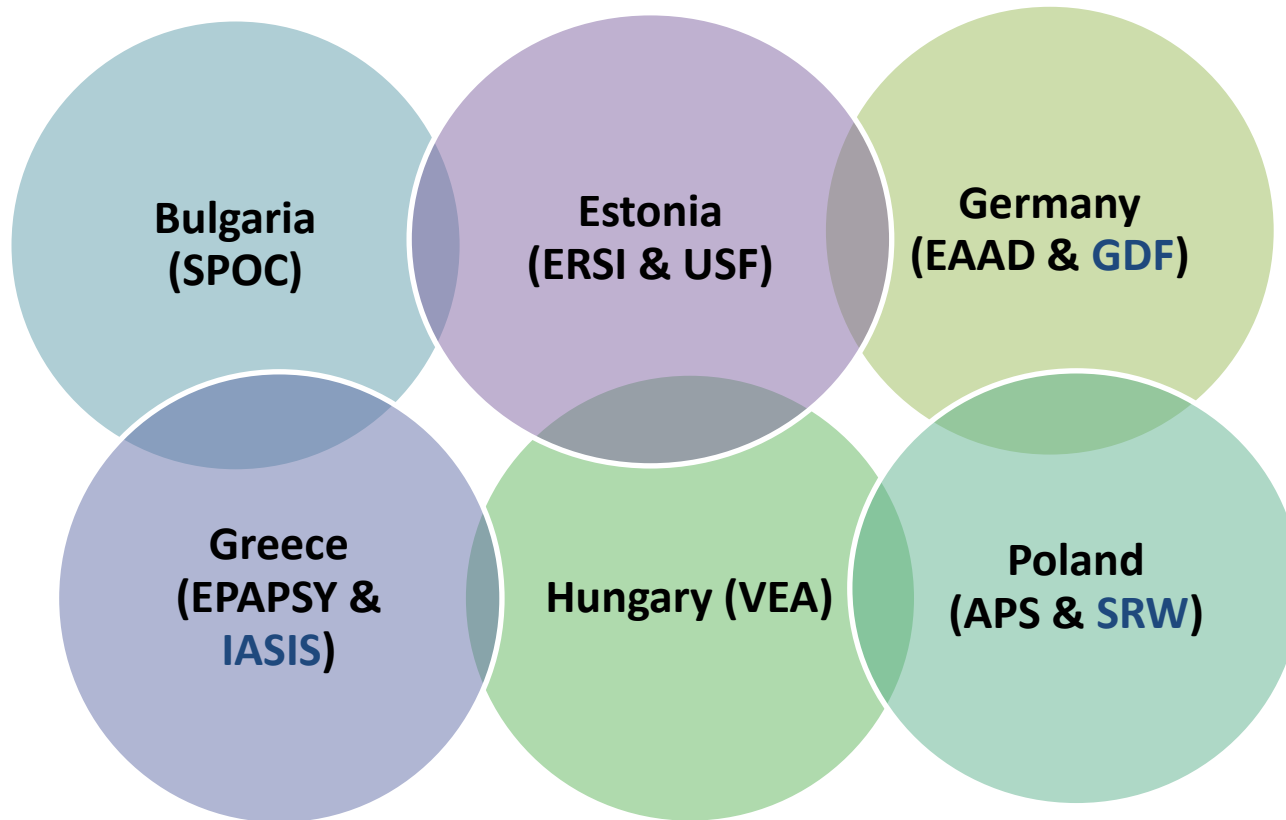
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Consortium/ Geographical coverage



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MESUR - General Objectives



Immediate mental health support for displaced persons from Ukraine with depression

Reduction of pressure in the six project implementation countries engaged in the refugee crisis response

Training of health professionals working with displaced persons with depression

Delivery of a Best Practice Guideline and Implementation Toolkit to further countries



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Target group



Displaced people from Ukraine who are:

- *currently in depressive episode*
- *vulnerable to depression*
- *for whom depression treatment has been disrupted*



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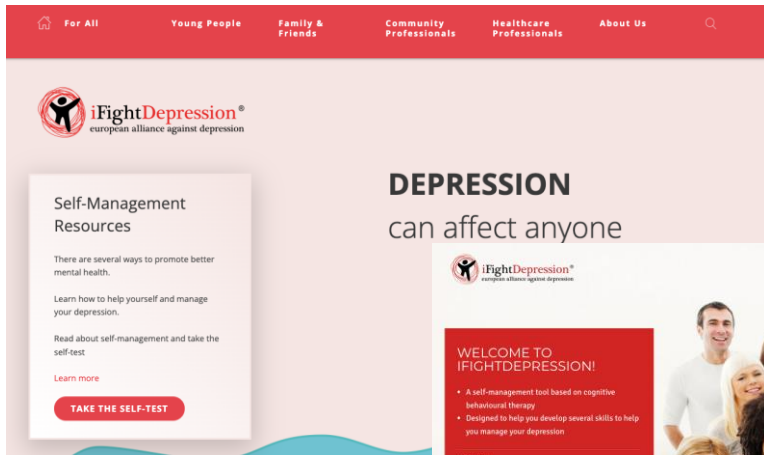
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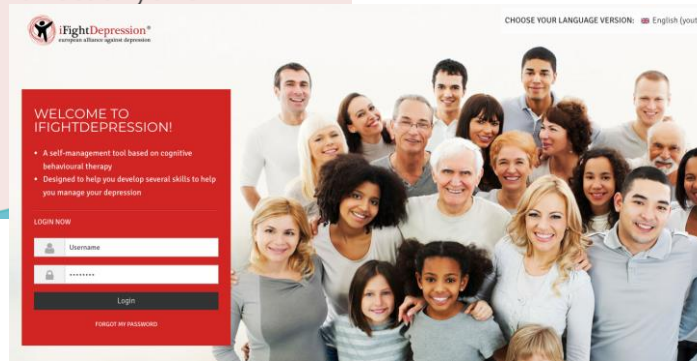
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iFightDepression® Toolkit

MESUR intervention includes the iFightDepression® toolkit consisting of:



1. Awareness Website



2. Self-management Tool For patients and health care professionals



English iFightDepression Online-Training: Introduction and Lesson 1

3. Training (Online)-Training for health care professionals



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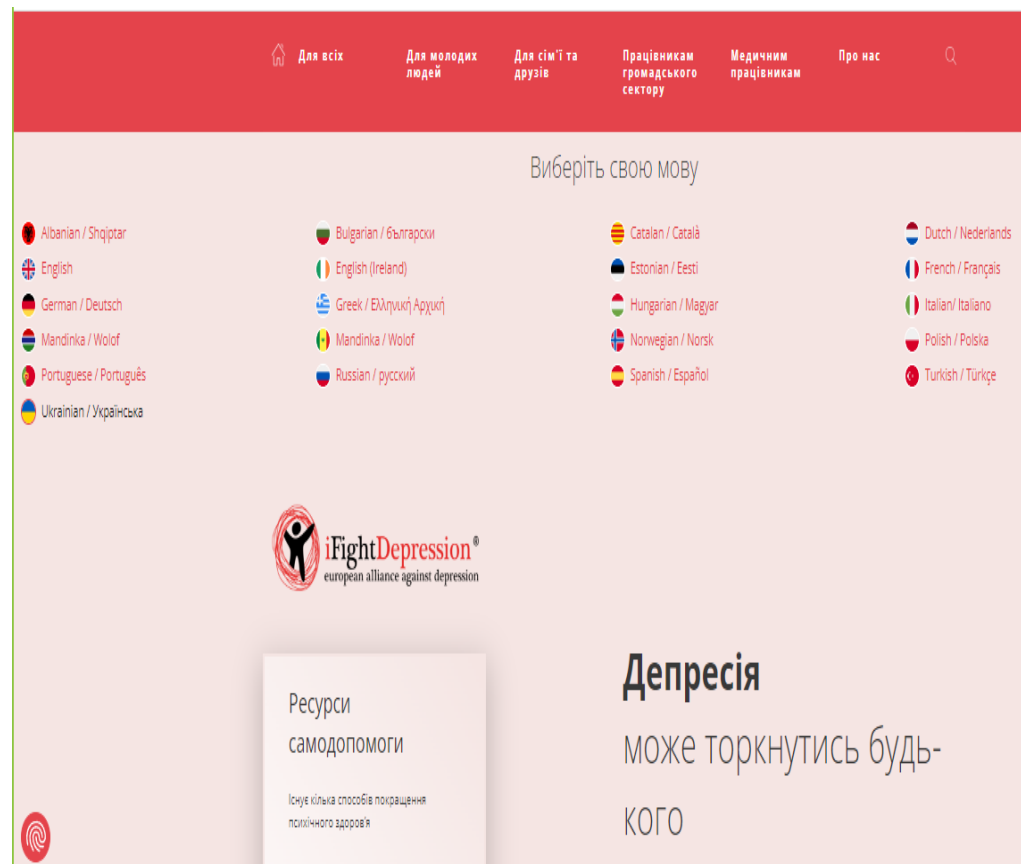


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iFightDepression® awareness website (<https://ifightdepression.com/ua/>)



- For the general public, and health care professionals
- Available in 20 languages
- Ukrainian and Russian versions available
- Info on causes, symptoms and treatment of depression.
- Includes sources of help in many regions



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iFightDepression[®] Tool – the basics



- Online, self-management tool used with guidance from a trained health professional such as general practitioner, psychiatrist, psychotherapist, or clinical psychologist
- Disseminated internationally by European Alliance Against Depression
- Based on cognitive behavioural therapy (CBT)
- Free of charge for guides and patients



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iFightDepression® Tool-Usage



iFightDepression Tool

Available in

16 Languages

Arabic, Basque, Bulgarian, Catalan, English, Estonian, German, Greek, Hungarian, Italian, Norwegian, Polish, Russian, Shqip, Spanish and Ukrainian.

Used in

12 Countries

by more than
28,000 People

Provides

2 Versions

- Youth
- Adult



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iFightDepression Tool is a Free Online Self-management Programme



Freely choose **When & Where**

- **Helping** people with mild to moderate depression to **self-manage** their symptoms
- **Encouraging** people to recognise and change **patterns** of thinking and behaving in a healthier way



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Access to iFightDepression Tool



Patients continue to receive usual care and treatment
besides iFightDepression tool



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When using iFightDepression tool



iFightDepression
WELCOME! NICE THAT YOU ARE HERE!

- The iFightDepression tool is an internet-based self-management programme for individuals experiencing milder forms of depression. It is free of charge and is intended to help individuals to self-manage their symptoms of depression and to promote recovery. The tool is used with the support of a trained guiding health professional, "guided" meaning that it is used with support from a general practitioner or mental health professional.
- If you are experiencing depression and are interested in iFightDepression, we kindly ask you to understand that use of the tool is only possible with the help of a guiding healthcare professional. We recommend that you contact your healthcare professional to speak about other options of support and treatment that may be helpful for you.
- If you are a healthcare professional and are interested in implementing the tool within your practice, please email: ifightdepression@eaad.net for more information.

MOOD RATING	NOT AT ALL	SEVERAL DAYS	MORE THAN HALF THE DAYS	NEARLY EVERY DAY
Little interest or pleasure in doing things?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling down, depressed or hopeless?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trouble falling/staying asleep, sleeping too much?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling tired or having little energy?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Poor appetite or overeating?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling bad about yourself - or that you are a failure or have let yourself or your family down?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trouble concentrating on things, such as reading the newspaper or watching television?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Moving or speaking so slowly that other people could have noticed. Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Thoughts that you would be better off dead or of hurting yourself in some way?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Log-in page

Mood questionnaire

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Each Workshop

- Mood Questionnaire at the beginning and mood rating with progression curve
- Exercises & Explanations (available online and as printout)
- Worksheets & Samples
- Summary of scientifically validated information



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iFightDepression[®]: Overall outline



The 6 core workshops:

- Workshop 1: Thinking, Feeling and Doing
- Workshop 2: Sleep and Depression
- Workshop 3: Planning and Doing Enjoyable Things
- Workshop 4: Getting Things Done
- Workshop 5: Identifying Negative Thoughts
- Workshop 6: Changing Negative Thoughts

Optional workshops:

Workshop 7: Feel better all around: Healthy lifestyle

Workshop 8: Managing your depression in the workplace - only in adult tool version

Workshop 8: Relationships and Workshop 9: Social Anxiety-only in tool-version for young people



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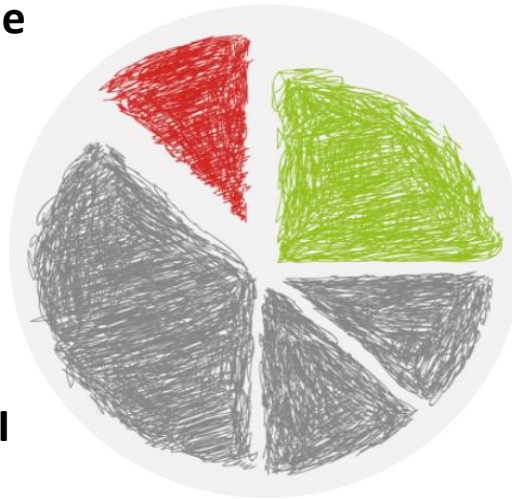
What can patients learn from using iFightDepression tool?



Sleep and depression can be related

Negative thought patterns can be changed

Depression can affect how I perceive my environment



Tackling things that have been left undone for a long time in small steps

Structuring everyday life can have an influence on depression

Getting a realistic picture of one's own mood



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Achievements to date

MESUR



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iFightDepression[®] Tool

Ukrainian and Russian version



- 2 more workshops added
- **Workshop 9: Healing trauma**
Information and techniques for coping with traumatic experiences and healing trauma.
- **Workshop 10: Coping with loss**
Information and techniques to support and strengthen them throughout the grieving process.

The screenshot shows the website's header with the iFightDepression logo and navigation links: 'СТАРТ', 'БІЛЬШЕ ПРО IFD/FAQ', 'ВОРКШОПИ', 'МОЇ НАСТРОЇ', and 'МЕНІ ЗАРАЗ ПОТРІБНА ДОПОМОГА'. A 'Мій профіль' button is also visible. The main content area has a heading 'ПРИВІТ, ЯК ДОБРЕ, ЩО ВИ ТУТ!' followed by a paragraph of text. To the right is an image of a diverse group of people. Below the text is a 'ВАШ ПРОГРЕС' section with a progress indicator and a 'ПОЧАТОК' button.

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european alliance against depression

СТАРТ БІЛЬШЕ ПРО IFD/FAQ ВОРКШОПИ МОЇ НАСТРОЇ МЕНІ ЗАРАЗ ПОТРІБНА ДОПОМОГА

Мій профіль

ПРИВІТ, ЯК ДОБРЕ, ЩО ВИ ТУТ!

Цей інструмент показує, як наші думки, почуття і поведінка пов'язані між собою. Він також допомагає боротися з депресією, заохочуючи Вас розпізнавати менш корисні моделі мислення, почуттів і поведінки, щоб їх змінити. Проходячи тренування в iFightDepression Ви також отримаєте навички, які можна використовувати, щоб запобігти поверненню симптомів депресії. Якщо ви долучилися до нас вперше, вам слід спочатку дізнатися більше про iFightDepression [тут](#). Після того, як ви прочитаете інформацію, ви можете почати використовувати інструмент, відкривши розділ "Воркшопи".

ВАШ ПРОГРЕС

ВИ ЩЕ НЕ ЗАВЕРШИЛИ ЖОДНОГО СЕМІНАРУ.

ПОЧАТОК



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Achievements to date



✓ iFD tool new content



#9
Healing trauma

#10
Coping with loss

#11
Finding inner strength

- 1 At this workshop
- 2 Trauma can affect body and mind
- 3 How does trauma affect sleep
- 4 How to cope with tension and anxiety
- 5 Take care of yourself

- 1 About this workshop
- 2 Understanding the grieving process
- 3 Coping with grief
- 4 Keeping a routine is important

- 1 In this workshop
- 2 Your Inner Strength
- 3 Watering your flower
- 4 Thoughts for regaining your inner strength

Ми рекомендуємо Вам виділити щонайменше один тиждень на виконання кожного воркшопу, який складається з інформаційної частини та вправи. Вам може знадобитися більше часу, перш ніж перейти до



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Achievements to date



✓ iFightDepression® awareness website new content


Для всіх Для молоді Для сім'ї та друзів Працівникам громадського сектору Медичним працівникам **Для переселенців з України** Про нас

Виберть свою мову

For displaced people from Ukraine

Can displacement affect my mental health?
About depression
Coping with loss
What is trauma?
Get help

Депресія може торкнутись будь-кого

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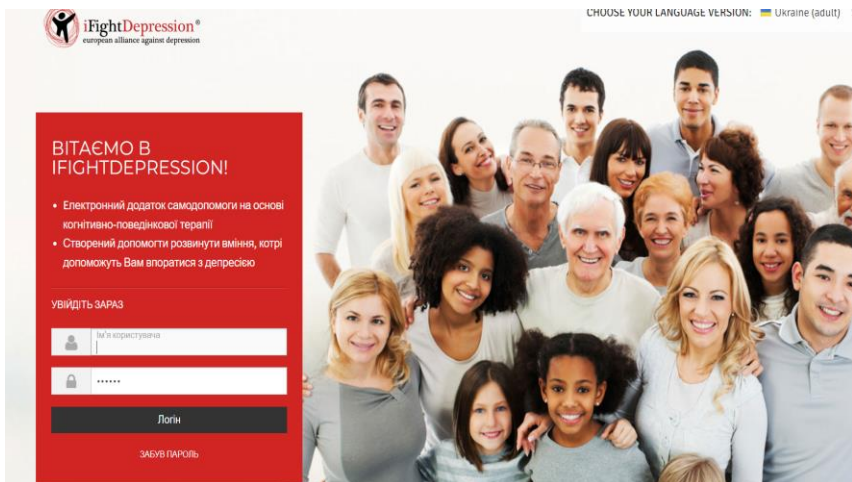
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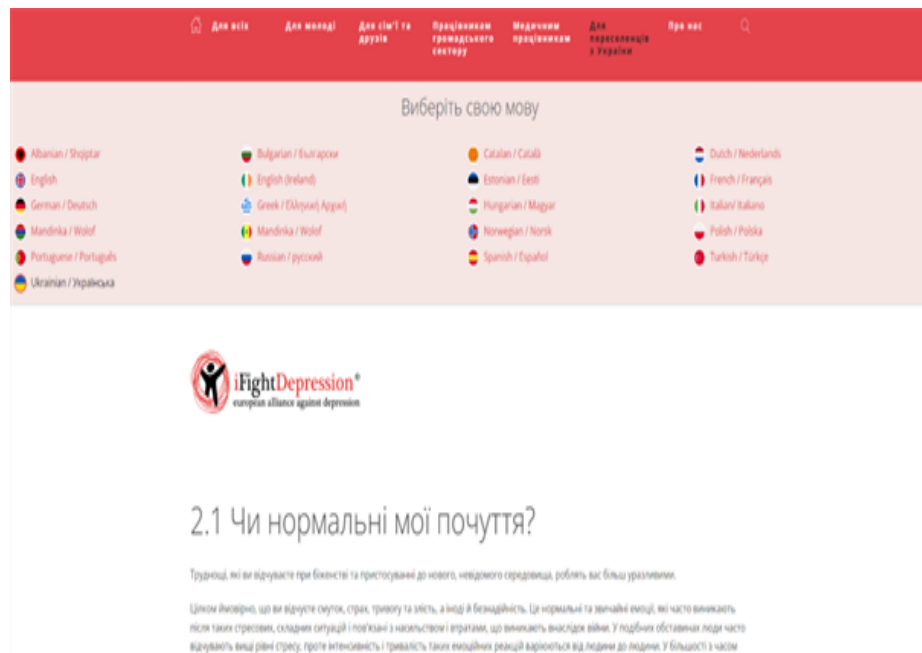
Achievements to date



- ✓ iFightDepression® (iFD) toolkit translated into Ukrainian & Russian



iFD tool



Awareness website



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Achievements to date



- ✓ Ukrainian and Russian translations of the iFD guide website are completed (<https://guides.ifightdepression.com/>).

Help for Ukrainians ua Organization Apply as a guide Find a guide English

Depression can affect anyone

Searching for help is an important first step. You are in a right place! If you don't feel good, contact a specialist to get support and regain psychological well-being.

Find a Guide

There are several ways to promote better mental health



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Achieved progress in iFD toolkit uptake in MESUR countries



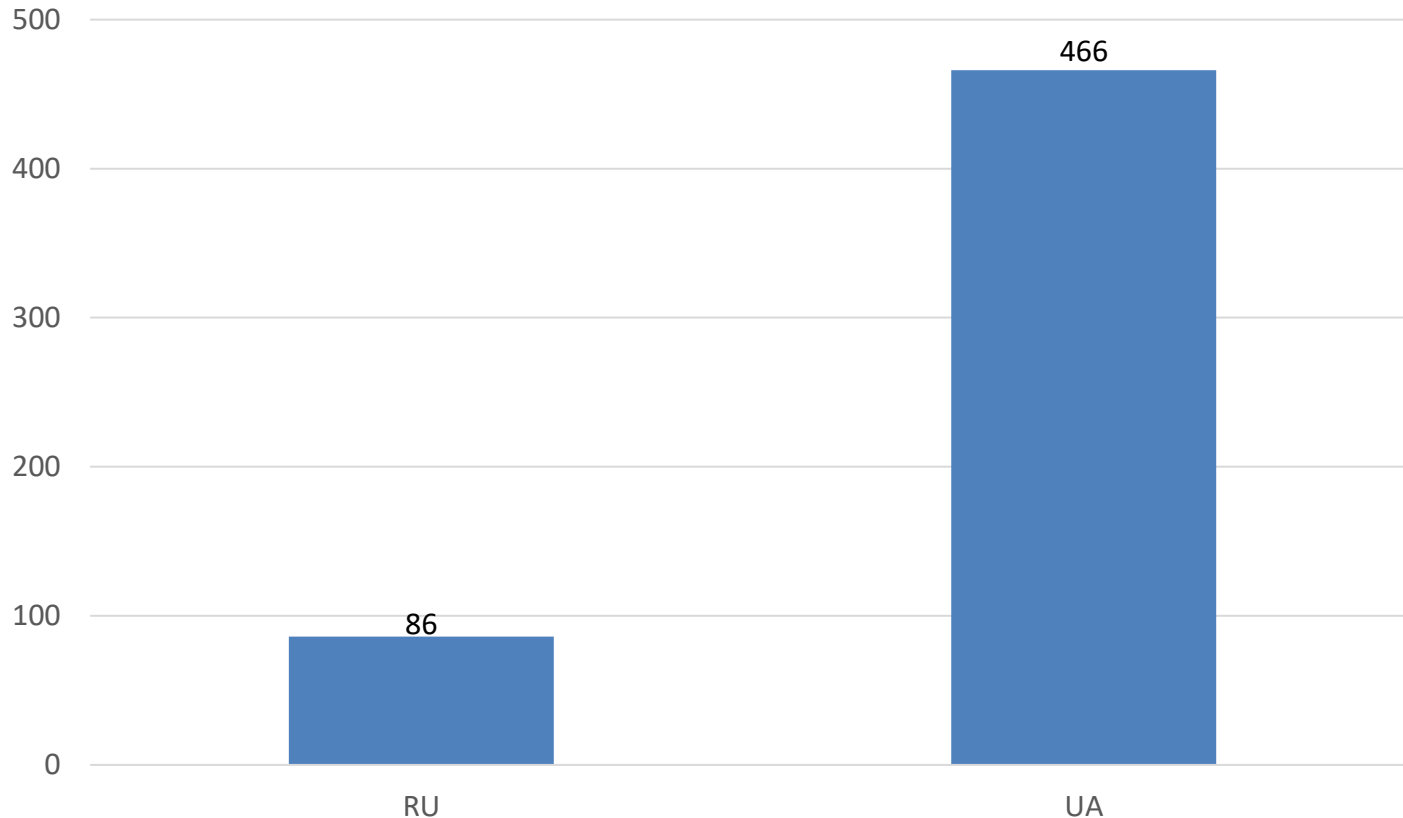
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How many patients from the six MESUR countries were invited for the Ukrainian and Russian version of the iFD tool within the MESUR project?



From 2022-12-01 to 2024-04-23



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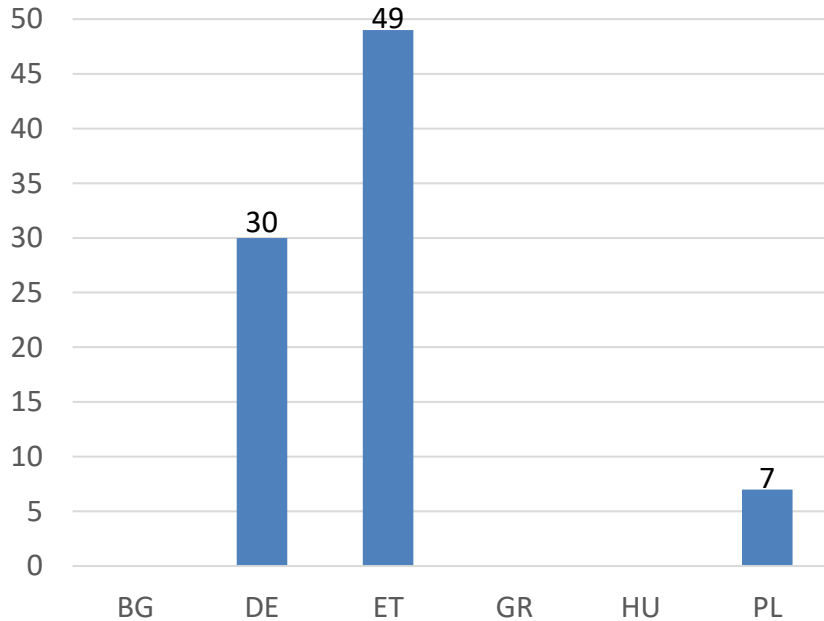


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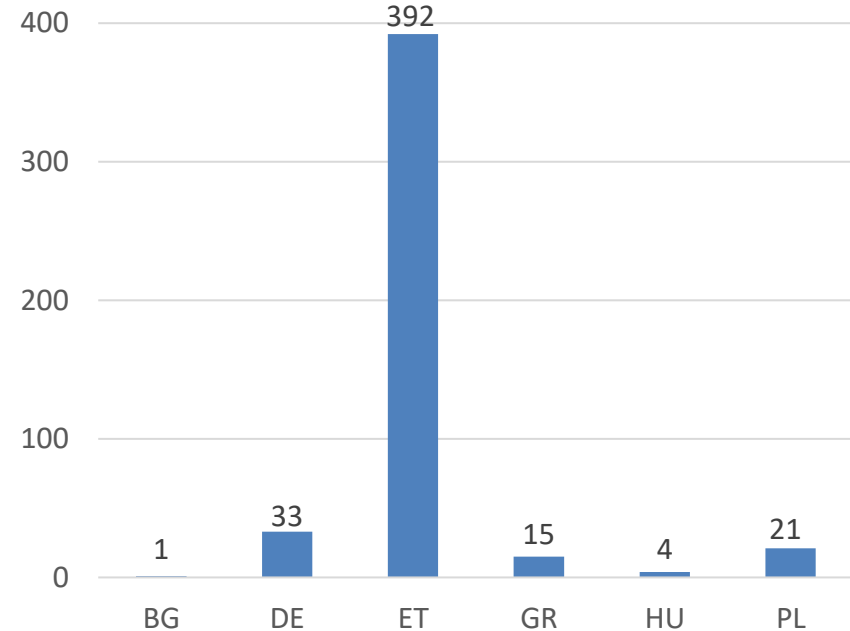
From which country were the patients invited?



Russian Version



Ukrainian Version



From 2022-12-01 to 2024-04-23

This data provides a summary of the total number of patients for the Ukrainian version registered by the provided regioadmin accounts from the six MESUR countries in total as part of MESUR project.



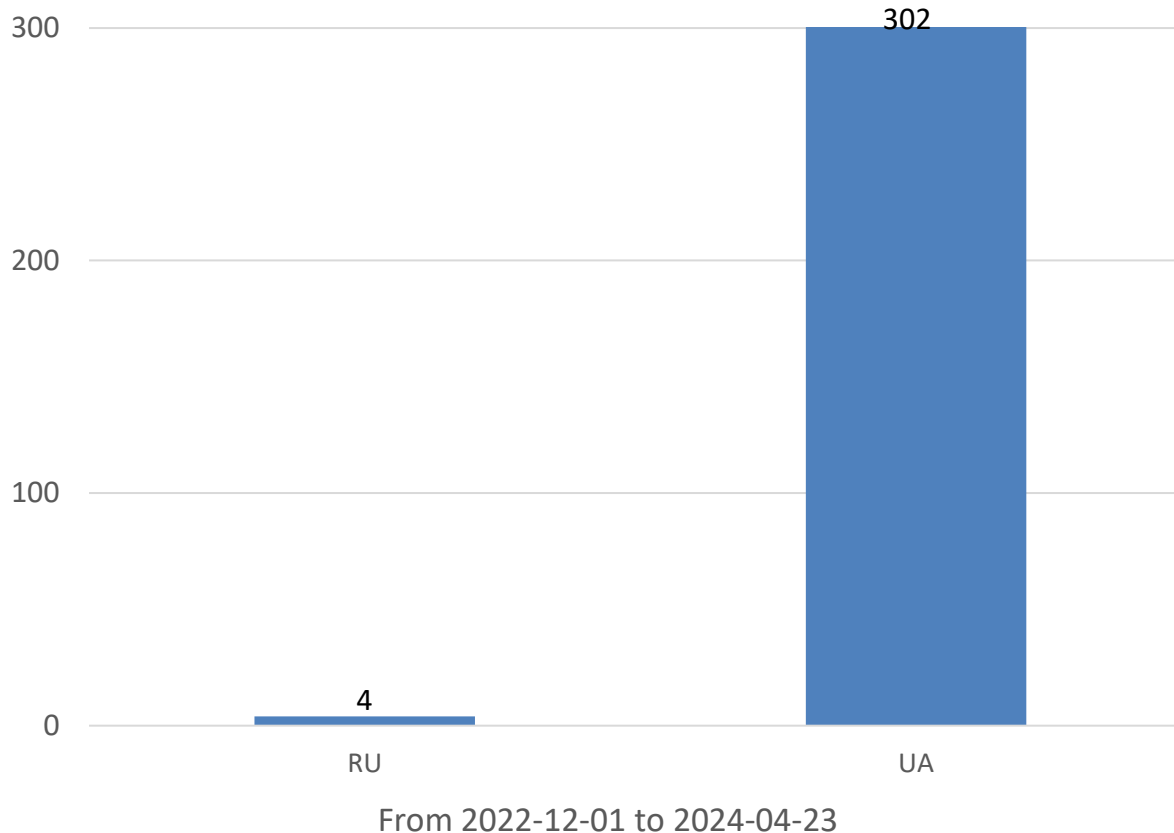
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How many unguided patients were invited for the Ukrainian and Russian version of the iFD tool within the MESUR project?



This data provides a summary of the total number of patients registered by the provided MESUR guide accounts from the six MESUR countries in total as part of MESUR project.



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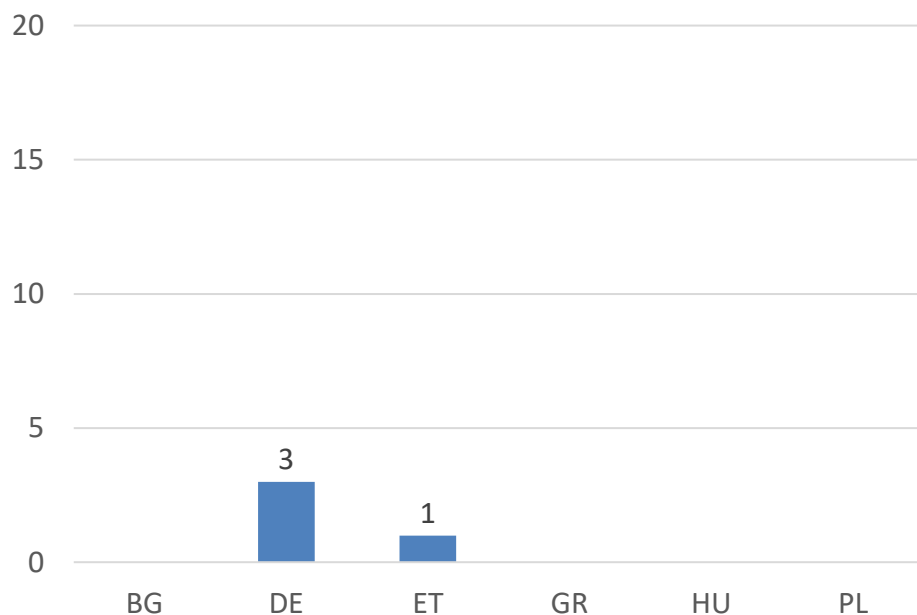


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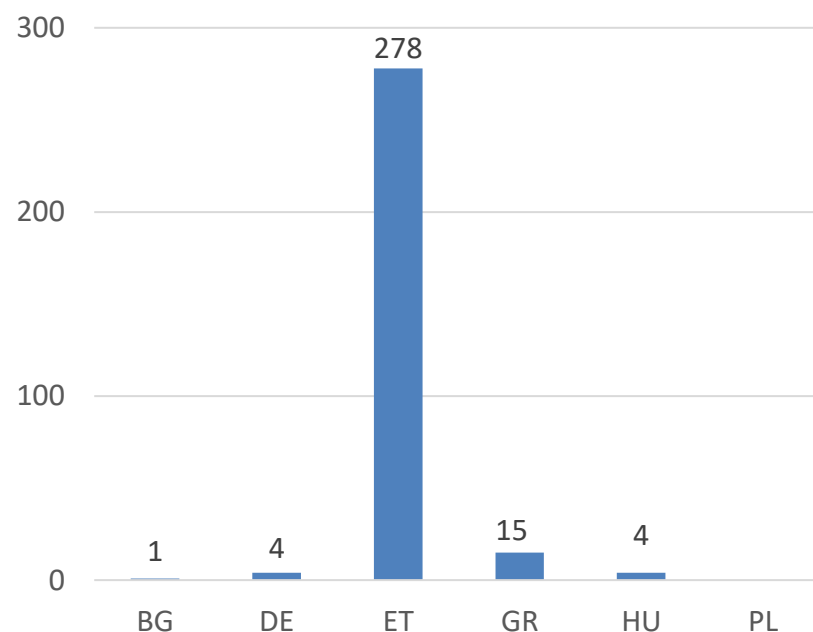
How many unguided patients were invited for the Ukrainian and Russian version of the iFD tool within the MESUR project from 2022-12-01 to 2024-04-23?



Russian Version



Ukrainian Version



From 2022-12-01 to 2024-04-23

This data provides a summary of the total number of patients registered by the provided MESUR guide accounts from the six MESUR countries in total as part of MESUR project.



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Number of iFD guides since the start of the implementation phase



	Bulgaria	Estonia	Germany	Greece	Hungary	Poland	Total
Number of new iFD guides (local)	14	20	60	13	39	68	214
Number of new Ukrainian/Russian guides	13	12	2	15	0	81	123



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Next steps



- ❑ Increasing efforts to reach out to Ukrainian displaced people who are in need.
- ❑ Trainings to health professionals or social workers working with displaced people for becoming iFD guide.
- ❑ Preparations for the publication of Best Practice Guideline and Implementation Toolkit.





Thank you for your attention!

Simge Celik Stojanovic, PhD

Project Manager at European Alliance Against Depression (EAAD)



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WELL·U

Strengthening Lay Workers' Skills
in implementing evidence-based
scalable interventions for the
Wellbeing of forcibly displaced
people from Ukraine

- **Start date: October 2022**
- **Duration: 2 years**
- **Project number: 101101428**

Webinar

29 April 2024



**SOS CHILDREN'S
VILLAGES**



Co-funded by the Rights,
Equality and Citizenship
(REC) Programme of the
European Union

Geographic scope



SOS VILLAGGI
DEI BAMBINI
ITALIA



SOS CHILDREN'S
VILLAGES



Terre des hommes

Helping children worldwide.



Treatment gap in accessing care

Instrumental barriers

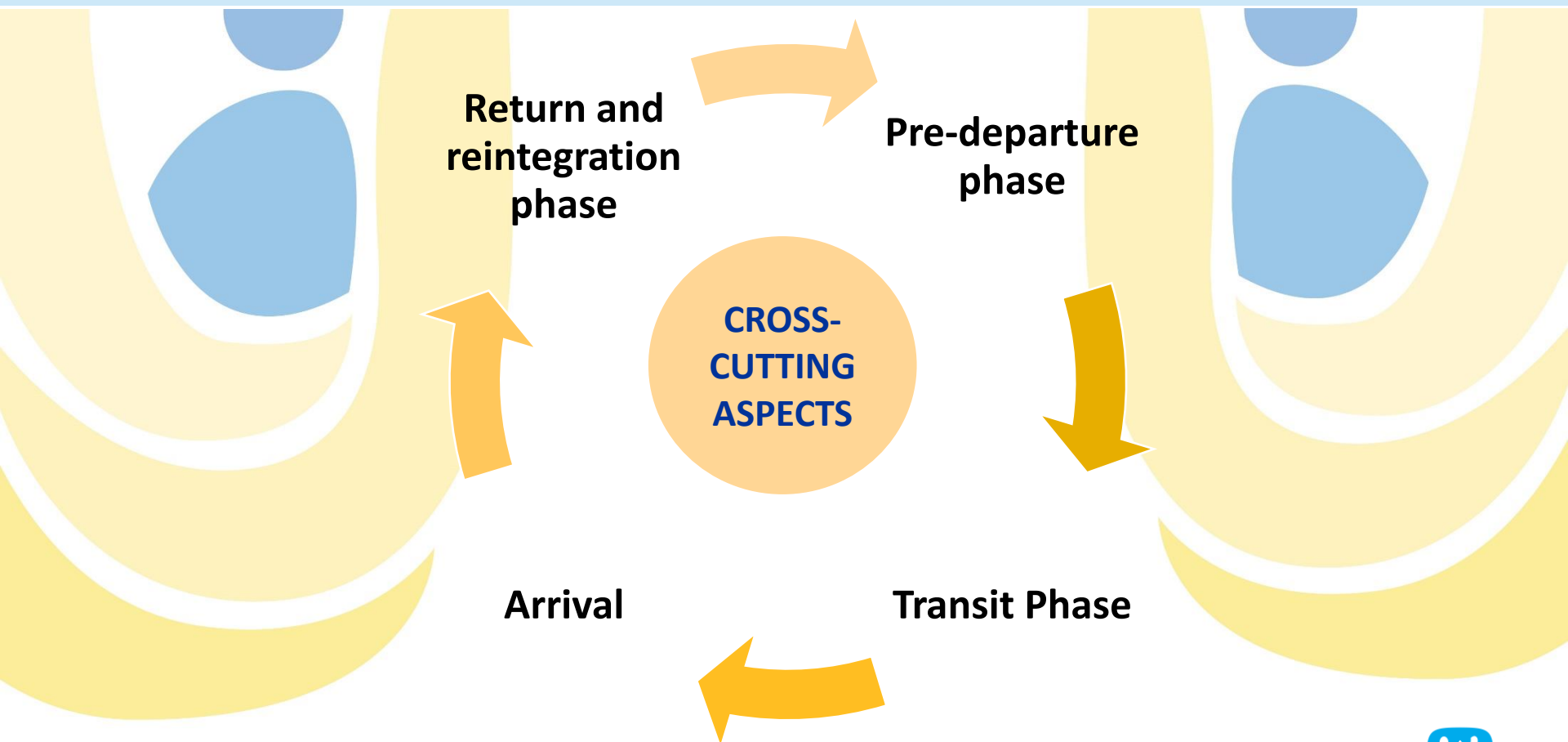
- Legal, cultural, linguistic, administrative
- Geographical and financial factors
- Costs
- Focus on symptoms of mental health disorder

Attitudinal barriers

- Stigma related barriers
- Misconceptions and lack of awareness
- No **trust** in mental healthcare system and professionals
- Prioritising **basic needs**



Stressors of displaced people



Intersecting challenges: urgent need for MHPSS Interventions

1 in 4 children live with a parent who has a mental health condition



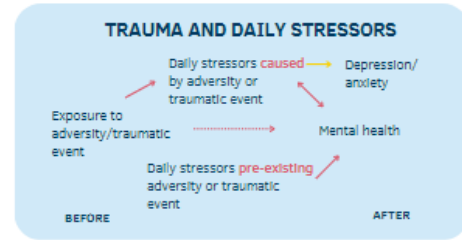
More than 1 in 7 adolescents aged 10-19 is living with a diagnosable mental disorder globally



Half of all mental health conditions start by 14 years of age and three quarters by 25

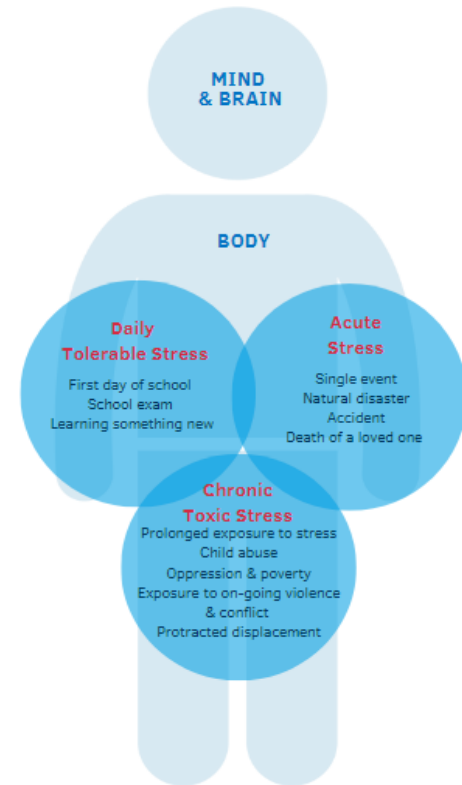


Most cases, while treatable, go undetected and untreated



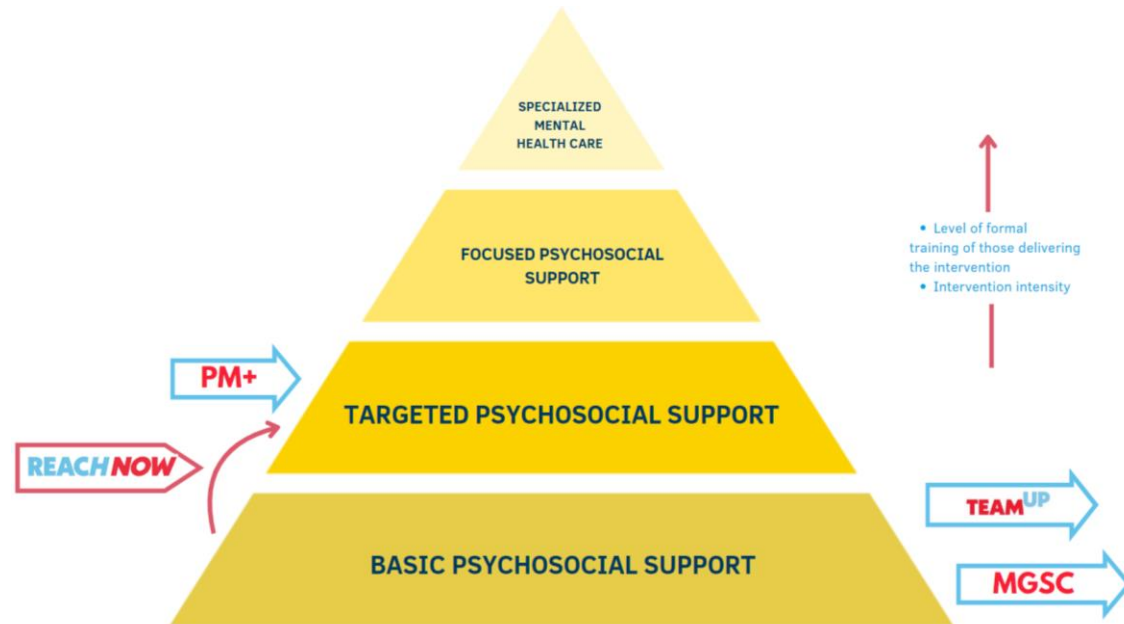
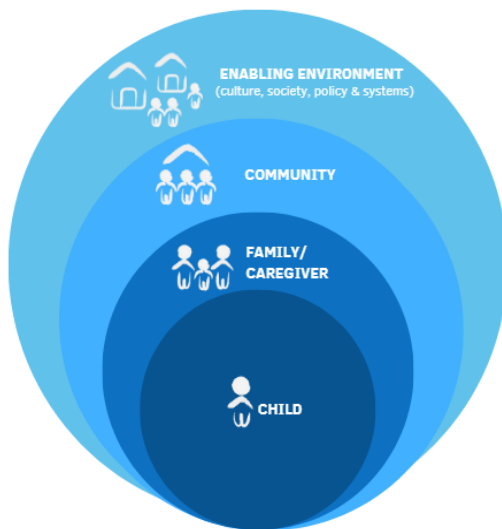
AFFECTS OF ADVERSITY ON CHILDREN

- Over 420 mil. children (1/6) grow up in conflict area exposed to violence, loss of homes, loved ones and social support.
- Exposure to extreme adversity requires multiple adaptations: physical, social, emotional, affective, and cognitive.
- Not just emergencies: 25% of individuals will suffer from some form of MH issues during his/her lifetime. Children in AC are disproportionately affected. 46%
- Adults who lived in AC are more at risk of developing negative MH responses (30% vs 17%)
- More than 3 out of 4 children with mental health conditions receive no care for their condition
- The majority if adequately supported reacts positively and do not require clinical interventions;
- ALL, have to deal with potential and actual difficult material, social, cultural and emotional circumstances (daily stressors) and need preventative interventions



Our approach and toolkit

MULTILEVEL



Addressing identified needs and gaps: key actions of the Well-U Project

WELL·U

Adapt and contextualize scalable evidence-based tools including, ReachNow, TeamUp, the Movement, Games, Sports, and Creativity (MGSC), and Problem Management Plus (PM+).

Conduct tailored training programs aimed at equipping practitioners with the necessary skills to effectively implement these scalable interventions using task-shifting methodologies.

Establish, cultivate, and bolster a community of practitioners dedicated to enhancing mental health and psychosocial support for displaced populations.



Promoting scalable evidence-based preventive measures



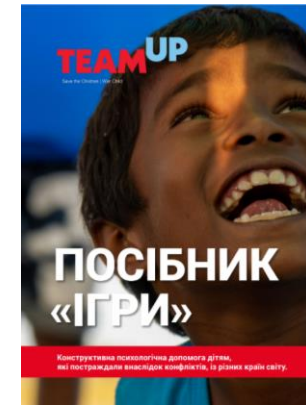
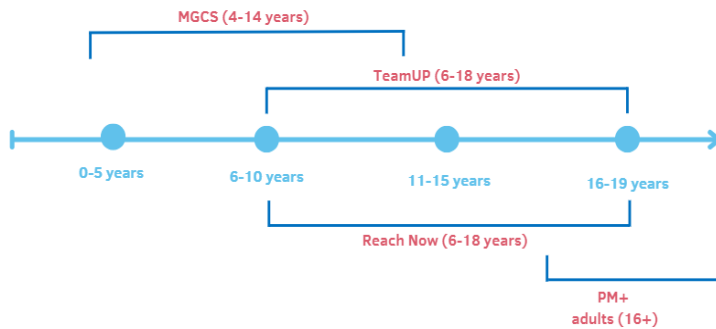
Efficiency and Accessibility

Broad Effectiveness

Quality and safety

Reliable

Reduce burdens on MHPSS systems



TeamUp: Psychosocial intervention developed by War Child Holland, Save the Children in the Netherlands and Unicef in the Netherlands.



[Watch my Powtoon: Team Up](#)



— Reach Now: Proactive case identification tool designed by War Child Holland.



[Powtoon - Reach Now](#)

Movement, Games, Sports and Creativity (MGSC): developed by Terre des Hommes to enhance resilience



[Watch my Powtoon: MGSC](#)



Project Management Plus (PM+) a brief, low-intensity, transdiagnostic psychosocial intervention developed by WHO



[Powtoon - PM+](#)



MHPSS in the spotlight: achievements to date

20

Trainings

244

Lay professionals involved (including ToT and end users)

Our focus on culturally sensitive mental health services has led to increased accessibility, particularly for children who need them the most. By prioritising prevention over treatment alone, we've shifted the mindset around mental health towards a public health approach.

708

Children and young people involved in TeamUp sessions, including specific counting of Ukrainian refugees

295

We expect to involved within the PM+ session



Connect with fellow practitioners, policy, and decision-makers from across Europe who work with migrants and refugees, particularly those affected by the Ukrainian conflict.



[WELL-U | ChildHub - Child Protection Hub](#)

Thanks for your attention!



Discussion questions

1. How can we leverage our unique capacity-building strategies to effectively empower non-specialized professionals in addressing the diverse mental health needs of Ukrainian displaced populations, considering cultural nuances and trauma-informed approaches?

1. Як ми можемо використовувати наші унікальні стратегії розбудови потенціалу для ефективного розширення можливостей неспеціалізованих фахівців у вирішенні різноманітних потреб у сфері психічного здоров'я українських біженців, враховуючи культурні нюанси та підходи, що беруть до уваги травматичний фактор?



Discussion questions

2. How do these strategies ensure accessibility and sustainability in reaching a larger demographic?

2. Як ці стратегії забезпечують доступність і сталість у охопленні більшої кількості населення?



Discussion questions

3. Reflecting on your experiences, what lessons have you learned regarding the adaptation and implementation of mental health interventions for Ukrainian displaced populations? How can these insights inform future advocacy/awareness efforts and policy recommendations aimed at improving mental health support systems for displaced communities worldwide?

3. Аналізуючи наш досвід, які уроки ми винесли щодо адаптації та впровадження інтервенцій з охорони психічного здоров'я для популяції українських біженців? Як ці знання можуть вплинути на майбутні зусилля із захисту спільних інтересів та політичні рекомендації, спрямовані на покращення систем підтримки психічного здоров'я для переміщених громад у всьому світі?

