

WHO SPECIAL INITIATIVE FOR MENTAL HEALTH



UKRAINE

- Only 0.42% of Ukraine's healthcare budget is allocated for mental health care
- Very high rates of alcohol use disorders and suicide
- Ukraine has traditionally used medical approaches to support people living with mental health conditions; there is 10 psychiatrists, and 2.6 psychiatric nurses per 100,000 people but only 1 psychologist per 100,000 people
- Ukraine has 69 inpatient psychiatric facilities, 493 mental health outpatient facilities, and 2 day care facilities
- As of September 2020, 42 primary healthcare workers have been trained in WHO's mhGAP, bringing access to mental health services to 65,000 more people

STRENGTHS

- Ongoing reform of the health system provides new opportunities
- Renewed political commitment to mental health policy and service development
- Growing public interest in mental health issues, including mental health consequences of the conflict in eastern Ukraine
- Piloting of mobile community-based mental health teams is underway, supporting people with severe mental health problems to receive at-home support

CHALLENGES

- Large centralised psychiatric system with many people living with mental health conditions in institutions, some of which have been associated with human rights violations
- Stigma and low awareness of mental health
- Conflict in eastern Ukraine and related consequences for population mental health
- Limited health information system
- Repeated changes within governance structures slowing policy changes

UKRAINE'S DESIGN PROCESS

1

Face-to-face workshop with multidisciplinary consultation group, including people with lived experiences, held in March 2020 to establish priorities and develop first draft of a Ukraine-WHO Special Initiative for Mental Health logical framework.

2

Online consultations to finalise and validate the logical framework and establish a collaboration plan with other actors likely to support implementation of certain activities

3

The logical framework was costed (by activity), a monitoring and evaluation framework was completed and a design document narrative finalised.

4

Sign off on the Ukraine-WHO Special Initiative for Mental Health programme design document approved by Ukraine Ministry of Health – and instigating the start of implementing activities

UKRAINE'S LOGICAL FRAMEWORK FOR PLANNED WORK UNDER THE WHO SPECIAL INITIATIVE FOR MENTAL HEALTH

GOAL:

By the end of 2024, civil society and Government efforts contribute to strengthened promotion of mental health and building person-centred and recovery-oriented services, across the lifespan.

OUTCOMES AND OUTPUTS

1 Mental health governance, financing and leadership is strengthened to foster integration with general health care and re-orientate mental health service provision towards the community

- Strengthen mental health governance, leadership and financing
- Foster integration with general health care
- Re-orient mental health service provision towards the community

2 The human rights of people with mental health conditions and psychosocial disabilities are promoted and included in relevant policies for mental health services

- Promote human rights of people with psychosocial disabilities
- Review policies and laws

3 Mental health promotion and prevention raises community understanding and protects young people experiencing adversities

- Promote human rights of people with psychosocial disabilities
- Review policies and laws

4 The mental health workforce's development is guided by evidence-based standards and agreed competencies for different cadres

- Strengthen mental health workforce
- Improve pre-service and in-service capacity-building system

5 Community mental health services are promoted and scaled-up

- Scale-up community based services
- Integrate mental health within general health care
- Integrate mental health within social sector
- Strengthen informal community-based services
- Promote mental health of children and adolescents
- Provide MHPSS services in emergencies (including COVID-19)

6 Mental health information systems, surveillance and service evaluation are strengthened

- Strengthen mental health information and surveillance system
- Improve mental health service evaluation
- Increase mental health research

INDICATORS

- National Mental Health Action Plan is endorsed by the Government
- A National Mental Health Service Model is developed
- Optimal financing mechanisms established
- # innovative community-based mental health services introduced
- % decrease in number of beds in psychiatric hospitals/year

- # revised or new laws/regulations passed by Ukraine legislature
- # mental health and social care institutions changed service culture, attitudes and practices

This outcome will be a focus of partners working with WHO in Ukraine, but not a specific emphasis for the Ukraine-WHO Special Initiative for Mental Health, which is more directly focused on advocacy, policy, rights, and increasing access to mental health services

- # and type of mental health cadres with updated professional and educational standards
- Monitoring and quality assurance mechanisms for education of mental health workforce are established and integrated into national quality assurance mechanism

- # people having access to/receiving community-based mental health services
- #/% beds decreased in psychiatric hospitals
- # and types of residential services for persons with intellectual and psychosocial disabilities
- Standard Operating Procedures (SOPs) and referral systems are operational and ensure continuity of care

- Mental health service practice standards (including recommended quality assurance procedures using monitoring indicators)
- Monitoring and evaluation is used at national and local levels for decision making