



# **REGIONAL COOPERATION IN THE AREA OF PSYCHOSOCIAL SUPPORT**

*11MSP Victim Assistance Parallel Programme  
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## **Distressing events**



## **Gaps in the current mental health services and psycho-social rehabilitation**

- ▣ Limited number of human resources (medical psychologists)
- ▣ Lack of support to mental health, including governmental budget and donors support.
- ▣ Lack of public awareness on mental health and mental illnesses
- ▣ Lack of psychosocial rehabilitation services
- ▣ Lack of structured program on psycho-social rehabilitation.
- ▣ There are high prevalence of mental health disorders symptoms among people with disability in both countries

- ▣ Training on Mental Disorders for students in Tajik State Medical University
- ▣ Training for doctors and nurses in Tajik Institute for Training of Medical Staff;
- ▣ Training for students on psychology in Tajik State University and Pedagogical University.
- ▣ Publications: "Guideline on psycho-social support for landmine survivors"
- ▣ "Borderline mental disorders and quality of life of landmine survivors" for psychologists, social workers, students
- ▣ Training on social work in the Tajik National University is underway
- ▣ Law on "Psychiatric care" (2002)
- ▣ Mental healthcare in Tajikistan currently are hospital based

## Summer Rehabilitation Camp



2005 - 32 survivors

2006 - 19 survivors

2007 - 25 survivors

2008 - 34 survivors

2009 - 25 survivors

2010 - 25 survivors

2011 - 25 survivors

**Totally - 185**

## Art-therapy





## Sport activities



## First inter-country conference on psychosocial rehabilitation Kabul (December 14-15, 2010)



### The first conference outcomes:

- ❑ There is great need for development of psychosocial rehabilitation services
- ❑ There is need to attract donors support to mental health in general and to psychosocial rehabilitation in particular
- ❑ There is a need for research on issues related to psychosocial rehabilitation and mental health of persons with disabilities
- ❑ There is a need for developing proper standard program on psychosocial rehabilitation
- ❑ There is a need to increase public's and health staff's awareness on mental health
- ❑ There is a need to conduct monitoring and evaluation of mental health training that have been done and the trainings that planned.
- ❑ Establishment of a working group that can work and follow up activities on psychosocial rehabilitation.
- ❑ Exchange of training materials and experiences between Afghanistan and Tajikistan on psychosocial rehabilitation.
- ❑ Conducting research on using of psychotherapy and other psychosocial related activities

## Exchange experience training on “Peer to Peer Support” with Afghanistan Landmine Survivors Organization (ALSO) for tajik team



## International Conference on “Development of applied psychology in Tajikistan: problems and perspectives” Tajik National University, Dushanbe, 4-5 November 2011

- ▣ Participation of Tajikistan and Iran
- ▣ Discussed problems and perspectives of applied psychology in the period of Tajikistan independence
- ▣ Development and status of applied psychology in the education
- ▣ Using of contemporary methods in psycho diagnosis and in consulting
- ▣ The sharing of practical experience



## Second Regional Conference (Dushanbe, October 2011)



## Conference recommendations

- ▣ More attention should be attracted to Victim assistance and assistance to Person with Disabilities to cope and adjust to life challenges through Psychological and social support.
- ▣ Accessible services and accessible life environment for landmine/ERW survivors in Tajikistan, Afghanistan and Iran should be provided.
- ▣ Available resources (Human, Technical and Information) in three countries were identified and supporting and sharing mechanisms were agreed.
- ▣ The working committee consisted from 7 experts, professional and key people from three countries line Ministries and organizations to work on the implementation of the Conference recommendations and report to the next conference was formed.

## Conference recommendations (cont')

- ▣ The most important activities which could help PWDs in the Physical and Psychosocial rehabilitation in Tajikistan, Afghanistan and Iran were agreed.
- ▣ Exchange experiences and knowledge between specialist of psychosocial rehabilitation in three countries (exchange of training materials, organizing trainings and experiences sharing courses for specialists) should be organized.
- ▣ In the framework of joint activities: organizing of scientific conferences, round tables, summer camps, cultural and sportive events should be included in planning.
- ▣ In order to work together for resource mobilization for psychosocial assistance within and outside the region to set a regular relation and continues collaboration with transparency mechanism between relevant ministries and organizations working in the field of disabilities and mental health in three countries.

*Thank you for the attention!*

