

SUMMARY OF ACTIVITIES

PoMOCna KAWA #7



PSYCHOLOGICAL HELP

17 22 ORGANIZATIONS PARTICIPATED IN THE MEETING (Salam Lab Association, Polish EMDR Therapy Association (Polskie Towarzystwo Terapii EMDR), epruf s.a., Center for Women's Rights Warsaw, JCC Krakow, Bażantowo Foundation, My z Wami Humanitarian Aid Center Foundation, Polish Migration Forum, OnkoFundacja Alivia, Fundacja Leny Grochowskiej, Zustricz Foundation, CultureLab Foundation and others).

Ways of offering psychological assistance

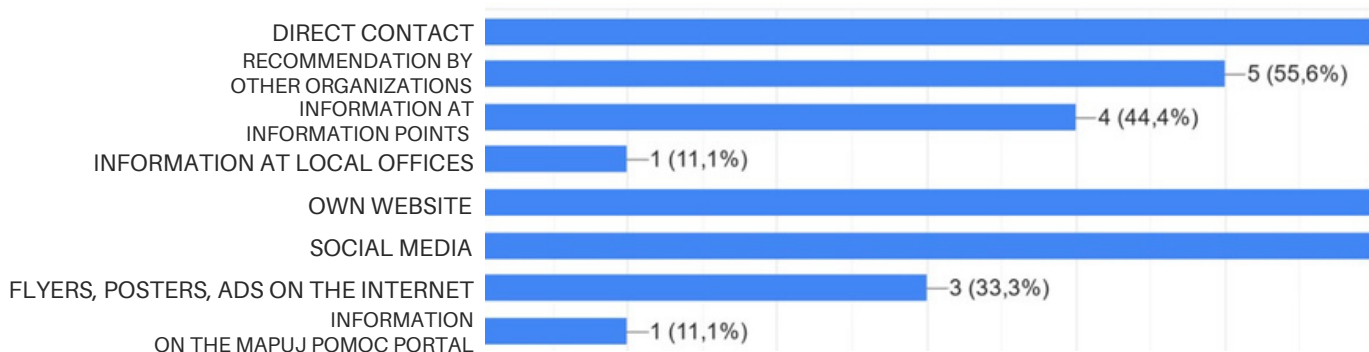
Organizations and facilities providing psychological support to people experiencing refugee crisis work with specialists on a volunteer basis or for a fee. Sometimes they simply hire them, and sometimes they refer people in need of consultation to psychological support centers or private offices they know and collaborate with. Our meetings are also attended by associations of psychologists themselves e.g. the EMDR Therapy Association.

Funds to pay for psychologists' salaries most often come from:

- own resources
- donors and private companies
- grants

It is important to reach those in need of support in a timely manner so that they are not left alone with overwhelming problems and their condition does not worsen. Organizations reach out to refugees with information about the assistance offered in various ways.

HOW DO YOU REACH OUT TO THOSE IN NEED OF SUPPORT?

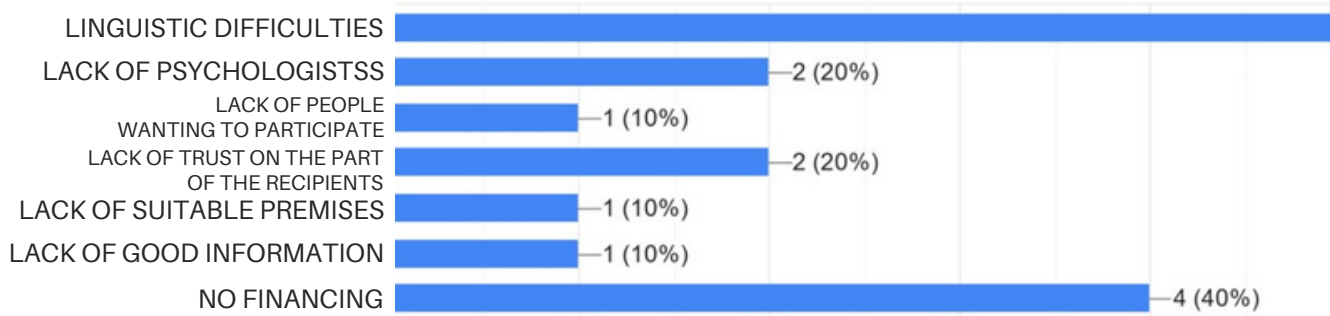


Qualitative survey of Mapuj Pomoc from 15.11.2022, conducted on a group of 17 NGOs conducting psychological help

Problems related to psychological assistance

The biggest problem in terms of psychological assistance is the language barrier. Poland currently lacks specialists who speak Ukrainian. During our conversation, it was reported that people in need do not have trust in the value of sessions that additionally involve an interpreter. The awareness that one's intimate thoughts are to be listened to by an outsider does not encourage anyone to take part in therapy. According to the accounts of participants in our meetings, psychological help in Ukraine is not as common as in many European countries. Therefore, it is also for that reason that refugees are quite reluctant to take advantage of such support. However, thanks to the work of organizations offering psychological assistance, this attitude is slowly changing.

WHAT KIND OF PROBLEMS DO YOU ENCOUNTER DURING PSYCHOLOGICAL ASSISTANCE?



Qualitative survey of Mapuj Pomoc from 15.11.2022, conducted on a group of 17 NGOs conducting psychological help

What support do organizations need?

The results of the questionnaire that participants in the discussion filled out during the meeting show that the most important needs of the organization related to the issue of psychological assistance are:

- ongoing financial support
- financial support for therapists and interpreters
- more information available about psychological assistance and its scope (who and when)
- support program for the chronically ill
- support program for the elderly
- supervision for Ukrainian psychologists

Success stories and good contacts

• The team responsible for Mapuj Pomoc

has prepared a map of schools with preparatory branches for Ukrainian children in Poland. The branches provide additional Polish language lessons and classes to help students adapt to their new environment. They are located in larger towns and cities, but we hope this will change. The map is being continuously updated.

• Polish EMDR Therapy Association

brings together psychologists working with trauma. On their website, they have posted a set of articles under the "Help for Ukraine" tab, from which one can learn how to give support to refugees, both adults, as well as children (www.emdr.org.pl/pomoc-dla-ukrainy/baza-przydatnych-materialow.html)

• The epruf s.a. company, together with Dimedic and the Deloitte Company,

is funding the Health4Ukraine program. The program enables Ukrainian citizens to obtain subsidies for the purchase of medicines, including psychiatric drugs, in pharmacies and pharmacy outlets throughout Poland (www.health4ukraine.com/pl/)

CONTACT: If you want to get in touch with a specific organization, email mapujpomoc@culturelab.pl. We also encourage you to join the closed group for NGOs, where we share knowledge and resources, seek inspiration, and let you know about grants: <https://www.facebook.com/groups/mapujpomoc>

Little-known problems of people in refugee crisis

During the meeting the participants (NGO members and psychologists) shared a lot of important information. They presented a full picture of the problems faced by the people in the care of their establishments and foundations. Some of the stories presented a complex picture of the refugees' daily life. These most difficult challenges faced by those in need often remain unnoticed by the Polish care system. Part of the Polish society is completely unaware of the challenges that Ukrainian families have to face. Refugees from every background and every age group have problems that require psychological support. Below we present some of them.

- **Problems some children have with learning Polish and integrating into their new environment, leading to dropping out of school**

In such cases, parents need counseling, and children need psychological care and empathy from educators. Polish teachers are not trained to support Ukrainian children. As a result, not all of them fully understand what can cause Ukrainian children's difficulties in learning and adapting in the new school environment. This problem requires a systemic solution and the organization of psychological support for entire Ukrainian families.

- **Mental and physical violence against some refugee women**

The spouses of these women who remained in Ukraine try to force them to return home, despite the still dangerous situation, using various types of blackmail. Psychological and physical violence also occurs from the partners of refugee women accompanying them to our country. This applies to both Polish and Ukrainian men. It is advisable to create an empathetic system of cooperation between psychological institutions providing support to victims of aggression and lawyers and law enforcement agencies.

- **Difficult experiences of sexual violence that affected some people during the war in Ukraine. The resulting need for HIV antibody testing.**

Unfortunately, many of these people can't stand the tension of the test and don't come forward to receive it. If they are detected with antibodies, they remain in ignorance and without proper health care. Thus, they are unwitting HIV carriers. What is missing, in this case, is a system that educates the refugee community about HIV knowledge.

- **Alcohol abuse by some men and women trying to unwind the severe stresses they experience while remaining in the refugee crisis.**

This causes problems, among others, in long-term residence homes, where, due to the very large number of residents, there are bylaws prohibiting alcohol consumption. Some of the community may not see the seriousness of the problem because in Ukraine the consumption of large amounts of alcohol is treated with leniency. However, this often leads to conflicts between residents. This problem requires close cooperation among the Ukrainian community and a change in beliefs about alcohol consumption.

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