



IOM STAFF OFFERING PSYCHOSOCIAL SUPPORT TO A TEENAGER IN NEED, ©IOM 2019/ EMILIE SEPULCHRE

Whether people migrate voluntarily, are forced by vulnerable situations such as poverty, or are displaced due to a conflict or a natural disaster, migration entails major adaptations. During migration, people must re-define personal, interpersonal, socioeconomic, cultural and geographic boundaries. This implies a redefinition of the individual, family, group and collective identities, roles and value systems, and may be a source of stress for the individual, the family and the communities involved. Providing psychosocial support to migrant populations reduces vulnerabilities and prevents their stagnation.

By working with government, civil society and key health partners, IOM aims to strengthen the capacity of relevant mental health and psychosocial services provided to vulnerable migrants, including crisis-affected populations.

PARTNERS AND COORDINATION

- Ministry of Public Health and Fight against AIDS
- Ministry of Human Rights, Social Affairs and Gender
- Ministry of Interior
- Centre d'Information, Education et Communication en matière de Population et Développement (CIEP)
- Centre Psycho-Medico-Social Izere
- Les enforés de SANOLADENTE (Theater Group)
- Umunyinya (Theater Group)
- Tubiyage (Theater Group)
- Nacham Africa
- Trauma Healing and Reconciliation Services (THARS)

In Burundi, the MHPSS team is co-lead of the Mental Health Technical Working Group and actively participates in the Protection sector and PSS child protection sub-sector. The MHPSS team is also included within "Twiteho Amagara" consortium with WHO, Enabel and Memisa, supported by the European Union, and the new commission to support the Ministry of Health in the operationalization of the Mental Health country strategy.



2019/2020 AT A GLANCE:

11 MHPSS awareness-raising campaigns using a puppet show in collaboration with the CIEP (Centre d'Information, Education et Communication en matière de Population et Développement). **9,423** beneficiaries participated in the campaign in Makamba and Rutana provinces by March 2020.

1 MHPSS mobile team established to offer psychosocial support to people in need and contribute to peace-building through conflict resolution, socio-therapy and psychodrama sessions. Since September 2019, the PSS mobile team registered **616** people, including **471** men, **116** women, **19** young men and **10** young women who were identified by the IOM Protection team. The PSS mobile team is currently conducting PSS sessions for **66** individuals in need (direct assistance).

7-day Training of Trainers (ToT) on Psychodrama therapeutic techniques held for **11** actors in Bujumbura.

1 Mapping exercise of available psychosocial actors and services carried out in Makamba, Muyinga and Rutana provinces.

Since June 2019, IOM trained **278** people including **127** women, **151** men on Psychological First Aid (PFA), body and mind healing approach and psychodrama group therapy. The training targeted **59** psychologists, social workers and protection officers from local partners, **12** professional theater actors, **123** local actors from Makamba, Muyinga and Ruyigi provinces, and **58** Community Health Workers from Kirundo province.

Organization of the sixth meeting of the Mental Health Technical Working Group with support from Ministry of Health and World Health Organization.

MHPSS theatre event held for World Mental Health day in October 2019.

SINCE 2014, IOM'S PSYCHOSOCIAL INTERVENTIONS HAVE INCLUDED:



Direct mental health and psychosocial support through individual and group counseling, psychoeducation, and clinical psychological consultations in Gitega, Makamba, Rumonge and Rutana provinces. From 2016 to 2018, more than **3,000** people benefited from individual and family counselling, led by project facilitators and psychologists.



Comprehensive mapping of psychosocial actors and services, as well as the most vulnerable populations to prioritize in responses.



Capacity-building in the form of training, which resulted in the establishment of **30** protection committees focused on mental health-related topics and psychosocial support. In 2017, **300** psychosocial volunteers and members of community protection committees were trained on avoiding prejudice and communicating with vulnerable persons in a safe and supportive way. Nearly **8,000** participants participated in focus groups to improve community protection mechanisms.



Awareness-raising sessions on psychosocial needs and self-help methods, including the performance of local theatre designed to explain basic matters related to mental health. From 2016 to 2018, nearly **900** community awareness sessions and outreach activities were held for more than **50,000** people.



Social cohesion activities focusing on psychosocial themes for nearly **33,000** people.



Monitoring and evaluation of activities to evaluate the effectiveness and promote the sustainability of project achievements in the community.

IOM aims to support peaceful coexistence and social cohesion in communities most affected by displacement, with high vulnerability and need of mental health and psychosocial support. Recent MHPSS activities have included conflict mapping and forum theatre with a focus on integrated trauma identification. The solutions identified to problems raised during the psychodrama sessions were then carried out as Quick Impact Projects to help heal community trauma. Through its MHPSS activities, IOM also seeks to establish and reinforce the resilience capacity of those communities through community mobilization, referral systems and capacity building.



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