


INSTITUTE FOR POPULATION AND DEVELOPMENT

ANNUAL REPORT 2021



This year, we have celebrated twenty years of our business operations. Having started as the organization with main focus on sexual and reproductive health of all citizens, the former Asocijacija XY has introduced a new appearance since 2021, whose name reflects its tendencies and goals.

The Institute for Population and Development has been going forward at a steady pace, by expanding its areas of activity, and since 2021 it has managed assistance programs for reintegration of fighters from foreign battlefields and their families, as well as strengthening the human rights of convicts with mental health problems.

While our vision is spreading to general health and well-being of all citizens of Bosnia and Herzegovina, we continue promoting healthy lifestyles. Being encouraged by new experiences, our systematic approach of improving general health of all BiH citizens has paved the way for new ambitions and readiness to face problems that the community is unable to address. Our enthusiasm for community service has been recognized by many international organizations and unions, as well as foreign state ministries that continuously provide their support to the Institute in project implementation.

We would also like to extend our gratitude by this annual report, by which we manage to justify the trust of all donors and partners. Projects implemented by the Institute for Population and Development provide target groups with a better life and a voice that will continue to be heard.

New goals are accompanied by new challenges that have tested our motivation and commitment. Our energy was not complemented by vacations and breaks, but by measurable project results and satisfaction of citizens. It is truly our pleasure to inform you that our enthusiasm is not fading away despite the aggravated epidemiological situation around the world, and that our engagement does not stop, to the contrary, we continue to strive to the fulfillment of full potential of the organization, directed at improving living standards of all citizens of Bosnia and Herzegovina.

Emina Osmanagić
Director



20th Work Anniversary

IPD Friendly Health Center

Project duration: 2004 - current

ABOUT THE FRIENDLY CENTER FOR HEALTH (YFC)

The Institute for Population and Development's Youth Friendly Center for Health (YFC) was created in response to the lack of services for young and vulnerable groups that adequately protect and nurture their health.

It started in 2004 with the establishment of the first Sexual and Reproductive Health Counseling Center in Bosnia and Herzegovina and, two years later, it was completed by opening of a medical office within which gynecological services are provided.

YFC is a unique place where young people, especially the most vulnerable, get answers to their questions and the support they need in a friendly environment.


Professionals working in YFC use a non-judgmental, friendly approach in their work with young and vulnerable people, they are sensitized to recognize and respond to the specific needs of young people, respecting the principles of privacy, confidentiality and diversity.

2021 was under a great impact of the COVID-19 pandemic, so at certain times of the year, YFC management and staff had to go to great lengths to maintain the continuity of services. Despite these difficulties, we managed to increase our level of services compared to last year, specifically with the increased number of counseling and a significant part of counseling services was provided online. Our YFC has provided access to high quality services in the fields of health, reproductive health, growing up and healthy lifestyles for **5,745 people**. The largest number of people who received some of the YFC services were young people, including young people from vulnerable and marginalized groups, as well as parents.

The most visited service within YFC IPD, the gynecological practice is free for girls up to 26 years and the professional team, consisting of gynecologists and nurses, in their work uses a friendly approach that clients have recognized as a key feature of our center.

IPD also offers free psychological counseling and/or psychotherapy for parents, children and young people who need professional support. Counseling takes place on the premises of the Institute as well as online, depending on the current prescribed measures (COVID-19). In the period from 1 Jan 2021 to 31 Dec 2021, 127 people contacted the counseling center, 52 of whom came to regular psychotherapy meetings every two or three weeks, or once a month. Out of 127 people who contacted the counseling center, 29 were men and 98 were women. 18 people are members of the LGBT population, and three people are Roma. Out of 52 people who regularly visit the counseling center, 15 are men and 37 are women. IPD Psychological Counseling is visited weekly by 13 clients, or 52 on a monthly basis.

Topics that they address include: gender identity, eating disorders such as: overeating and bulimia, alcohol and drug abuse, anxiety and depressive disorders, borderline personality disorder, adolescent crisis, aggression, anger attacks, divorce, severe family illness, fear of pregnancy, unplanned pregnancy and abortion, peer violence, learning problems (motivation, concentration), loss of a loved one, hypochondria, low self-esteem and self-confidence, promiscuous behavior, excessive religiosity of a family member, communication problems, fear caused by COVID 19 pandemic (obsessive cleaning, fear of death, fear of vaccination), adopted child, and acute stress disorder. We also recorded a case of pedophilia where a mother was sent to a center for mental health.



The largest number of clients are children aged between 10 and 15 accompanied by their parents, as well as young people aged between 18 and 26, who come on their own initiative. Parents also seek support, especially concerning anxiety and depression, or specific problems they are facing with their children.

Apart from Sarajevo, the cities from which our clients contact us, that is which offer online therapy, include: Doboj, Mostar, Goražde, Konjic, East Sarajevo, and Čapljina, along with two exchange students who are currently located in Austria and Canada.

The positive comments of our users further motivate us to continue improving our services and adapting them to their specific needs.

IPD supports and empowers girls, boys, women, and men to take care of their health on a regular basis.

"Improvement of Sexual and Reproductive Health Services of women in COVID-19 public health crisis in the Federation BiH"

The project is financially supported by the FIGAP II program by the Kingdom of Sweden, represented by the Embassy of the Kingdom of Sweden in Bosnia and Herzegovina, through the development agency SIDA.

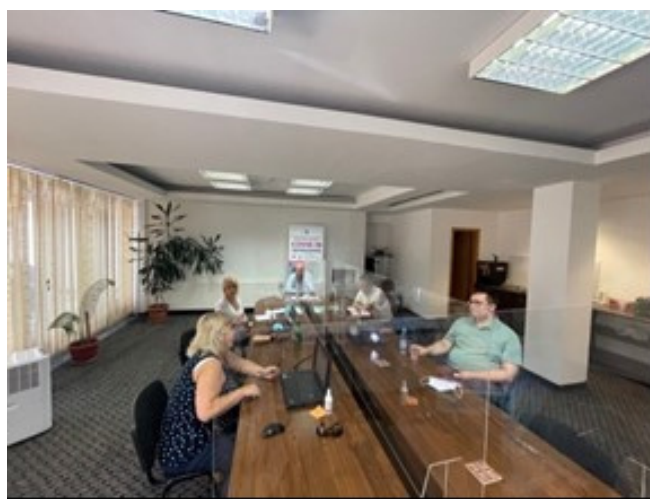
ABOUT THE PROJECT

The purpose of the project was to identify key barriers to access to sexual and reproductive health services (SRH) during the COVID-19 pandemic in two cantons of the Federation of Bosnia and Herzegovina through the first and unique survey in Bosnia and Herzegovina. The research also offered recommendations that will be shared with decision makers and health professionals in order to ensure better access to SRH services for girls and women in the Federation in terms of health crisis situations such as the COVID-19 pandemic.

MOST SIGNIFICANT ACTIVITIES AND RESULTS

EXPERT WORKING GROUP WAS FORMED

- An expert working group was formed, which includes key health institutions relevant to the Sarajevo Canton and the Bosnian-Podrinje Canton of Goražde, which created the conditions for results, obtained by the research, and especially the recommendations that will be integrated into the regular work of public health institutions in this area and extended as a model of good practice to other cantons of the Federation of Bosnia and Herzegovina.



Pictures: Experts during regular meetings - Dr. Aida Pilav, director of the Public Health Institute of KS and Head of research, dr. Edin Čengiđ, specialist in gynecology and obstetrics, director of the Public Institution DZ Goražde, dr. Enis Hasanović, specialist in gynecology and obstetrics, director of the Institute for Health Protection of Women and Maternity KS, Adisa Mehić, Head of the department for normative and legal affairs at the FBIH Ministry of Health, Emina Osmanagić, IPD expert in sexual and reproductive health and Sadmira Kotorić, expert advisor of the Gender of the FBIH Center

CONDUCTING RESEARCH AND FORMULATING KEY RECOMMENDATIONS

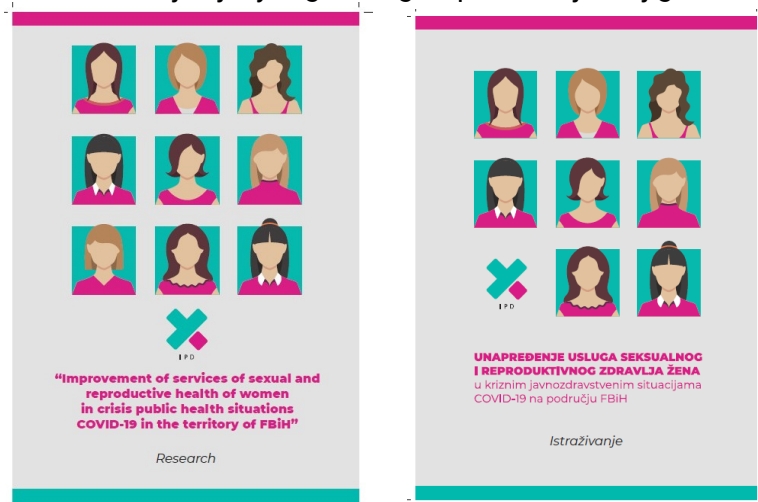
Head of research, dr. Aida Pilav proposed a methodology and defined a set of questions for both quantitative and qualitative part of research - a questionnaire and a focus group with health professionals. After the pilot phase, in which 1000 women participated, a final questionnaire was prepared based on which a comprehensive survey was conducted, in which **1516 respondents** participated, out of which 1363 (89.9%) from Sarajevo and 153 (10.1%) from Goražde. The research included **women of reproductive age between 18 and 49**, and due to the extremely complex epidemiological situation caused by the COVID-19 pandemic, the research was mostly conducted online.

PUBLICATION OF A RESEARCH PUBLICATION

The research publication was published in both Bosnian and English languages and it is available on the IPD official website, as well as on the websites of public health institutions in two project cantons, including the Sarajevo Canton Institute of Public Health, Sarajevo Medical School, the Institute for Women's Protection and maternity KS, Institute for Health Protection of Students KS and Health Center Goražde.

The publication is available via this link.

<http://www.asocijaciaxy.org/uimages/publikacije/Knjiga20Istrazivanje20MONOGRAFIJA20XY20PRINT.pdf>



Images: Covers of the publication in both Bosnian and English language

2 EXPERT DISCUSSIONS HELD REGARDING APPLICATION OF RECOMMENDATIONS IN PUBLIC-PRIVATE PRACTICE IN SARAJEVO AND GORAŽDE

The first expert discussion was held on 22 September 2021 at the Holiday Hotel in Sarajevo, where prof. dr. Aida Pilav presented the findings of research conducted on SRH services provided during COVID-19. The discussion was attended by 15 participants, representatives of the following institutions: Center for Mental Health KS, JU Health Center, Health Council of the Municipality of Centar Sarajevo, JU Institute for Women's and Maternal Health, Institute for Student Health KS, KUM UKCS, Gender Center FBiH, Federal Ministry of Health, private health polyclinic, Public Institution Institute for Public Health of Sarajevo Canton and Youth Friendly Center IPD Sarajevo.

The participants were very interested in the topic and thought that the research was very useful and that the data will be important for planning further interventions in the improvement of SRH in Sarajevo Canton. Improving the role of Health Councils in municipalities regarding the development and implementation of public health plans, including SRH, was also proposed.

A good example of the Municipality of Centar Sarajevo was presented by the President of the Health Council, dr. Bakir Nakaš, who believes **that the mandate of this council at the level of each local community should include care for SRH for girls and women, including prevention and protection, and cooperation with primary health care institutions that provide gynecological services as well as sexual and reproductive health counseling.** The second expert discussion was held on 23 September 2021, in the hotel Behar in Goražde, where prof. dr. Aida Pilav presented the findings of the research, focusing on Bosnian Podrinje Canton-specific data and the situation in the canton.

Seven (7) participants attended the discussion, specifically representatives of the following institutions: Ministry of Education of the Bosnian Podrinje Canton, Center for Mental Health Goražde, PI Health Center Goražde, Health Council of the City of Goražde, City of Goražde. Apart from these participants, the Mayor of Goražde, Ernest Imamović also attended the meeting.

Participants proposed intensifying cooperation between the Center for Mental Health, Health Center and Goražde Health Council and drafting of a joint Action Plan for the protection and preservation of health, especially reproductive health of girls and women, which would improve access to gynecological and counseling services and information in the field of sexual and reproductive health.

WORKSHOP "STRENGTHENING THE CAPACITY OF COORDINATION BODIES TO MONITOR THE GENDER ACTION PLAN"

The workshop was planned and conducted in cooperation with the FBiH Gender Center on 1 and 2 December 2021 at Igman (Hotel Monti) in order to strengthen the capacity of members of the coordinating bodies for monitoring GAP from the two cantons involved in the project: Canton Sarajevo and Bosnian Podrinje Canton. The workshop was facilitated by the representative of the Gender Center of the Federation of BiH, Ms Lejla Hodović. On that occasion, prof.dr. Aida Pilav presented the results of the first research in the FBiH regarding the impact of the COVID-19 pandemic on sexual and reproductive health of girls and women aged between 18 and 49 and how the recommendations can be integrated into the implementation of the Gender Action Plan in the GAP context. IPD gender expert, Mr. Feđa Mehmedović spoke about news in the field of gender, current projects and educational programs in which gender equality is integrated and which are part of programs of primary and secondary schools in the BPK and Sarajevo Canton. Independent expert on human rights and gender equality, Mr. Adnan Kadribašić spoke about practical application of the Law on Gender Equality in practice through examples that the participants had the opportunity to discuss and thus learn.



Pictures: Lejla Hodović, FIGAP II coordinator at the Gender Center of the Federation of BiH and Feđa Mehmedović, IPD gender expert during the workshop facilitation

LESSONS LEARNED / RECOMMENDATIONS

Participants in expert discussions emphasized the importance of applying a multisectoral approach and coordinated planning and joint action of non-governmental and governmental sectors concerning the importance of preserving SRS on family planning and the need to develop SRH protection plans during public health crises. Given the extreme increase of couples in the Sarajevo Canton and BPK who need help and support concerning reproduction, it is clear that activities of promotion and protection of SRH are not carried out to a sufficient extent and in an adequate manner. The most significant recommendations arising from the research and that are listed in the publication include the following:

- o To urgently draft the Strategy for Sexual and Reproductive Health in the FBiH, which will include goals related to the protection of sexual and reproductive health in public health crises;
- o Comprehensive sexual and reproductive health services in the FBiH need to be integrated into primary health care;
- o To plan, program and conduct regular education and training for staff about public health threat conditions, including professional education and training in terms of dealing with workplace stress in these circumstances;
- o To strengthen intersectoral cooperation, especially on cooperation between gynecological services and mental health centers at the municipal level/health centers
- o Ensure the availability of contraceptives, especially for young people
- o Strengthen the importance and role of the local community regarding this topic
- o For the upcoming pandemic period, recommend a situational analysis and assessment of women's real health needs in sexual and reproductive health so that services can be planned and programmed in the post-COVID period, especially concerning missed health opportunities



The Gender Center
of the Federation of
Bosnia and Herzegovina



Ministry of Human Rights and Refugees
of Bosnia and Herzegovina
Agency for Gender Equality of
Bosnian and Herzegovina



Gender Center of Republika Srpska -
Center for Gender Equality



Healthy growing up in preschool institutions of Sarajevo Canton

ABOUT THE PROJECT

"Healthy growing up" is the name of an innovative program intended for girls and boys in preschools with the aim of strengthening their self-confidence so that they can make informed decisions in the future and protect their bodies and health. **The program promotes a zero tolerance for violence and it is based on mutual respect and appreciation of diversity and is intended for children aged from four (4) to six (6).**

MOST SIGNIFICANT ACTIVITIES AND RESULTS

• THE "HEALTHY GROWING UP" EDUCATION PACKAGE

An expert group in the field of education and health, with the support of the Ministry of Education, Science and Youth of Sarajevo Canton and in coordination with the Institute for Population and Development, has worked diligently for the past two years to develop a comprehensive Healthy Growing Up education package. In addition to the basic material, **the Handbook for Educators**, a **Kindergarten Box** has been developed with many aids that educators will use in their work with children to implement this innovative program.

The complete program aims to develop a range of skills in children and especially to strengthen emotional intelligence and the ability to establish healthy relationships throughout their life, the ability to empathize and understand the concept of consent, equality, rights and respect for their own and others' boundaries.

Almost all materials from the Kindergarten Box were made by experts from our country. Based on the design of the group member and educator Nermina Fočak, Hana and Dado dolls were created to guide the children through all the activities of the Handbook. The dolls were handmade by users of mental health services as part of occupational therapy with the support of the Neuron Association from Odžak.



Healthy Growing Education Package



• HEALTHY GROWING UP - A BROCHURE FOR PARENTS

The Educational Brochure for Parents is also a part of the Healthy Growing Up educational package, designed to provide parents with information about the content of the Healthy Growing Up Program and increase their understanding of the program topics and provide specific guidelines and instructions on how to work with their children and contribute to their healthy upbringing.

Additionally, the brochure provides support to parents on how to deal with some of the main dilemmas and concerns such as: How to talk to children about their bodies and their privacy?, Why are unpleasant emotions important?, Why do children lie?, How to react to teasing, hitting, pushing, and bullying?, At what age is it best to start talking to children about sexuality?, How to answer "ticklish" children's questions without discomfort?, How to strike the right balance between sensitivity and clarity?, How to draw a child's attention to strangers without having them develop an irrational fear towards people?, How to "break" gender stereotypes?, Who to turn to for help?, etc.

The brochure for parents was prepared by the author of the program and IPD psychologist, Renata Krstanović. The brochures, as part of the Kindergarten Box, will be distributed to preschools whose educators have been trained.



Picture: cover page of a brochure for parents

• EDUCATORS FROM THE KINDERGARTEN JU "CHILDREN OF SARAJEVO" SUCCESSFULLY COMPLETED EDUCATION TRAINING ACCORDING TO THE HEALTHY GROWING UP METHODOLOGY

19 educators from the "Children of Sarajevo" Public Institution participated in an intensive training held on 24 and 25 September 2021 at the Holiday Hotel in Sarajevo. The training was conducted by university professors Jasmina Bećirović Karabegović and Dženeta Camović, an educator from the preschool Nermina Fočak, and IPD program coordinator Tijana Medvedec Hodžić. Topics discussed during the two days were in line with the Educators' Handbook - body, emotions, relationships and acceptance of differences, sexuality and reproductive health, children's rights and security and values, social and gender norms. Apart from theoretical knowledge and presentations, participants worked in groups and, through discussion and practical examples from working with children, were introduced to all activities and instructions for their implementation. In addition to thematic sessions, educators were introduced to a system of monitoring and evaluation that would facilitate the implementation of the program and monitoring and recording of progress of children and the impact of the program on children's progress in development.

Also, the session dedicated to the inclusion of parents in the program was significant and it was concluded that before its commencement, parents of children must be thoroughly acquainted with its content, especially bearing in mind that the program is aimed at the youngest children from 4 to 6 years. Upon completion of the training, participants stated that they had sufficient information and materials that would enable them to successfully conduct activities among children in kindergartens.



Pictures: Educator training

• **PARENTAL COUNSELOR - A SERVICE OF CONSTANT AND PROFESSIONAL SUPPORT TO PARENTS TO COPE WITH CHALLENGES AND DILEMMAS OF PARENTHOOD MORE EASILY**

IPD Parental Counselor is a platform on Facebook social network launched with the aim of sharing information, providing support and advice to parents of children in the field of human rights, sexual and reproductive health, psychology, healthy lifestyles, pedagogy, and education. This is a unique place for asking questions, seeking for an advice, sharing experiences, information and dilemmas for all parents. Every parent is approached in a friendly way and without prejudices and they can get answers to all of their questions. One of advantages of the Parent Counselor platform is that it allows parents to ask questions anonymously. 3437 of parents liked the Parent Counselor Facebook page, while 3.5 thousand of them follow the page. This applies to the period from 1 January to 30 September, and after that date Facebook stopped offering the option of liking the page. Aside from Bosnia and Herzegovina, parents from the region and the diaspora have also been contacting us. In the period from 1 January to 31 December, the Parent Counselor published 43 articles on topics that cover various stages and processes of growing up in childhood that parents, children, and young people encounter, all with the aim to provide specific and accurate information and recommendations.

Some of the topics of published articles include autism at puberty and autism spectrum disorders, psychological difficulties of parents after childbirth / postpartum depression in mothers and fathers, grieving children, children and pets, parenting and children in modern technology, toxic parents, peer violence, children and teenagers in the process of parental divorce, the impact of parental ambitions, traumatic childhood events, behavioral problems, empathy, learning and motivation, communication, speech disorders, kindergarten, separation anxiety, developmental fears, nightmares, one-child syndrome, aggression, teenagers and nicotine, narcissism, self-esteem and self-confidence, severe parental illness, household chores and responsibilities, defining parental roles, imagination, gender roles and stereotypes, anxiety disorders, learned helplessness, parental alienation syndrome, how and when to seek professional help, emotional blackmail, children with disabilities, sexual harassment, sexual and reproductive health, etc.

The psychologist and psychotherapist give answers to parents' questions and help them deal with problems and doubts that parenting brings, and last year the Parent Counselor had even greater responsibility due to the increased number of parents who contacted us regularly for help and support as a result of the COVID-19 pandemic.



• LESSONS LEARNED / RECOMMENDATIONS

IPD' Healthy Growing Up program was developed in partnership with key entities in the field of education, specifically the Ministry of Education of the Sarajevo Canton and JU Children of Sarajevo. Thanks to their support, the program was rated by educators and parents as high quality, necessary, and extremely important for the healthy growth and development of children. Because of this feedback and results, IPD will continue to advocate for its continuation so that as many children as possible have the opportunity to develop and grow with an innovative, modern and comprehensive program such as Healthy Growing Up.

The IPD team is proud that our experts have managed to adapt international standards and guidelines to the local context and have made this material fully adequate to the social context of Bosnia and Herzegovina and that it meets the needs of our youngest and their parents.

"The material is high quality and it will mean a lot to us. Something that pleasantly surprised me was the fact that everything is covered in the Handbook, from the way it functions to the way it is applied in practice. The content will be acceptable to children through examples, especially Hana and Dado dolls. We are already working on some topics from the Handbook, but now we will completely refresh them. We haven't covered some of the topics so far because we didn't know how to work on them. This Handbook will make this process much easier for us. " - Dženita Čizmo, kindergarten teacher Zvončić

"We usually use innovative tools in working with children, but I especially like this program because it is very accessible and natural. I think that children will be especially attached to the contents of the kindergarten box, especially to the dolls Hana and Dado. All the topics covered in the Handbook will make our work easier and it will be easier to us to present them to children. All topics are covered, " - Senida Kaliman Hasković, kindergarten teacher" Playful Day "

Capacity building of communities to provide evidence-based social response to reintegration assistance to foreign fighters and their families in the Federation of BiH



DONOR: Government of the Kingdom of Netherlands

DURATION: September 2021 – Septembar 2023

ABOUT THE PROJECT

Project interventions are designed to respond to the immediate need and support cantonal and local authorities in Bosnia and Herzegovina to respond to citizens returning from foreign conflicts, focusing primarily on supporting governments in providing specialized reintegration assistance tailored to these men's needs, their women and children. The locations of the project were selected based on a national assessment of the most common places where fighters return from foreign battlefields.

The program directly contributes to the implementation of the Action Plan of the Government of the Federation of Bosnia and Herzegovina for the Prevention and Combating of Terrorism in the Federation of Bosnia and Herzegovina (2020-2025), as a direct social response. The designed interventions expand the current structure of actors on the ground, that is, the multidisciplinary core established at the level of the Federation of BiH, and will improve the competencies of experts in health, social protection and security to provide sensitized services and better understand their role in rehabilitating returnees / extremists and especially their women and children.

The program will develop and establish a synchronized system of providing psychosocial services in order to maximize psychosocial support to families in five (5) cantons of the Federation of BiH.

At the level of local communities, coordination teams will be established and strengthened in order to ensure the sustainability of the program through the implementation of holistic action plans for reintegration and resocialization of families of returnee fighters in 13 local communities. Working with local media will complement the engagement of community coordination teams at local level, which will further contribute to strengthening the resilience of individuals to violent extremist influences in Bosnia and Herzegovina. In the implementation of program activities, IPD closely cooperates with the Interdepartmental Working Group for Prevention and Combating Extremism of the Federation of BiH, appointed by the Government of the Federation of Bosnia and Herzegovina.

MOST SIGNIFICANT ACTIVITIES AND RESULTS

On 3 November 2021, a preparatory meeting for the repatriation of returnee fighters from foreign battlefields and their families was held in the organization of the IPD and with the support of the Interdepartmental Working Group for Prevention and Fight against Terrorism, and it was attended by more than 80 most responsible persons in the field of Security, Health, Social Welfare, Education, Religious Communities, Diplomatic Corps and representatives of several embassies in Bosnia and Herzegovina, that presented the satisfaction with program and stressed that the entire process of implementing this program is conducted from a security perspective. This approach is aimed at the community as a social response and support for the reintegration of fighters - returnees from foreign battlefields and their families, and it is tailored to their needs.

- Establishment of functional and operational cantonal mobile teams in Sarajevo, Zenica-Doboj, Tuzla, Una-Sana and Central Bosnia Canton initiated



Preparatory meeting for the repatriation of returnee fighters from foreign battlefields and their families

Addressing of Dutch Ambassador Jan Waltmans



"Strengthening the Human Rights treatment of prisoners with mental health problems in Bosnia and Herzegovina"

DONOR: Kingdom of the Netherlands

PROJECT DURATION: September 2021 - February 2023

ABOUT THE PROJECT

In September 2021, IPD started the implementation of the project "Strengthening the human rights treatment of prisoners with mental health problems in Bosnia and Herzegovina." The project aims to strengthen the human rights of convicts with mental disabilities, as well as other incarcerated persons in Bosnia and Herzegovina, all with the aim of improving the quality of life of this population.

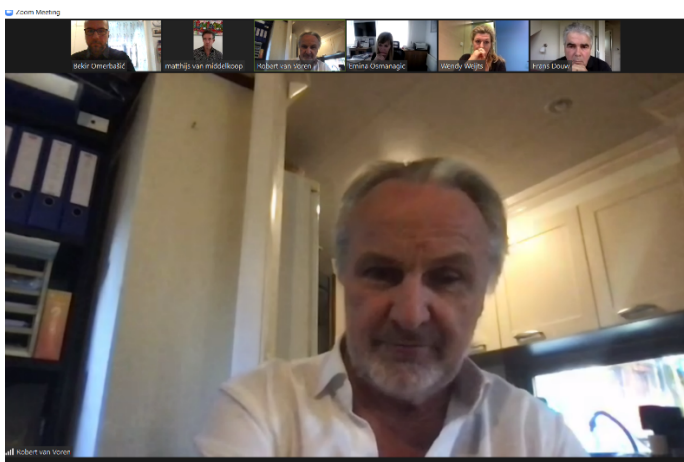
With the expert support of project partner Federation of Global Initiative in Psychiatry (FGIP) from the Kingdom of Netherlands, by this project will be conducted an initial assessment of mental health of convicts and the human rights situation of convicts. Furthermore, medical and non-medical staff in 14 prisons in Bosnia and Herzegovina will be trained, who will adopt and provide modern mental health services aimed at patients and their recovery. This will consequently contribute to reducing stigma and eliminating discrimination against convicts with mental health problems. Ultimately, addressing the needs of incarcerated people with mental disorders improves the likelihood that upon leaving penitentiary, they will be able to adjust to community life, which will reduce the likelihood of them returning to prison.

What ensues from the project is the Handbook for medical staff as well as guidelines for non-medical staff who provide services to prisoners with mental health problems. Both documents will be developed as a lasting reminder to medical, non-medical and other staff in prison units who take care of this population on a daily basis. Also, the project activities will raise awareness of the entire population in BiH about another category of people who really need our help.

MOST SIGNIFICANT ACTIVITIES AND RESULTS

• INITIATED ACTIVITIES ON THE IMPLEMENTATION OF THE ASSESSMENT OF THE SITUATION IN PENITENTIARY INSTITUTIONS AND MENTAL HEALTH OF CONVICTED PERSONS

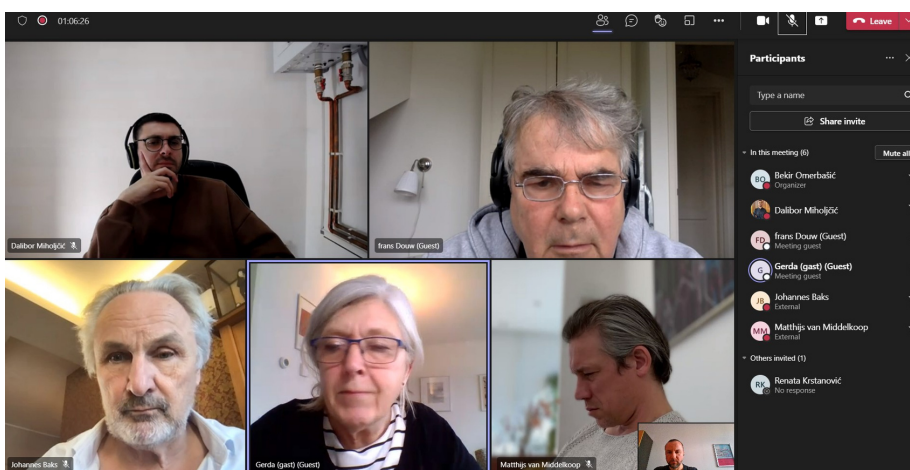
After challenging initial part of the project (Covid 19 pandemic, inability of FGIP experts to come to Bosnia and Herzegovina, obtaining approval for the project from the entity ministries of justice, etc.), activities were carried out on expert assessment of the situation within penitentiary institutions. The assessment will determine the level of knowledge and skills of medical and non-medical staff in these institutions, and will also develop educational material (Handbook for medical staff and guidelines for non-medical staff) that is necessary to ensure better health care for prisoners with mental health problems. The educational material will reflect a new approach focused on a patient, his/her rehabilitation and recovery.



Online consultations with FGIP experts (FGIP Executive Director Robert van Voren)



Meeting with the Human Rights Ombudsman Dr. Jasminka Džumhur and Matthijs van Middelkoop, an expert from the Netherlands



FGIP online training for a team of local experts

According to the Executive Director of the Federation of the Global Psychiatric Initiative (FGIP) from the Kingdom of the Netherlands, Robert Van Voren, cooperation with the Institute for Population and Development and joint work on a project related to penitentiary institutions represents an introduction and the first step to work in Bosnia and Herzegovina.

"For many of us, including me personally, the implementation of this project evokes a special kind of emotion because we all watched the terrible events that took place in your country in 1990s. And for the Dutch people specifically, these events are dramatic and traumatic, so the opportunity to help in building the capacity of this beautiful country is emotionally soothing and comforting ", said Robert Van Voren.

Contribution of CSO networks to improving everyday lives of people living with rare disease

Donor: European Union



PROJECT DURATION: 1/1/2021 - 31/12/2022

ABOUT THE PROJECT

The project is funded by the European Union and implemented by Institute for Population and Development in partnership with Alliance for Rare Diseases of Republika Srpska.

The goal of the project is to strengthen CSO networks in providing quality health care for people with rare diseases through cooperation, exchange of expertise and knowledge and dialogue with government officials.

MOST SIGNIFICANT ACTIVITIES AND RESULTS

Rare diseases are diseases that affect less than 5 individuals per 10,000 inhabitants. Between 6-7,000 different rare diseases are known in the world and it is estimated that there are about 300 million people in the world living with rare diseases. People with rare diseases in Bosnia and Herzegovina face a number of problems, the biggest one being lack of comprehensive health care; difficulty to establish diagnoses due to insufficient number of doctors specialized in rare diseases, procurement of expensive and often unavailable drugs, so-called orphan drugs, lack of register of rare diseases and lack of specialized health institutions for rare diseases.

• **MAPPED ASSOCIATIONS OF PEOPLE WITH RARE DISEASES IN FBiH AND ASSESSED ORGANIZATIONAL CAPACITIES OF ASSOCIATIONS IN FBiH AND RS**

The focus of research, in addition to mapping and assessing the capacity of user associations, was focused on issues such as the ability and wish to connect with other organizations dealing with the same or similar issues, how they can contribute to strengthening cooperation with the public and decision makers, quality health care of their members and proposals to improve the level of quality of treatment and life. Twenty-two (22) associations from FBiH and 8 from RS participated in research.

The results of research showed, among other things, that it is necessary to strengthen the organizational capacity of user associations, in order to ensure financial and institutional sustainability in order to continuously provide the necessary support to patients and their families.

• **STRENGTHENED CAPACITY OF ASSOCIATIONS OF PEOPLE WITH RARE DISEASES IN BOSNIA AND HERZEGOVINA**

Twenty-two (22) associations from FBiH want to be part of the alliance for rare diseases, which will enable them to cooperate and help each other, jointly represent the interests of people with rare diseases before decision makers and the public, actively participate in creating a register of rare diseases, programs and policies, facilitate the establishment and development of cooperation with international organizations for rare diseases and exchange experiences with them. During 2021, preparations for registration of the alliance for rare diseases were finalized.

Two trainings were held in Banja Luka and two trainings in Sarajevo for representatives of user associations. A total of 20 participants from RS and 17 from FBiH participated in each training and improved their skills in the field of fundraising and project proposal development.

• TOWARDS IMPROVING LEGAL AND INSTITUTIONAL FRAMEWORK FOR HEALTH CARE FOR PEOPLE WITH RARE DISEASES IN BOSNIA AND HERZEGOVINA

At the entity level, expert working groups have been set up to develop programs for rare diseases aimed at improving health care and the quality of life of people with rare diseases, and several meetings were held. The programs will cover activities of relevant authorities, health care institutions and user associations, in order to improve the situation in the field of rare diseases. User associations are involved in the process and this will ensure that people with rare diseases and their families have a direct impact on defining a plan of further activities.

An advocacy initiative for the establishment of the FBiH Center for Rare Diseases has been sent to the FBiH Ministry of Health. The Center for Rare Diseases is necessary as an institutional mechanism for addressing the needs of people with rare diseases, user associations and health professionals, in accordance with the regulations in the field of health. Another advocacy initiative addressed at this ministry is the appointment of a coordinator for rare diseases in the FBiH, as a liaison between patients, health professionals, civil society organizations and relevant ministries of health.

In order to improve the institutional framework of health care for people with rare diseases, Info Center has been established on the website of the Alliance for Rare Diseases of the RS /savezzarijetke.org/info-centar/. This Info Center will support people with rare diseases, user associations and health professionals.

One of the most significant project activities during 2021 was setting up of an online database of health experts in the field of rare diseases, which should significantly facilitate patients and their families in finding the best professionals who deal with the cause and treatment of rare diseases. The database currently contains contacts of 45 doctors from Bosnia and Herzegovina, the region and Europe and it is applied within the mentioned Info Center on the website of the Alliance for Rare Diseases of the RS. The created database is active and will be updated as new data about health experts arrive.



Training Project proposal development for representatives of user associations from Republika Srpska / Banja Luka, October 2021



**TV show on rare diseases on
BHRT / Sarajevo, November 2021**

**Discussion of representatives of
user associations from the
Federation of Bosnia and
Herzegovina about the
establishment of the Federal
Alliance for Rare Diseases /
Sarajevo, September 2021**



The president of the Alliance for Rare Diseases in Republika Srpska, Biljana Kotur emphasized the importance of establishing the Alliance for Rare Diseases in Federation of Bosnia and Herzegovina. "Rare diseases are severe and progressive diseases whose only common characteristic is their rarity which makes the struggle for better tomorrow of patients much more difficult. We have 280 members with 130 different diagnoses. It was apparent that without civil society organizations in the Alliance, every step forward in highlighting the problems of these unique populations would be met with difficulties. Six years ago, we managed to attain some rights for patients in the Republika Srpska and we hope that this can be done with organizations here (FBiH) so we can eventually win the fight for better tomorrow of patients."



Youth Initiative - Promoting Healthier Lifestyles among Youth in Bosnia and Herzegovina by Challenging Gender Stereotypes

PROJECT DURATION: 01.01.2021. – 31.12.2023

ABOUT THE PROJECT

After successfully implementing two phases of the regional project, IPD continues to cooperate with CARE and in the third phase of the project plans to contribute to the **creation of long-term and sustainable solutions** by advocating for the integration of **Program Y** (for secondary schools) and **Program E** (for higher classes of primary schools). Together with partners from Mostar - Youth Power and Banja Luka - Perpetuum Mobile Institute, IPD is committed to a common mission to **contribute to creating a positive and peaceful society for young people in Bosnia and Herzegovina, which supports gender equality, improves health, and reduces interpersonal violence**. Additional strength of the project is given by the partnership with youth organizations - Otaharin from Bijeljina, Forum Theater from Istočno Sarajevo and Our Children from Zenica.

Well-known leaders and promoters of positive change, **Be a Man clubs** will continue to be established and strengthened and young people as their members will improve their knowledge and skills to continue to support young people in developing healthy, non-violent and gender-equitable behavior and thus facilitate their transition from adolescence to adulthood.

In addition to advocating for the adoption of a globally recognized Program Y in secondary schools, Program E for Healthy Lifestyle Education in Primary Schools in BiH will be piloted.

IPD will continue to create social change with partners in the country and the region through cooperation and partnership with teachers, parents, educational institutions, media, young people and citizens in supporting life skills education program focused on gender equality.

MOST SIGNIFICANT ACTIVITIES AND RESULTS

• SUCCESSFUL COOPERATION WITH THE MINISTRY OF EDUCATION OF SARAJEVO CANTON CONTINUED

After several meetings between the representatives of IPD and the Ministry of Education of KS, we received approval for the implementation of phase 3 of the project until its completion. This is another proof that the achievements of this project are visible among its beneficiaries and key partners.

• PROGRAM E FOR PRIMARY SCHOOLS WAS FINALIZED

Following the global success of the High School Program - Program Y, a step forward has been made towards increasing young people's access to top educational content. Program E – a comprehensive approach in the prevention of gender-based violence and the promotion of healthy lifestyles through the development of life skills of primary school students has been created, which will be intensively implemented in 2022.

• INITIAL RESEARCH CONDUCTED IN PROJECT SCHOOLS

In order to measure the effects of project interventions, and to record the contribution of the program to the reduction of violence and violent behavior among students, but also the frequency of reporting violence, an initial survey was conducted in schools. This time, the research was conducted predominantly online among 703 high school students in Sarajevo, East Sarajevo and Bijeljina.

• BE A MAN CLUBS IN THE PROMOTION OF GENDER EQUALITY AND PREVENTION OF VIOLENCE AMONG YOUNG PEOPLE

Despite the COVID-19 pandemic and the fact that it was impossible to enter schools for most of the year, Be a Man Clubs (BMC) in Sarajevo, East Sarajevo, Bijeljina and Zenica managed to implement a large number of activities. This way, local BMCs demonstrated the capacity to independently plan and implement activities, including campaigns and various types of workshops. Although a large number of these events took place online, this did not diminish their quality and significance.

• CREATING A YOUTH MOVEMENT

The Institute for Population and Development continues with its activities aiming to establish and strengthen cooperation with the Association of High School Students in Bosnia and Herzegovina and the Student Council of the Federation of Bosnia and Herzegovina and other networks for young people. Within 16 days of activism, IPD together with ASU BiH, FBiH Student Council, Novo Sarajevo Red Cross, Novo Sarajevo Youth Council conducted a series of activities, the most important of which are My BMC story, Training of peer educators, Advanced training of peer educators, award ceremony certificate to the principals of Fifth and Secondary Dental Schools, 4 Youth - youth conference and workshops in secondary schools in which 230 new youth members participated.



• BMC RICHER FOR NEW EDUCATOR

19 new BMC members coming from three high schools in Sarajevo Canton have successfully completed basic and advanced peer education training with the aim that young people have the knowledge and skills to conduct workshops in schools based on the methodology of Program Y.



• WORKSHOPS IN SCHOOLS BASED ON PROGRAM Y

Workshops by educated peer educators on gender and violence were held in three Sarajevo high schools - Secondary Dental School, Fifth Gymnasium and Second Gymnasium, with the participation of 221 students who increased their knowledge and understanding of these fundamental topics.

Promotion of project activities

During 2021, Be a Man Club Sarajevo held two podcasts, 12 online and onsite workshops, a TedTalk event, 4 youth conferences and school workshops. By organizing and conducting these activities, members of Be a Man Club have improved their capacity to work with young people in online and onsite environments. All these events were intensively and adequately promoted on the IPD website, social networks and other related channels. Visits by IPD Youth Coordinators reached 20,000 people while 50,877 people were reached through social media during the 16 Days of Activism campaign.

Application of a comprehensive socio-environmental and model based on the active participation of communities in the elimination of violence against women in BiH

PROJECT DURATION:

01.07.2021. – 31.12.2023.

ABOUT THE PROJECT

Since July 2021, the Institute for Population and Development has been implementing the third phase of a project aiming to strengthen the capacity of high schools, local communities and religious leaders to independently implement scientifically based and proven effective violence prevention programs based on a holistic and socio-environmental prevention model.

MOST SIGNIFICANT ACTIVITIES AND RESULTS

The application of scientifically based violence prevention programs based on the socio-ecological model of prevention requires the active participation and proactive cooperation of local and entity institutions, organizations, and the media. The participation of representatives of institutions, organizations, and the media in programming activities and adapting action strategies to the specifics of communities and the institutional environment are important prerequisites for the development and implementation of programs tailored to the needs of communities and institutions in which such programs are implemented. During first 6 months of the project implementation, the Institute for Population and Development in cooperation with partner organizations Forum Teatar (East Sarajevo), Nova Vizija (Central Bosnia Canton), Otaharin (Bijeljina) and Centar za izgradnju mira (Sanski Most) informed relevant institutions about the beginning and development of a new phase of the project. At the same time, consultations were held with representatives of local and entity institutions about key action strategies relevant to the communities in which the project activities will be implemented. Special attention is paid to cooperation with the entity gender centers and ministries of education, given that a significant part of the planned activities will be carried out in coordination and consultation with these institutions. Therefore, all four institutions have appointed key persons, in coordination with whom complex activities will be planned and implemented based on active involvement of various sectors, organizations and media houses in the implementation of localized prevention programs.

The comprehensive prevention program contains three interrelated strategies of action, which are presented in the diagram. Within the "School of Excellence" component, IPD continued to strengthen the capacity of schools to implement one of the world's 12 best youth curricula "Program Y", developed by CARE Balkans in cooperation with the Institute for Population and Development. Together with education in schools, IPD continued to support the work of local Be a Man clubs, which involve young people in the development and implementation of prevention activities. All three clubs from East Sarajevo, Bijeljina and Central Bosnia Canton continued to implement activities aimed at more active involvement of young people in the development and implementation of local campaigns.



As a result of their involvement in regular BMC meetings, all club activities are planned and coordinated by members as each meeting is organized in consultation with BMC members about what creative and motivational activities should be organized to produce campaign materials and motivate members to be more actively involved in project activities. Creative workshops were organized to increase the capacity of young people to develop campaign initiatives, to produce visual materials and to become owners of campaigns produced and conducted by club members.

All three clubs organized 22 meetings that 67 boys and 69 girls attended. The clubs organized 11 creative workshops that trained 103 young people to independently develop and implement campaigns in local communities. Young people conducted 8 campaigns, and more than 3,000 people were informed about the campaigns and the importance of violence prevention. At the same time, in cooperation with representatives of schools and ministries of education, the Institute has begun the process of developing standards for "Schools of Excellence", which will be the first such preventive framework, of particular importance for schools wishing to implement proven effective and scientifically based prevention programs.

Coalition entitled "Communities that Care" operates in all three local communities. Communities that Care (CTC) is a process for developing a strategy for local communities that enables them to use solid evidence of what functions in the prevention and early intervention to prevent problematic youth behavior, based on unique profiles of youth behavior and risk outcomes and strengthening protective factors in a particular community. Expert groups have been formed in all three cities to work on the development of a framework for the establishment and management of the Communities that Care program for these and new local communities.

Within cooperation with religious communities, activities were initiated to strengthen the capacity of representatives of the three largest religious communities to actively apply holistic and socio-environmental models of prevention based on prevention frameworks developed by religious communities in cooperation with the Institute. Prevention frameworks have been developed based on international evidence and recommendations, and present unique documents that clearly state which strategies and to what extent can be applied to prevent violence through the engagement of religious communities and affirm communities to contribute to the elimination of violence. In the first 6 months, the capacities of religious leaders in the field of socio-ecological model of prevention were strengthened and consultative meetings of religious leaders were organized with representatives of social work centers, mental health centers, safe house representatives in Banja Luka and other relevant experts, strengthening the capacity of religious leaders.



Acknowledgment to the Minister of Education of SBK Mr. Bojan Domic for exceptional contribution to the prevention of violence in the Central Bosnia Canton



Consultative meeting with representatives of local institutions in Bijeljina



Consultative meeting with representatives of local institutions in Travnik

Youth Voices, Youth Choice

PROJECT DURATION: 01.01.2021. –
01.07.2023.

ABOUT THE PROJECT

Young people and vulnerable groups in the Western Balkans face many barriers to access sexual and reproductive healthcare. Throughout the COVID-19 pandemic, they have borne the brunt of additional obstacles to access information, support and care. COVID-19 has demonstrated how fragile national health systems are and highlighted countries' unpreparedness to deal with health emergencies. But it has also stimulated creativity by civil society and other actors to counter these barriers, with digital outreach and support playing an expanding, crucial role.

Youth Voices, Youth Choices is a project dedicated to learning from the COVID-19 experience in the Western Balkans to ensure sexual and reproductive health services and information become more accessible and youth-friendly in the long term, especially for marginalized groups. Running from 2020 until 2023, it brings together IPPF members and partners in Albania, Bosnia and Herzegovina, Bulgaria, North Macedonia and Kosovo, supported by IPPF EN's Regional Office.

In order to bring about structural and long-term change, we will combine advocacy techniques with powerful new narratives and under youth leadership we plan to conduct a comprehensive public awareness campaign and influence national and regional authorities to be more committed to improving youth services. Multi-stakeholder partnerships will support communication and advocacy initiatives.

MOST SIGNIFICANT ACTIVITIES AND RESULTS

• QUANTITATIVE AND QUALITATIVE RESEARCH

In cooperation with the research agency Noverna from Greece, the Institute for Population and Development conducted a comprehensive quantitative and qualitative research about health needs of young people before and during the pandemic, and special attention was paid to analyzing access to available sexual and reproductive health services that are relevant in the context of exposure to gender-based violence. The analyzed data will be presented during 2022, and an important part of research recommendations will be focused on identifying and advocating the integration of innovative and proven effective practices in improving access and providing youth services by using information and communication technologies and other approaches for which there is a clear evidence of effectiveness and efficiency. The research included young people within the general population and the population of marginalized groups aged between 14 and 30, young pregnant women and mothers, members of Roma communities and representatives of local organizations and institutions.

The study gathered information important for understanding the impact of the pandemic on young people's sexual and reproductive health needs and impact on access to services and information, and the role of integrated digital services, focusing on communities living in remote areas and adverse social conditions.

• CONSULTATIONS WITH REPRESENTATIVES OF LOCAL INSTITUTIONS

In order to gather information relevant to improving the position of young people and access to services that young people consider relevant to their health and well-being, the Institute for Population and Development conducted 10 in-depth consultative interviews, and the analyzed data will be integrated into the quantitative research that took place in 2021. The consultations included local health institutions, local and international organizations.

• EXPERT GROUP OF YOUNG PEOPLE

Expert group of young people was formed for recognizing the potential of young people in order to create an environment that promotes equality in exercising of their right to health, thus the Institute for Population and Youth established an Expert Group of Youth who actively participated in planning and conducting qualitative and quantitative research in 2021, then revised the analyzed data and offered clear recommendations about how services for young people can be improved and how local health strategies, institutions and organizations can take action to improve access to services and remove barriers to available services. The youth expert group consists of 30 young people who are active participants in the implementation of programs aimed at protecting and promoting the health of peers, and in 2022 and 2023 the Institute for Population and Development will focus on strengthening youth capacity in advocacy, policy development, strategic communication, campaign development and implementation, monitoring and evaluation.

• ADVISORY BODY AND COOPERATION WITH LOCAL INSTITUTIONS AND ORGANIZATIONS

An important aspect of the project is the commitment to integrating sustainable solutions in improving access to youth services, so that active participation of institutions and organizations from all parts of Bosnia and Herzegovina is a strategic imperative. In 2022, the Institute for Population and Development organized consultative and advocacy meetings with representatives of 30 local and entity institutions and 10 civil society organizations. In 2022, representatives of institutions and organizations will be invited to actively participate in the work of the national expert group that will advocate structural changes to improve the availability and quality of services in the field of mental health, sexual and reproductive health and response to violence at the national and regional level.



Working meeting of representatives of the Youth Expert Group

Presentation of innovative solutions to representatives of local institutions





The Mental Health Project in BiH (MHP in BiH)

Donor: Government of Switzerland

KEY RESULTS ACHIEVED IN 2021 BY COMPONENT 1:

IMPROVING THE LEGISLATIVE AND REGULATORY FRAMEWORK FOR MENTAL HEALTH IN BIH

During 2021, the FBiH Ministry of Health and the Ministry of Health and Social Welfare of Republika Srpska (RS) were supported in the preparation and revision of legislative framework that ensures the quality and continuity of care. Innovative mental health laws have been prepared in both entities, covering all three levels of mental health prevention, and are based on the *Lex specialis derogat legi generali* principle:

- The Law on Mental Health Protection in RS was adopted and based on this law, the Rulebook on Joint Planning of Discharge of Persons with Mental Health Disabilities and the Rulebook on General Risk Assessment Procedure and Risk Monitoring Plan for Persons with Mental Health Disorders were passed;
- In the Federation of BiH, the draft of the Law on Mental Health was prepared, as well as the Rulebook on planning and implementation of discharge of persons with mental disorders from the health institution of FBiH.

In addition, the following legislation and strategic documents were prepared:

- The Mental Health Development Strategy in RS for the period 2020-2030 was adopted.
- The Program for the Promotion of Mental Health of Citizens in RS for the period 2021-2023 was developed.
- The Action Plan of the Strategy for the Development of Mental Health in RS for the period from 2020 to 2022 was adopted: The draft of Action Plan of the Program for the Promotion of Mental Health of Citizens in RS for the period from 2021 to 2023 was also prepared.

IMPROVING THE QUALITY OF MENTAL HEALTH SERVICES

The routine data collection for the unified health indicators in the Federation of BiH, RS and Brčko District has continued.

- In the Federation of BiH, routine collection of data on health care institutions was introduced by an implementing regulation in 2019 and has been performed by the Institute of Public Health. Data come from all cantons, providing FBiH-wide evidence base. Data are also collected from psychiatric hospitals / wards / clinics.
- Routine monitoring and reporting have been established in RS using the database of the Health Insurance Fund (HIF) and the Public Health Institute (PHI) reports submitted to the Ministry of Health and Social Welfare as requested by the Minister's decision. Data collection is carried out through the new integrated health information system (ISIS).
- Routine data collection in the Brčko District Government Department for Health and Other Services is in progress in Brčko District.



Since the last project year, the Project has been monitoring the number of promotional and preventive (PP) programs / services provided by MHPs and funded by HIFs. In 2020, the total number of PP services in FBiH was 654 compared to 1,577 in 2019 (1,003 community prevention programs and 574 promotion programs). This shows that in 2019 there were 22% of PP services out of the total number of services provided, while in 2020 this percentage was reduced to 11%. The reason for the decrease is the shift of focus from PP services to treatments of the SARS- COVID-19 disease.

During 2021, providing of support was continued to the Entity Agencies for Accreditation and Re-accreditation of Community Mental Health Centers (CMHCs), educating of MHC staff and, professionals from hospitals, on improving the quality of evidence-based services, and collecting data and monitoring mental health indicators. These include AKAZ - Agency for Quality and Accreditation in Health Care in F BiH, and ASKVA - Agency for Certification, Accreditation and Improvement of the Quality of Health Care in RS. 72% of MHCs provide gender-sensitive services in accordance with accredited mental health standards, including evidence-based planning and work (51 out of 71 CMHCs; FBiH 30; RS 20; BD1), at the BiH level. In the reporting period (March 2021 - February 2022), 2 CMHCs (MHC Konjic and MHC Stolac) were accredited, thus completing the planned accreditation process in FBiH. In cooperation with AKAZ, the Accreditation Standard for Hospitals in FBiH was revised.

In the reporting period, two (2) advocacy regional meetings were held concerning the **Support to the accreditation / re-accreditation process to improve the quality of mental health services in RS** (Banja Luka and Doboij) to further motivate staff and management of CMHCs whose accreditation status for re-accreditation expired. Result of these meetings is signing of an Annex to the contract with ASKVA, which enabled the continuation of procedures for re-accreditation of 15 MHCs in RS, which was previously postponed due to the COVID-19 pandemic. It is important to note that health centers participated financially in the re-accreditation process, which is significant from the point of view of future (re) accreditation activities of CMHCs. 78% (which is more than the planned 70%) of accredited institutions received supervision support in the implementation of accredited standards (16 in RS, 18 in FBiH and 1 in BD).

During 2021, training of evidence-based service management professionals was conducted for a total of **124 professionals (F 96, M 28/ FBiH77; RS15)**, from a total of 53 primary health care institutions in BiH (36 FBiH and 17 RS).

ENSURING CONTINUITY OF CARE FOR PERSONS WITH MENTAL HEALTH PROBLEMS

In order to promote the implementation of the **Model of Joint Discharge Planning of Patients from the Hospital Sector**, nine (3 in FBiH and 6 in RS) meetings were held for all three levels of mental health care, including the social protection sector, **98 health institutions in BiH** (mental health care 9 hospitals, 32 CMHCs, 155 Centers for Social Work and 5 social residential welfare institutions) appointed a total of 188 coordinators of care continuity. As a result, continuity of care using the Model of Joint Discharge Planning started to be implemented in all mental health institutions in BiH. In the period September - December 2021, 17 (FBiH 9; RS 8) out of 19 (FBiH 10; RS 9) hospital-type institutions, implemented Model of Joint Discharge Planning of Patients, including Centers for Social Work.




KEY RESULTS ACHIEVED IN 2021 BY COMPONENT 2 (2A AND 2B)

SUCCESSFUL IMPLEMENTATION OF COORDINATED CARE AND INSURANCE LONG TERM POSITIVE EFFECTS

Interventions under this outcome have so far successfully led to the planned or even better, as evidenced by the **number of beneficiaries who have received Case Management (CM), it has been already higher than the target for the project phase (3,681 beneficiaries have received coordinated care with regard to target number 3,452).** Capacity building interventions for professionals primarily in the CMHCs are focused on **establishing a mental health system that will support the prevention of mental health problems, and the psychosocial rehabilitation and recovery, and will ensure long-term effects for individuals and their families, as well as the quality of provided services by the CMHCs in BiH.** The Project continued to support further integration of the CM approach into the daily practice of the CMHCs, through the educational-supervisory workshops, on-site visits, and through monitoring of implementation of CM in the CMHCs.

Continued support is primarily due to the proven positive impact on user recovery, reduction of relapses and hospitalizations. **Monitoring the recovery of beneficiaries who have received CM** is one of the most important monitoring of the overall goal of the project. A total of **388 respondents (N=194 beneficiaries and N=194 staff)** participated in the assessment of recovery during 2021. For this reporting period, the number of monitored beneficiaries who have received CM is **194 (F 106 and M 88)**, and similarly to previous years, **the self-estimated recovery of beneficiaries (N=194, F 106, M 88)** is slightly higher **78.4%**, compared to the assessment of the recovery **of beneficiaries by staff (71.1%)**. At the level of the total sample (N=388), **74.7% of respondents estimate recovery.**

As part of the on-site visits to CMHCs, the satisfaction of users with the CM service was assessed, and the results of analysis of the completed questionnaires show that the satisfaction with the CM services is still above the set baseline (**M=3.65 compared to M=3.63, on a scale 1-4**).



During 2021, **202 beneficiaries have received CM (F 111, M 91). Six two-day educational-supervisory workshops were also held.** A total of **N=90 professionals from CMHCs participated in workshops (F 78.9%, M 21.1%)**. Due to the COVID-19 pandemic and the proposed prevention measures, in this cycle of workshops we were forced to invite only 2 professionals from each CMHC.

Within activities **of providing support** in the usage of the CM as a **service at the workplace in this reporting period, 32 CMHCs in BiH were visited.** In all three phases of the Mental Health Project, a **total of 272 on-site visits were made to 74 CMHCs in BiH.** On-site visits have proven to be the best way to support CMHCs in implementing CM, and give the Project teams a more complete picture of the actual state and functioning of CMHCs and the current difficulties that some CMHCs face. From the supervisor's report, it can be concluded that the greatest effects of the CM are still the reduction of re-hospitalizations and better recovery and rehabilitation of beneficiaries.

COOPERATION BETWEEN FAMILY MEDICINE AND MENTAL HEALTH CENTERS IN EARLY DETECTION OF DEPRESSION

In partnership with the entity PHIs and CMHCs, the program is being implemented: **"Cooperation between CMHCs and family medicine services with the aim of timely detection of depression and anxiety in the adult population."** This program is implemented in both entities, in partnership with 10 Primary Health Care Center in 10 local communities per entity. The Project includes **20 CMHCs and 60 family medicine teams in BiH.** At the level of both PHIs implementing the prevention program, **15 new CMHCs have been included.** The total number of professionals who have been trained to implement the prevention program is: **169 (M 21, F 148).** The number of persons from the general population covered by screening in family medicine teams is **885 (M 595, F 290).**

MENTAL HEALTH, HUMAN RIGHTS, RECOVERY AND INCLUSION SOCIAL PROTECTION INSTITUTION

Every 10 October, we have continuously celebrated the **World Mental Health Day in both entities in BiH.** In 2021, there was a record interest of media for reporting on the topics of mental health.

The training of staff from social type institutions for long-term accommodation of beneficiaries for the development and monitoring of **the Individual Plan of Recover (IPR)** is a modified training of the CM, this training is harmonized and complemented by the WHO e-training on human rights and recovery (WHO Quality Rights e-training). **Visits to the institutions were also successfully conducted,** which were organized with the aim of gaining the best possible insight into the capacities and manner of work of each institution. **All training materials for the IPR have been created and adapted** for use in further activities (training of trainers - ToT, education of professionals from social welfare institutions and educational-supervisory workshops). **Four three-day educational trainings were held for the development and monitoring of an IPR** intended for staff in social type institutions for long-term accommodation of beneficiaries in Bosnia and Herzegovina. A total of **N=69 professionals (F 54 (72.3%), M 15 (21.7%))** from 8 institutions in BiH (4 in FBiH and 4 in RS) participated in the trainings.



IMPLEMENTATION OF SUPERVISORY-EDUCATIONAL WORKSHOPS FOR OCCUPATIONAL THERAPISTS

In 2021, **4 supervisory-educational workshops were held for 66 occupational therapists** in mental health in BiH in the period from June 7 to 9 2021. During this period, therapists from all over BiH were divided into 4 groups (with a maximum of 20 people), rotated in 4 rooms, they attended theoretical lectures and applied practice from interesting occupational therapy techniques (music therapy and creative drama processes in mental health, well-being and importance of exercise on mental state of various psychiatric illnesses and setting short-term and long-term goals in the application of occupational therapy and EMAE-2 evaluation). The participation was excellent as well as the participants' impressions. New techniques were mastered, and other goals were achieved: improved group cohesion and capacities for leading groups, improved concentration, self-confidence, and trust in own capabilities – particularly important for shy and introvert MH users. Monitoring of user's recovery continued through EMAE-2 evaluation in this project year as well, more precisely data processing on 73 service users was completed by applying evaluation and reevaluation as well as CSQ questionnaire for measuring user satisfaction.


The number of users involved in occupational therapy is already higher than the target for the project phase and amounts to **1,880 users compared to the target of 1,000**.

ON-SITE VISITS TO OCCUPATIONAL THERAPISTS

In November and December 2021, **12 teams of therapists with two team members (24 therapists) visited 24 mental health institutions (12 FBiH and 12 RS)** for those institutions that were estimated to need additional support in conducting occupational workplace therapies. One-day workshops were held on the topic of developing communication skills to strengthen the capacity of occupational therapists and specifically referred to strengthening the ability of occupational therapists to negotiate with the management of institutions, then working with clients in cases of breaking resistance and raising motivation among service users (OT).

EDUCATION OF PROFESSIONALS FROM SOCIAL WELFARE INSTITUTIONS IN OCCUPATIONAL THERAPY IN MENTAL HEALTH

With the great support of the entity ministries of health and social welfare and expanded cooperation with the competent ministries of labor and social policy and after a short "Intensive course in occupational therapy in mental health for professionals in the social protection institutions" was created, the extensive process of appointing education participants was held and instead of planned **number of 30, a total of 49 participants were appointed**. After that the selection of educators was made and preparations were made for the implementation of education.



In parallel, continuous monitoring and evaluation of educational process was planned as well as monitoring of the therapist's progress in the process of adopting the material and measuring the recovery of service users (EMAE-2 questionnaire). Each training was preceded by work on the process of advocating the sustainability of OT services in the social protection system through the organization of intensive meetings with the management of these institutions.

Last year, we conducted a tender for the purchase of sets of materials and equipment and provided 24 basic packages for 18 social welfare institutions / mental health institutions for the needs of occupational therapists who are involved in intensive training in working with their patients / users.

BOSNIA AND HERZEGOVINA IS ENRICHED WITH 27 FAMILY SYSTEM COUNSELLORS/SOCIAL WORKERS EMPLOYED IN MENTAL HEALTH CENTERS

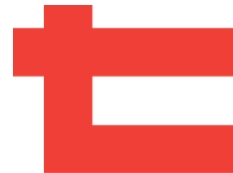
In 2021 continuous qualitative and quantitative analysis of the implementation of education in family system therapy (for four modules lasting 3 days with final exams) was conducted through quarterly narrative and financial reports submitted by implementing partners of the Association for System Practice and Therapy (USPIT), according to the set and agreed deadlines. The first level of education was successfully attended and passed by **27 (F 25, M 2) social workers employed in mental health centers throughout BiH**, as well as **10 educators from the education sector** who took part in the education process and thus improved the quality of the process. The exam for the second level will be held in February 2022. Early this year, the process of application and analysis of the SCORE questionnaire began with the aim of monitoring the recovery of users of systemic family therapy services in mental health institutions.

CAPACITIES OF MENTAL HEALTH CENTERS FOR WORK WITH CHILDREN AND ADOLESCENTS HAVE BEEN STRENGTHENED

The Mental Health Project in Bosnia and Herzegovina / MHP in BiH has implemented two two-year educational programs in the field of work with children and adolescents, in cooperation with the medical faculties in Zenica and Banja Luka, which have been contracted for their implementation. In the past period, **52 professionals (F43, M9), out of which 21 psychologists from FBIH, and 31 professionals from RS from the teams of mental health centers have undergone formal training to work with children and adolescents**. This training included 30 mental health institutions, mostly from mental health centers (FBIH 21, RS 12). In order to overcome the problem of implementing activities in the field, **12 field visits** were conducted by educators (a psychiatrist, a psychologist and a nurse) in order for students to adopt the knowledge and interventions they learned during the training. After completing the education, psychotherapy services that are currently insufficient and not systematically addressed will be available to a higher risk population of children and adolescents and their families and will affect the prevention of new difficulties and diseases in these difficult times caused by the COVID-19 pandemic. Within the mentioned project activity, regional research of the cross-section of the situation in the field of mental health of children and adolescents was started (comparative study of the Republic of Serbia and Bosnia and Herzegovina).

INITIATIVE FOR SUPPORT AND DEVELOPMENT OF RESILIENCE AMONG PROFESSIONALS IN THE FIELD OF MENTAL HEALTH CARE DURING THE EFFECTS OF COVID-19 POSTPANDEMIC

MHP in BiH, in cooperation with the Association for Psychological Assessment, Assistance and Counseling-Domino, due to the crisis caused by the COVID-19 pandemic, designed an initiative to provide support to vulnerable professionals - mental health professionals. The goal of the Mind-body project is to strengthen and protect mental health of mental health professionals by reducing burnout and preventing secondary trauma in a very individualized approach. A total of **3 one-day workshops** were held for the mentioned target group (**2 in Sarajevo and 1 in Teslić**). The total number of mental health professionals who received this type of support is **38, out of which 28 in FBIH and 10 in RS**.



Body and Mind workshop

Educational workshop on Family system therapy



Sports - recreational, music therapy and creative drama processes in occupational therapy workshop






Education for working with children and adolescents

KEY RESULTS ACHIEVED IN 2021 BY COMPONENT 3:

EMPOWERING USERS OF MENTAL HEALTH SERVICES AND THEIR ASSOCIATIONS

Empowering users of mental health services in the process of achieving and maintaining recovery and equal inclusion in all areas of social and economic life of their community, including improving the quality of life is one of the outcomes of the Mental Health Project (MHP) in BiH. The primary role in this very important process play beneficiaries of mental health services, therefore the Project continuously implements activities that directly strengthen the health capacities of the beneficiaries of mental health services and the capacities of the user associations. Through regular programs, strengthening the capacity of users and user associations, and increasing the social inclusion of people with mental disorders in 2021, **290 users were directly involved through various programs (F 191, M 99)**. In this reporting period, collaborative programs of social inclusion and protection of physical health were implemented with the associations EKO EHO, Zvonik, Menssana and Tunel, while three more projects are being implemented in cooperation with UG Dolac, Neuron and Tavan. Through projects with the associations Zvonik and Menssana, **6 users of mental health services (F 6)** achieved work engagement. Through human rights advocacy, **we supported 33 users of mental health services (M 15, F 18)**. The World Health Organization's E-training on mental health and human rights "Quality Rights" was completed by 20 users of mental health services. Further, **16 users of mental health services** and professionals who are involved in associations (**M 8, F 8**) completed a cycle of trainings for trainers in the field of human rights protection in mental health, and the first workshop organized in cooperation with the association Most was attended by **13 users (M 5, F 8)**.



Support was provided to initiatives for opening of new associations: User' association **Mila in Maglaj**, and at the initiative of users of mental health services, and with the financial and logistical support of MHP, in December 2021, the **Association of Speakers of BiH entitled: "Loud with Reason"** was registered. As part of the **promotion of E-training of the World Health Organization** on mental health and human rights "Quality Rights", **promotional materials** in the form of fliers and posters were designed and produced. So far, **50,000 fliers and 700 posters** have been distributed to all our partners. The work of three associations was supported by **intense advocacy activities**. The municipality of Odžak allocated premises to the association Neuron, and the association managed to obtain the funds needed for the renovation and arrangement of the premises. Thanks to the joint advocacy by MHP and the association, the Menssana Association uses the premises allocated by the Municipality for its day-recreation center and funds have been provided for an employment contract for one user. As part of the crisis interventions, we supported the Association Zajedno for the second time because they were evicted from their premises due to the transfer of the facility for the needs of the Covid Outpatient ward. **18 users of mental health services** were included in this activity (**M 12, F 6**). The Association Zajedno was supported in attending meetings with local authorities in order to keep the premises and provide services in continuity.

INTEGRATION THROUGH WORK, SOCIAL ENTREPRENEURSHIP AND COOPERATION IN THE FIELD OF CORPORATE SOCIAL RESPONSIBILITY

As part of the development of the model of work integration, the project, primarily experientially, developed and implemented **three different models with partners**: work engagement through social entrepreneurship, engagement through self-employment and rehabilitation work engagement within the association. The model of work engagement through strengthening social entrepreneurship, the implementation of which began in Phase II of the Project, is successfully implemented through partnerships with user associations "Uzdravlje" and "Fenix", agricultural cooperatives Agropromet and Mrav and with the professional assistance of consulting company Agroideja. From the initial idea of **raising raspberry** plantations through user associations, and with the support of local cooperatives, this program has been expanded into two more modalities, according to the needs, capabilities and affinities and health capabilities of users. The activities expanded through the support of organic **production of fruits and vegetables on personal plots**. In order to provide additional income to the project users of mental health services, a model was made with the Agricultural Cooperative Agropromet as a socially responsible company to engage the association's users as seasonal workers in planting, maintaining, picking or packing vegetables planted on the cooperative's plots. Through these models, **18 users of mental health services were included in two local communities (M 8, F 10)**.

IMPROVED ETHICAL MEDIA REPORTING IN FIGHTING STIGMA TOWARDS MENTAL HEALTH ISSUES

With regard to reducing stigma and its effects, influence was exerted through the development of the **Manual on Ethical Reporting**, and **the education of journalists and health workers from primary and secondary health care, and workers from social care institutions**. The manual, as the only document in the region that contains a fulness of quality information, local and foreign legal obligations and standards, specific advice on the use of language and presentation, in understandable language described mental disorders that are most often misinterpreted in the media and public, specific and separate guidelines for journalists for linguistically correct use of terminology concerning mental health and specific mental disorders, was **included in the study programs of journalism and at the Medical Faculty in Sarajevo**. In this reporting period, the last two workshops were held **with the aim of raising awareness of those who report**, encouraging a culture of ethical expression and presentation of mental health that will lead to accurate, ethical, professional, and positive reporting. A total of **58 people (M 16, F 42)** participated in the workshops, of which **18 were professionals (M 5, F 13)** from social institutions for long-term accommodation of users of mental health services, **15 (M 2, F 13) professionals from CMHCs and hospitals**, **19 journalists (M 6, F 13)** and **6 users (M 3, F 3)**.



1,900,000 people received information about activities of the Institute for Population and Development through domestic and regional media



Transparency and flow of information in the work of the Institute for Population and Development has been ensured through the support of domestic and regional media. Although Bosnian media scene is characterized by extremely large number of media companies, the Institute has managed to position itself as a reliable and professional partner in the field of health in the media scene of Bosnia and Herzegovina, which was especially evident during the COVID-19 pandemic.

The media in Bosnia and Herzegovina are long-term, reliable partners of the Institute for Population and Development, which support programs and projects of general social interest as well as information on everyday services and place them in the public through their channels.

Last year, 360 unpaid TV and radio reports, shows and texts were published on web portals about the Institute for Population and Development and its project activities, which show the activities of the Institute in a positive and inspiring way, as well as donors, government institutions and partners.

The activities of the Institute for Population and Development were mostly reported by journalists from web portals and electronic media, but support was also provided by the print media and news agencies.

A special interest in the program areas and project activities of the Institute was shown by public RTV services and private-owned Bosnian media, as well as regional media companies. The total number of persons who received information through external media in the past year is 1,900,000.

Current topics of general social interest implemented by the Institute in the previous year, channeled through the website and social networks (Facebook, Twitter, YouTube, and Instagram) have made a great contribution to everyday communication with those who follow and actively participate in our work. Useful and service information has reached every home in our country. During 2021, the number of people who saw the Institute for Population and Development's content through these communication channels reached up to 994,852. So far, the Institute for Population and Development has registered 26,000 followers and over two and a half million views across its social networks.

