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**ANNUAL
REPORT
INSTITUTE FOR
POPULATION AND
DEVELOPMENT**



Institute for
Population and
Development

IPD is a full and accredited member of the international organization IPPF
(International Planned Parenthood Federation)

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Dear readers,



Another exciting, challenging, but productive business year is behind us. Starting the year 2022 with 20 years of experience is not a serious challenge, but the time in which we act, work and develop is changing with a dynamic that insists on constant alignment and adaptation to the circumstances that define our business reality. In 2022, the world stepped out of the period of crisis caused by the COVID-19 pandemic into an even bigger crisis, the consequences of which the whole world fears.

In this new, dynamic and challenging world, the Institute for Population and Development continued its work on solving key health and social problems of children, young people and adults, with a special focus on marginalized groups. Our medical office and psychosocial counseling center provided 5,200 services to young people, and it is important to emphasize that these services are free for all our young people and comply with high quality international standards.

During the last decade of our work, we noticed the need to provide access to a comprehensive program of learning about health and healthy lifestyles in preschool institutions. We have worked hard for the last year and made great efforts for our city and our country to get its first comprehensive "Healthy Growing Up" program, which combines modern and effective pedagogical approaches, placing children at the center of learning and studying content that is important to them, their growth, safety, health and well-being.

We continued to improve the mental health care and protection system through direct support and participation in all development processes in both entities. We continued to manage the reform processes and started the final phase of strengthening the capacity of mental health centers in our country.

During 2022, we continuously pointed out the problem of "invisibility" of people suffering from rare diseases in the health system, and we made great efforts to change that and for the voice of people suffering from rare diseases to reach all actors who make decisions or create policies in our country.

We have achieved significant results in the context of building the capacity of communities to provide an evidence-based social response, to assist in the reintegration of foreign fighters and their families in the Federation of Bosnia and Herzegovina. In 2022 alone, we strengthened the capacities of 5 cantonal mobile teams, and local and international experts participated in the capacity strengthening process. In cooperation with our international and local partners, we have contributed to the improvement of the position of convicted persons and improved mechanisms for the protection of their rights.

And I am especially proud of our religious communities, our allies and partners in eliminating violence and creating a society that cares, protects and shows zero tolerance towards all forms of violence. In 2022, religious communities and our partners Peacebuilding Center joined the global campaign "16 days of activism against gender-based violence". In the virtual space, religious communities conducted targeted campaigns on social networks, organized thematic performances for 400 students and in more than 30 religious buildings across the country, religious leaders spoke about the importance of eliminating violence and the importance of social commitment to eliminating all forms of violence, especially violence against women and girls.

I am sure that reading this report you will find a lot of useful information that demonstrates our progress, but also our commitment to create a society of equals and equals, a society where everyone lives healthy, quality and fulfilled lives.

Emina Osmanagić
director

IPD's Youth Friendly Health Centre

Donor: IPPF EN

Project duration: 2004 - ongoing

ABOUT THE YOUTH FRIENDLY CENTRE

Institute for Population and Development's Youth Friendly Health Center was created in response to the lack of services adapted to the specific needs of young and vulnerable groups. It began its work in 2004 with the establishment of the first Counseling Center for Sexual and Reproductive Health in Bosnia and Herzegovina, and two years later, it was completed with the opening of a medical office that provides gynecological services. The Youth Friendly Health Center 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.

Experts working in the Youth Friendly Health Center use a non-judgemental and friendly approach in their work with young and vulnerable people, and are sensitized to recognize and respond to the specific needs of young people, respecting the principles of privacy, confidentiality and diversity.

In 2022, our team of experts provided high-quality services in the field of health, reproductive health, growing up and healthy lifestyles for **5,200 people**. The largest number of people who received some of the center's services are young people, including young people from vulnerable and marginalized groups, as well as parents. Thanks to the support of the parent organization, IPPF EN, all services for our clients are **free of charge**.

The most popular service within the IPD center, the gynecology office, is adapted to the specific needs of girls up to 26 years of age, and the expert team, which consists of a gynecologist and a nurse, uses a friendly approach in its work, which the clients recognized as a key feature of our center.

The **IPD Counseling Center** recorded a large increase in services this year. There is an increasing number of not only young people, but older generations as well, who recognized the need for caring about their mental health and have visited us and contacted our psychologist and psychotherapist. IPD counseling and/or psychotherapy is for **children and young people** who need professional support and discussion, as well as **parents and professionals** who are trying to provide adequate support to young people in the specific age of adolescence and growing up. The largest number of clients who received services at our counseling center are young people between 18 and 30 years old, children aged 10 to 15 years, as well as the parents of children.

Counseling took place on the premises of the Institute, as well as online, and the topics that clients present as problems are very diverse, and some of them concern sexuality, sexual and reproductive health, various types of eating disorders, alcohol and drug abuse, anxiety and depressive disorders, borderline personality disorder, adolescent crisis, family and partner relationships, loss of a close person, hypochondria, low self-confidence and self-esteem.

Due to the increase in the number of parents seeking support in order to adequately respond to the needs of their children, IPD continuously improves the services of the Facebook page - **IPD Parental Advisor** and regularly publishes thematic articles and video content adapted to the specific needs of parents.

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

IPD supports and empowers girls, boys, women and men to take care of their health regularly.

Healthy upbringing of children in preschool institutions in the Municipality of Centar

Donor:



ABOUT THE PROJECT

Project duration: 01.03.2022. -30.11.2022.

Total project funds: 61.818,00 BAM

"**Healthy growing up**" is the name of the innovative program intended for girls and boys in preschool institutions of the Municipality of Centar with the aim of empowering them and strengthening their self-confidence so that in the future they can make informed decisions and protect their body and health. **The program promotes a zero rate of violence and is based on mutual respect and respect for diversity and is intended for children from four (4) to six (6) years old.**

MOST SIGNIFICANT ACTIVITIES AND RESULTS

"HEALTHY GROWING UP" EDUCATIONAL PACKAGE

The educational package Healthy Growing Up consists of a **Kindergarten box**, a **Handbook for educators** and a **Brochure for parents**. The kindergarten box is a box intended for educators, and it contains a number of practical tools that fully enable educators to carry out activities with children. First of all, there are the **dolls Hana and Dado**, a girl and a boy who actually help the children go through the activities while in the hands of educators. In addition to the set of dolls, the box contains **worksheets, posters, picture cards, and emotion cards** that are coordinated with the activities described in the Handbook. Practically, educators in the Kindergarten Box have everything they need to implement the Healthy Growing Up program, and they do not need to spend their time preparing activities.

The educational **Brochure for parents** is also part of the Healthy Growing Up educational package, created with the aim of providing parents with information about the content of the Healthy Growing Up Program and increasing their understanding of the program's topics, as well as providing them with concrete guidelines and instructions on how to work with their children and thereby contribute to their healthy upbringing. The brochure for parents was created by the authors of the program and IPD psychologist, **Renata Krstanović**. The brochures, as part of the Kindergarten box, were distributed to preschool institutions whose educators have undergone training (**19 preschool institutions from the area of the Municipality of Centar**).

The "**Hana and Dado**" **Picture Book**, another part of the Kindergarten box, was developed by the creator of the characters Hana and Dado and the complete visuals of the Healthy Growing Up program, who is also an expert and member of the Working Group - **Nermina Fočak**.



Edukativni paket „Zdravo odrastanje“

50 TEACHERS FROM PRESCHOOL INSTITUTIONS FROM THE AREA OF THE MUNICIPALITY OF CENTAR SARAJEVO SUCCESSFULLY COMPLETED THEIR EDUCATION USING THE HEALTHY GROWING UP METHODOLOGY

Three two-day trainings were held with the aim of increasing the knowledge and competence of educators about the six thematic units of the Healthy Growing Up program. The trainings were attended by educators from public and private preschool institutions from the area of the Municipality of Centar. After completed trainings, educators are able to independently implement activities with children within each of the six modules of the program. The trainings were facilitated by **university professors Jasmina Bećirović Karabegović and Dženeta Camović, preschool teacher Nermina Fočak and coordinator of the IPD program, Tijana Medvedec Hodžić**. The topics discussed during the two days are in accordance with the Manual for educators - body, emotions, relationships with others and acceptance of differences, sexuality and reproductive health, rights and safety and values of the child, and social and gender norms. In addition to theoretical knowledge and presentations, the participants worked in groups and, through discussion and addressing practical examples from working with children, became familiar with all activities and instructions for their implementation. In addition to the thematic sessions, educators were presented with a monitoring and evaluation system that will facilitate the implementation of the program and observe and record the progress of children and the impact of the program on children's developmental progress.



Three two-day trainings for teachers from preschool institutions in the area of the Municipality of Centar Sarajevo

ONLINE PARENT TRAINING PROGRAM

In order for parents to timely recognize and adequately respond to the developmental needs of their children, an **online training** was created. The training includes **six (6) modules as follows: my body, emotions, relationships with others and acceptance of diversity, sexuality and reproductive health, children's rights and safety, values, gender and social norms**. The online training aims to provide support for preschool children (ages from 4 to 6) in the context of the development of emotional and social skills, acceptance of diversity and gender equality, which are a prerequisite for taking care of their health and adopting healthy lifestyles and prevention of all forms violence.

Each of the modules is presented theoretically and through video content, which contains exercises that parents can practice with their children. With each short test at the end of the module, parents can check their knowledge, and after the final test, download a certificate for the successfully completed online training "Healthy Growing Up".

A total of **184 parents** completed the online training for parents, available on the IPD website, and as many as 453 of them are still in the process of attending the online training.

Online training for parents can be accessed via the link: <https://ipdbih.org/zdravo-odrastanje-i-zdravi-stilovi-zivota/>

CONVERSATIONS ABOUT HEALTHY GROWING UP - PANEL DISCUSSION

The panel discussion "Conversations on healthy growing up" was implemented on November 18, 2022. at the Holiday hotel and represents the final activity within the Healthy Growing Up project. This panel discussion aimed to enable the exchange of experiences, practices, and new knowledge about the new Healthy Growing Up program. The participants of the event were educators from preschool institutions JU Children of Sarajevo as well as people from private preschool institutions, parents, authors of the "Healthy Growing Up" program, psychologists, pedagogues, and representatives of the governmental and non-governmental sectors. The panel discussion openly discussed the program and its application in working with children. Additionally, possible additional needs of educators and parents were discussed. The panel discussion also aimed to inform the media and the general public about the program, which is unique throughout BIH, as well as in the region. The panel discussion was opened by **Edin Forto - Prime Minister of Sarajevo Canton, Lejla Dizdarević - Assistant to the Municipal Mayor (Centar Municipality) Sarajevo, Nermina Fočak (JU Djeca Sarajevo), Melisa Mizdrak (Ministry of Education of Sarajevo Canton).**

The panel discussion was attended by **Nermina Fočak (JU Djeca Sarajevo), Maja Alihodžić (MA in Psychology, Integra Association) and Irma Džambo, assistant professor of science.** The aim of the panel discussion was for educators and parents to have the opportunity to share their opinion and experience about the Healthy Growing Up program itself. Nermina Fočak (JU Djeca Sarajevo), as one of the authors of the Healthy Growing Up program, spoke about the beginnings of the program itself and the way in which children and parents reacted to the implementation of the program in preschool institutions. Maja Alihodžić spoke about her experience in front of the partner organization Integra which, together with IPD, implemented some of the activities within the project. Irma Džambo spoke about how important it is for children to learn about these topics from an early age from the a psychological aspect, and about the reasons why the Healthy Growing Up program is so unique compared to others.



174 PARENTS USED THE SERVICES OF THE PARENT ADVISOR

IPD Parent Advisor is an online platform on the Facebook social network launched by the Institute for Population and Development with the purpose of providing advisory support to parents on all topics related to health, healthy lifestyles and the healthy upbringing of children and young people.

The mentioned platform is a friendly place, without prejudice, where parents can ask questions both anonymously and publicly, consult each other, and exchange valuable experiences and information.

The Parental Advisor was created as a result of many years of work and experience with children and young people in Bosnia and Herzegovina, as well as the obvious need for professional support for parents, who are the first and most important source of information for their children during their upbringing.

Within the project, **15 educational articles** and **8 interesting facts articles** were published, and the total reach is **18,560 users**. Additionally, **10 Live consultations (Podcasts)** were held on the IPD Parental Advisor platform, as a form of online counseling implemented by two psychologists from the partner organization Integra Association.

Parents were invited by their preschool institutions to actively participate through their pages and other forms of communication with the possibility of asking questions, and sharing experiences and examples. Considering that each live podcast was created in relation to a specific topic/module, psychologists from the Integra Association prepared podcast topics based on these questions and suggestions. In addition to the modules included in the Healthy Growing Up program, the questions could refer to any area related to growing up, education and development of preschool children (2 to 6 years old), and the problems and challenges they face.

The total number of views and reach of the Live consultations reached **12,000**, which speaks of the great interest of parents in this topic and exceeds the specific goals that were set at the beginning of the project. Online counseling also responded to parents' need for this form of counseling.

Through private messages, e-mails and phone calls, **70 parental inquiries** were answered, and 24 of them visited our psychological counseling center.

Some of the topics of published articles that interested parents the most are related to the development and speech disorder, parental expectations, reasons for avoiding professional support (psychologist/psychiatrist) - stigma, consequences of stigma directed towards children with mental difficulties, body and children's curiosity, values, gender and social norms, stereotypes, prejudices and discrimination, how to support a child's emotional development, children's learning through play, children's rights and safety, skills to deal with challenging situations, emotional intelligence, prerequisite for future achievements, peer violence in kindergartens, social competences and skills, socialization process, sexuality and reproductive health, dangerous and hurtful situations in which a child can find himself, learned helplessness, differences between "male" and "female" brains, developmental fears, appreciation of diversity, etc.

The most common problems and difficulties encountered by clients were: anxiety, developmental fears, phobias, obsessive-compulsive disorder, depression and depressive states, lack of concentration, attention and lack of focus, peer violence, difficulties when starting kindergarten (separation), tantrums, aggressive behavior, speech difficulties, the birth of a sibling, hyperactivity, excessive lying, the child's interest in the body and touching (own and other people's) intimate regions.

*"Children are not immune to negative phenomena such as various stereotypes and taboos. Such phenomena come from the family, from peers and the community, as well as through various media to which even the youngest are increasingly exposed. They are also not immune to peer violence and other forms of endangering their physical and psychological integrity. Therefore, the activities from the 'Healthy Growing Up' program showed us how to talk to children about safety, about the ways in which they can protect themselves, how to empower them to stand up to any form of harassment and how to react in different situations" - **Nermina Fočak, JU "Children of Sarajevo"***

*"For the first time, I had the feeling that there was a different way of talking and working with children. The advice we received helped me a lot to open up some topics, to talk and learn together. I have a feeling that we understand each other better and that I learned how to react better in certain situations. I hope that something similar will be available in elementary schools as well, and that this approach to parental involvement and teaching children will become a standard in all educational institutions" - **Maja Alihodžić, parent***

Building the capacity of communities to provide an evidence-based social response to assist in the reintegration of foreign fighters and their families in the Federation of Bosnia and Herzegovina



Donor: Government of the Kingdom of the Netherlands

Trajanje projekta: September 2021 – September 2023

Total project funds: 503.727,88 BAM

ABOUT THE PROJECT

Project interventions were created in response to the immediate need to strengthen the capacity of cantonal and local structures in the Federation of BiH to respond to the challenges of the return of BiH citizens returning from foreign battlefields. The project locations were selected based on a national assessment of the most likely places to which combatants from foreign battlefields will return with their families.

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 fight against terrorism in the Federation of Bosnia and Herzegovina (2020-2025) as a direct social response. The purpose of the project activities is to improve the competence of experts in the field of health, social protection and security to provide sensitized services and better understand their role in the rehabilitation and reintegration of returnees from foreign battlefields, especially their wives and children. The project is implemented by IPD in partnership with the organization Atlantic Initiative and with the professional support and close cooperation of the Intersectoral Working Group for the Prevention and Combating of Extremism of the Federal Government.

MOST SIGNIFICANT ACTIVITIES AND RESULTS

STRENGTHENED CAPACITIES OF 5 CANTONAL MOBILE TEAMS IN THE FEDERATION OF BOSNIA AND HERZEGOVINA

25 experts, namely psychologists, psychiatrists, police representatives, health and social workers from five cantons (Zeničko-Dobojski, Central Bosnia, Sarajevo, Tuzla and Unsko-Sanski) successfully completed a two-day training for members of **5 mobile teams**. The training was held on February 22nd and 23rd 2022, and in addition to national experts, 15 national and international security entities participated in the training. The training topics covered the key areas of reintegration and rehabilitation of returnees from foreign battlefields, with a focus on their families, so that the experts who are part of the cantonal mobile teams strengthened their capacities for managing the acceptance process in the Federation of Bosnia and Herzegovina. Furthermore, sustainable referral mechanisms were created and improved within the framework of project interventions towards experts in the mentioned cantons.



Image: Training of cantonal mobile members teams

EDUCATIONAL CURRICULUM AND TRAINING PACKAGE CREATED BY NATIONAL EXPERTS

The educational curriculum and training package consisting of six (6) modules was developed by the expert Work Group as a key and fundamental tool for carrying out a cycle of education for professionals in the sectors of security, health, social protection, education and local self-government. The comprehensive educational plan and program and training package consists of six interconnected modules and uses an intersectoral perspective in solving key thematic issues, as follows: understanding the context and process of radicalization into violent extremism in Bosnia and Herzegovina, the role of social work centers and psychologists in the preparation and acceptance of returnees from foreign battlefields and their families, the process of recovery, rehabilitation and inclusion through an intersectoral approach in work, psychosocial support and treatment of returnees, children and their families, including crisis interventions within families. Specific advanced training of multidisciplinary teams from local communities was held in accordance with the topics and methodology defined in the educational curriculum and training package.



Image: Meeting of members of the Work Group

STRENGTHENING THE RESPONSE OF LOCAL COMMUNITIES TO THE RECEPTION OF RETURNEES AND THEIR FAMILIES FROM FOREIGN BATTLEFIELDS

In 2022, four (4) two-day trainings were held for professionals from 14 local communities in the Federation of Bosnia and Herzegovina. The professionals who participated in the trainings were appointed by the competent ministries of health, social protection, internal affairs, education, and municipalities and cities. They are gathered in multidisciplinary coordination teams at the levels of their local communities, namely: Sarajevo, Ilidža, Zenica, Zavidovići, Tešanj, Tuzla, Gradačac, Bihać, Bužim, Cazin, Velika Kladuša, Bosanska Krupa, Gornji Vakuf and Donji Vakuf. From 80 to 90 professionals attended each of the four trainings that were designed in accordance with the educational training program that covered a wide range of topics on safety, psychosocial support, social care and protection, work with children and families at risk.

Before the project interventions, an **initial survey** was conducted to capture and analyze the initial knowledge, attitudes, and skills of the relevant institutional representatives directly involved in the R&R process before the project interventions could influence them.



Images: Training for professionals from local coordination teams

Strengthening the human rights of convicted persons with mental health problems in Bosnia and Herzegovina

Project duration: September 2021 – February 2023

Donor: Government of the Kingdom of the Netherlands

Total project funds: 199.608.90 BAM

ABOUT THE PROJECT

In September 2021, the Institute for Population and Development (IPD) launched the project "Strengthening the human rights of convicted persons with mental health problems in Bosnia and Herzegovina". This project aims to improve the quality of life of persons with mental health problems through the protection of their human rights and the provision of modern psychiatric services in 14 prison units throughout Bosnia and Herzegovina.

With technical and expert support from the Federation for Global Psychiatric Initiatives (FGIP) from the Netherlands, IPD carried out an initial assessment of the mental health and human rights of convicted persons and began training medical and non-medical staff. The project also consists of the development of a manual for health workers who work with convicts, as well as guidelines for non-medical personnel for the care of convicts with mental health problems, as well as raising the awareness of the general public about the needs of this population.

Our intention is to increase support for people with mental health problems in order to increase the probability of successful reintegration into society after release from prison, reducing the risk of recidivism, and thus to improve working conditions for staff employed in penitentiary institutions.

MOST SIGNIFICANT ACTIVITIES AND RESULTS

ASSESSMENT OF MENTAL HEALTH CARE IN PENITENTIARY INSTITUTIONS IN BIH

The assessment of mental health protection in BiH penitentiary institutions was carried out in 13 penitentiary institutions throughout BiH (Zenica, Tuzla, Sarajevo, East Sarajevo, Mostar, Trebinje, Dobo, Banja Luka, Foča, Sokolac, Orašje, Bijeljina and Bihać) by FGIP and IPD experts. Extensive written reports on all these visits were collected in a single document "Mental health of convicted persons in Bosnia and Herzegovina" - Assessment of the protection of mental health of convicted persons - Report and Recommendations for the Correctional Service of Bosnia and Herzegovina.

ROUND TABLE: ASSESSMENT FINDINGS AND RECOMMENDATIONS

The round table, held on 7th of June, 2022, in Hotel Hills, Ilidža, Sarajevo, gathered all the main actors responsible for the quality of life of not only convicted persons with mental problems, but also prison staff who will develop an action plan and express commitment to the implementation of new standards in the provision of health care to prisoners and the improvement system in accordance with the recommendations and using the best practice experience of FGIP experts. In the end, the round table was attended by more than 30 people, including directors and/or their deputies of most penal institutions, medical and non-medical professional staff, representatives of the Ombudsman for Human Rights in BiH, representatives of the ministries of justice and health of both entities of the Federation of BiH and the Republic of Srpska, as well as representatives of the Embassy of the Kingdom of the Netherlands as project donors. Mina Noor, Deputy Head of Mission of the Embassy of the Kingdom of the Netherlands in Bosnia and Herzegovina, spoke at the round table.



DEVELOPMENT OF A MANUAL FOR HEALTH WORKERS WHO PROVIDE SERVICES TO PRISONERS WITH MENTAL HEALTH PROBLEMS

A Work Group of 8 experts from the fields of psychiatry, psychology, human rights, and governmental and non-governmental sectors created a Manual for health workers who provide services for convicted persons with mental health problems in penitentiary institutions in Bosnia and Herzegovina. The manual is based on the primary principles of service provision, namely: security, availability of services and respect for human rights. In the near future, they will be certified providers of these services. Service providers in this sense are persons with whom convicted persons meet for the first time within the prison, i.e. doctors, psychiatrists, psychologists and other medical and non-medical staff of these prisons, who during the admission of convicts perform a psycho-physical examination of the person who comes to the institution for evaluation. In cooperation with representatives of entity ministries of health, it was agreed that the educational material, created in this project, will become binding for all employees in prison institutions, and especially for new staff, which we consider an exceptional success.

DEVELOPMENT OF BASIC GUIDELINES FOR NON-MEDICAL PERSONNEL WHO WORK DAILY WITH CONVICTED PERSONS WITH MENTAL HEALTH PROBLEMS

A working group of 4 experts in psychology, human rights, communication and occupational therapy was established. The goal of this working group is to create basic Guidelines in accordance with the capacities and needs of non-medical personnel, considering the different levels of education of these persons. The value of improving the knowledge and skills of the non-medical staff of the penitentiary institutions is manifold, mostly due to the fact that these people are among the first that convicts meet when they are admitted to the penitentiary institution. Therefore, people who have the most contact with convicts must be aware of their prejudices against people with mental problems so that they can work on them.

CAPACITY BUILDING OF HEALTH WORKERS WHO WORK WITH CONVICTS WITH MENTAL HEALTH PROBLEMS

The first educational workshop for health workers and directors of penitentiary institutions was held on December 12nd and 13th in Sarajevo. The Ministries of Justice of the Federation of Bosnia and Herzegovina and the Republic of Srpska, in cooperation with the Institute for Population and Development, organized a two-day workshop on the topic "Building the capacity of medical staff within penitentiary institutions in BiH", with the aim of improving the competencies of the medical staff of penitentiary prisons in BiH .

Directors of correctional institutions and representatives of the medical teams of all correctional institutions, as well as representatives of entity ministries of justice and health, experts in the field of psychiatry, psychology, human rights, governmental and non-governmental institutions, and representatives of the Kingdom of the Netherlands participated in the conference.



Round table: Findings of the assessment of prison mental health care in Bosnia and Herzegovina and recommendations for improvement



Visit of the FGIP and a local team of experts to the Institute for Forensic Psychiatry in Sokolac



Two-day workshop: Building the capacity of medical staff and directors of prisons in Bosnia and Herzegovina



Meeting of the working group for the preparation of the Manual for the medical staff of the penitentiary institutions



Two-day workshop: Address by Federal Minister of Justice Jozo Matić

LESSONS LEARNED

- As important as the mental health of convicted persons is, the mental health of staff employed in penitentiary institutions is just as important, and it is necessary to pay special attention to this category of persons;
- It is necessary to continue working on the improvement of health care and even more concrete mental protection of the total population in penitentiary institutions (convicted, detained persons and employed staff of penitentiary institutions) in the way of addressing and advocating for positive and progressive legal solutions;
- In order to achieve the results mentioned above, one project that treats this problem is not enough, but continuous work and an improved system for monitoring and evaluating the progress made are needed.

*Mental health in Bosnia and Herzegovina. prisons is not much different from the situation in other countries, as is the case with the general population in Bosnia and Herzegovina and around the world, pointed out **Assistant Federal Minister of Health Goran Čerkez**. He notes that the risks of working in prisons are much higher due to the lack of staff, but also due to the working conditions in penal institutions. Working in prisons is one of the most stressful jobs. People who work in the prison system get sick mentally, but also from various chronic diseases that develop as a result of constant work under stress, he adds.*

*"If we want good service in prisons, then we have to take care of the prison staff who take care of good communication with convicts and management. The World Health Organization points out that 40 percent of prisoners have poor mental health, while the risk of suicide in these institutions is seven times higher than among people at liberty" - **Emina Osmanagić, director of the Institute for Population and Development**. Convicted and detained persons have the right to the same health care as free persons, which is why this project will certainly contribute to improving the mental health of both convicted and detained persons, as well as prison staff.*

„Streaming toward equal possibilities“

Donor: Federal Ministry for Social Affairs, Health, Care and Consumer Protection of the Republic of Austria

Project duration: March 2022 – March 2023

Total project funds: 39.700,00 BAM

ABOUT THE PROJECT

The Institute for Population and Development (IPD) has been engaged since March 2022 to conduct 5 trainings on the topics of coping with stress, conflict management, prevention and response to cases of violence for local authorities, local civil society organizations, as well as partner organizations on the project. IPD has developed comprehensive and scientifically based educational programs for the prevention of various forms of violence.

In addition, IPD realized a total of 10 "Be a Man Club" (BMC) workshops for children and youth in Mostar and Gračanica, with 20 participants in each location. IPD was also engaged in conducting a two-day training on the establishment and management of the Be a Man Club for SOS CV BiH staff in Gračanica.

Finally, IPD, in cooperation with SOS Children's Villages, was engaged in the implementation of three trainings for parents and children, users of SOS Children's Villages in Mostar, Lukavac and Gračanica. These trainings were participatory and inclusive, and participants were encouraged to participate in discussions and a participatory learning process. In addition, 7 one-day promotional and informational events were organized by the staff of SOS Children's Villages and Be a Man Club (BMC) Gračanica, with logistical and organizational support from IPD.

MOST SIGNIFICANT ACTIVITIES AND RESULTS

TRAINING FOR LOCAL AUTHORITIES AND LOCAL CSOS

From March 1st to June 30th, 2022, IPD had the task of professional preparation and implementation of 5 trainings as a part of the project activities - education for representatives of local authorities, civil society organizations, and other project partner organizations with topics such as coping with stress, management of conflict situations, prevention and response to cases of domestic violence.

The participants of all trainings showed exceptional motivation for acquiring new knowledge and skills in working with children and adolescents, which had a significant positive impact on the performance of each individual session. The participants were actively involved in the interaction with the trainers, actively participated in exercises and other activities that are an integral part of the conducted trainings. Participants adopted assertive communication skills as one of the stress prevention strategies.

Additionally, the participants gained knowledge in the field of gender norms, gender equality, gender-based violence and effective approaches in the prevention of violence.

BE A MAN CLUB'S WORKSHOPS FOR CHILDREN AND YOUNG PEOPLE

In order to carry out professional preparations and implementation of BMC workshops for children and young people in Mostar and Gračanica, IPD was engaged to implement a total of 10 workshops with 20 participants per location.

The aim of these activities is to strengthen the capacities of BMC staff in planning, organizing and managing the established BMCs. The staff received training on the application of the socio-ecological model of gender transformative action in the context of the application of norms and prevention of violence and gender-based violence. Through interactive sessions, young people learned about the terms "peer education" and "peer educator", which is very important when it comes to activism and volunteerism. Through this session, young people learned about the way of transmitting information and working with other young people. Additionally, the young people strengthened their teamwork through the exercises, because the exercises involved teamwork to solve certain tasks.

TRAINING FOR SOS CV BIH STAFF

In order to strengthen the capacity of SOS Children's Village staff in the field of implementing comprehensive and scientifically based programs for the prevention of gender-based violence, the Institute for Population and Development held a two-day training in Jahorina on July 4th and 5th, 2022.

The training was attended by 10 participants who showed great interest in acquiring new knowledge and skills that they can use in direct work with users, but at the same time in developing new and supplementing existing models of work with young people and parents, in the field of prevention of various forms of violence. On the other hand, SOS Children's Villages created a high-quality profiling of participants who were involved in the program, as well as participants who were not directly involved in the program, but are an important operational resource for BMC programming and future BMC model development activities within the work of the SOS Children's Center .

A REVIEW OF THE CONDUCTED TRAININGS FOR PARENTS

From October 3rd to November 31st, 2022, IPD developed and implemented three training programs to strengthen the competence of parents in the areas of gender equality, responsible parenting, the importance and significance of violence prevention and the application of responsible educational methods that are in the best interest of children. The aim of these trainings was to contribute to the strengthening of their competencies through the implementation of training for parents, with an emphasis on the application of techniques that empower children and young people to recognize violence and effectively deal with situations that may threaten their health, safety and welfare. Special attention was focused on improving knowledge and changing participants' attitudes about violence, factors that contribute to the occurrence of violence and the development of an indolent attitude towards violence, and factors that negatively affect seeking help in situations where a person is exposed to a certain form of violence.

The applied approach in building parental competences proved to be successful, which was confirmed by the high degree of parental participation in all activities carried out within the framework of all three trainings.

All training sessions were participative and based on the application of various educational tools such as: discussion, case studies and problem solving, interactive communication with the trainer and other participants and learning exercises. Power Point and similar tools were not used in the conducted trainings.

PROMOTIONAL ACTIVITIES WITHIN THE PROJECT

One of the activities within the project is the organization and participation in a total of 7 one-day promotional and informative events organized by SOS Children's Villages and BMC Gračanica, and it is logistically and organizationally supported by the Institute for Population and Development.

On 14th October 2022, as part of the activity "Organization and participation in 7 (one-day) promotional and informational events", members of BMC held a promotion of the Club in Mixed High School Gračanica and Gymnasium "Dr Mustafa Kamarić" Gračanica. The promotion was attended by **28 young women and men**. Members of the BMC presented their previous work, the workshops they went through with educators, their experiences and the possibility of joining the Be a Man Club. After the presentation, 10 new members joined the Club.



First BMK workshop - Gračanica



Fifth BMK workshop - Gračanica



Fifth workshop and visit to BMK Mostar



Training of SOS staff



LESSONS LEARNED

It is necessary to continue similar trainings for both professionals and users of the project and that the trainings last longer and are held more often. On several occasions, the wish was expressed for repeated and advanced trainings on violence and stress management, and to devote more time to these topics.

It is important to note that the Ministry of Social Policy of Tuzla Canton has given full approval for such activities, so these trainings will be conducted in the future in partnership with this institution.

We hope that the Herzegovina-Neretva Canton will also confirm their agreement. The consents obtained prove institutional support for the program we are implementing, which is a very important result. He is particularly pleased to hear that we continue to implement the program through the partnership established with government institutions, which is also an exceptional result.

The established partnership opens numerous opportunities for future cooperation with the Ministry of Social Policy of Tuzla Canton, and most importantly, it proves that the said institution recognized the relevance of the program for the end users of social services and social support in Tuzla Canton.

Contribution of CSO networks to improving the daily life of people suffering from rare diseases



Donor: European Union

Project duration: 1.1.2021. – 31.12.2023.

Total project funds: 1,087.441.00 BAM

ABOUT THE PROJECT

The project is financed by the European Union and implemented by the Institute for Population and Development, in partnership with the Association for Rare Diseases of the Republic of Srpska.

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



MOST SIGNIFICANT ACTIVITIES AND RESULTS

STRENGTHENED CAPACITIES OF ASSOCIATIONS THAT BRING THROUGH SUFFERERS FROM RARE DISEASES

- **8 trainings for representatives of user associations were held**, where the participants improved their knowledge and skills in the field of advocacy, internal and external communication, and the field of public consultation and citizen participation in the adoption of public policies.
- The **Association for Rare Diseases was founded**, which brings together associations from the Federation in Bosnia and Herzegovina that will uniquely represent the interests of people suffering from rare diseases and advocate greater rights for those suffering from them. The founding of the Alliance was officially presented at a press conference held in Sarajevo on the occasion of the **International Day of Rare Diseases 2022**.

IMPROVED LEGAL AND INSTITUTIONAL FRAMEWORK OF HEALTH CARE FOR PEOPLE WITH RARE DISEASES IN BOSNIA AND HERZEGOVINA

- **The Draft Program for Rare Diseases in the FBiH 2023-2025 was finalized** and was presented during public consultations in seven federal cantons in 2022. The purpose of the Program is to ensure the appropriate institutional framework and mechanisms for accessible, comprehensive, and high-quality health care for patients with rare diseases.
- **The Program for rare diseases in the Republic of Srpska for the period from 2022 to 2024 has been finalized.** The program aims to improve health care and the quality of life of people suffering from rare diseases. The program was adopted at the session of the Government of the Republic of Srpska in March 2022.
- **An Info Center was established within the website of the Alliance for Rare Diseases**, which gathers associations from FBiH. The Info Center will improve access to comprehensive information in the field of rare diseases for user associations, people with rare diseases and healthcare professionals. In order to reach users without or with limited access to the Internet, the Info Center also provides services via a telephone line. **Link to the Info Center <https://savezzarijetkebolesti.ba/#>.**
- **A training for health workers on rare diseases in the Republic of Srpska took place** and included doctors from various municipalities and health institutions, mostly from health centers, family medicine clinics and emergency medical service employees. The workshop covered the topics of rare diseases in the Republic of Srpska, the importance of early diagnosis of rare diseases and the role of geneticists, procedures for treating children abroad and sending them for diagnosis of rare diseases through the Solidarity Fund for the treatment of children, and early detection and treatment of cystic fibrosis.

The project "Contribution of networks of civil society organizations to improving the daily life of people suffering from rare diseases" was presented in September 2022 at the international conference Holistic models in rare diseases in Sarajevo. Entity associations for rare diseases presented their work and the challenges they face in their efforts to help people suffering from rare diseases. The Entity Ministries of Health talked about the strategic documents that were created within the Project and the next steps of the Ministries in order to implement entity strategies for rare diseases. Experiences and examples of good practices in the region and Europe have helped to determine clearer guidelines in terms of improving legislation, improving prevention and early diagnosis of rare diseases, and establishing a register of rare diseases.



The international conference "Holistic models in rare diseases" was held in Sarajevo on September 20th and 21st, 2022.

ПРОГРАМ ЗА РИЈЕТКЕ БОЛЕСТИ У РЕПУБЛИЦИ СРПСКОЈ

ЗА ПЕРИОД ОД 2022. ДО 2024. ГОДИНЕ



Израду Програма финансира Европска унија. Садржај је искључива одговорност Института за популацију и развој и не представља ставове Европске уније.

"The training that is currently being held, which we members of the Alliance are attending, is to upgrade our knowledge, that is, to improve our knowledge in the field of advocacy. We are an advocacy organization whose goal is to improve the status and rights of people suffering from rare diseases, and ultimately this kind of training is something that our members needed in order to contribute to improving the status of people suffering from rare diseases tomorrow through the development of their own capacities." - **Hasmir Delić, Chairman of the Alliance for Rare Diseases, which gathers user associations from the Federation of Bosnia and Herzegovina**



"Young Men's Initiative: Promoting healthier lifestyles and reducing interpersonal violence among young people in Bosnia and Herzegovina by challenging gender stereotypes III"

Donator: Vlada Švicarske i CARE Njemačka

Trajanje projekta: 1.1. 2021 – 31.12. 2023.

Ukupna vrijednost projekta:

ABOUT THE PROJECT

After the successful implementation of two phases of the regional project, IPD continues its cooperation with the CARE organization with the aim of contributing to the creation of long-term and sustainable solutions by advocating the integration of Program Y (for secondary schools) and Program E (for upper grades of primary school). Together with partners from Mostar - Youth Power and Banja Luka - Institut Perpetuum Mobile, IPD is committed to the joint mission of contributing to the creation of a positive and peaceful society for young people in Bosnia and Herzegovina, which supports gender equality, improves health and reduces interpersonal violence. Partnership with youth organizations - Otaharin from Bijeljina, Forum Theater from East Sarajevo and Nova Vizija from Novi Travnik gives additional strength to the project.

Well-known leaders in the promotion of positive changes, Be a Man Clubs will continue to be founded and strengthened, and young people as their members will improve their knowledge and skills in order to continue to support their peers in the development of healthy, non-violent and gender-equal behavior and thus facilitate their transition from adolescence to adulthood. In addition to advocating the adoption of the globally recognized Program Y in secondary schools, Program E will also be piloted for education about a healthy lifestyle in primary schools in Bosnia and Herzegovina. IPD will continue to create social change with partners in the country and region through collaboration and partnership with teachers, parents, educational institutions, media, youth and citizens in support of the life skills education program focused on gender equality.

MOST SIGNIFICANT ACTIVITIES AND RESULTS

BE A MAN CLUBS SHOULD BE ACTIVE IN PROMOTING GENDER EQUALITY AND PREVENTING VIOLENCE AMONG YOUNG PEOPLE

Be a Man Clubs (BMC) in Sarajevo, East Sarajevo, Bijeljina and Travnik are constantly growing, gathering more and more young people who want to be part of positive change. BMC conducted a large number of activities, including campaigns and various types of thematic workshops aimed at improving the skills of young people. These events took place online and in various street locations. More than 100 young people are currently BMC members who make changes at the level of their local communities every day. One of the biggest campaigns created and implemented in 2022 is the "What are you doing" campaign, which was part of the 16 days of activism. An online regional campaign was conducted by BMC in Bosnia and Herzegovina and the region with the aim of familiarizing young people with the facts related to the prevention of violence against women, girls and other forms of violent communication and behavior.

Photos highlighting the importance of work on the prevention of violence against women are published every day on BMC Sarajevo's Facebook and Instagram pages. Facebook posts reached 1615 people, and BMC's Instagram reached 2457 people.



Campaign visuals

- **BMC Sarajevo's team reinforced with new members**

51 new members of the Be a Man Club from five high schools in the Sarajevo Canton have successfully completed basic and advanced peer education training with the aim of increasing knowledge and skills for conducting workshops among their peers in schools. The training was conducted according to the methodology of Program Y and Program E.



- **Workshops for highschoolers**

IPD peer educators continue to achieve success in promoting violence prevention and healthy lifestyles among their peers. In 2022, IPD cooperated with five (5) high schools where young people from BMC held a total of **90 workshops among 1858 students**. The workshops were conducted based on the comprehensive and scientifically based methodology of Program Y.



- **Workshops for young people in primary schools**

Due to the pressing need to increase access to a quality violence prevention program for elementary school students, the methodology of Program Y was adapted to Program E, a comprehensive program of violence prevention and promotion of healthy lifestyles for elementary school students. Using the new methodology, trained peer educators held **21 workshops in elementary schools in Sarajevo, in which a total of 400 students participated.**



DEVELOPED STANDARDS OF EXCELLENCE TO ENSURE THE QUALITY OF VIOLENCE PREVENTION PROGRAMS IMPLEMENTED IN SECONDARY SCHOOLS

The **Standards of Excellence** were developed by a working group composed of experts in the field of education, representatives of the ministries of education and IPD. The comprehensive set of criteria that has been developed will enable the spread of good and successful practices of violence prevention programs and the promotion of healthy lifestyles at the high school level in Bosnia and Herzegovina. The criteria are based on Program Y as a science-based comprehensive program to prevent violence and promote healthy lifestyles, which has been declared one of the best educational programs at the world level.

ESTABLISHMENT OF THE FIRST SECTION ON YOUTH HEALTH IN THE BOSNIAN-PODRINJE CANTON - GORAŽDE

After intensive communication and cooperation with the Ministry of Education of the Bosnian-Podrinje Canton, from October 1, 2022, the "Youth Health" Section was established within the Elementary School Mehmedalija Mak Dizdar. From the 2022/23 school year, as part of regular planning activities, a section based on topics from Program E for which teachers were trained as part of the education carried out as part of the project will be realized. The section was included in the school's annual plan and program, which was approved by the Teachers' Council, the School Board, the Pedagogical Institute and the Ministry of Education BPK. The section is conducted among students of the home school in Vitkovići and the regional school in Berić for one hour a week. The initial number of students included is 14, with the intention of increasing the number of students. The students are in grades VII, VIII and IX of this elementary school. In the coming period, IPD will support the work of the Section as part of the project, through increasing the knowledge of young people so that they have the knowledge and capacity to conduct workshops and plan and conduct campaigns within the school.

ANNOUNCEMENT OF THE FIRST SCHOOL OF EXCELLENCE IN SARAJEVO CANTON - SARAJEVO DENTAL TECHNICAL HIGH SCHOOL

In partnership with the Sarajevo Dental High School, and with the continuous support of the Sarajevo Canton Ministry of Education, IPD organized an event that symbolically completed the cycle of capacity building activities that have been carried out over the past 10 years. As a result of these activities, the school's capacity to implement one of the world's 12 best evidence-based educational programs for the prevention of violence and the promotion of healthy lifestyles among young people, "Program Y", was strengthened.

At the Announcement event, the present journalists, students, teachers, pedagogues and parents were addressed by the **mayor of the Municipality of Centar Sarajevo Srđan Mandić**, the **director of the Dental Technical High School Elvira Jašarbašić**, the **regional director of CARE International Balkans Sumka Bučan**, the **senior program officer of the Embassy of Switzerland in Bosnia and Herzegovina Almir Tanović** and director of the Institute for Population and Development, Emina Osmanagić.



In the pictures: Mayor of the Municipality of Centar Sarajevo Srđan Mandić, Director of the Secondary School of Dentistry Elvira Jašarbašić, Regional Director of CARE International Balkans Sumka Bučan and Senior Program Officer of the Embassy of Switzerland in Bosnia and Herzegovina Almir Tanović

Application of a comprehensive socio-ecological and model based on the active participation of communities in the elimination of violence against women in Bosnia and Herzegovina



Donator: UN Women ured u BiH
Trajanje projekta: 1. 7. 2021. – 31. 12. 2023.
Ukupna vrijednost projekta:

ABOUT THE PROJECT

The effectiveness and efficiency of violence prevention programs depend to a significant extent on the duration of preventive activities, their compliance with the needs of the local community, and the application of scientifically based and proven effective methods for which there is evidence of effectiveness. It is extremely important that violence prevention programs address the key socio-cultural factors that contribute to the occurrence of violence. All this is not possible without the direct participation of the community, which includes local institutions and institutions, representatives of non-governmental and other organizations, the media, groups, and individuals who live, work and act there.

However, many institutions or individuals do not have adequate capacities to contribute or actively participate in violence prevention programs. Therefore, the Institute for Population and Development pays special attention to building the capacity of institutions, organizations, groups, and individuals, so that individually and in cohesion with others, they can actively work on the transformation of the environment and the elimination of factors that contribute to the occurrence of violence. From July 2021, the Institute for Population and Development is implementing the third phase of the project to strengthen the capacity of secondary schools, local communities, and religious leaders to independently implement scientifically based and proven effective violence prevention programs based on a holistic and socio-ecological model of prevention.

The application of scientifically based violence prevention programs based on the socio-ecological model of prevention requires 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 that are aligned with the needs of the communities and institutions in which such programs are implemented.

The Institute for Population and Development implements a socio-ecological violence prevention program in cooperation with local partner organizations: Forum Theater from East Sarajevo, Nova Vizija from Novi Travnik, Otaharin from Bijeljina and the Peace Building Center from Sanski Most. Also, the program is implemented in cooperation with the partner institutions Gender Center of the Government of the Republic of Srpska, Gender Center of the Government of the Federation of Bosnia and Herzegovina, the Ministry of Education, Science, Youth, Culture and Sports of the Central Bosnian Canton, and the Ministry of Education and Culture of the Republic of Srpska.

NAJZNAČAJNIJE AKTIVNOSTI I REZULTATI

The comprehensive violence prevention program, which the Institute for Population and Development implements in cooperation with partners, contains three interrelated action strategies, which is presented in the diagram.

Capacity building and opening of 6 schools of excellence for the implementation of scientifically based socio-ecological violence prevention programs

Within the "Schools of Excellence" component, IPD continued to strengthen the capacities of schools to implement one of the world's 12 best curricula for work with young people, "Program Y", which was developed by CARE Balkans in cooperation with the Institute for Population and Development.

In order to define criteria and standards for the formation and assessment of the capacity of schools of excellence, the Institute, in cooperation with the Ministry of Education and Culture of the Republic of Srpska and the Ministry of Education, Science, Youth, Culture and Sports, created two documents that define the criteria for three levels of excellence and represent accreditation and evaluation standards for schools of excellence. These are the first documents of this kind in our country and represent an important basis for developing the capacity of schools that want to apply efficient and effective prevention models, based on evidence. At the same time, these criteria enable the revision of compliance of school activities with local and international recommendations for effective preventive programs and offer space for identifying the needs of schools to be more effective in their preventive activities.

Kreirani su Kriteriji za škole izvrsnosti u Republici Srpskoj i Standardi za škole izvrsnosti u Federaciji Bosne i Hercegovine. Kao rezultat direktnog ulaganja u izgradnju kapaciteta škola u 2022. godini, Institut za populaciju i razvoj otvorio je pet škola izvrsnosti za primjenu naučno utemeljenih i dokazano efikasnih metoda prevencije nasilja u okviru formalnog obrazovanja. Škole izvrsnosti su otvorene u Travniku, Novom Travniku, Istočnom Sarajevu, Palama i Bijeljini, a početkom 2023. godine Institut će otvoriti školu izvrsnosti u Doboju.

Paralelno sa edukacijom u školama, IPD je nastavio pružati podršku radu lokalnih Budi Muško klubova, a koji uključuju mlade u razvoj i provođenje preventivnih aktivnosti. Budi Muško klubovi su realizirali 136 aktivnosti, a više od 2000 mladih je aktivno učestvovalo u aktivnostima klubova. Pored Travnika, Istočnog Sarajeva i Bijeljine, zahvaljujući projektu otvorena su i dodatna tri kluba koja aktivno uključuju mlade iz zajednice u preventivne aktivnosti. Novi Budi Muško klubovi su otvoreni na Palama, Novom Travniku i u Doboju, a lokalni partneri i Institut su osigurali podršku neophodnu da sva tri kluba imaju kapacitet za preventivno djelovanje.

SOCIO-EKOLOŠKI PROGRAM PREVENCIJE NASILJA NA NIVOU LOKALNE ZAJEDNICE ZAJEDNICE KOJE BRINU

"Communities that care" prevention coalitions operate in all six local communities participating in the program. Communities that care (CTC) represent groups of local experts, representatives of local institutions and organizations, the media, groups and individuals, who are united around a common goal: the elimination of violence and factors that contribute to violence. Communities that Care is a strategy development process for local communities that empowers them to use strong evidence of what works in prevention and early intervention to prevent problem youth behavior, based on unique profiles of youth behavioral outcomes and risks, as well as strengthening protective factors in a particular community .

During 2022, the teams of Communities that care from Bijeljina, Travnik and East Sarajevo continued to actively contribute to the prevention of all forms of violence against women in the local communities they represent, while new teams of Communities that care were established in three new locations: Doboj, Pale and Novi Travnik .

In all three cities, expert groups were formed to work on the development of the framework for the establishment and management of the Community Care program in these and new local communities. For each local community, local action plans, media plans and defined modalities of cooperation of local institutions on the implementation of the preventive program were created. The members of the teams in all 6 cities realized numerous activities that mobilized other actors in the local community to actively contribute to the achievement of specific goals for each community. During 2022, as part of the institutionalization of the preventive program in the local community, the partner organizations signed cooperation agreements with the municipalities where the Community Care teams operate. The teams of the Communities they care for initiated and implemented numerous activities during 2022, as part of their efforts to contribute to the elimination of factors for the occurrence of violence. In 2022, the teams of the communities they care for realized numerous campaigns, round tables, professional and public panel discussions, education of young people and adults, and a strong cooperation was achieved with the media, which actively reported on the realized activities of these teams. In order to enable other local communities to apply the Communities that Care model, the Institute started the process of developing tools for planning and implementing the Community that Cares program in Bosnia and Herzegovina.

THE VOICE OF RELIGIOUS COMMUNITIES AGAINST ALL FORMS OF VIOLENCE AGAINST WOMEN

Within the framework of cooperation with religious communities, activities were initiated to strengthen the capacity of representatives of the four most numerous religious communities to actively apply holistic and socio-ecological models of prevention based on the **prevention frameworks developed by religious communities** in cooperation with the Institute within the previous phase of the project.

During 2022, activities were carried out to build the capacity of religious communities in the areas of advocacy, the application of socio-ecological prevention programs, the provision of specialized services for victims, the institutional response to violence, health and mental health in correlation with violence, the role of the media and social campaigns as part of the strategy. violence prevention. By building capacities in the mentioned areas, preconditions were created for a comprehensive response of religious institutions and organizations to the problem of violence in our country.

The capacity-building program of religious leaders is aligned with the priorities and recommendations of the Framework for the active participation of religious communities in the application of the socio-ecological violence prevention program. **Frameworks for prevention** were developed on the basis of international evidence and recommendations, and represent unique documents that clearly state which strategies and to what extent can be applied in order to prevent violence through the engagement of religious communities and affirm that communities contribute to the elimination of violence.

As a result of investments in capacities and the active involvement of partners and religious institutions in the sphere of preventive action, numerous results were achieved:

- Established cooperation with the Interreligious Council in Bosnia and Herzegovina
- Established cooperation with local committees of the Interreligious Council in Bosnia and Herzegovina
- Built capacities of members of local committees and the umbrella organization of the Interreligious Council in Bosnia and Herzegovina
- Established cooperation of partners with the multi-sector team and agreed participation of partners in the work of the Sanski Most multi-sector team
- Established cooperation of partners with the organization United Women Banja Luka and the safe house in Banja Luka
- Established cooperation of partners with Gender Mechanisms in Bosnia and Herzegovina
- Established cooperation of partners with Centers for Social Work
- Religious communities actively participate in marking the 16 Days of Activism against Gender-Based Violence

PARTICIPATION OF RELIGIOUS COMMUNITIES IN THE CELEBRATION OF 16 DAYS OF ACTIVISM AGAINST GENDER-BASED VIOLENCE

On November 25th, the Centar za izgradnju mira (Center for Peace building - CIM) joined the global 16 Days of Activism against Gender-Based Violence campaign, which was revolutionary in many ways. With an engaged team of religious leaders and teachers involved in the project, they created the content of the campaign and agreed that the campaign would be implemented in partnership with the state Interreligious Council (MRV) from Sarajevo. CIM concluded that the implementation of the campaign should be carried out in partnership with MRV, as this will make it much easier for the public to accept the developed messages, and the reach of these messages can be much greater than if the campaign was carried out by CIM alone.

Another great result was the willingness of religious leaders and religious teachers to actively participate in the campaign, which entailed the development of posters with their photos and important messages against violence. The general public reacted positively on social media and strongly supported their efforts to reduce violence by supporting the campaign and campaign slogans.

From November 25 to December 10, CIM published one poster and slogan a day, and the social response to the campaign was revolutionary in many ways. In the comments section on social media, the messages put out by the leaders were strongly supported by the general public and other religious leaders. It is important to emphasize that the key messages of the campaign were:

- Violence is a present problem that affects a large number of women in Bosnia and Herzegovina
- Men are the most frequent perpetrators of violence
- The victim is never to blame
- Every person must raise his voice against violence
- Violence is not an intimate matter

ABOUT THE PROJECT

Donor: IPPF Evropska mreža i MERCK

Trajanje projekta: 01. 01. 2021. – 30.06. 2023

Ukupna vrijednost projekta:

Young people and vulnerable groups in the Western Balkans face a large number of obstacles in accessing services that are important for their mental health, violence and sexual and reproductive health. During the COVID-19 pandemic, they bore the brunt of additional barriers in accessing information, support and care. COVID-19 has shown how fragile national health systems are and highlighted the unpreparedness of countries to deal with health emergencies. The new circumstances and realities faced by the world due to the crisis caused by the pandemic have stimulated the creativity of civil society and other actors to counter these obstacles, and digital outreach and digital support have played a key role that is expanding and becoming ubiquitous in many sectors, from education to health.

Youth Voices, Youth Choices is a project dedicated to learning from the experience of COVID-19 in the Western Balkans to ensure that sexual and reproductive health services and information become more accessible and adapted to young people over a longer period of time, especially for marginalized groups. Lasting from 2020 to 2023, it brings together members and partners of IPPF in Albania, Bosnia and Herzegovina, Bulgaria, North Macedonia and Kosovo, with the support of the Regional Office of IPPF EN.

To bring about structural and long-term change, we will combine advocacy techniques with powerful new narratives and, led by youth, we plan to implement a comprehensive public awareness campaign and influence national and regional authorities to become more active in improving youth services. Multi-stakeholder partnerships will support communication and advocacy initiatives.

MOST SIGNIFICANT ACTIVITIES AND RESULTS

FINALIZATION OF THE RESEARCH REPORT AND IDENTIFICATION OF GOOD PRACTICES IN PROVIDING SERVICES TO YOUNG PEOPLE

During 2021, combining several different methods and technologies, the Institute for Population and Development in cooperation with the research agency Noverna (Greece) conducted qualitative and quantitative research on the access, reach and comprehensiveness of the services that were available to young people before the pandemic, during the pandemic and in the later stages of the pandemic. By combining information from all three time positions, the conducted research provided a better insight into the level of flexibility and readiness of the education and health sectors to provide services to young people in emergency and crisis situations and identify measures and approaches that can be an important factor in improving access to services for teenagers and young people. As part of the conducted research, good, promising and innovative practices were identified, which were presented in national and regional reports. For the national context of Bosnia and Herzegovina, positive practices are summarized in the following priority areas:

- Sexuality education and access to verified and tailored information;
- Maintaining a credible flow of information and services related to SRHR issues;
- Mental health; and
- Sexual and gender-based violence.

The Institute for Population and Development held discussions with young people, health workers, educators, key entity and cantonal decision-makers within the framework of the consultations, and the above-mentioned priority areas were determined as the focus of future advocacy and program activities.

EXPERT GROUPS AS IMPORTANT ALLIES IN IMPROVING YOUTH HEALTH

In order to provide a quality response to the challenges faced by young people in our country, members of two expert groups play an important role in defining key priorities, developing an advocacy platform and implementing advocacy activities: the youth expert group and the expert group made up of professionals from cantonal and entity education, health and other relevant institutions. Both groups actively participate in the review and validation of research findings, determining key health and educational priorities, and during 2022 an important step forward was made and both groups actively participated in the development of practical policies that are the basis for implementing the advocacy program. During 2022, the Institute developed **three Policy documents**:

- Improving sexual and reproductive health services, improving access to mental health services and responding to gender-based violence during and after COVID-19 for young people (Health)
- Improving the health of young people through a system of formal and informal education with a focus on marginalized groups (Education)
- Improving sexual and reproductive health services and improving access to mental health services and responding to gender-based violence in emergencies (health and education)

During 2022, the Institute devoted special attention to building the capacity of young people who are members of the youth expert group to design, develop and implement advocacy, information and public awareness campaigns on important health issues that are significant for young people and our society as a whole.


MSD REGIONAL EVENT FOR MOTHERS EVENT - 10 YEARS CELEBRATION

In May 2022, the Institute for Population and Development attended and participated in the regional MSD event for mothers Event - marking 10 years of activity. The event was attended by Emina Osmanagić and Feđa Mehmedović as representatives of IPPF EN MA from Bosnia and Herzegovina and Mrs. Aida Pilav, representative of the national expert group (Bosnia and Herzegovina) and member of the regional expert group established within the YVYC project. Together with other partners, IPD representatives presented key research findings and key strategies that IPD will implement to address the key barriers young people and marginalized groups face in accessing SRHR, mental health and GBV services.

VOICE OF THE YOUTH IN THE EUROPEAN PARLIAMENT

In cooperation with IPPF EN and partner organizations, members of the youth expert group and representatives of the Institute for Population and Development participated in a high-level advocacy meeting, which was held in Brussels on October 26, 2022, in the premises of the European Parliament.

Representatives of the European Parliament showed interest in providing support for the improvement of the position of young people, emphasizing their determination to contribute to solving the key problems identified by the research previously submitted to them.



Young people and members of the expert group from Bosnia and Herzegovina and the region talked about the needs and problems of young people from their own point of view, as well as that of the peers they represent, and proposed concrete measures and modalities of support that European parliamentarians can take in order to support solving access problems at local levels. mental health, sexual and reproductive health and sexuality education services.

The meeting represented a key opportunity for European parliamentarians to become familiar with the regional policy document that addresses youth problems both specifically for each country and in the regional context.

REVITALIZATION OF THE PARLIAMENTARY GROUP FOR POPULATION AND DEVELOPMENT


From December 2021, the Institute for Population and Development in cooperation with the United Nations Population Fund (UNFPA) is actively working on the revitalization and definition of new priorities that will be dealt with by the Parliamentary Group for Population and Development after its re-establishment. In December 2022, efforts to re-establish the PGPD group were intensified and an important two-day meeting was held "Revitalization of the Parliamentary Group for Population and Development and Implementation of the Agenda for Sustainable Development 2030 in Bosnia and Herzegovina PGPD". The event was organized by the UNFPA office in Bosnia and Herzegovina, and was held in Jahorina from December 8 to 9, 2022. This event was part of the annual session "Population Dynamics, Human Capital and Sexual and Reproductive Health in Bosnia and Herzegovina". IPD as well as other institutional partners of UNFPA contribute to the revitalization of the parliamentary group for population and development and these sessions are part of the revitalization process.

STRENGTHENING THE COMPETENCES OF YOUNG PEOPLE AND CARRYING OUT THE "HASHTAG" CAMPAIGN

During 2021 and 2022, exceptional efforts were made to build the knowledge and skills of young people participating in the project, united in the "Youth Expert Group". During 2022, EGM members participated in basic and advanced advocacy training, analyzed and validated advocacy content, documents and practical policies. In the second half of 2022, young people successfully completed training in the field of development and implementation of social campaigns, and the young people used the acquired knowledge and skills when creating the visual identity of the campaign, the name and slogan of the campaign. Young people also received advanced training in the field of video and photo content development and processing. They used the acquired knowledge and skills to develop photographic and multimedia content that was used during the implementation of the youth mobilization campaign and raising public awareness of the needs of young people and the importance of caring for their health and well-being. The fact that all content is designed and created by young people, and as a result of investing in the development of their knowledge and skills, proves that the Voice of the Youth project, the choice of young people really places young people at the center of its activities and young people represent the core and basis of the socially transformative action on which the program is based.

CELEBRATING WORLD MENTAL HEALTH DAY

On October 10, IPD and members of the Youth Expert Group, together with an IPD psychologist, held an interactive session and campaign at JU Druga Gimnazija. Both activities were organized as part of the celebration of World Mental Health Day and the promotion of YEG among secondary schools. The initial part of the session was focused on introducing young people to the conducted study and the prepared report, and on the discussion on how important mental health is for overall health and well-being, how gender violence and other forms of violence can affect mental health, what is the connection between sexuality and mental health and how these two interact, why it is important to seek help/support and what services are available relevant to young people. The second part of the session was in the form of a panel, where YEG members and a psychologist discussed some of the report's findings and proposed solutions. The third part of the session was devoted to the introduction of YEG and IPD. This was a great opportunity to meet new young people and recruit new members who will participate in the project and YEG. A total of 74 participants attend this event.





LESSONS LEARNED / RECOMMENDATIONS / CONTINUED

- Digital tools can have practical applications in the provision of counseling services, including psychological counseling
- Young people and users of psychotherapy services during the pandemic emphasized that the provision of psychotherapy services through ICT opens up many opportunities for users and is recognized as an example of good practice
- In order to provide children and young people with unhindered access to psychological counseling services, it is very important to work with parents because young people state that parents are the key obstacle in accessing the aforementioned services.
- Young people, especially young people from marginalized groups, face challenges in accessing health and education services about sexuality, sexual health, violence and mental health.
- Health and educational institutions do not have developed capacities to provide comprehensive services to young people in times of crisis

"I think that in situations like COVID-19, it is important that the authorities and health workers have a ready response. It is equally important that in these situations they "leave no one behind". Therefore, we must focus even more on health and ensure the availability of services for vulnerable groups. The next thing governments and health professionals could learn is that online tools are very important and can be useful." - **TIMUR JUKIĆ, EDUCATOR AND MEMBER OF YOUTH EXPERT GROUP IPD**

"In terms of overall SRHR education before and during COVID-19, I was very uneducated. At the time, I was 14 years old, so I found personal education about SRHR a very shameful and taboo subject. I was kid and I didn't know that it was completely normal to talk about it and that the topic had to be addressed then. I live in a country where it is usually "weird" to talk about SRHR education, especially at the age I was then, so I thought that I should be removed from that thread. I was very uninformed and took minimal care of it, especially during COVID. It was a very difficult time for everyone and I was still finding myself so it was really hard for me to set priorities in the right place, especially when everything is closed; I did not have access to any education about SRHR.

Unfortunately, nothing has changed for the better during the pandemic. I was still a kid and it was a taboo subject for me and I was very uninformed. Fortunately, after the pandemic, I started to realize that sexual and reproductive health is completely normal to talk about and that it is a very important topic to talk about. I try to help anyone who feels insecure talking about this topic to understand that it is not a taboo topic, as I thought as a 14-year-old, but is actually a very important topic that needs to be discussed openly. I feel confident in my body and make sure I have access to as much SRHR education as I need. I take care of myself in terms of health care and since then I feel much better, happier and safer." - **LANA KOMŠIĆ, EDUCATOR AND MEMBER OF THE EXPERT GROUP IPD**

Mental health project in Bosnia and Herzegovina (MHP in Bosnia and Herzegovina)

Donor: Government of Switzerland

THE MOST SIGNIFICANT RESULTS ACHIEVED IN 2022 WITHIN COMPONENT 1:

During 2022, significant activities continued in the preparation and revision of the legislative framework that ensures the quality and continuity of care, and the following documents were prepared:

1. Action plan of the Prevention Program in the field of mental health in the Republic of Srpska
2. Rulebook on standards for accreditation of healthcare institutions in the Republic of Srpska
3. Rulebook on the accreditation procedure of health care institutions, content and method of keeping the register of accreditations granted to health care institutions in the Republic of Srpska.
4. Preliminary draft of the Law on the Protection of Mental Health of the Brčko District of Bosnia and Herzegovina
5. Professional basis of the Rulebook on the protection of mental health at the primary level of health care in the Federation of Bosnia and Herzegovina
6. Professional basis of the Rulebook on the standard of education, content and method of performing psychotherapy within the framework of health care in the Federation of Bosnia and Herzegovina
7. Professional basis of the Rulebook on the type and method of application of coercive measures against a person with severe mental disorders in the Federation of Bosnia and Herzegovina
8. Draft Program for the Protection and Improvement of Mental Health in the Federation of Bosnia and Herzegovina for the next 3 years.

In order to ensure the obligations of Bosnia and Herzegovina in the field of international reporting, the reporting forms in both entities were revised in accordance with the reporting needs for the ATLAS OF MENTAL HEALTH, a publication of the World Health Organization (WHO).

The number of persons who received MH services in the community in 2021 (the last reporting year) is **69,370** (M 31,978, F 37,392), of which a total of 38.63% are persons with severe mental disorders.

During 2022, 15 CZMZs were reaccredited, which means that a total of 72% of CZMZs (that is, 51 out of a total of 71 CMZs) at the BiH level provide gender-sensitive services in accordance with mental health accreditation standards, including evidence-based planning and work.

The total number of users of mental health services, from accredited CMZs, who were referred for hospital treatment decreased by 8% in the monitoring period (2015-2022), which is a direct indicator of a greater range of support for users in primary mental health care.

During the year 2022, the education of professionals for evidence-based service management was conducted for a total of **158 professionals** (Female 127, M 31), of which 112 are in the Federation of Bosnia and Herzegovina and 46 in the Republic of Srpska, from **53 primary health care institutions and 18 secondary level institutions**.

In the observed period, the **Analysis of monitoring the implementation of the Joint Discharge Planning Model for users of mental health services in Bosnia and Herzegovina** was completed. Data on the application of the Model from a total of 18 hospital institutions, 5 inpatient institutions that directly cooperated with 68 CMZs, and 53 centers for social work were analyzed.

It can be concluded that, despite the heterogeneity in approaches, the Discharge Model began to be implemented and had a solid application in practice during the monitoring period, and most hospital institutions adopted a new way of communicating with community services (CSR and CMZ). as a basis for further improvements in intersectoral cooperation. Based on the Analysis, a **Manual on continuity of treatment and care** was prepared - a recovery-oriented approach with user involvement.

In 2022, **two central advocacy events** were held in the form of a symposium for managers of health institutions in Bosnia and Herzegovina (Banja Luka, May 24, 2022; Sarajevo, May 26, 2022) with the theme "**The future of health in the community - challenges and priorities until 2030**", the total number of participants was 144 (M 55, F 89).

At the symposia, which were attended by directors of health centers, heads of centers for mental health protection, lawyers from health centers, representatives of the Government of the Brčko District, representatives of the Health Center of the Brčko District, the Federal Ministry of Health, the Ministry of Health and Social Protection of the Republic of Srpska, cantonal ministers ministries of health, representatives of donors, the Parliament of BiH, the Health Insurance Fund of the RS, representatives of associations, agencies, representatives of AKAZ and the Institute of Public Health, the key results of the reform in mental health, in the field of mental health services in the community, were presented, and the main challenges were identified in front of all actors that the achieved results are maintained and continued.



THE MOST SIGNIFICANT RESULTS ACHIEVED IN 2022 WITHIN COMPONENT 2A:

SUCCESSFUL APPLICATION OF COORDINATED CARE AND ENSURED LONG-TERM POSITIVE EFFECTS

Interventions within this outcome have so far successfully led to achieving better results than planned, as evidenced by the number of beneficiaries involved in coordinated care, which is already higher than the target indicator for the project phase (3,894 beneficiaries in coordinated care compared to the targeted 3,452). In 2022, 213 new users (Female=114, M=99) were included in the coordinated care. Interventions to strengthen the capacity of professionals, primarily in CMZs, are focused on establishing a mental health system that will support the prevention of mental problems, psychosocial rehabilitation and recovery and ensure long-term effects for individuals and their families, as well as the quality of services provided by CMZs in BiH. The project continued to provide support and monitor the implementation of coordinated care in CMZs in BiH.

Monitoring the recovery of beneficiaries involved in coordinated care is one of the most significant indicators of the overall goal of the project. A total of 380 respondents (N=190 users and N=190 staff) participated in the assessment of disease monitoring and recovery during 2022. At the level of the total sample (N=380), recovery is estimated by 75% of respondents.

As part of the activity of providing support in the application of coordinated care, a third additional three-day education from KB was organized from April 5 to 7, 2022, for 41 professionals, members of multidisciplinary teams (psychiatrists, psychologists, social workers, nurses/technicians, residents psychiatry, occupational therapists, speech therapist) who had not previously undergone this training (Female 34, M 7) from 19 CMZs in BiH.

In all three phases of the Mental Health Project, a total of 272 visits were made to 74 CMZs in BiH. On-site visits have proven to be the best way to support the centers in implementing coordinated care, and they give the project team a more complete picture of the real state and way of functioning of the CMZs and the current difficulties faced by individual CMZs. From the supervisor's report, it can be concluded that the greatest effects of coordinated care are still the reduction of re-hospitalizations and better recovery and rehabilitation of users.

INDIVIDUAL RECOVERY PLAN (IPO) - COOPERATION WITH SOCIAL PROTECTION INSTITUTIONS IN BIH

As part of the activities of providing support in the application of the individual recovery plan (IPO) at the workplace (on-site visits), in the period from February to March 2022, 8 social protection institutions/long-term accommodation in BiH were visited (4 in FBIH and 4 in RS). For the visits, 8 trainers/supervisors from the IPO were hired, who worked in teams, and the visits lasted two days. On-site visits have again proven to be one of the best ways of providing support in implementing the training learned in the workplace. As part of on-site visits to social welfare institutions, an assessment of the satisfaction of beneficiaries involved in the IPO was carried out using the CSQ-8 questionnaire. Results of the analysis of completed questionnaires (N=40, F 22 (55%), M 18, (45%)) M=3.32 (on a scale from 1 to 4).

Also, two three-day educational-supervision workshops from IPO were held, a total of 55 participants (Female 46, Male 9) from social protection institutions/long-term accommodation took part in the workshops. The goal of the educational-supervision workshop is to overcome individual difficulties and obstacles that employees from these institutions encountered when implementing and monitoring the IPO. Also, the goal was to provide educational content in order to strengthen the competences of the staff of the mentioned institutions in working with users.

In order to prepare for the supervisory educational workshops, we collected 55 case reports from the staff which passed the IPO training in the form of a presentation, of which we selected 16 and which were shown on group supervision.

The total number of beneficiaries included in the IPO application program in social protection institutions and for long-term accommodation of beneficiaries in BiH is 66 (Female 36, Male 30). 88 respondents (N=44 users and N=44 staff) participated in the assessment of disease monitoring and recovery during 2022, the first measurement shows a high degree of recovery (user self-assessment over 87% and staff assessment 92%).



MENTAL HEALTH PREVENTION AND PROMOTION PROGRAMS INCLUDE MULTISECTORAL APPROACH AND ARE BASED ON COMMUNITY NEEDS

In partnership with entity IJZ/ZZJZ and CMZs, the program: "Cooperation of mental health centers and family medicine services with the aim of timely detection of depression and anxiety in the adult population" is implemented. This program is implemented in both entities, in partnership with 10 DZs in 10 local communities per entity. The project covers 20 CMZs and 60 family medicine teams in Bosnia and Herzegovina. At the level of both institutes implementing the PP program mentioned above, 15 new CMZs were included, which had not implemented this program before. The total number of professionals who received training in 2022 for the implementation of the PP program is: 23 (1 M, 22 F). The number of people from the general population who were screened in family medicine is 2756 (M 948, F 1808), of which 1161 people had a critical score on the scale of depression and anxiety and were referred for treatment in the CMZ. The total number of screened persons in the implementation of this program in the last 5 years is 4488 (M 1490, F 2998).

The project was supported by the Faculty of Philosophy of the University of Banja Luka in establishing the psychological counseling center of the University of Banja Luka. During November and December 2021, the faculty conducted research on a sample of 793 students of the University of Banja Luka from all organizational units. The results showed extremely high indications of various psychological problems that are operationalized as moderately or extremely present characteristic symptoms. With the establishment of such a counseling center, students began to receive free adequate psychological help and treatment through an organized approach, but they will also have the opportunity to acquire adequate knowledge, encourage personal development and strengthen their own potential, and they themselves will contribute to promoting the importance of mental health.

So far, the activities of establishing the Psychological Counseling Department of the University of Banja Luka, promotion of counseling, selection and promotion of psychotherapists who will provide services to students and supervision of psychotherapists have been successfully completed.

The association "PERSPEKTIVA PLUS" is implementing the project "Preserving the mental health of the elderly during the COVID-19 pandemic". The activities were carried out with elderly people who come to the Active Aging Club "Aktiva" in East Sarajevo (N 30, Ž 26 and M 4).

Also, an interactive preventive program "Because of you, because of us" was piloted, which is intended for children of high school age. The program was implemented in 8 local communities in cooperation with CMZs and secondary schools. 23 professionals from 8 CMZs and secondary schools were trained as trainers. The program was successfully implemented twice, and included 350 students (Female 191, Male 159) from 8 secondary schools.



THE MOST SIGNIFICANT RESULTS ACHIEVED IN 2022 WITHIN COMPONENT 2B:

EDUCATION OF PROFESSIONALS FROM SOCIAL PROTECTION INSTITUTIONS FROM OCCUPATIONAL THERAPIES IN MENTAL HEALTH

With the great support of the Federal Ministry of Health and the Ministry of Health and Social Protection of the Republika Srpska, and by expanding cooperation with the competent ministries of labor and social policy, after the creation of the curriculum "Intensive course in occupational therapy in mental health for professionals in the social protection system", an extensive process was completed training of 53 professionals from social institutions (W 42, M 11). The mentioned number of 53 professionals includes 34 educators in FBiH and 17 educators from Republika Srpska and one educator from Brčko District.

The education was organized in 5 modules (each module is realized in five days of lectures and exercises), and the intensity of the organization of the modules was on a monthly basis. There was continuous communication with the appointed participants for the purpose of their mastering the knowledge as easily as possible. A social network was created using e-mail, Viber and Facebook groups, and continuous and intensive communication was achieved with all participants of the education.

The evaluation of satisfaction with education for all 5 modules showed that 99.2% of the participants thought that the topics were adequate and that the content that was conveyed to them could be applied in practice.

Through the practical part of the education, educators applied their knowledge directly in working with service users, and by August 2022, that number was 873 users/residents. The evaluation of goal setting after module 5 showed that 95% of educators correctly set goals for a particular case, which shows a good result in mastering the knowledge and skills of education participants. Each education 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 the aforementioned institutions.

Furthermore, in the past year, we implemented tenders for the procurement of sets of materials and equipment for OT, and 24 basic packages were provided for 18 social protection institutions/mental health institutions (in FBiH 15 packages for 10 institutions, mostly social protection, and in RS 9 packages for 8 institution) for the needs of occupational therapists who are involved in the education of an intensive course in working with their patients/users, which is a significant support for further work in OT in these institutions.





Realization of 5 intensive course modules in occupational therapy for professionals in the social protection system

STRENGTHENING THE KNOWLEDGE CAPACITY OF PSYCHOLOGISTS AND TEAMS IN INSTITUTIONS OF MENTAL HEALTH IN THE FIELD OF CHILDREN'S MENTAL HEALTH AND ADOLESCENTS AND SOCIAL WORKERS FOR WORK WITH FAMILIES

52 professionals (F 43, M 9), of which 21 psychologists from the FBiH, and 31 professionals from the teams of mental health centers from the RS during 2019-2021. year has received formal training to work with children and adolescents. This training covered 30 mental health institutions, most of them from mental health centers (FBiH 21 mental health centers, RS 12).

In 2022, 19 out of 21 (F 16 and M 3) educators from the Federation of BiH and 19 out of 31 (F 17 and M 2) educators from Republika Srpska.

The process of education in systemic family therapy was realized through 8 education modules divided into two years (time extended due to the COVID-19 pandemic). Out of 27 (F 25 and M 2) social workers employed in mental health centers who attended the complete educational process, 25 of them (F 23 and M 2) (17 in FBiH and 8 in RS) took the final exam and passed it. thereby fulfilling all the requirements for obtaining the title of systemic family counselor. 10 educators from the education sector who took joint participation in the teaching process also passed the exams and thus contributed to the strengthening of the network of system-family counselors.

For World Mental Health Day, October 10, 2022, ceremonies were held in the amphitheater of the Faculty of Medicine of the University of Zenica and the Clinical Center of the University of Banja Luka with the aim of increasing the population's awareness of which preventive interventions in mental health work and on which way each of us can get the necessary mental health service, and certificates were awarded to the first generation of child and adolescent psychotherapists and certificates of systemic family counselors from social institutions.



Celebrating World Mental Health Day and awarding certificates to trained therapists

THE SENSITIZATION OF THE MEDIA IN REPORTING ON MENTAL IS INCREASED GOOD LUCK

Through a series of activities, the project simultaneously fights against stigmatization and discrimination of people with mental disorders and creates more favorable conditions for their integration and better quality of life.

In the past period, the Project produced the manual Guidelines on Ethical Reporting on Mental Health, intended for media workers and workers in the field of mental health. The purpose of this publication is to offer better, more correct and correct terms used in mental health and psychiatry, to offer a better context in which to talk about mental health and disorders, and to improve cooperation between professionals. Achieving these goals directly affects raising public awareness and promoting respect for the rights and dignity of persons with mental disorders and their integration.

As a final activity in this area, a Guide for cooperation when reporting on mental health was created. The document was created with the purpose of promoting the provision of accurate information and raising awareness among the general public about mental health issues in order to combat discrimination and stigma and facilitate the integration and support of people at increased risk for mental health. The cooperation guide is a document that gives a better insight into the current situation when it comes to reporting on mental health, as well as offering ideas and solutions on how to improve the quality of reporting on this sensitive topic. Aimed at three key stakeholders, namely media workers, health professionals and people with mental disorders. The guide for cooperation when reporting on mental health highlights, promotes and advocates positive ways of reporting on mental health topics, and directs the focus of reporting towards promotional, informative and educational content. In this way, the document represents a step forward compared to the previously prepared document, which is a set of guidelines on ethical reporting.

STRENGTHENING 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 ultimate goals of the Mental Health Project in BiH. Users play a primary role in this very important process, therefore the Project continuously implements activities that directly strengthen the healthy capacities of users and the capacities of user associations. Through regular programs, strengthening the capacity of users and user associations, and increasing the social inclusion of people with mental disorders in 2022. 482 (M 193, F 289) users were directly involved through various programs.

In the course of 2022, collaborative programs of social inclusion and physical health protection with user associations, social protection institutions and health institutions (17) were implemented and are being implemented: "EKO-EHO" Banja Luka, "Dolac" Banja Luka, "Menssana" Sarajevo, "Neuron" Odžak, "Tavan" Sarajevo, "Most" Vitez, "Zajedno" Banja Luka, "Life with Down Syndrome Association FBiH", "Mila" Gračanica, "Glasno s razloj" BiH, "Djetelina" Maglaj, DZ /CMZ Travnik, JU Institute for the Care of Mentally Disabled Persons Bakovići, JU Institute for the Care of Mentally Disabled Persons Drin, JU Special Hospital for Psychiatry Modriča, Home for Persons with Disabilities Prijedor and JU Center for Education and Upbringing and Rehabilitation of Hearing and Speech.

Kroz projekte sa udruženjem Menssana DRC u 2022.godini je **7 korisnika/ica (Ž 6, M 1)** ostvarilo radnu integraciju.

In this reporting period, 27 users (M 14, F 13) completed the e-training of the World Health Organization on mental health and human rights "Quality Rights" and education organized by PMZ. Through user education organized by user associations and PMZ (Sarajevo, Gračanica, Odžak and Fojnica), 427 users (M 169, Ž 258) were supported in advocating their rights, i.e. they were trained by user trainers in the field of Human Rights. The total number of beneficiaries who were supported in defending their rights is 454 (M 183, F 271).

As part of the activities aimed at destigmatization, strengthening the capacity of users and promoting recovery, the training of the Public Speaking Office was conducted. The final cycle of training was finalized in 2022 with a group of 17 users (10 women, 7 men) who shared their personal story of recovery with different groups and thereby influenced positive changes in the direction of support in the empowerment of users and treatment that prioritizes human rights.

In this period, support was provided to the initiative to open another user association "Djetelina" from Gračanica.





MODELS FOR THE INTEGRATION OF PERSONS WITH MENTAL DISABILITIES IN THE COMMUNITY CREATED

As part of the development of the work integration model, the project developed and implemented three different models with partners, primarily through experience:

- work engagement through social entrepreneurship
- engagement through self-employment
- rehabilitation work engagement within the association.

The project is dedicated to strengthening the possibility for people with mental health problems to be integrated at work, either through creating an employment model or raising personal capacities, knowledge and abilities that will enable them to be employed. For this purpose, the document "Employment Models" was prepared, which includes an analysis of the possibilities and a description of the developed employment models. Also, the document Employment models in its content offers the legal assumptions of employment of persons with disabilities in Bosnia and Herzegovina, employment in the context of international documents in the field of mental health protection and human rights, a description and derived basic principles of employment of each of the mentioned models applied by the Project.

Through professional orientation programs, which include vocational training and retraining, support is provided to individuals to enable them to acquire the skills they need to increase the possibility of employment or work engagement in accordance with their potential and preferences. The total number of people supported through the process of acquiring formal education - retraining, additional training, schooling, lifelong learning is N 6, of which M 2, F 4.

PMZ, in cooperation with the consulting firm Agroideja, implements a program whose goal is the production of fresh fruit and vegetables, i.e. other handicrafts that would be used for own needs, and partially marketed in an organized manner. Based on team visits of PMZ to social protection institutions and initial assessments of needs and capacities, and after additional visits and discussions by consultants, two institutions were selected with which this program will be implemented, namely: JZU Special Hospital for Psychiatry Sokolac, JU Zavod for caring for mentally disabled children and youth Pazarić. In this way, we want to provide support to the users of the institutions, but also to the institutions themselves in improving working conditions. In this domain, we are not talking about work integration of users as much as about work therapy, but the benefits of establishing this cooperation for both users and institutions are unquestionable.

2 million people were informed about the activities of the Institute for Population and Development through domestic and regional media

The transparency and flow of information in the previous work of the Institute for Population and Development has been ensured through the support of domestic and regional media. Although BiH the media scene is characterized by an extremely large number of media houses, the Institute managed to position itself as a reliable and professional partner and collaborator in the field of health on the media scene of Bosnia and Herzegovina.

The media have been reliable partners of the Institute for many years, supporting programs and projects of general social interest, as well as information about everyday services, which they disseminate to the public through their channels. About the Institute for Population and Development and its project activities, 340 unpaid TV and radio reports, broadcasts and texts were published on web-portals in a positive and inspiring way, portraying the Institute and its activities, as well as donors, government institutions and partners. The Institute for Population and Development was mostly reported by journalists from web portals and electronic media, but there was no lack of support from print media or news agencies. Interest in program areas and project activities of the Institute was shown by public RTV services and private B&H. and regional media outlets.

The total number of people who received information through the media in the past year is two million. Current topics of general social interest, implemented by the Institute in the past year, were channeled through the website, and social networks (Facebook, Twitter, Youtube and Instagram) made a great contribution to daily communication with those who follow and actively participate through interaction. in our work. Useful and service information reached every home in our country.

In the course of 2022, the number of people who saw the contents of the Institute for Population and Development through these communication channels is 527,928. So far, the Institute for Population and Development has registered 26,000 followers and three million views on social networks.

