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DEUTSCHE ZUSAMMENARBEIT

Preventing and Combating Trafficking in Human Beings in the Western Balkans Region (PaCT)

Approach: Mental Health and
Psychosocial Support (MHPSS)
in Reception Centers



PROJECT OVERVIEW

On behalf of the German Federal Ministry for Economic Cooperation and Development (BMZ), the **Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ)** is implementing the regional project "Preventing and Combatting Trafficking in Human Beings in the Western Balkans (PaCT)". The project advises public authorities and civil society organizations (CSOs) in the Western Balkans on how to establish the underlying conditions to improve the situation for (potential) victims of human trafficking.

The strategic partner of the project is the **Migration, Asylum, Refugees Regional Initiative (MARRI)** – the regional intergovernmental organisation on migration – with its Regional Centre in Skopje, North Macedonia.

The two main target groups of the project are migrants and refugees in the Western Balkan region and vulnerable groups from the Western Balkans who are particularly at risk of being trafficked such as, for example, members of the Roma minority.

PaCT four fields of action:



Prevention:

Making vulnerable groups more resilient to the risks of human trafficking



Protection:

Better identifying (potential) victims of human trafficking



Partnership:

Improving coordination and cooperation between different institutions and referral mechanisms



Support services:

Offering education and training as well as advisory services in the area of mental health and psychosocial support tailored to the requirements of the target groups

APPROACH: MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT (MHPSS) IN RECEPTION CENTERS

01 Direct support and assistance to refugees, asylum seekers and migrants

Providing MHPSS in Reception Centers in Serbia and Bosnia and Herzegovina is the core focus of this approach. Through cooperation with the NGOs "World Vision" and "Zene sa Une" from Bosnia and Herzegovina, as well as the "Group 484" and the "Association for Sexual and Reproductive Health (SRH)" from Serbia, the PaCT project offers diverse types of educational, occupational, and recreational activities, as well as awareness raising and counselling services directly to refugees, asylum seekers and migrants in reception facilities.

02 Introduced MHPSS approaches

PaCT supports its NGO partners to develop tailored and context specific MHPSS approaches and strengthens their capacities to implement them.

- Monitoring and evaluation of the wellbeing of refugees and migrants on the move

Tools and models for the measurement of the efficiency of MHPSS interventions

- Gender sensitive approach

Incorporating and addressing specific gender needs, interests, and vulnerabilities, especially those of young men and boys as well as LGBTIQ+ people as a typically under-served vulnerable groups in the migration context

- Digital approach: e-counselling platform and e-learning

Using digital technologies to widen the spectrum of services, focusing on information exchange, counselling, and education

- Art Therapy, psychosocial counselling, and coaching: the Points of You method

Creative tools to support meaningful communication and personal development

- Peer to peer support – Refugee to refugee programme

Supporting active engagement of refugees, migrants, and asylum seekers in programmes

- Gardening

Gardening as a therapeutic tool, addressing issues of mental health and belonging

- Staff care

Integration of staff and self-care measures into the work of partner organizations

03 Networking

Networking on a regional, but also international level is an important aspect of the work, so the partner organizations are, in addition to regular exchanges among themselves, involved in the work of the Consortium on Refugees' and Migrants Mental Health (CoReMH) and in an exchange with the German Association of Psychosocial Centers for Refugees and Victims of Torture (BAfF). The networking is mainly focused on the exchange of lessons learnt and good practices for the sake of improving and updating support services.

BENEFITS

The main benefits from the implementation of this approach are:

- Developed and introduced tailor-made and context specific MHPSS approaches, including digital services
- Provided MHPSS to refugees and migrants in reception centers
- Increased awareness on trafficking risks and available services
- Increased knowledge of service providers and accountability for the affected population
- Enabled networking and exchange of experiences regionally, but also internationally

RESULTS

- More than 3.500 people have benefited from provided MHPSS services in the reception centers in Serbia and Bosnia and Herzegovina
- More than 12.000 services were delivered to beneficiaries in the reception centers in Serbia and Bosnia and Herzegovina

PUBLICATIONS

- Monitoring and Evaluation of the Wellbeing Toolbox for assessing the wellbeing of refugees and migrants on the move
- Handbook on preventing trafficking when working with young men and boys in a migration context (a gender sensitive approach to human trafficking)
- Report "Towards more effective inclusion of LGBTI+ refugees in service provision in the Western Balkans"
- Handbooks for improving digital skills in delivery of services to people on the move: online facilitation, e-learning platforms, and collaboration tools
- Manuals for Practitioners: Points of You and Art Therapy

**MHPSS
activity in
a reception
centre**



**Art
therapy
session**



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On behalf of BMZ

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