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DEUTSCHE ZUSAMMENARBEIT

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

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Approach: Mental Health and  
Psychosocial Support (MHPSS)  
in Shelters



## 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 SHELTERS

With the MHPSS in Shelters approach we are supporting victims of trafficking who are accommodated in safe public and private accommodation facilities. The approach is focused on improving the situation of victims of trafficking by implementing adequate strategies to protect their mental health, as well as by providing assistance to the service providers to develop and implement tailored and context specific MHPSS services. The approach is applied at locations where victims of trafficking are housed, immediately after their admission, as an integral part of the initial systematic assessment.

### 4 APPROACHES

#### 01 Self-support to the service providers

**Target group:** Service providers

**Focus:** Prevention of burnout syndrome and stress

**Activities:** Supervision, trainings, peer to peer support, coaching

#### 02 Child-friendly approach for potential victims of trafficking

**Target group:** Children that are potential victims of trafficking

**Focus:** Prevention of mental and behavioural disorders

**Activities:** Training for staff/ professionals on how to conduct interviews with children, how to create materials to work with children as well as on how to apply art and game methodologies

03

Adult potential victims of trafficking: approach adapted to professionals who are not psychotherapists (social workers, special pedagogues, psychologists, etc.)

**Target group:** Potential victims of trafficking (adults)

**Focus:** Prevention of mental and behavioural disorders

**Activities:** Innovative methodology, and creative tools developed in art therapy, as well as interventions through coaching

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Adult potential victims of trafficking: approach tailored for professionals who are psychotherapists

**Target group:** Potential victims of trafficking (adults)

**Focus:** Counselling and psychotherapy

**Activities:** Various psychotherapies, counseling, trainings, supervision

## MAIN PURPOSE OF THE APPROACH

The approach aims to improve the assistance and protection to victims of human trafficking in the region through improved mental health and psychosocial support in shelters.

- Prevention, i.e., empowerment to achieve a better quality of life and easier and more successful coping with life circumstances
- Providing assistance in overcoming, accepting and coping with life circumstances and previous experiences as well as assistance in realizing personal potentials
- Treatment, i.e., elimination or alleviation of mental problems
- Given that mental health interventions can reduce the burden and improve the quality of life of victims of trafficking, these services include:
  - Assessment of the victims' mental health
  - Activities aimed at prevention of mental and behavioural disorders
  - Psychological support

# TARGET AUDIENCE

The MHPSS approach targets professionals working in shelters and victims of trafficking. PaCT is currently working with eight shelters in the region.

# EXPECTED RESULTS

We have supported activities in the region on the following topics:

01

4 MHPSS approaches are developed and tested in 8 shelters

Enabled exchange on regional level among professionals and non-professionals working in shelters

02

03

Developed minimum standards for delivery of MHPSS services and capacitated shelter staff to implement them

More than 200 beneficiaries received tailor-made MHPSS services

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On behalf of BMZ

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