



Before we begin to watch this video, we would like to warn you that this piece contains sensitive content

# Background

Russia initially invaded Ukraine on February 22-23, 2014  
with a further full-scale invasion on February 24, 2024



Russian-controlled Ukrainian Territory before February 2024



Assessed Russian-controlled Ukrainian Territory as of October  
29<sup>th</sup>, 2024

# Impact of war on Ukraine's Healthcare System



<https://www.pravda.com.ua/eng/news/2024/05/27/7457854/>  
[https://en.wikipedia.org/wiki/Armed\\_Forces\\_of\\_Ukraine](https://en.wikipedia.org/wiki/Armed_Forces_of_Ukraine)

- **Active-duty military personnel:** ~1,260,000 in 2024.
- **Veteran population:** ~1.2 million in 2023, projected to rise to 5-6 million including family members post-war.

## Healthcare System Adaptations

- Urgent adaptations to address the needs of military personnel and veterans.
- Focus on both physical rehabilitation and psychological support.





# Veteran Mental Health Needs

- Approximately 40-50% of veterans require mental health support in Ukraine.

How to help and heal the “mental health scar”?



<https://kyivindependent.com/lesser-known-casualty-of-war-ukrainians-mental-health/>



VMHCE

# **VETERAN MENTAL HEALTH CENTER OF EXCELLENCE IN UKRAINE**

9th November 2024.

Gospić, Croatia



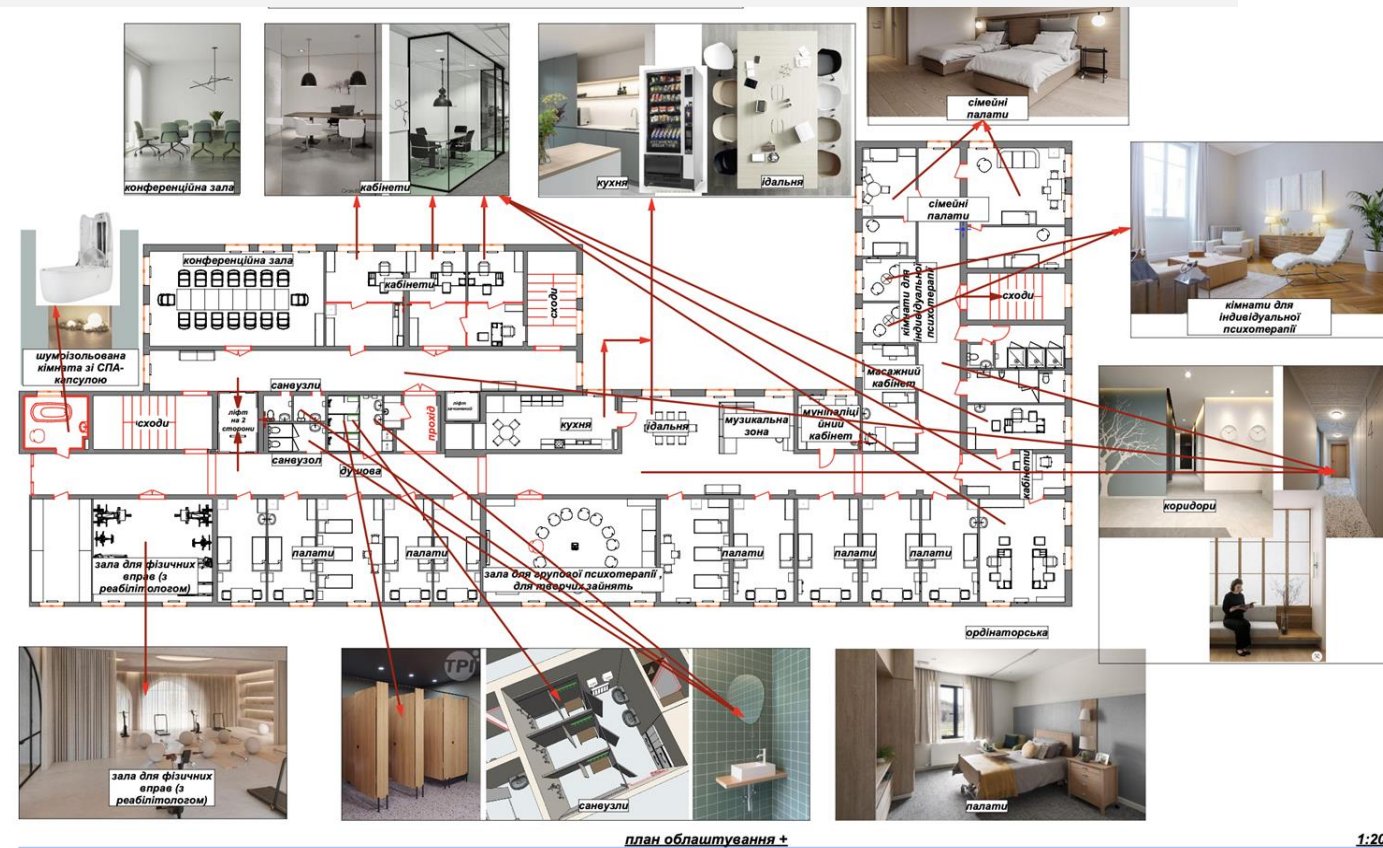


# Veteran Mental Health Center of Excellence in Ukraine (VMHCE)

## Joined initiative

- Taras Shevchenko National University, Kyiv, Ukraine
- Federation Global Initiative on Psychiatry
- King's Center for Military Health Research

Established in July 2024 to become a state-of-art- knowledge and training hub for veteran mental health in Ukraine



план облаштування +

1:202



# VMHCE focuses on three key areas:

**Training:** design training programs and commence the process of training multidisciplinary groups

**Methodology:** guidance is provided to the veteran mental health field as to what methods of care and support have proven effect and which should be avoided

**Research:** epidemiological research; ongoing research program to assess the efficacy of the services developed and to be able to respond to changes in needs and the scope of work

# E-learning program

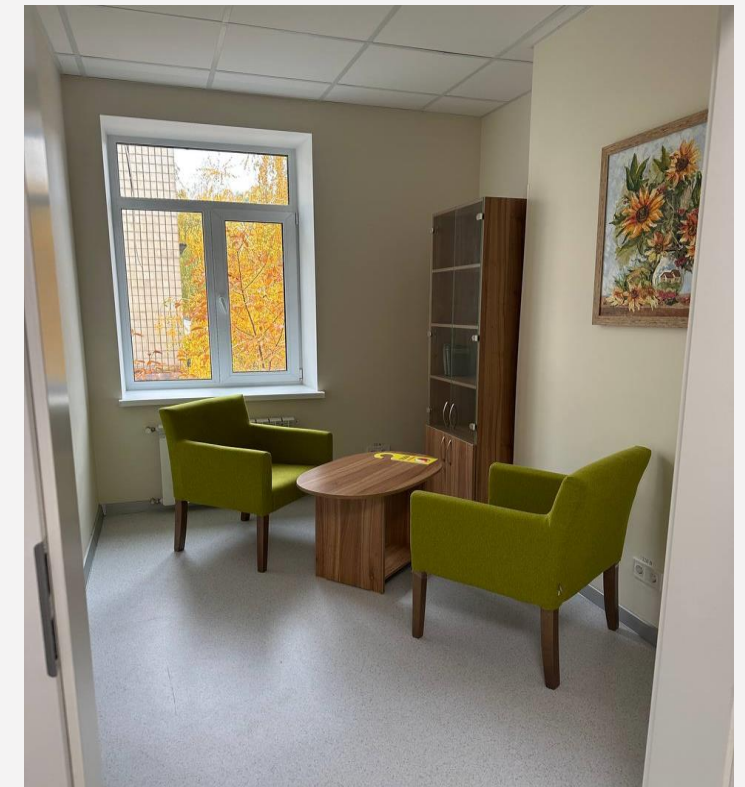


will provide on-line training courses through modules, videos and other digital training methods focusing on specific professional groups, as well as on peer-to-peer support



# Clinical Unit & On-the-Job Training

The Center plans to establish a clinical unit for specific target groups, which will also serve as a training base for specialists





# Meeting with Advisory Board



October, the 10th, 2024

“The best thing you can do for soldiers or veterans with PTSD is to keep quiet and listen to them, cry with them, and stay silent with them”





**Stanislav Chumak**  
Director of the Center



**Svitlana Kaminska**  
Clinical Department Lead



# Core Team



**Olha Myshakivska**  
Research Department Lead



**Iryna Pinchuk**  
Chair Scientific Advisory  
Board



# Little story of mine

Kherson Regional Psychiatric Hospital

December 2023

after the drones attack





# Peer-to-peer approach

**Peer-to-peer** is a model of interaction where individuals (peers) support each other based on shared experiences and equality.

## Implementation plans of Peer-to-peer at the state level:

- 1.To include the peer-to-peer programme in the national strategy for veterans' support.
- 2.Create a network of support centers for veterans using peer-to-peer approach.
- 3.Train specialists to work with veterans using the peer-to-peer methodology.





# EDUCATIONAL UNIVERSITY PROGRAM

## “Training of Peer-to-Peer Consultants”

Developed by the Institute of Psychiatry of Taras Shevchenko National University of Kyiv.

Officially submitted to the University Academic Council on November 4, 2024.

### **Target Audience of the Program**

Specialists with higher education (any field) without work experience requirements but with combat experience and positive rehabilitation history for mental health or substance use disorders.

### **Main Goal**

Practical training for peer-to-peer counseling with veterans and military personnel in public organizations, enterprises, and institutions.





# EDUCATIONAL UNIVERSITY PROGRAM

## “Training of Peer-to-Peer Consultants”

### Core Concept

Support based on the "**peer-to-peer**" principle for individuals with shared experiences, built upon these principles of interaction:

- Confidentiality and trust
- Non-hierarchical relationships
- Mutual respect
- Experience sharing
- Empowerment
- Hope and inspiration

### Outcomes

The program equips specialists with the knowledge and practical skills for effective communication with veterans, which:

- Increases engagement in treatment
- Reduces social isolation
- Strengthens trust-based relationships grounded in shared life experiences

# Psychological support provided through a peer-to-peer approach

- Consultation of **family members** of veterans/service members

Provides families with the opportunity to receive support and advice from others who have gone through similar situations.

- Individual consultations of veterans/service members **not only by mental health professionals.**

In a peer-to-peer framework, participants can share their experiences and exchange coping strategies. This helps to create a safe environment where veterans can openly discuss their emotions and experiences without fear of judgment



# A Training veterans in self-help strategies ■

- **Awareness raising:** Conducting workshops to educate veterans
- **Understanding reactions:** Helping veterans understand their emotions and reactions to stress.
- **Stress management techniques:** Incorporating stress management techniques and developing personal strategies.
- **Social support:** Encouraging veterans to establish and maintain social connections.
- **Memos and exercises:** Provides practical exercises and materials.





# Put your boots on the same ground....



Head of VMHCE - Stanislav Chumak  
General Roméo Dallaire  
Marie-Claude Michaud  
FGIP Executive Director Robert van Voren

Honorary member of Advisory Board - General Roméo Dallaire

“I know there is a God because in Rwanda I shook hands with the devil. I have seen him, I have smelled him and I have touched him. I know the devil exists and therefore I know there is a God.”

— Roméo Dallaire, [Shake Hands With The Devil](#)





# Thank you!

09 November, 2024