Only 0.42% of Ukraine’s healthcare budget is allocated for mental health care. Very high rates of alcohol use disorders and suicide. Ukraine has traditionally used medical approaches to support people living with mental health conditions; there is 10 psychiatrists, and 2.6 psychiatric nurses per 100,000 people but only and 1 psychologist per 100,000 people. Ukraine has 69 inpatient psychiatric facilities, 493 mental health outpatient facilities, and 2 day care facilities. As of September 2020, 42 primary healthcare workers have been trained in WHO’s mhGAP, bringing access to mental health services to 65,000 more people.

STRENGTHS
- Ongoing reform of the health system provides new opportunities
- Renewed political commitment to mental health policy and service development
- Growing public interest in mental health issues, including mental health consequences of the conflict in eastern Ukraine
- Piloting of mobile community-based mental health teams is underway, supporting people with severe mental health problems to receive at-home support

CHALLENGES
- Large centralised psychiatric system with many people living with mental health conditions in institutions, some of which have been associated with human rights violations
- Stigma and low awareness of mental health
- Conflict in eastern Ukraine and related consequences for population mental health
- Limited health information system
- Repeated changes within governance structures slowing policy changes

UKRAINE’S DESIGN PROCESS

1. Face-to-face workshop with multidisciplinary consultation group, including people with lived experiences, held in March 2020 to establish priorities and develop first draft of a Ukraine-WHO Special Initiative for Mental Health logical framework.

2. Online consultations to finalise and validate the logical framework and establish a collaboration plan with other actors likely to support implementation of certain activities.

3. The logical framework was costed (by activity), a monitoring and evaluation framework was completed and a design document narrative finalised.

4. Sign off on the Ukraine-WHO Special Initiative for Mental Health programme design document approved by Ukraine Ministry of Health – and instigating the start of implementing activities.
UKRAINE’S LOGICAL FRAMEWORK
FOR PLANNED WORK UNDER THE
WHO SPECIAL INITIATIVE FOR MENTAL HEALTH

GOAL:
By the end of 2024, civil society and Government efforts contribute to strengthened promotion of mental health and building person-centred and recovery-oriented services, across the lifespan.

OUTCOMES AND OUTPUTS

1. Mental health governance, financing and leadership is strengthened to foster integration with general health care and re-orientate mental health service provision towards the community
   - Strengthen mental health governance, leadership and financing
   - Foster integration with general health care
   - Re-orient mental health service provision towards the community

2. The human rights of people with mental health conditions and psychosocial disabilities are promoted and included in relevant policies for mental health services
   - Promote human rights of people with psychosocial disabilities
   - Review policies and laws

3. Mental health promotion and prevention raises community understanding and protects young people experiencing adversities
   - Promote human rights of people with psychosocial disabilities
   - Review policies and laws

4. The mental health workforce’s development is guided by evidence-based standards and agreed competencies for different cadres
   - Strengthen mental health workforce
   - Improve pre-service and in-service capacity-building system

5. Community mental health services are promoted and scaled-up
   - Scale-up community based services
   - Integrate mental health within general health care
   - Integrate mental health within social sector
   - Strengthen informal community-based services
   - Promote mental health of children and adolescents
   - Provide MHPSS services in emergencies (including COVID-19)

6. Mental health information systems, surveillance and service evaluation are strengthened
   - Strengthen mental health information and surveillance system
   - Improve mental health service evaluation
   - Increase mental health research

INDICATORS

- National Mental Health Action Plan is endorsed by the Government
- A National Mental Health Service Model is developed
- Optimal financing mechanisms established
- # innovative community-based mental health services introduced
- % decrease in number of beds in psychiatric hospitals/year

- # revised or new laws/regulations passed by Ukraine legislature
- # mental health and social care institutions changed service culture, attitudes and practices

This outcome will be a focus of partners working with WHO in Ukraine, but not a specific emphasis for the Ukraine-WHO Special Initiative for Mental Health, which is more directly focused on advocacy, policy, rights, and increasing access to mental health services

- # and type of mental health cadres with updated professional and educational standards
- Monitoring and quality assurance mechanisms for education of mental health workforce are established and integrated into national quality assurance mechanism

- # people having access to/receiving community-based mental health services
- #/% beds decreased in psychiatric hospitals
- # and types of residential services for persons with intellectual and psychosocial disabilities
- Standard Operating Procedures (SOPs) and referral systems are operational and ensure continuity of care

- Mental health service practice standards (including recommended quality assurance procedures using monitoring indicators)
- Monitoring and evaluation is used at national national and local levels for decision making