



Georgian Society of Psychotrauma

key messages

(representatives from GIP-T, GCRT, Ndoba, Saphari, NRC)

General points

- Traumatic experience affects the survivors' mental health in different ways; the far-reaching consequences of the mentioned above influence are frequently forgotten
- Any attempt to pathologize & "medicalize" the situation should be avoided; the survivors' needs should be assessed carefully and addressed accordingly
- Mental health and psychosocial interventions are needed both during the early and later phases of emergencies
- Trauma-related disorders represent a significant public health issue
- The state party should elaborate a long-term strategy of the mental health care for traumatized populations covering 3-5 years.

Specific recommendations

- Strengthening coordination; Information and Advice Centre as a place where all the information is gathered and "given out"
- Local, Georgian expertise should be applied as much as possible in order to set up sustainable psychosocial assistance services for traumatized communities
- Assistance should be rendered to as many people as possible, therefore indirect assistance is more reasonable (consultations, informing, training of the primary level medical personnel, advice for decision makers; printed information on psycho-education; self-help groups, community mobilization, etc.)
- Arranging long-term monitoring systems, screening for persistent mental health problems
- Introducing of effective, evidence-based methods of psychosocial assistance, treatment and rehabilitation; some interventions are not only ineffective but harmful
- Short-term interventions (interventions that last for only 0,5-1 years) and unconstructive competitions between care providers should be avoided
- Capacity building for primary health care personnel, mental health care personnel, teachers and other professionals, including media
- Setting up the qualified services for severely affected – outreach mobile crisis teams, trauma clinics
- Introducing emergency staff care and supervision.