

Improving resilience and mental health of staff involved in HIV response during the war

Background

Since the Russian invasion of Ukraine on the 24th of February 2022 the needs on the ground have only become more and more acute. During the war the influence of psychotraumatic factors increased dramatically. As a result, members of NGOs are met with additional psychological problems caused by exposure to stress, such as emotional burnout, depressive state, increased anxiety and psychosomatic manifestations. Important components of mental health are resilience and psychological stability. As a result, NGO employees and APH staff involved in direct project implementation and work with clients (mobile clinics staff) need special training to increase their resilience.

Responding to war, Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH - hereinafter referred to as 'GIZ' – entered into the Grant Agreement for the GIZ project: BACKUP Health with the International Charitable Foundation "Alliance for Public Health" (APH) (Agreement number: 81288950) for the period from 20.10.2022 to 31.08.2023.

Alliance for Public Health (APH)

The International Charitable Foundation "Alliance for Public Health" is a leading non-governmental professional organization making a significant impact on the epidemics of HIV/AIDS, tuberculosis, viral hepatitis and other socially dangerous diseases in Ukraine and Eastern Europe and Central Asia region. In cooperation with state partners and civil society organizations, it provides financial and technical support to programs, covering over 250,000 representatives of most vulnerable populations: the highest such coverage indicator in Europe.

When war started, APH modified its programs to sustain the impact on the diseases and support the affected communities.

Objective

The goal of this tender is training support to the staff of APH and partner HIV service NGOs to remain resilient and preserve their mental health amidst war.

Main objectives under this area will include gaining knowledge about reactions to stress and its impact on the human body; mastering the skills of self-regulation and mental state stabilization; increasing psychological stability, improving emotional well-being and general resourcefulness, as well as prevention of emotional burnout.

We would develop a training manual for resilience trainings as the documentation of training materials, to be used as the basis for similar trainings in the future.

Activities

The following activities are envisaged under this assignment:

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| <ol style="list-style-type: none">1. 3 offline 2-day psychological resilience trainings for APH staff2. 4 online trainings on psychological resilience for APH3. 6 online psychological support groups for APH4. Training for psychological resilience coaches from 10 partner NGOs5. Training manual for resilience trainings as the documentation of training materials, to be used as the basis for similar trainings in the future |
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Milestones

- Developed and implemented trainings program to increase the resilience of the APH employees
- Developed training structure/program to increase the psychological stability/resilience of APH employees
- Carrying out comparative testing of the level of psychological stability (before and after training)
- Conducted offline and online trainings

Outputs and deliverables

- Conducted 7 trainings (3 offline and 4 online) for at least 120 employees of APH, where the participants gained knowledge and developed competence about ways to increase resilience in the state of uncertainty and chronic stress.
- At least 30% of the training participants received help and acquired additional psychological skills in psychological support groups.
- A special training was prepared and conducted for 20 representatives of other NGOs in order to train trainers who would further disseminate knowledge and skills on mental health.
- Developed training manual for resilience trainings as the documentation of training materials, to be used as the basis for similar trainings in the future.

How and when to apply

Candidates interested in assignment are asked to apply to this tender by providing:

- 1) their CV with relevant experience in mental health during war and corporate training on the subject,
- 2) daily rate with suggested number of days to cover the deliverables;
- 3) and schedule within the period of February– May 2023.

The candidates should possess the experience in conducting similar assignments and should speak well Ukrainian/Russian and English to be able to carry out interviews with the providers in Ukraine and develop Project materials in English.

How to apply: Please send your CV and a covering letter in English and Ukrainian to korobchuk@aph.org.ua. Subject line should contain "Training support".

The deadline for applications is **February 13th 2023**.