



War Affected Communities Psychosocial needs, challenges and responses

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March 16, 2011

Term *Mental Health (MH) and Psychosocial Support*

Describes any type of local or outside support that aims to protect and/or promote psychosocial well-being and/or prevent or treat mental disorder

IASC (2007) IASC Guidelines on Mental Health and Psychosocial Support in Emergency Settings. Geneva: IASC.

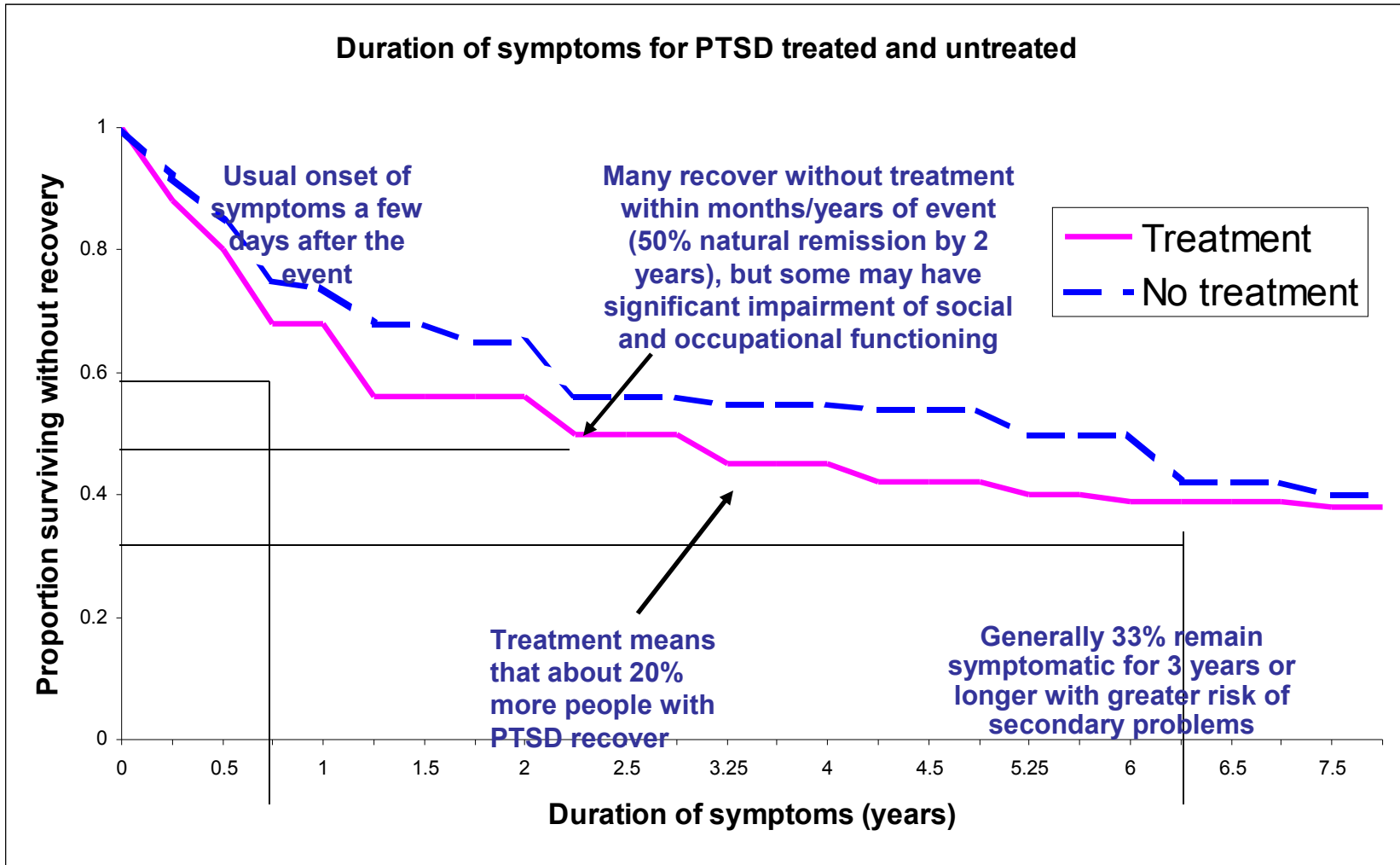
Why mental health is important?

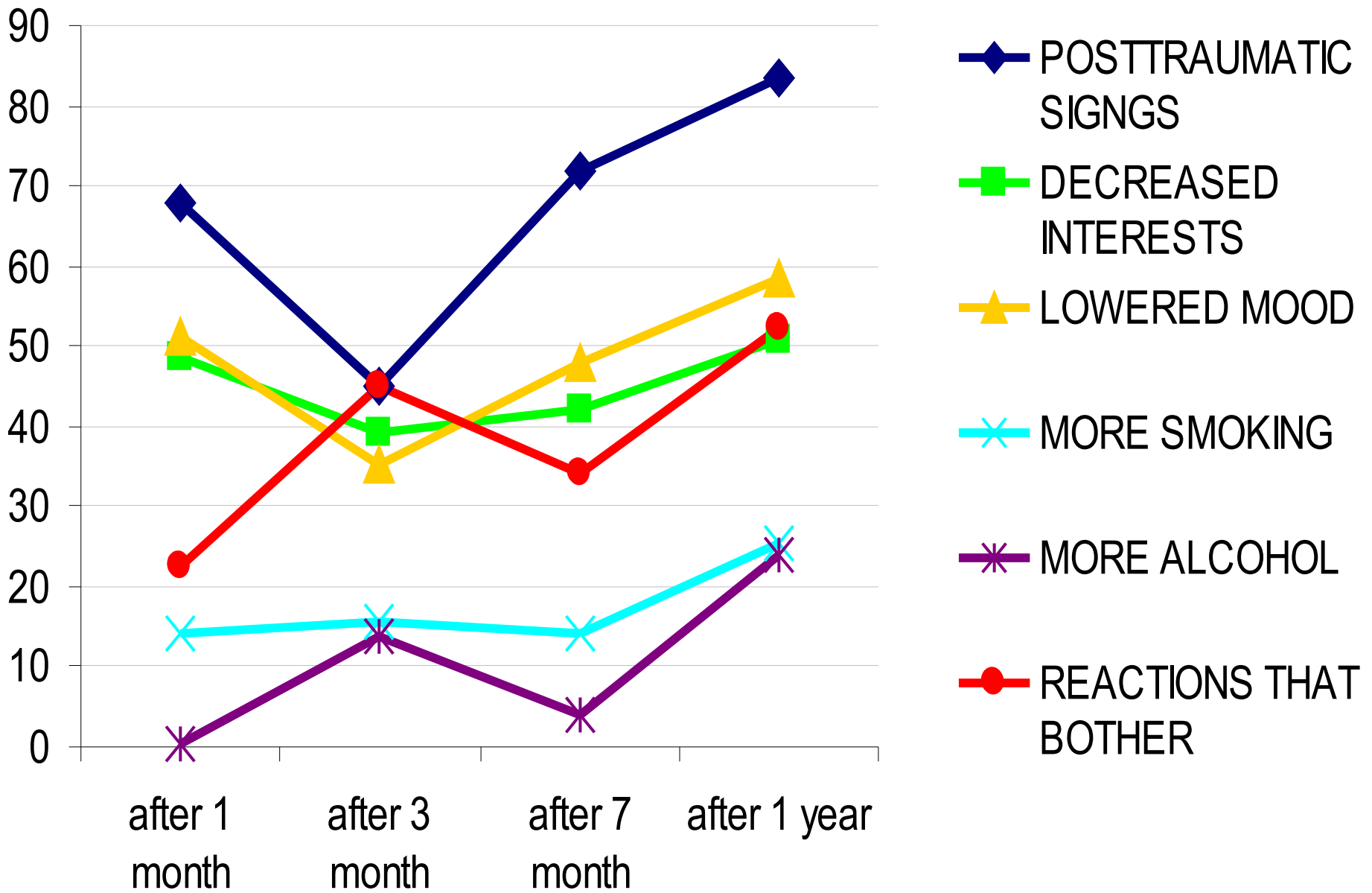
- Massive trauma, like a war experience and forced displacement, has long-lasting effects
- Goes beyond the individual reactions – it has an impact on societal dynamics of the affected large group
- Trauma related disorders represent a significant public health issue

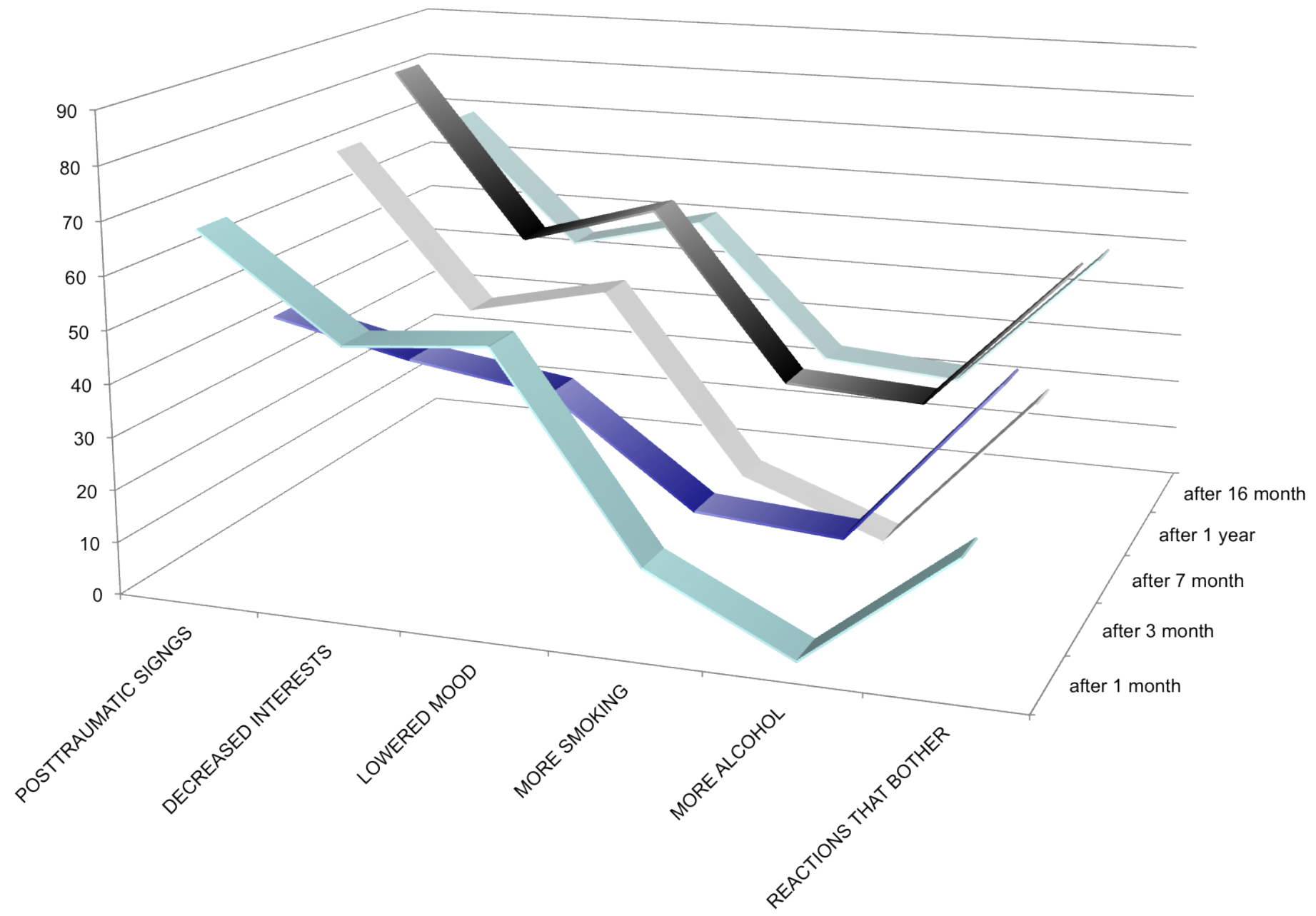
MH problems

- PTSD and Complex PTSD
- Depression
- Anxiety Disorders
- Somatization and Conversion Disorders
- Dissociative Disorders
- Psychotic Disorders
- Substance Abuse, etc.

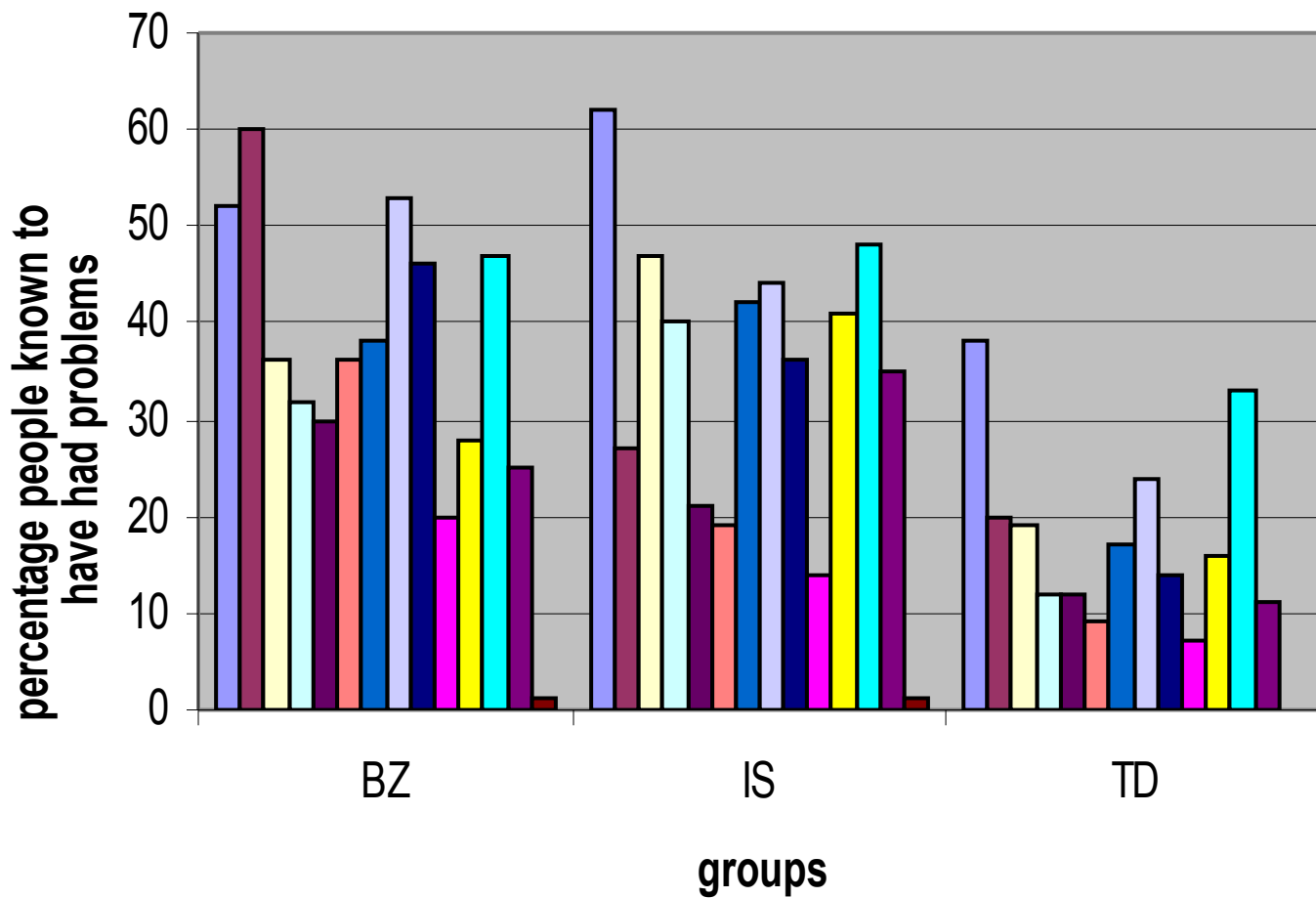
What is the natural course of PTSD?





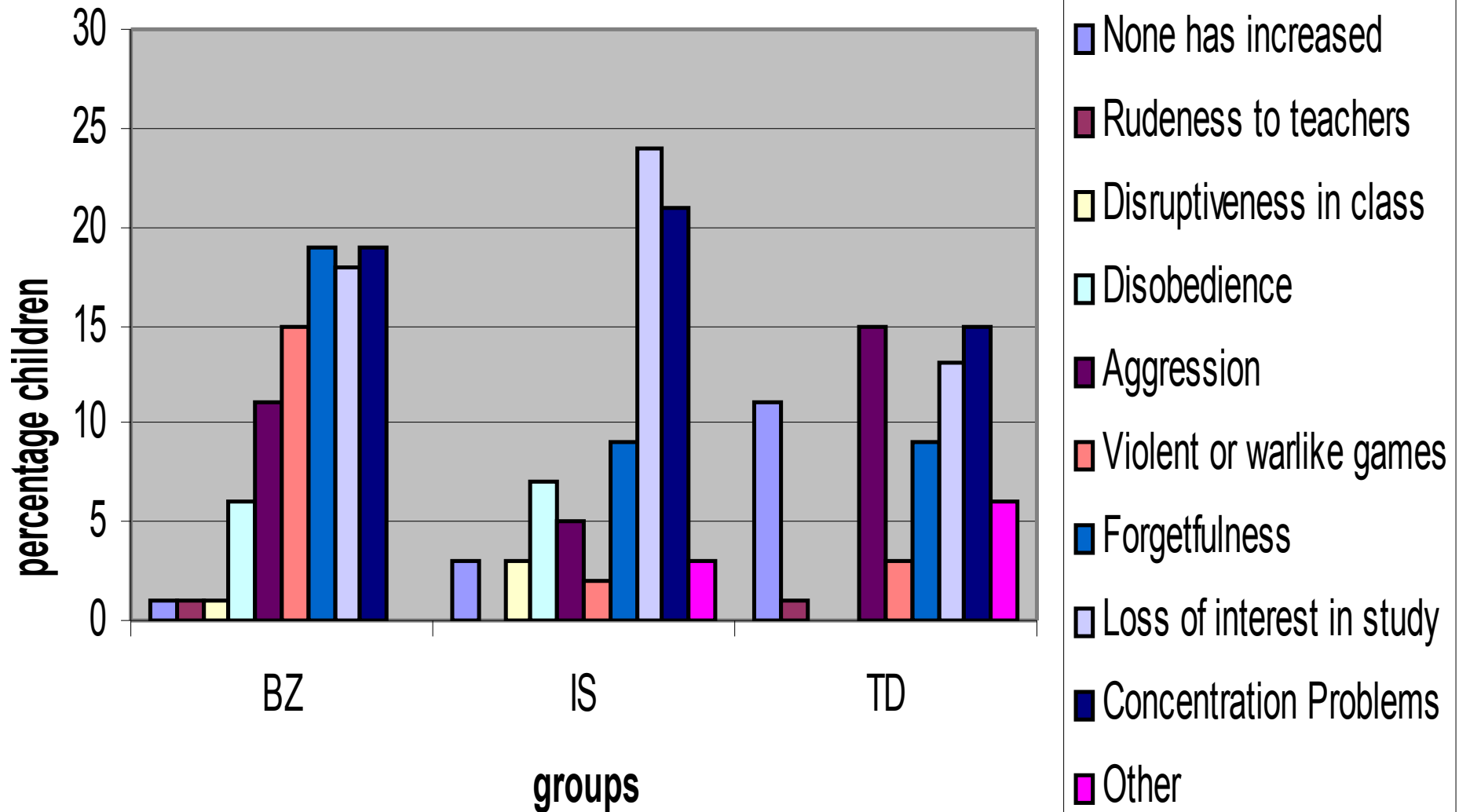


Psychosocial problems

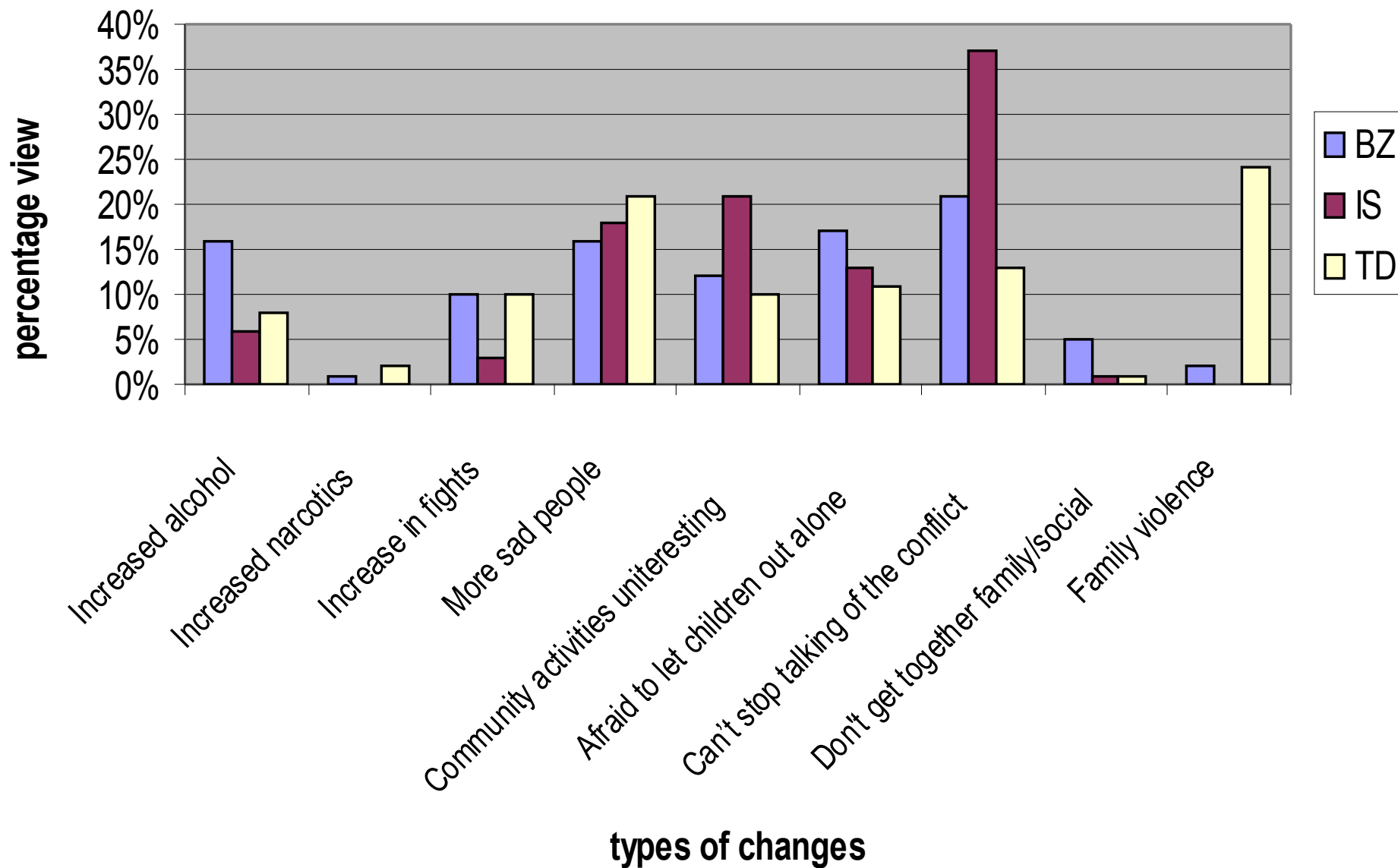


- getting angry more
- often feeling afraid
- often feeling sad
- disinterest in life
- avoid anxious sit
- can't concentrate
- worry about the war
- can't go to sleep
- night waking worry
- different person
- somatic probs
- bad mood
- drinking alcohol
- narcotic drugs

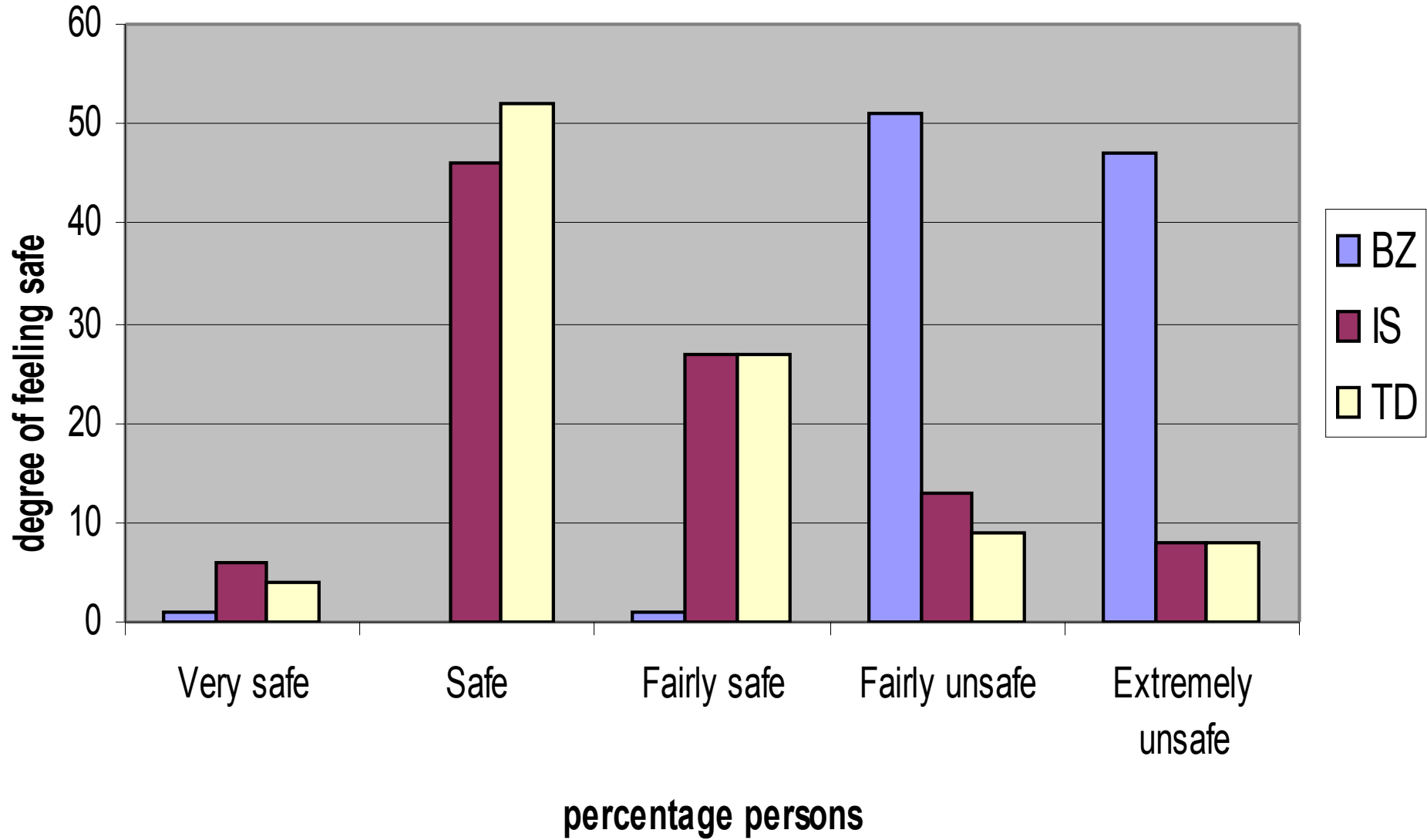
Changes in children's behaviour



Changes in city/town/village life



Safety felt by community members



Main problems	Frequency
Lack of human and professional resources	62.5%
Time deficiency	59%
Inefficient mechanisms of coordination	25%
Finances	25%
Insufficient service	12.5%

Current problems in kids

- anxiety and irritation – 71%
- sleep disturbances – 49.6%
- aggressive behavior – 45%
- communication problems -32.7%
- fears/phobias – 22.9%
- forgetfulness – 18%
- loss of interest in study & concentration problems – 15.7%
- somatization -6.5%

Unanswered Questions

- which are the most vulnerable groups?
- what are their needs?
- what are the services needed?
- how to ensure high quality care?
- how to ensure the coordination?
- how to ensure proper funding for psychosocial wellbeing of IDP's?



Thank you for your attention!