

**The CVTL Progress Report to the MHPSS Resolution**

**Strategy & Policy**

**Resolution 2: Addressing the mental health and psychosocial needs of people affected by armed conflicts, natural disasters, and other emergencies**

1. **Has your State/National Society/Institution incorporated the commitments contained in this resolution into the relevant strategic or operational plans?**

Yes

The commitments are incorporated into:

CVTL Strategic Plan 2020-2024 and National Health Sector Strategy Plan 2011-2030

At the National level

Strategy: The MHPSS is aligned with the CVTL strategic plan stated in objectives 1 and 2: Strengthen the resilience of communities and respond to the needs of the most vulnerable. This objective has several strategic directions and the one-direction focus ensures that CVTL delivers good quality First Aid training through increasing knowledge of physical and psychological First Aid with all people and objective 2. Save lives and support recovery from disasters and crises through supporting vulnerable and affected communities through cash-based intervention, shelter, goods, and psychosocial support. The CVTL strategy is incorporated into the national health sector strategy to provide a high-standard, comprehensive mental health service across the country and at all health system levels, including advocacy, education, prevention, diagnosis, treatment, and follow-up services. There are three main strategies focused on improving access to health facilities and treatment for all people with mental illness or epilepsy, to ensure a comprehensive multi-disciplinary team consisting of psychiatrists, psychiatric, nurses, psychologists, and mental health technical professionals, who have been appropriately skilled and have reached specific standards of training and increasing community awareness and understanding of mental illness through advocacy, education, and promotion.

**Has your State/National Society/Institution been working with other partners to implement the commitments contained in this resolution?**

**Yes**

As National Red Cross Society often collaborates with other humanitarian actors, governments, and organizations to address MHPSS needs. This collaboration aims to ensure that affected populations receive comprehensive support that includes mental health and psycho-social assistance alongside other forms of humanitarian aid and to continue enhancing the capacity of Red Cross volunteers with the knowledge, skills, and techniques necessary to provide effective support to individuals and communities facing mental health challenges in emergencies, conflicts, and disasters.

In Timor-Leste, several organizations may be involved in providing mental health and psychosocial support activities. Some of these organizations include:

* Ministry of Health: The Ministry of Health in Timor-Leste is responsible for providing healthcare services, including mental health services. They may collaborate with other organizations to implement mental health and psycho-social support activities.
* Non-Governmental Organizations (NGOs): Various NGOs operating in Timor-Leste may focus on mental health and psycho-social support as part of their programs. Examples include:
* Ba Futuru: Ba Futuru is an NGO that works on youth empowerment, peacebuilding, and education, and they may offer mental health support services.
* HealthNet TPO: HealthNet TPO is an international NGO that works on health and psychosocial support in post-conflict and post-disaster settings, including Timor-Leste.
* Timor-Leste Association of Psychologists (ATPsTL): This association may play a role in providing mental health services and advocacy.
* International Organizations: International organizations like the World Health Organization (WHO) or UNICEF may also support mental health and psycho-social activities in Timor-Leste through partnerships with the government and local organizations.
1. **Have you encountered any challenges in implementing the commitments contained in this resolution?**

Yes

With challenges on:

Implementing commitments to address mental health and psychosocial needs in contexts of armed conflicts, natural disasters, and emergencies presents several challenges:

* **Resource Constraints**: Limited funding and resources can hinder the development and implementation of comprehensive mental health and psycho-social support (MHPSS) programs. This includes challenges in accessing qualified personnel, training resources, and sustainable funding streams.
* **Human Resource Capacity**: Shortages of trained mental health professionals, counselors, and psycho-social support workers can limit the scale and quality of MHPSS services available in affected areas. This is particularly pronounced in low-resource settings and regions experiencing protracted conflicts or frequent disasters.
* **Access Barriers**: Geographical, logistical, and socio-cultural barriers may impede access to MHPSS services, especially in remote or conflict-affected areas. Infrastructure damage, insecurity, displacement, and language barriers can further limit the reach of interventions and exacerbate the vulnerability of affected populations.
* **Intersectoral Coordination**: Effective MHPSS requires collaboration and coordination among multiple sectors, including health, humanitarian, education, and community development. Challenges in intersectoral coordination, communication, and cooperation can lead to fragmented responses and gaps in service delivery.
* **Long-Term Sustainability**: Ensuring the sustainability of MHPSS programs beyond the immediate crisis phase can be challenging. Long-term funding commitments, capacity-building efforts, and community engagement strategies are essential for sustaining interventions and promoting resilience over time.
1. **Have the commitments contained in this resolution had an impact on the work and direction of your State/National Society/Institution?**

Yes

The commitments outlined in resolutions addressing mental health and psycho-social needs have various advantages. Here are some of them:

* Standardization and Guidance: Commitments in resolutions provide a framework for standardizing approaches, guidelines, and best practices in delivering mental health and psycho-social support services, ensuring consistency and quality across different contexts and settings.
* Resource Mobilization: Resolutions may facilitate resource mobilization by encouraging governments, donors, and organizations to invest in mental health initiatives, thereby increasing funding, technical assistance, and other resources available for related programs and interventions.
* Coordination and Collaboration: Resolutions promote coordination and collaboration among stakeholders, fostering partnerships, knowledge sharing, and mutual support in addressing mental health and psycho-social needs effectively at the national, regional, and global levels.
1. **Have the commitments contained in this resolution had an impact on the communities that your State/National Society/Institution serves?**

YES

The National Society of the Red Cross can play a vital role in supporting communities' mental health and psychosocial needs through a range of initiatives and interventions. Here's how:

* **Psychosocial Support Services**: The CVTL can provide direct psycho-social support services to individuals and communities affected by emergencies, disasters, conflicts, or other crises. This may include psychological first aid, counseling, peer support groups, community outreach, and referrals to specialized mental health services.
* **Capacity Building**: The CVTL can build the capacity of its volunteers, staff, and community members to recognize, respond to, and address mental health and psycho-social needs effectively. This may involve training in psychological first aid, trauma-informed care, counseling skills, and cultural competency.
* **Community Engagement and Education**: The CVTL can engage with communities to raise awareness about mental health issues, reduce stigma, and promote help-seeking behaviors. This may include organizing community events, workshops, and awareness campaigns to foster dialogue, resilience, and social support networks.
* **Emergency Preparedness and Response**: The CVTL can integrate mental health and psycho-social support into its emergency preparedness and response activities, ensuring that communities are equipped to cope with the psychological impacts of disasters and emergencies. This may involve pre-positioning mental health supplies, developing contingency plans, and training volunteers in psychological first aid.
* **Partnerships and Collaboration**: The CVTL can collaborate with other stakeholders, including governments, NGOs, community-based organizations, and international agencies, to strengthen the collective response to mental health and psycho-social needs. This may involve joint programming, resource sharing, and advocacy for policy change.
* **Community-Based Interventions**: The CVTL can facilitate community-based interventions that empower communities to address their own mental health and psycho-social needs. This may include supporting community-led initiatives, mobilizing local resources, and promoting self-help and coping strategies.