

NARRATIVE REPORT of MENTAL HEALTH project (100002/050)

<i>Project number</i>	100002/050	
<i>Project Name</i>	UEP Mental Health project	
<i>Implementing partners</i>	Ukrainian Education Platform, Student Chaplaincy Center	
<i>Project Period</i>	01/07/23	31/12/2024
<i>Approved amount</i>	317 000, 000 EUR	
<i>Reporting period</i>	from 01/07/23 - until 31/12/24	

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Since July 2023, we have continued the activities of the Mental Health Hub. Given that the project has developed rapidly and continues to develop thanks to previous support, we have significantly expanded our team to be able to provide fast and high-quality support to people.

Team

The “DiyaTy” hub team now consists of 22 people. Below attached a photo of the team in 2023 (Image 1) and at the end of 2024 (Image 2).



Image 1



Image 2

- Maria Trakalo - Head of the Mental Health Hub “DiyaTy”,
- Yuriy Ostapyuk - Project Manager, Head of the Student Chaplaincy Center of the Ukrainian Greek Catholic Church, Spiritual Director,
- Maria Yankevych - Coordinator of the School of Personal Growth,
- Maria Lenko - Manager for Operational Development (until April 2024, she was the Coordinator of the SPG),
- Iryna Myshkovska - Accountant,
- Maryana Pavlovska - SMM Manager,
- Olga Sushko - Administrator of the Hub,
- Maksim Verbelchuk - Psychologist in the field of cognitive behavioral therapy, and since July 2024 also Spiritual Director,
- Maria Dubynina - Psychotherapist in the Symbol-Drama Method,
- Ruslana Vasylykiv - Psychologist in the field of cognitive behavioral therapy,
- Olga Kurylko - Psychologist in the field of Gestalt therapy,
- Kateryna Mykytych - Psychologist - consultant,
- Iryna Gladun - psychologist in the direction of psychoanalysis,

- Lidiya Bozhenko - psychologist in the direction of positive transcultural psychotherapy, family consultant,
- Oksana Dyomina - psychologist in the direction of body-oriented therapy,
- Lyudmila Mandzyk - psychologist and candidate for psychotherapist using the Symbol drama method,
- Oksana Gerus - psychologist in the Gestalt therapy method and consultant in the CBT method,
- Oksana Kolishchak - psychiatrist, clinical psychologist and psychotherapist in the direction of Gestalt therapy in the process of acquisition,
- Fr. Stepan Myshkovsky - priest, spiritual director of the Hub,
- Sr. Khrystyna Petzold - nun, spiritual director of the Hub,
- Sr. Justyna Dubil - nun, spiritual director of the Hub,
- Sr. Antonia Shelepilo - nun, spiritual director of the Hub.

This report aims to show the results and ways of implementing the project, the challenges that were encountered along the way, and how to overcome them.

Psychological support, spiritual guidance and psychoeducation

The beginning of the project turned out to be difficult for the team. We began to observe that due to the large number of people in the project, it became very difficult to maintain team spirit among the team. Due to the fact that there were 2 locations where psychologists and spiritual leaders worked, it was not possible to synchronize and build synchronous work in a team of specialists. We actively worked on finding an additional, larger room so that the team could work and communicate more with each other.

From mid-July 2023, we were informed that there was an opportunity to move to a larger space and we began preparing for the move, and in September we started working in the new office. There we had a reception area for clients, 5 therapy rooms and one room for psychologists' meetings.

Due to the increase in the number of rooms and the increase in the number of requests from people for psychological help, we hired 8 more psychologists to the team, including 2 of them for working with children and a psychiatrist, and one of the psychologists completed

her work due to personal circumstances. Sister Antonia Shelepilo also joined the team of spiritual directors, since the request for spiritual support was also large.

However, being in a new office with team expansions, the back-office employees did not have their own office, which affected the efficiency of work. This became a new challenge for us, so we decided to continue looking for a more spacious room that would be comfortable for all employees, and especially for clients and psychologists. We managed to find an office space near the previous one, which helped in organizing the move, so in July 2024 we moved to a new large office, where we work now. Our office is located in the central part of the city, which is very convenient, it has 6 offices for psychological sessions and spiritual guidance, 1 office for meetings or negotiations, and 2 offices for the back-office. Overall, it is a nice and safe space for holding individual sessions.

The psychologists of the hub not only actively work with clients, but also constantly improve their knowledge and qualifications. Three psychologists have started the “Trauma Psycho Social Support” course from the German organization “TraumaAid Germany” in Poland. The training will last 1.5 years and will provide an opportunity to work with trauma even better.

📌 Навчання з травматерапії .

Psychological supervisions also took place on an ongoing basis. In September 2023, we had to change the supervisor, because Oleksandr Galchinsky, who lived in Israel, was mobilized into the army due to the worsening situation in the country. We began cooperation with a new supervisor, Oleksandr Nizdran, who is a candidate of psychological sciences, a member of the Ukrainian Union of Psychotherapists, the Ukrainian Association of Positive Psychotherapy, and the World Association of Positive Psychotherapy. From the beginning to the end of the project, 53 supervisions were held under the supervision of Svitlana Efimova, Oleksandr Galchinsky, and Oleksandr Nizdran. We also decided to add introspection to the supervisions, as another opportunity for the team to come together, which helps to achieve greater unity. [Супервізії](#)

During supervisions, psychologists often raise the issue of accompanying persons whose relatives have gone missing, the condition of those Ukrainians who have left abroad is worsening - they are showing many depressive symptoms and difficulties in adaptation, many of them talk about the fear of returning to Ukraine. No less important are the inquiries

concerning the peculiarities of conducting psychotherapy of seminarians, as well as their referral to a psychiatrist.

Since the hub also offers spiritual guidance, we have initiated training and supervision for clergy. During the project, the supervisors were: Fr. Sava Masnyk, Fr. Bartholomew Pshepalyuk, Fr. Vitaliy Osmolovsky. There were 7 supervisions and 3 training meetings in total. Our psychologists also attend these meetings, since most of our clients are Christians, including seminarians and priests, this helps a lot to provide qualified guidance to these clients without destroying Christian values.

Quantitative indicators Hub

The total number of unique beneficiaries who received psychological, psychiatric services, as well as spiritual support is **642 people**.

Number of unique beneficiaries by age (without spiritual accompaniment):

- under 18 years old - 113: boys 49, girls 64;
- 18-59 years old - 354: 109 men, 245 women;
- 60+ years old - 3 women;

Unique beneficiaries of spiritual guidance:

- 18-59 years old - 172: 25 men, 147 women;

The following **number of sessions** were provided during the project:

- adult psychological - **5 323** sessions
- children's psychological - **617** sessions
- adult psychiatric - **45** sessions
- spiritual guidance - **855** sessions

Therapy was continued for **132 beneficiaries**, mostly wives or children of military personnel who died or are in combat zones. We also continued therapy for families of clergy, as one of the values of the hub is openness to the church and the formation of future priests.

Only **25% of the total beneficiaries continued to work in the hub on a commercial basis**. For many, social values were agreed upon or we began to look for other projects that could provide therapy.

Categories:

- *persons with disabilities: 24 beneficiaries, of which 4 are under 18 years old, 1 is over 60+;*
- *IDPs: 43 beneficiaries, of which 24 are under 18 years old, 19 are between 18 and 59 years old;*
- *military families - 153 beneficiaries, of which 35 are under 18 years old, 117 are between 18 and 59 years old and 1 is over 60+;*
- *clergy families - 61 beneficiaries, of which 8 are under 18 years old, 53 are between 18 and 59 years old;*
- *persons in difficult life circumstances - 19 beneficiaries, of which 7 are under 18 years old, 12 are between 18 and 59 years old;*
- *people who have experienced loss - 18 beneficiaries, 3 under 18 years old, 14 beneficiaries aged 18-59 years old and 2 aged 60+.*

Complaints from beneficiaries

During the project implementation, each beneficiary had the opportunity to leave feedback/complaints/suggestions regarding the hub's work both during participation in the program and after its completion. This allowed us to analyze the quality of services provided and respond to clients' needs in a timely manner.

During the entire period, one complaint was received, which was sent to the email address of the manager Maria Trakalo. Since the complaint was anonymous, in accordance with the legislation of Ukraine, we had no legal grounds for its official consideration, since there was no direct contact with the client.

Despite this, the team responded to the situation responsibly:

The therapist was informed of the complaint received, and an internal discussion of the case took place.

The therapeutic contract was amended by concluding an additional agreement that clarifies key aspects of interaction with clients.

These steps allowed to increase the transparency of processes and improve the mechanism of interaction between specialists and beneficiaries.

During the entire project, psychologists of our hub provided free psychological assistance to 476 clients from different countries of the world according to the defined social categories, including 113 children and adolescents. Also, 172 people received spiritual guidance, some of whom also underwent their own individual therapy in parallel.

In total, our specialists conducted 6,840 sessions, of which 855 were spiritual guidance sessions for clients.

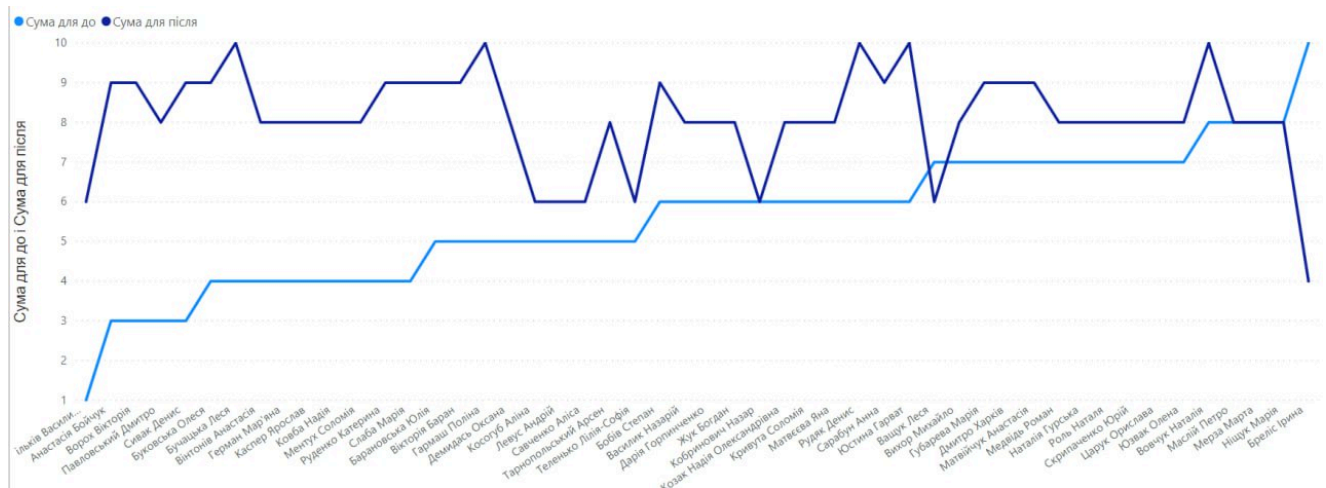
For better analysis and monitoring of the quality of therapy, we have introduced an Incoming and Outgoing Survey of clients who use the opportunity to receive psychological help. The survey includes 19 questions, which allows us to analyze the initial psychological state of the

client and the final result after the work. This makes it possible to qualitatively track the dynamics of changes during the therapeutic process. You can read the data from the Incoming Survey here: [📌 Вхідне опитування клієнтів Хаб+КиА \(Відповіді\)](#)

Clients filled out the Exit Survey after receiving psychological assistance, in most cases after 10 sessions. You can read the Exit Surveys here:

[📌 Вихідне опитування безкоштовних клієнтів Хаб+КиА \(Відповіді\)](#)

Analyzing the survey data, we can conclude that therapy was a good impetus for change, self-acceptance, elimination of anxiety, fears, living and overcoming depression, and so on. The change in mental health before and after therapy can be seen in the figure below (Img.3). For this analysis, 50 random beneficiaries were selected, including children and adults. The diagram shows that the majority of mental health improved, some even very significantly, but there are also observations that there were no changes.

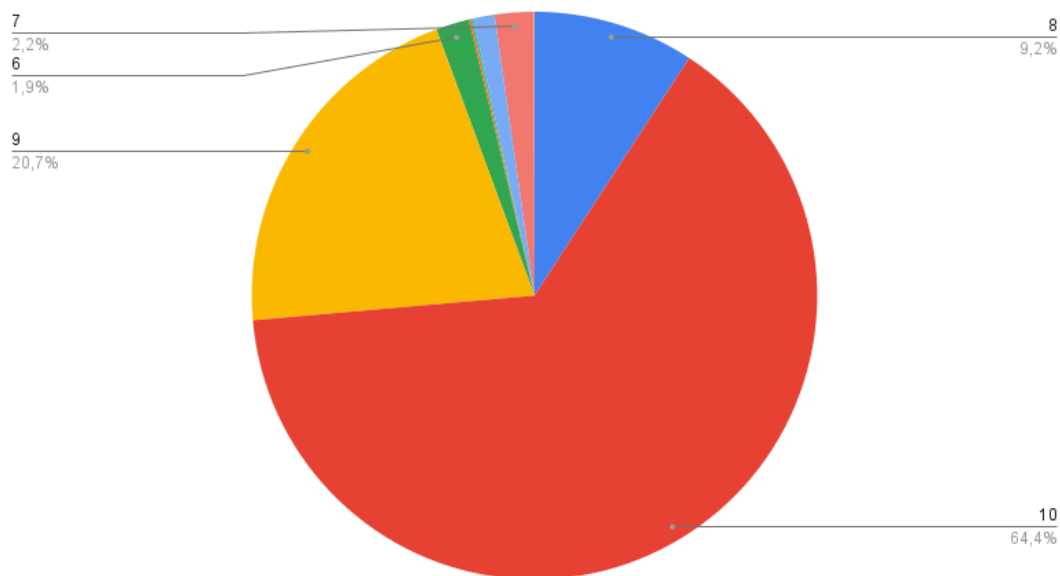


Img.3

Usually, the lack of changes was demonstrated by beneficiaries who came in a very acute condition and needed medical care. As well as those who live in a complex of difficult circumstances.

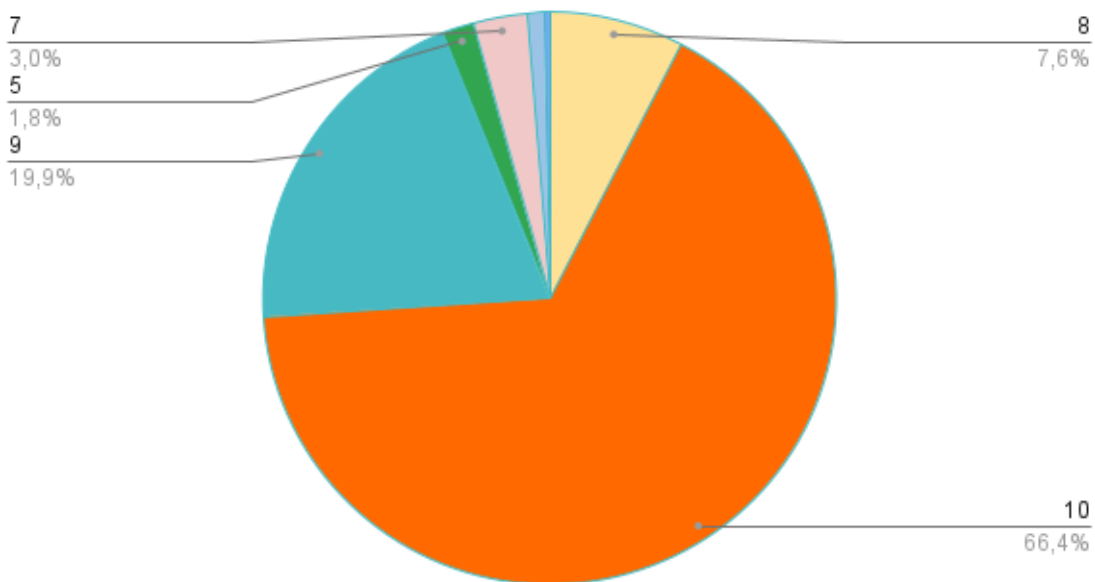
Also in the Exit Surveys, we asked beneficiaries their assessment of the work of the administration (Img.4) and the psychologist (Img.5). Based on these data, we made a visualization.

Оцінка роботи адміністрації



Img.4

Оцінка роботи психолога



Img.5


An important point is also that the clients continued to work with the therapists after the project ended, which is also a good sign of the positive dynamics of therapy.

Partnerships

In addition to providing individual psychological assistance, we managed to build partnerships with organizations that became platforms for trainings, lectures and workshops. This not only allowed us to spread information about our activities, but also helped to attract more people to therapy and spiritual guidance.

Partnerships play a key role in expanding the impact of the project: they create trust, ensure the sustainability of initiatives and provide access to a wider audience. Thanks to joint work, we were able to reach more people and provide them with the necessary support.

Below is a list of organizations and the format of our cooperation.

1. **The Patriarchal Commission for Youth Affairs of the UGCC**, in particular through close cooperation with the commission of the Lviv Archeparchy. Our specialists actively participated in the project on psychoeducation and group therapy for young people, contributing to their emotional well-being and the development of psychological **resilience skills**. [Патріарша комісія у справах молоді УГКЦ](#)  Молодіжна комісія ЛАУ УГКЦ

 Молодіжна комісія ЛАУ УГКЦ ;

2. **The Lviv Theological Seminary of the Holy Spirit** became our key partner in creating a series of training events for clergy on the topics of depression, suicidal behavior, and reintegration of veterans after returning from the front. After a successful experience in Lviv, we visited seminaries in Ivano-Frankivsk, Uzhhorod, Kyiv, Drohobych, Vorzel, Gorodok, Bryukhovychy, and Ternopil, covering all Greek Catholic and all Roman Catholic seminaries in Ukraine. These meetings not only raised seminarians' awareness of important psychological challenges, but also made it possible to involve many of them in individual psychotherapy. In total, over 85 seminarians, representing 20% of all seminarians in Ukraine, underwent therapy in the hub during the project, with varying lengths of time working with specialists. This indicates a high demand for psychological support among the clergy and the importance of further work in this direction. [Психоедукація для семінарій](#)

3. **Military Chaplaincy of the Lviv Archdiocese of the UGCC** in collaboration with the hub organized support meetings for people experiencing loss due to war.

Psychologists Maria Trakalo and Iryna Gladun regularly held monthly support groups for mothers and wives of fallen soldiers. These meetings became an important space for emotional comfort, mutual support and overcoming the pain of loss.

As part of this partnership, since February 2024, Iryna Gladun also began holding similar meetings at the Assumption of the Blessed Virgin Mary parish in the village of Velyki Hlibovychi, which take place every month on the first Sunday. This expanded the geography of support and made it possible to reach even more people who need help during a difficult period of life.

[Зустрічі по втраті](#)

We are sincerely pleased with this cooperation, as it opens up new opportunities for effective assistance to those who need it most - military personnel and veterans and their families.

4. In December 2023, as part of the **“To begin” project** (Currently formed as NGO), which was created for women who have lost their husbands or children as a result of war. The Hub became a partner in conducting trainings, in particular on:

- emotions, do we have the right to them, how to live and express them with Maria Trakalo; [02.12.2023 тренінг про емоції](#)
- body and contact with it, stabilization and relaxation practices with Oksana Dyomina; [10.12.2023 тренінг про тіло](#)
- resourcefulness and adaptability with Maria Dubinina. [18.12.2023 тренінг про ресурсність](#)

You can view all the photos here:  [проект "Почни"](#)

5. **The Vulyk Family Clinic** has become an important partner for us, which has allowed us to continue providing psychiatric care to our clients during this difficult period. After our psychiatrist was mobilized into the army, we were looking for a reliable replacement, and thanks to this cooperation, we were able to find a worthy specialist to work with people who needed support. In addition, Vulyk has actively promoted our activities, strengthening our media presence, and has also referred people to therapy, helping them get the help they need.

https://www.instagram.com/p/C2UVe1aNwqj/?img_index=1

6. The charitable foundation “Caritas Ukraine” has become our reliable partner in various formats of cooperation. In particular, we provide corporate consulting to employees, supervisory support for their projects in centers throughout Ukraine, especially in emergency situations after enemy attacks, and also conduct educational modules and trainings on the topics of burnout, resource recovery and working with emotions. Such events were organized for Caritas branches in various cities of Ukraine, in particular in Kryvyi Rih, Chernivtsi, Kolomyia and Lviv.

📍 Карітас Коломия

📍 Карітас Чернівці 14.04.2024

📍 Карітас Кривий Ріг 20.12.23

You can see more about the topics, listeners, and photos in the table:

📌 Психоедукація населення


7. In partnership with the **Public Union “Catholic Education”**, we organized training courses for school chaplains on resilience, self-care, and communication with military personnel and their families. This is a particularly relevant topic, as many parents of schoolchildren are currently at the front or, unfortunately, have died. Such trainings took place throughout the year in Kolomyia 📍 17.01.2024 Коломия.Католицька освіта, Drohobych, Bryukhovychi. As part of this same cooperation, our psychologist Maria Trakalo conducted training for teachers in Mostyski. 📍 Тренінг для вчителів.Мостиська

8. The volunteer space “DoBro” involved us in conducting psychological camps for families from eastern Ukraine and the deoccupied territories. Our psychologists conducted trainings for children and parents, explaining the basic concepts of psychology, working with emotions and their accommodation. In parallel, we provided individual consultations upon request. In addition, four of our psychologists, namely Oksana Bryndzak, Maria Dubynina, Lida Bozhenko and Maria Dubynina, were invited as lecturers in two launches of “DoBro school” where they also spoke about psychology, communication with children, resources and support for children experiencing loss.

📍 "Налагодження комунікації з дітьми, які пережили травматичний досвід", 26.03.2024, Львів

📍 Табір, Яремче. ВП "DoBro"

9. In order to increase our visibility on social networks, we have established cooperation with the **publishing house “Svichado”**. Our psychologists choose a book, read it and leave an open review, which we publish together on Instagram pages. This partnership helps expand our audience and also allows our customers to receive a promotional code for a discount in the bookstore, which is a nice sign of care on our part. <https://www.instagram.com/reel/DCEt4EeNkAp/?igsh=Z2oxdDdvY2F1a3U2>

10. At the request of the **nuns**, we held meetings with girls who are in difficult life circumstances. Now they are being cared for by nuns, and psychologist Ruslana Vasylykiv conducted a psychoeducational therapeutic group for them. In total, 10 meetings were organized on various topics: emotions, anxiety, relationships, etc. The topics and number of participants can also be found in the general table of listeners.  Психоедукація населення

[Група для дівчат](#)

11. We established a partnership with the **UCU student council** and held a psychoeducational lecture for students on “Searching for students’ resources during wartime.” We managed to gather 39 people for the meeting. [Лекція для студентів уку 27.09.2023](#)

The topic for the second meeting was “Resilience in Times of Fragility,” which was attended by 35 students. [Колегіум УКУ "Стійкість в час крихкості" 06.11](#)

12. **Spilno** became our media partners. Since involving children in therapy was one of our important tasks, our psychologists created publications on topical topics, which we shared together. This contributed to attracting new subscribers, among whom were potential beneficiaries of our services. [Спільний пост](#)

13. **Lyceum in Lviv No. 33**. At their request, we conducted psychoeducation for children of different grades on relevant topics about self-regulation of emotions, conflicts, and personal responsibility. There were also lectures for teachers about professional burnout.

 Лекція для вчителів ліцею №33 у Львові, 28.10.2024

14. We started working with the **Novoyavorivsk Regional Council**, focusing on training employees to support their emotional well-being. The first lecture was dedicated to the topic

“Why to worry about mental health?”.

📌 Лекція для працівників обласної ради в Новояворівську, 28.11.2024

All partnerships were and are very important and valuable to us, as it allowed us to increase the awareness of the hub, involve new people in therapy and spiritual guidance. Establishing a partnership is a good foundation for future cooperation, because it provides support and assistance. It was important for us to hear about how the cooperation was for our partners, so we are adding feedback from several organizations.

📌 Відгуки партнерів щодо співпраці з хабом

From this survey, it was concluded that the interaction was at a fairly good level and the partners plan to continue cooperation (Img. 4).

Оцінка взаємодії в партнерстві

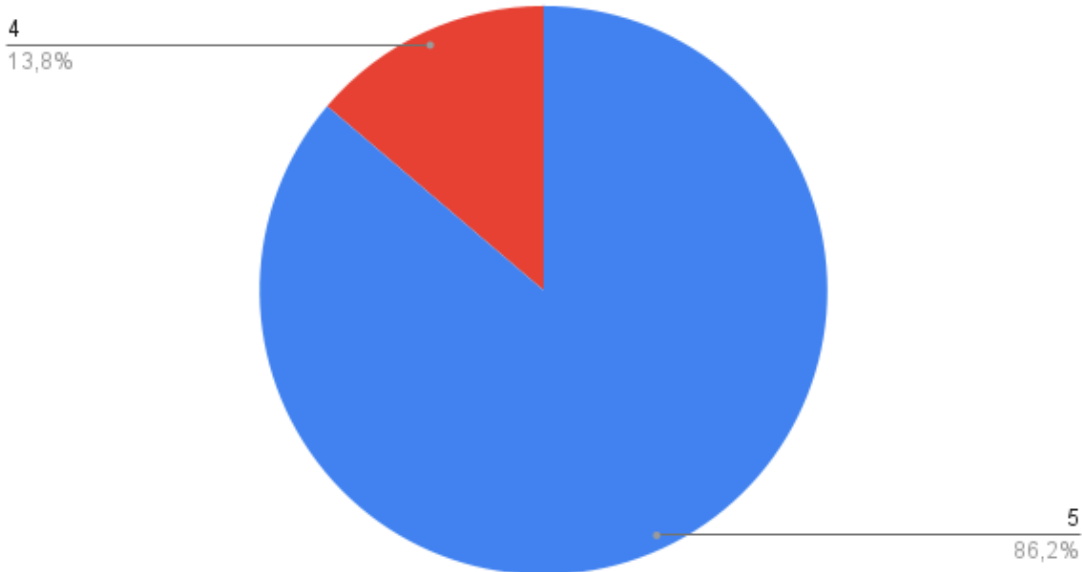


Рис. 4

Psychoeducation

Psychoeducation is a key area of our work, as it is not only an opportunity to increase the awareness of the hub and attract new people to therapy, but also a value for people, their mental enrichment, personal development and a good platform for discussions, insights and rethinking. Most of our trainings were focused on modern challenges related to war, experiencing loss and constant stress in its many manifestations. We conducted trainings in different cities of Ukraine: Kolomyia, Ternopil, Lviv, Ivano-Frankivsk, Chernivtsi, Vinnytsia, Drohobych, Stryi, Novoyavorivsk, Kryvyi Rih and others.

In total, about 100 events were held during the project period, including trainings, workshops, art therapy, and lectures for various categories of people, including:

- **Teachers**

A series of trainings was conducted on professional burnout, resource finding, and effective communication with children.

- **School students**

Cooperation was established with schools and lyceums in Lviv, which made it possible to reach a significant number of students and conduct interactive classes with them.

- **Children and teens**

Separate trainings were organized at various parishes and animation centers. An important factor in success was the fact that all psychologists in our hub share Christian values, which ensured a high level of trust from the participants and their parents, as well as parish priests.

- **Young people under 35 years old**

As part of the “School of Personal Growth” project, trainings were held on the following topics: shame, anxiety, God and war, emotional stability, resilience in uncertain moments, and others.

- **Clergy**

We understand the importance of raising awareness among priests about psychological help, so we conducted training sessions for them. It is often difficult for priests to distinguish the initial stages of depression or other psycho-emotional disorders in their faithful, so these meetings were aimed not only at supporting the priests themselves, but also at helping them recognize such conditions in their parishioners.

It is worth mentioning the launch of a pilot supervision group for priests of the Donetsk Exarchate who work in the area of the greatest challenges related to the war. As part of this initiative, 10 meetings were held under the leadership of psychologist Maria Trakalo. She shared with the participants communication tools, book recommendations, and exercises for stabilization and recovery. Some priests, after participating in the group, also turned to our psychologists for individual therapy. In the future, we will implement this format of work with priests from other dioceses, because it is a good platform for sharing experience. As part of this initiative, the hub participates in the working group of the Patriarchal Commission for Clergy Affairs headed by Bishop Bohdan Danylo (Img 3).




Img 3

- **Social workers and volunteers**

Trainings were organized for employees of the charitable foundation “Caritas Ukraine” and the volunteer space “DoBro”. The topics of the events covered issues of communication with people in crisis situations, prevention of emotional burnout, finding resources, and conflict resolution.

In the fall of 2024, on the occasion of Mental Health Day, we held the first art therapy with our psychologist Olga Kurylko, which also became a good tool for drawing people's attention to mental health care, increased recognition and opened up the professionalism of the hub, as

well as one of the areas of work in therapy. It was a successful event, so we have already introduced this type of work on a permanent basis. So, two such meetings took place during the project, and we already have 5 planned for 2025.  Арт-терапія, 27.11.2024

Before Christmas, a team of clergy prepared an online retreat on the topic “God in the Hands of Man,” where they reflected on such questions as:

Doubt and Fear in Choice. Building Trust in the Story of Joseph;

God Becomes Man: Restoring the Dignity and Importance of Human Life;

Migration, Power, Fear, Doubt, and Human Dignity. The Path to Restoration through God's Accessibility.

The ability to join the event online significantly increased the geography of listeners, which gave Ukrainians abroad the opportunity to prepare fruitfully for Christmas, including from Poland, Italy, Germany, and Canada. In total, 70 people participated in the retreat.

We have gathered all the participants, topics of trainings and lectures, and photos in one table. [Психоедукація населення](#)

During the project, 2 314 participants attended lectures.

In cooperation with the Wrocław Diocese of the UGCC, we conducted a one-day training for families from the entire Wrocław Voivodeship. Over 120 families came to hear about mental health. [Польща,Шпротаві "Ментальне здоров'я під час війни"](#)

Also during the project, two working trips to Canada took place. The Ukrainian community of Vancouver invited us to hold a series of meetings on mental health and spirituality. In October 2023, we had separate meetings with teenagers, women, and men. Those who wished had individual meetings with a psychologist and had the opportunity to continue therapy online. In November 2024, we had the opportunity to speak to the clergy of the New Westminster Diocese on the topic of “Self-care in the fight against stress.” [01.11.2024, виступ для духовенства Нью Вестмінстерської єпархії](#).

In addition, there were also meetings with parishioners and individual consultations.

[Канада, парафія Ванкувера](#)

The team of Mental Health Hub is also involved in the “Come and See” faith formation program of UEP, which was created for young people about spiritual formation and a deeper understanding of their faith and Christian identity. In December 2024, two podcast episodes were filmed with the hub’s co-founder, Father Yurko, about the role of women in the church and love through the prism of faith.

Podcast: [Love through the prism of faith](#)

Podcast: [Is the church ready for women leadership?](#)

Events and activities

On November 17, 2023, Maria Trakalo was a speaker at the 95th session of the Synod of Bishops of the UGCC on the topic “Mental Health of Priests: How to Make the Church More Mental Health-Friendly.” [Про Дев’яносто п’яту сесію Архиєрейського Синоду УГКЦ в Україні](#)

Therefore, we received another invitation to speak at the Synod of Bishops of the UGCC - on February 7, 2024, with the topic "Psychological analysis of the state of families in Ukraine through the prism of war." [У Львові пройшла Дев’яносто шоста сесія Архиєрейського Синоду УГКЦ в Україні](#) After this synod, a resolution was issued at the national level of the UGCC, which stated: **“...to foster cooperation with psychological assistance centers and social service centers and to promote the culture of mental health and hygiene of relationships.”** This greatly pleased our team, as we appreciate the openness of the Church to cooperation and interaction.

And we have already been invited to speak at the Ecumenical Synod of all Bishops of the UGCC, which will be held in Rome in July 2025. The preparation of high-quality materials and analytics is actively underway.

Also in February, some team members represented the hub at the All-Ukrainian Youth Ministry Forum. There, we shared our experiences and participated in strategic developments for the development of various youth organizations.

 Форум Душпастирства молоді УГКЦ

In April, our co-founder Maria Trakalo spoke at the International Catholic Migration Commission (ICMC) conference in Geneva on the integration of psychology and spirituality. She shared the hub's experience working with seminarians and priests, the challenges we face as a result of war, and how we are coping with them. 📺 Женева, конференція [Actions of Faith-inspired organizations to Advance Health and HIV Care for Migrants, Refugees, and Displaced Populations](#)

In October, we were invited to participate in a meeting of the Patriarchal Commission on Pastoral Affairs. Once again, we shared our experience working with seminarians both in individual therapy and in general modular programs that are more focused on psychoeducation. This is extremely important for us, as it is a large and systemic contribution to the future of our Church and we appreciate that we are supported in this. [Засідання Патріаршої комісії](#)

CRM system implementation

From the very beginning of the project, we began working on implementing a CRM system that would meet our needs in terms of both functionality and cost.

However, this process turned out to be much more complicated than expected. We had to identify key features, analyze the market, test different options, and find a balance between cost and capabilities. Most of the solutions required adaptation to our processes. Therefore, we spent a lot of time on this.

In the end, we chose "Doctor Eleks" - a system designed for medical institutions, which was a good fit for our hub, since it was this program that required the fewest changes, and therefore required the least additional funds.

In February 2024, we paid for the system and started installing it on our work computers, adjusted the system to our work, had training for managers, psychologists and administration. It was important for us to have a test period to fully improve the functionality to our needs, so since May 2024 we have been keeping records exclusively in CRM, which is very convenient for everyone.

Main advantages:

- Automation of booking: clients can book appointments on their own without the administrator's involvement, which significantly extends the booking time slots, and the administrator, accordingly, has more time to perform other tasks.
- A separate application for specialists: allows you to manage your schedule, create appointments, and see your schedule.
- Reduction of untimely canceled sessions: SMS reminders that connect to CRM a day before the visit help clients not to forget about the appointment, or cancel in advance so as not to lose the session. Actually, after the implementation of the system, this problem disappeared, because before that clients could forget about appointments.
- Flexibility: clients or therapists can independently reschedule or cancel appointments.
- Speed: monthly reports were set up in the system, which simplified the overall calculation for paying specialists.

The implementation of the CRM system has become an important step in improving our work. It has not only increased the efficiency of processes, but also made interaction with clients more comfortable, giving them a feeling of care and convenience.

We are very happy to have this system, as we have already launched the process of preparing our hub website, which will make the process of registering clients even faster.

Media

The Mental Health Hub's work is actively promoted on social networks Instagram and Facebook. Thanks to systematic communication work and people's growing interest in psychology and mental health, the number of followers on Instagram has increased by 2,845 people since October 2023. Today, our community already has over 6,000 followers.

This growth is an indicator of an effective promotion strategy, as well as confirmation that more and more people are seeking support and resources for their mental well-being. It is through social media that new clients often turn to us for psychological help.

Detailed Instagram reports for different periods of the project can be viewed here: [Media](#)

In 2025, we also plan to actively develop TikTok and LinkedIn.

In addition, we have already started work on creating a website for our organization, which will help the Hub be recognizable among foreigners, and will give clients the opportunity to view all the necessary information and choose a specialist quickly and in one place. The website will also allow you to immediately sign up for sessions or conversations with spiritual leaders.

About the activities of the Hub, our trainings, speeches and blogs were shared on various media platforms, which significantly strengthened and enriched our recognition and trust. You can view all the informational mentions during the project's existence at this link.

Media presence

We have twice launched a large online course “Actions: Psychology, Spirituality, Dignity”, where 18 lecturers share their knowledge and advice on various topics that are most relevant for Ukrainians. Listeners have the opportunity to work on practical exercises, talk to a psychologist, and visit a psychotherapeutic group in an online format. During the launch, 165 listeners from different countries and cities were reached.

Strategy and planning helped us in the successful implementation of this project. In particular, at the end of September 2023, we organized the 3rd meeting to create a strategy for the development of the Hub DiyaTy in the near future. The main challenge for us is to become a capable structure that will be able to carry out its work after the end of project support. The strategy session was led by Mykhailo Tkach. Our partners from the Ukrainian Educational Platform were also involved in the strategy. [Стратегія фото](#)

In April 2024, we developed a strategy for developing the spiritual direction of the Hub. Since spiritual guidance is by its nature free, but at the same time we consider it important and necessary to adequately pay the work of spiritual leaders, we actively worked to find solutions.

In particular, our team has been developing ideas for possible projects and products that spiritual leaders could implement to ensure the sustainability of this area. This will not only support their work, but also expand the possibilities of spiritual guidance for all who need it.

Стратегія духовного напрямку

Already in October 2024, we again had a team strategy on how we should continue to move and develop in 2025. We were able to register a separate legal entity, for which we are grateful to the project support. However, the challenge for us was to attract more clients to pay all organizational employees. It was on this strategy that we prescribed steps to achieve this goal. 📌 Стратегія жовтень 2024 [Strategy October 2024](#)

Summary

Summing up our work, we can confidently say that the Mental Health Hub “DiyaTy” has become a successful project, which is already well-known among various organizations and a large number of people. We have created a support space that has become a reliable support for those who need psychological or spiritual help, especially as a result of war.

Thanks to this project, we have not only expanded our activities, but also become financially and organizationally capable, which allows us to move forward. Requests for therapy are growing every month, which confirms the importance and demand for our work. People are increasingly aware of the value of mental health and are discovering the opportunity to receive high-quality psychological and spiritual support.

Our next goal is scaling. We aim to make therapy available not only in Lviv, but also in other cities, so that even more Ukrainians can receive the help they need.

We are convinced that by working together we can influence the mental health of Ukrainians and improve their quality of life. Therefore, we do not stop, but continue to focus on psychoeducation and popularization of the topic of mental health. Our task is to convey to every Ukrainian that seeking help is not a weakness, but an important step towards inner recovery and strength.

School of Personal Growth (SPG):

Program activities in 2023

The permanent team of the School of Personal Growth has undergone changes compared to last year. Maria Lenko became the project coordinator in 2023, and Oksana Kolishchak, who coordinated the project before, became one of the lecturers of the School of Personal Growth. Oksana is a psychiatrist and is also continuing her studies as a psychotherapist. The preparatory stage for the School of Personal Growth began with strategizing. At the session, the team identified the main areas of development: independence and rapid development. We also changed the branding of the program, identified new activities for the alumni community, and planned activities until the end of 2023.

At the end of September 2023, the first field trip module of the SPG took place with the topic “Philosophy of Sexuality”. The trainers were Maria Trakalo, Fr. Yuriy Ostapyuk, Roman Dmytriv and Oksana Kolishchak. For 4 days, 14 school participants joined in meditation, sought personal answers to various questions, shared experiences, learned about their sexuality through lectures and group therapy, as well as individual consultations with clergymen and psychotherapists.

Photos and video materials from the module can be viewed at the link [📷 Фото модулю](#).

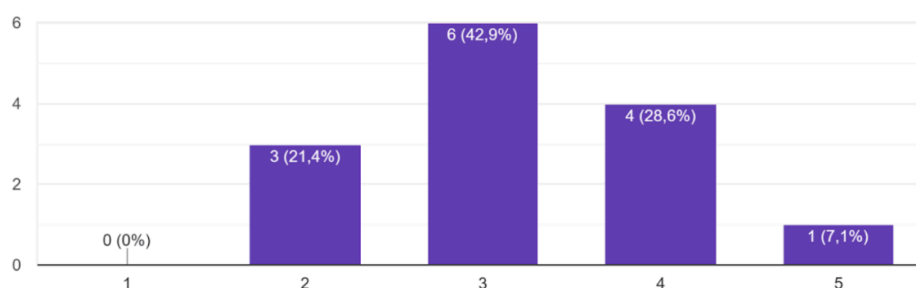
We collected feedback from module participants; 90% of participants were able to work through all the goals they set for themselves at the beginning of the module.

[📄 Відгуки по ШОЗ 28.09 - 01.10 \(Відповіді\)](#).

We also conducted a survey among participants to assess the level of impact of training on stress resistance. Before the module, 42.9% indicated that they assessed their stress resistance at a normal, satisfactory level. (Img. 5)

Assess your level of stress resistance before the module.
14 responses

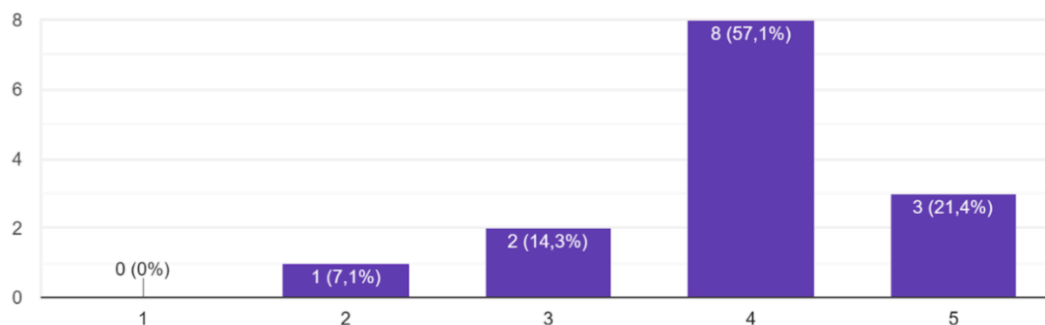
Img.5



After the module, according to the results of the participants' self-assessment, their level of stress resistance changed. In 60% of the participants, the level of stress resistance improved, became higher, 40% - remained in place, without any changes. These data indicate that the methodology of the School of Personal Growth is relevant and contributes to improving well-being and reducing stress. (Img. 6)

Assess your level of stress resistance after the module.

14 responses



Img 6.

Two in-depth interviews were also conducted among the participants of the first module, where they shared their personal impressions of the training and its impact on their lives. You can read and view the interviews here: [W Марія Тороній - ШІОЗ.docx](#)

[W Оля_Шийка_ШІОЗ.docx](#)

The School of Personal Growth team, in partnership with the Family Institute “Hope of the Hopeless,” organized a module for Chernivtsi youth from November 23 - 26 on the topic “Psychological and Spiritual Foundation.” This module had 9 participants, including two clergymen who will be able to work with youth in the future after gaining knowledge from the module. We share the feedback from the participants:

[+ ШІОЗ: Духовний та психологічний фундамент. Відгук](#) .

An interview was also conducted with two participants of the module, Margarita Chierska

[W Маргарита Чичерська .docx](#) and Volodya Cherny [W Володя Чорний .docx](#) .

Results for 2023:

- 2 training modules were conducted in 2023
- Total number of participants: 23 people

Modules of School of Personal Growth in 2024:



Image 4

Module “Self-worth” (Image 4) January 18 - 21, 2024, the first module focused on fundamental aspects of psychological health: self-worth, healthy self-esteem, accepting one's own weaknesses, working with the inner critic, psychic parts, setting healthy boundaries, and practicing forgiveness.

The results of this module show that 100% of participants improved their self-esteem, with an average increase of 38%. The greatest improvement was observed among participants with initially low values, with an average increase of 50% or more in self-esteem. All participants also improved their overall well-being index, with an average improvement of 45%, and in some cases, this index increased to 100%. As for the level of stress resistance, 57% of participants improved their level, with an average increase of 25%.

Зібрані дані:  Самопочуття учасників | Модуль 3 .


Feedback from participants:  ШОЗ: СамоЦінність. Відгук  (Відповіді)



Image 5

Module “Being Yourself” (Image 5) from **April 25 to 28, 2024**, was dedicated to exploring authenticity and self-development. Participants worked with topics such as self-attitude, masks and defense mechanisms, personality shaping factors, internal limitations, and spiritual aspects of personal growth.

The study shows that 90% of participants improved their self-esteem, with an average increase of 13%, and their overall well-being improved by 57%. 50% of participants also increased their stress tolerance, while 40% remained the same. Overall, the results of the module indicate a significant improvement in the participants' psycho-emotional state.

Gathered data:  Самопочуття учасників | Модуль 4 .


Feedback of participants:  ШОЗ: Бути собою. Відгук



Img 6

Module “The Art of Relationships” (Image 6) July 1-5, 2024, became a significant milestone in the development of the program due to a significant expansion of the format. For the first time, work in two parallel psychotherapeutic groups with a total of 29 participants was introduced. Experienced psychotherapist Maria Dubynina joined the team of trainers, which allowed enriching the program with professional experience.

The module covered the following issues: the place of my “I” in relationships, my relationship with God, emotionality in relationships, the relationship: I, a person, God, separation and maturity, types of love, non-violent communication, stereotypes in relationships. Regarding statistical data, 89% of participants noted an improvement in their self-esteem (average increase of 25%), 96% - an improvement in their overall well-being (average increase of 45%), and 57% of participants had an increase in their stress resistance (average improvement of 14%).

Зібрані дані:  Самопочуття учасників | Модуль 5 .


Feedback from participants:  Мистецтво стосунків | Відгук



Img 7

Module “Reconstruction of Dignity” (Image 7) from September 12 to 15, 2024, was unique due to its specialized focus on working with a female audience, bringing together 29 participants. A feature of the module was the combination of psychological and spiritual work through the involvement of Sister Ivanna Dmytriv as a trainer of the spiritual component of the program.

This module addressed the following questions: "My essence through God's love", "Why God is not my father. My projection of the image of God", "Accepting all of myself", "Overcoming external expectations", "Formula for a joyful life". The quantitative results in improving the psychological state of the participants are as follows: 82% of participants noted an improvement in the level of self-esteem (average increase of 25%), 93% - an improvement in overall well-being (average increase of 53%), 57% - an increase in the level of stress resistance (average improvement of 8%).

Зібрані дані:  Самопочуття учасників | Модуль 6 .


Feedback from participants:  Реконструкція гідності | Відгук



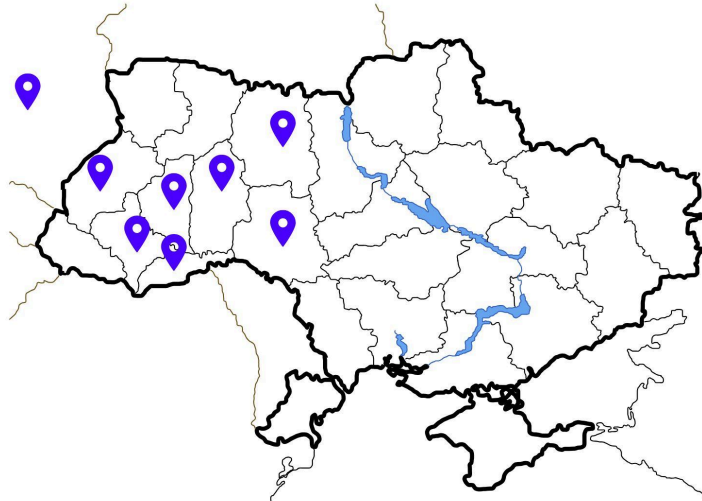
Зображення 8

Module “What’s on anxiety?” (Image 8) This module took place on November 21-23, was the last in 2024 and attracted 30 participants, indicating high interest in the program.

The following topics were considered during the training: cause-and-effect relationships of anxiety, meticulousness in spirituality, methods of self-regulation, spiritual control, trust in God, the world and oneself. According to the results of statistical data, 80% of participants noted an improvement in their self-esteem (average increase of 18%), 90% - an improvement in their general well-being (average increase of 30%), 60% - an increase in the level of stress resistance (average improvement of 11%).

Зібрані дані:  Самопочуття учасників | Модуль 7

Feedback from participants:  Що по тривозі? | Відгук



Img.7

Geographical coverage:

The training modules were successfully held in Lviv and Ternopil regions, attracting participants from different regions of Ukraine (Kyiv, Khmelnytskyi, Ivano-Frankivsk, Vinnytsia, Chernivtsi regions) and even from Rzeszow (Poland) (Img 7).

Initially, the module was also planned to be held in the Kyiv region, but for security reasons, the location was changed to the western regions of Ukraine. The team made this decision given the specifics of the program, which involves working with trauma and requires the creation of a safe space for participants. Given the regular air raids and missile strikes in the Kyiv region, conducting such sensitive work there would not have been feasible.

Team:

In 2024, the School of Personal Growth team was joined by Fr. Stepan Myshkovsky, psychotherapist Maria Dubynina, and Sr. Ivanna Dmytriv. The main difficulty in expanding the team is the need for trainers to work in group therapy, since the combination of psychology and spirituality can sometimes cause conflicting issues.

Media presence:

In 2023-2024, our organization implemented a communications strategy aimed at expanding the audience and deepening spiritual dialogue.

Digital Communications: We have significantly expanded our social media presence, attracting over 1,300 followers on Instagram and over 680 members on the Telegram channel. This has allowed us to create an active online community.

Podcast "Into the Depths". A special media project was a podcast dedicated to spiritual development during Lent. Over the course of 16 episodes, we explored complex theological and psychological topics. The project was joined by distinguished guests – Sr. Antonia-Zoriana Shelepilo and Fr. Vitaliy Osmolovsky, who added depth and expertise to our discussions.

The podcast format included not only meaningful conversations, but also a practical aspect, weekly tasks from our trainers, which helped listeners actively engage in the process of spiritual development. The average number of views for each episode exceeded 1,000, which testified to the high interest of the audience.

The value of the project is confirmed by the feedback from participants. In particular, an anonymous comment particularly emphasized the deep revelation of the Word of God, the contextual analysis of biblical texts, and the psychological interpretation of biblical stories.

Thus, our media project not only expanded communication opportunities, but also provided a meaningful platform for spiritual dialogue and personal growth.

Alumni community of School of Personal Growth:

2023:

In October and November 2023, we conducted a training on the topic "How to prepare for a change/job search", 11 program graduates joined this event. This topic was chosen based on current requests among school participants. The lecturer was Natalka Zabytivska, HR and career consultant, Talent Success Lead at SoftServe. During this training, participants were provided with information on criteria that will help them change jobs in a timely manner, requirements for writing a correct resume, cover letter, and a personal analysis of the participant's resume by a specialist. The lecture format was held in a hybrid format, participants could come to meetings live, as well as independently familiarize themselves with the materials online.

Fotos:  Як підготуватись до зміни/пошуку роботи .

Participants also left their feedback on the training they received:

 Відгук про навчання "Як підготуватись до зміни та пошуку роботи" (Відповіді)

In December, a warm “Secret Nicholas” gathering was organized for exchanging gifts, summarizing the year, and sharing

📺 зустріч випускників "Таємний Миколай" у грудні 2023 року

Such meetings have helped create an atmosphere of trust in the community and contribute to strengthening friendly relations.

2024:

The School of Personal Growth alumni community consists of 114 members, of whom 40 are actively involved in events. In 2024, 4 closed events were organized:

- Ice skating and tea drinking;
- “Spirituality without embellishment”;
- Master class on painting Easter eggs;
- “Secret Nicholas” (Image 9);

Graduates also participate in open lectures, broadcasts from the program, meet informally, and stay in touch.



Img 9

A survey conducted among 40 participants demonstrates that:

- 88% were able to build friendships with participants in their modules;
- 48% value connections with other members of the community;
- 75% are interested in alumni events.

In particular, 33% of unique beneficiaries belonging to the alumni community attended more than one module this year (26 people out of 105).

The development of the School of Personal Growth alumni community confirms its importance as a space for support, communication, and personal development. The high level of participant engagement in events and their interest in further interaction indicate the need to strengthen and expand the community. In 2025, we will focus on creating an active environment for alumni that will contribute to the long-term development of the program and its expansion of its impact.



Img 10

Program growth and scaling in 2024

2024 was a defining year for the program, demonstrating significant growth in coverage and demand. While in January the module had 7 participants, by July the number of participants had increased to 29-30 per module, necessitating the introduction of a two-parallel therapeutic group format.

Such a significant increase was achieved thanks to the implementation of a comprehensive development strategy:

- Activation of presence in social networks;
- Establishing partnerships with leading Christian communities (AUCS Obnova, Fides et Ratio at UCU, Youth Commission in Youth Affairs);
- Holding open educational events in youth centers (MOLODVIZ and PIXLAB);

To promote the School of Personal Growth on social networks, we changed the branding of the page. Now the School has its own logo and recognizable style. On the page, we provide useful information for young people, as well as announce new activities. Most new participants who join the activities and community of the School of Personal Growth note that they learn about the project from social networks.

 Media report of School of personal growth

Results for 2024:

- 5 training modules were conducted in 2024:
- Total number of participants: 105 people
- Unique beneficiaries: 79 people
- 26 participants attended more than one module, which indicates the high value of the program for the beneficiaries and their interest in further personal development

These indicators demonstrate not only the quantitative growth of the program, but also the formation of a sustainable community of interested participants who strive for systematic personal development.

Innovation and program development:

- A system of surveys on social networks was introduced to determine the current needs of young people;
- The format of work was expanded to two psychotherapeutic groups;
- The team of trainers was increased and professional psychotherapists were involved;
- The number of participants increased from 7 to 30 people per module, which indicates high demand.

Program results:

- 7 training modules were conducted in 2023 - 2024:
- Total number of participants: 128 people
- Unique beneficiaries: 79 people
- 26 participants attended more than one module, which indicates the high value of the program for the beneficiaries and their interest in further personal development

Average indicators of improvement of participants' condition after completing the modules:

- Self-esteem: improved in 80-100% of participants, average gain 13-38%
- General well-being: improved in 90-100% of participants, average gain 30-57%
- Stress tolerance: improved in 50-60% of participants, average gain 8-25%

Thematic coverage: The program covered critically important topics for the psychological health of youth:

- Self-worth and healthy self-esteem;
- Personal development and authenticity;
- Interpersonal relationships and communication;
- Feminine dignity and self-actualization;
- Anxiety and stress management.

The School of Personal Growth demonstrates consistently high effectiveness in improving the psycho-emotional state of participants, which is confirmed by objective indicators (**Rosenberg test and WHO-5 index**). Flexibility in the choice of topics and work formats allows the program to promptly respond to the current needs of the target audience.

In-depth interviews with participants:

About group therapy:

“I realized that in the group therapy format I discovered much more for myself than in individual work with a psychotherapist. I don’t want to devalue his work – it’s just a completely different experience and here you can go much wider, deeper and faster.”

Більше: [W Володя Чорний .docx](#)

About individual consultations:

“This is the moment when you seem to know, understand everything, but something is not right. And here it is very important not just to hear the answer, but also to understand and do it. I would like to still have the opportunity to turn to a psychologist and a spiritual father, because this is a new experience and it shapes the course of thoughts.”

Більше: [W Маргарита Чичерська .docx](#)

About the impact of the program:

“Before the SPG, I had a problem with the fact that I couldn’t allocate more time for myself, I spent time on something else, I put myself in second place, and this then negatively affected my well-being. After working through this at the SPG, I thought that maybe this time it would work out with the new attitude towards myself that we built here, to put my thoughts into action. Thanks to the SPG, I believed in myself and started doing it, and the amount of time I now allocate to something very important to me is how I once imagined it.”

More: [W Вероніка Хавро.docx](#)

About the program's features:

“It is special with people.. The kind of people who gather at SPG, and how the atmosphere of support is felt here. This is probably the only place where I don’t feel human judgment and negative energy from people. In real life, there are different people, but, personally, at no SPG did I feel rejected by society, that you are not accepted, despised. Because in fact, at SPG there is a strong feeling of acceptance of everyone, even from our leaders and the group – it is the most incredible thing.”

More: [W Катерина Колодій.docx](#)

About meditation:

“I came to try something new, I liked this format, and then I analyzed these passages that Yurko used on my own at home, and they opened up to me more deeply. Then, during meditations, there were glimpses, and then I was able to think them through.”

More: [W Яна Матвеева.docx](#)

All in-depth interviews you can find via the link: [Інтерв'ю учасників](#)

Can be translated upon request.

Summary for "School of Personal Growth"

The "School of Personal Growth" program demonstrates stable growth and high efficiency in achieving its goals. A significant increase in the number of participants, expansion of geographical coverage, and consistently high indicators of impact on the psycho-emotional state of participants indicate the relevance of the program and its potential for further development.

The fact that an active alumni community has been formed and the high percentage of participants returning for additional modules. This creates a strong foundation for further scaling and development of the program in 2025.

Given the current results and a clear development plan, the program has all the prerequisites for successfully achieving its goals and expanding its impact on the youth of Ukraine.

Further development of the School of Personal Growth

In January 2025, we held a strategic session that resulted in identifying key areas for our program development. The main priorities are:

- Strengthening the brand and awareness – we strive to make our program more and more recognizable, attracting new participants and partners.
- Accessibility of the program for youth – our goal is to create conditions under which young people can easily join the training, regardless of financial capabilities.

Our goals by the end of 2025:

- Conduct 5 educational therapeutic modules and attract 165 participants, of which at least 50% will join for the first time.
- Organize 7 educational lectures attended by 350-500 participants live.
- Increase the audience of the Instagram page of the School of Personal Growth to 4,000 - 7,000 followers.

We recognize that 2025 will bring some challenges, including rising costs and economic instability that may impact participants' financial capabilities. However, we strive to make the program as accessible as possible for young people. To do this, we are actively seeking funding, partners, and new opportunities so that anyone who is committed to development can join our community.

Lessons learned

- 1. This is an important moment for good interaction and recognition among other centers, exchange of experience, as well as the possibility of alternative replacement of specialists.**

This is an important moment for good interaction and recognition among other centers, exchange of experience, as well as the possibility of alternative replacement of specialists.

- 2. Having a website is critical for communication and service availability.**

The lack of a website made it difficult to spread information about the project and attract new clients and partners. This highlighted the need to develop an online platform that would contain detailed information about the project, contacts, opportunities to register for sessions, and educational materials.

- 3. A financial cushion and diversification of funding sources are critically important.**

The experience of tranche delays has shown the need to have a financial reserve and consider diversifying funding sources. In the future, it is worth considering mechanisms for rapid response to similar situations, in particular by creating a stable reserve fund or expanding the circle of donors.

- 4. Improved Monitoring**

The process of gathering information on beneficiaries is settled.

Challenges faced during the project implementation:

1. Finding a suitable room.

One of the key challenges was to provide a comfortable, safe, and functional space for sessions. In this regard, we had to change locations twice during the 1.5 years of operation, which required additional resources and adaptation of both the team and clients.

2. Loss of a specialist due to mobilization.

The unexpected enlistment of our psychiatrist into the military created a significant challenge for the team. For some time, we actively searched for a new specialist, and a temporary solution was a partnership with the Vulyk Medical Center, which provided our clients with the necessary psychiatric consultations.

3. Social prejudices about psychotherapy.

A significant proportion of clients, especially parents of children, demonstrated a skeptical or negative attitude towards psychotherapeutic assistance. This complicated the work of professionals and required additional efforts to increase awareness and trust in psychological support methods.

4. Finding qualified professionals with appropriate values.

An important criterion for selecting the team was not only high professional competence, but also sharing spiritual values, which are the basis of the hub's work. This significantly narrowed the circle of potential candidates and made the search process longer.

5. Financial difficulties due to delayed tranche.

Due to the delay in funding, there was a threat of untimely payment of salaries, which required the search for alternative solutions, including the use of a reserve fund and the tacking of an internal loan.

Post-grant activities

After the grant funding ended, we continued our activities on a commercial basis by creating a Limited Liability Company (LLC). This allowed us to maintain our team, provide services on a sustainable basis, and expand our areas of work.

At the same time, we are actively seeking additional funding for social therapies. Given the growing need for psychological assistance, especially in the context of the third anniversary of the full-scale invasion, supporting vulnerable populations remains one of our key priorities.

Future development directions:

- **Scaling and opening branches.**

We plan to open hubs in other cities of Ukraine, which will allow us to expand the geography of support and make services more accessible.

Creating our own website and developing our media presence

- **Launching an official website** and active communication through social networks.

This will help increase awareness, which will help attract new customers and partners.

- **Corporate consulting for organizations**

We plan to expand our activities through corporate consulting and psychological support for businesses, NGOs and other institutions. This will not only help stabilize the financial model, but also contribute to the development of a culture of mental health in work teams.

These steps will allow us to ensure the sustainability of our activities, expand our impact and continue to provide high-quality psychological and spiritual support in Ukraine.

- **Creation of information products**

For better promotion, awareness and education of the population.

Results within the grant application:

1. Individual psychological, spiritual and psychiatric sessions Activities + Outputs

1.1 Provide psychological, spiritual and psychiatric sessions for all age groups.

- 6,840 psychological/psychiatric consultations provided in 18 month of which were at least 20% children, and 80% adults. Therapy is provided both in offline and online format.

91% are adults

9% children

The following number of sessions were provided during the project:

adult psychological - 5 323 sessions

children's psychological - 617 sessions

adult psychiatric - 45 sessions

spiritual guidance - 855 sessions

In total 6840 sessions were provided.

- 380 psychological/psychiatric consultations provided every month

Approximately 380 psychological/psychiatric/ spiritual sessions were held monthly.

- 2000 listeners attended psychoeducational lectures and training for youth and adults.

2314 listeners attended psychoeducational lectures and training for youth and adults.

- Spiritual consultations are sustained by Mental Health Hub “DiyaTy”

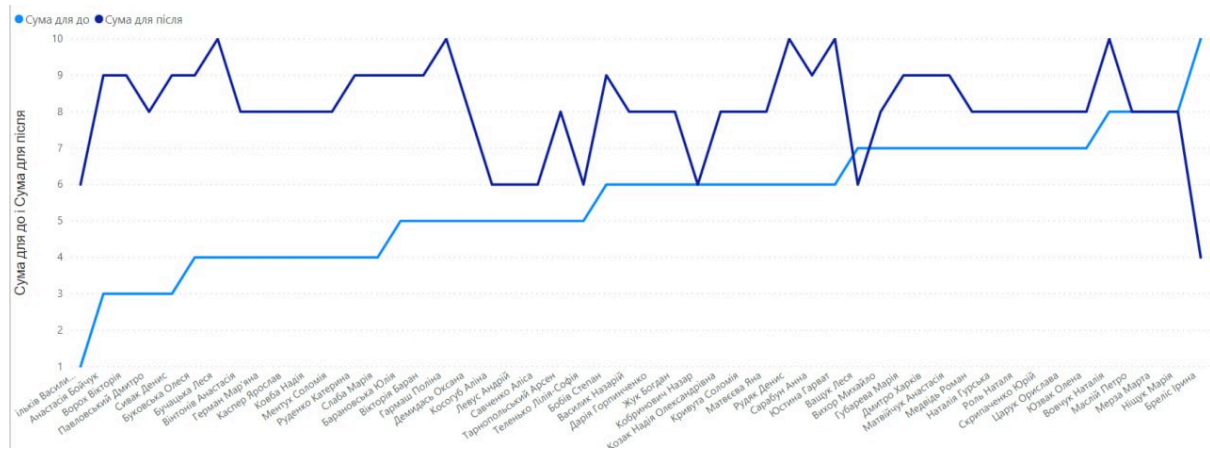
During project implementation there was a change in the budget which allowed us to sustain spiritual guidance sessions.

1.2 Hold initial assessment for the incoming therapy participants. & 1.5 Hold assessment at the end of therapy.

Incoming and Outgoing Survey of clients who use the opportunity to receive psychological help. The survey includes 19 questions, which allows us to analyze the initial psychological state of the client and the final result after the work.

Analyzing the survey data, we can conclude that therapy was a good impetus for change, self-acceptance, elimination of anxiety, fears, living and overcoming depression, and so on. The change in mental health before and after therapy can be seen in the figure below (Img. 3). For this analysis, 50 random beneficiaries were selected, including children and adults. The diagram shows that the majority of mental health improved, some even very

significantly, but there are also observations that there were no changes.



Imag .3

1.3 Provide 1 supervisory session for each psychologist per month, and, through these sessions, gather information on lessons learned in the process.

53 supervisions for psychologist were held under the supervision of Svitlana Efimova, Oleksandr Galchinsky, and Oleksandr Nizdran.

1.6 Establish SRM-system for sessions & clients tracking.

"Doctor Eleks" - a SRM system designed for medical institutions is now launched for the Mental Health Hub.

1.7 Employ a psychiatrist to whom psychologists can refer clients for the diagnosis, supervision and treatment of mental disorders.

Shortly after the psychiatrist was employed, he was mobilized into the armed forces of Ukraine. Therefore a cooperation with **The Vulyk Family Clinic** was established, which has allowed Hub to continue providing psychiatric care to our clients during this difficult period.

1.8 Reach out to prospective participants of psychoeducation lectures and follow ups for youth & adults through the UEP network.

30 mentions of Mental Health Hub “DiyaTy” in local media in 18 month
Mental Health Hub “DiyaTy” was mentioned 33 times in local media in 18 months.

2. School of Personal Growth Activities + Outputs

2.3 Expand the territory of holding the “School of personal growth” to Lviv, Ternopil, Chernivtsi & Kyiv.

The training modules were successfully held in Lviv and Ternopil regions, attracting participants from different regions of Ukraine (Kyiv, Khmelnytskyi, Ivano-Frankivsk, Vinnytsia, Chernivtsi regions) and even from Rzeszow (Poland)

2.4 Promote the “School of personal growth” for holding it in Chernivtsi & Kyiv.

Initially, the module was also planned to be held in the Kyiv region, but for security reasons, the location was changed to the western regions of Ukraine. The team made this decision given the specifics of the program, which involves working with trauma and requires the creation of a safe space for participants.

Outputs for the School of Personal Growth:

- 4 trainers trained on holding Schools of Personal Growth.
- 3 new trainers joined the team.
- 6 modulusSPGs were held.
- 7 training modules were conducted:
- Total number of participants: 128
- Unique beneficiaries: 79
- 26 participants attended more than one module
-
- 50 surveys and 10 in-depth feedback interviews held with participants of the School

All participants of SPG had taken in and out tests (**Rosenberg test and WHO-5 index**) to identify the changes in well being.

10 participants gave in-depth feedback interviews - access via [link](#)

- Self-reported improvement in stress resilience in 75% of the participants

Average indicators of improvement of participants' condition after completing the modules:

- Self-esteem: improved in 80-100% of participants, average gain 13-38%
- General well-being: improved in 90-100% of participants, average gain 30-57%
- Stress tolerance: improved in 50-60% of participants, average gain 8-25%

- 50% of graduates joined an online community for SPG alumni.

114 members are involved in the Alumni Community of SPG, of whom 40 are actively involved in events.

3. Psychoeducation workshops Activities + Outputs

- Established partnership with 10 organizations
Partnership established with 20+ organizations/communities.
- 10 organizations were provided with the psychoeducation from the Mental Health Hub “DiyaTy”
14 partner organisations were with the psychoeducation from the Mental Health Hub “DiyaTy”
- Mental Health Hub “DiyaTy” is partly sustained by providing Psychoeducation workshops for the broader Ukrainian public.

To sustain the work of Mental Health Hub after the grant, the cost of services was increased in accordance with the commercial offer.

Expected results + Impact :

- During the project period 100 hours of educational lectures and training were held with young people and adults about the importance of taking care of one's mental health.
100+ events were held during the project period, including trainings, workshops, art therapy, and lectures for various categories of people.

Overall Impact: Reduced psychological pain from anxiety, panic attacks, depression, post-traumatic stress disorder (PTSD), and other mental health issues caused by war & resilience developed through psychoeducation among Ukrainian people affected by war, enabling them to improve their well-being & to increase their ability to respond to the challenges created by war.