



**NGO "MOLDOVA-FILANTROPIE"**

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**PRESENTATION OF NGO "MOLDOVA-PHILANTHROPY".**

NGO "Moldova-Philanthropy" was **established in June 2000** as an independent non-governmental charitable organization, working in the field of mental health development in Moldova. Its **mission** is to provide social options and alternatives for people with mental health problems for their reintegration within the Moldovan community and guarantee equal opportunities for people with mental health problems in order to ensure their access to special services and equal rights for achieving options and alternatives. Also NGO "Moldova-Philanthropy" is a member of Mental Health Europe.

From the moment of its creation more than 20 people of the most different professions and social status became members of the organization. Amongst them there are members of the Academy of Science, professors, candidates of science, doctors, lawyers, psychologists, businessmen, citizens of Moldova, France and the United States.

Not more seldom than 5 times in a year, the seminars, conference with French partners (Paris, Rouen, Havre) are held, during which the free-of-charge consultations for the persons, whose mental state is out of the generally accepted standard, are given. A joint Franco Moldavian association of help on reforming in psychiatry in Republic of Moldova was held.

**Goals:**

- Promotion of mental health reforms
- Protection of citizen health
- Promotion of scientific research activities in RM
- Stimulation to post-university education in RM
- Involving of citizens of RM in philanthropic activities
- Development of cultural activities

**Objectives:**

- Development of the NGO sector and strengthening of individual NGOs;
- Influence on the legislation and creation of a policy of mental health in the Republic of Moldova.
- Empowering and enabling of people experiencing mental illness.
- More accessible community based services.

**Our target groups (direct and indirect beneficiaries)**

- Adults and children with mental health problems;
- Adults, suffering temporary problems of adaptation and communication;
- Families, tutors, friends of people with mental health problems;
- Society as a whole;
- Workers in the field of mental health - psychiatrists, support workers, psychologists, lawyers;
- Representatives of central and local authorities;
- NGOs.

"Moldova - Philanthropy" together with other organizations, governmental, and non-governmental, permanently takes part in seminars and conferences on the matter of medical and social rehabilitation of persons of such category. With this scope, during the period 1998-2003 was implemented a project on exchange of experience with doctors-psychiatrists from the Psychiatric Centre from Rouen (France), with psychiatric center "Alfred Binet"(France) and Paris Psychoanalytic Society. Within this project 2 times per year titled member of PPS Michael Odi, in collaboration with members of NGO "Moldova - Philanthropy" organizes seminars and scientific conferences.

The practical part of these meetings is free assistance rendered by specialists from France and Moldova for people with mental health problems. Members of NGO "Moldova - Philanthropy" routinely pay attention to the process of professional education of its members and work on raising the level of their skills. One of the members of the organization worked on probation period for 2 years in the USA in the sphere of management in medicine, and another one continues to study in the same sphere in California (USA). 2 members of NGO "Moldova-Philanthropy" completed advanced training courses, organized by Swiss Association for Initiatives in the Center for Reforms in Prague.

### **Our activity**

The main directions

1. Social
2. Legal
3. Medical
4. Informational

#### **Social:**

Numerous contacts with as governmental as non-governmental organizations in Moldova and abroad were established for organization of the help for socially vulnerable part of population, which includes the persons, whose mental state is out of the generally accepted standard.

NGO "Moldova-Philanthropy" 14 societies operate in the centre.

- Chess society
- Computer society
- Hygiene
- Art therapy
- Origami
- Group psychotherapy
- Watching and discussion of TV programs
- Excursions
- Society of the Romanian language
- Individual psychotherapy
- Psychological testing
- Legal society (rendering of a free-of-charge legal support to the beneficiaries and to the members of their families. Beside legal consultations a work on protection of the rights of our beneficiaries in courts was widely carried out; for the period in court have been and are being considered 12 civil cases of our beneficiaries which are led by the lawyer of the project.
- Individual consultation of parents
- Society of the English language

#### **Medical:**

NGO "Moldova - Philanthropy" offers psychological, psychiatric assistance to people with mental health problems. Thus in the organization permanently work specialists (psychiatrists, psychotherapists and psychoanalysts). These courses are the component part of the process of

rehabilitation of the patients and are aimed to make a diagnosis and to write out a prescription for their partial and complete rehabilitation. During the individual psychotherapy consultation the technique of analytical, correctional, rational and emotional therapy is used. Our users can easily take part in the courses of group psychotherapy (3 times per week, 10-12 participants). These courses are directed to render psychotherapeutic assistance to the people with mental health problems. Group psychotherapy helps to solve different personal problems of such people and to set interpersonal relations which are aimed to ease their reintegration in the community. Cognitive and behavioral technique is vastly used alongside with psychological tests and trainings. The courses of group psychotherapy are conducted by psychotherapists and support workers.

Members of “Moldova-Philanthropy” actively participate in the hospice “Angelus Moldova” teams to help to the dying people. Today were and continue to be consulted the dying persons and their relatives.

There is a joint work with NGO “Memoria” on the help for the persons, who suffered from traffic and violence.

### **Legal:**

NGO “Moldova-Philanthropy” maintains friendly relations and constant agreement about collaboration and cooperation with the firm of attorneys “Rechin”, which undertook an obligation of rendering legal assistance to people with mental health problems and their tutors.

The firm of attorneys gives legal assistance and represents the users of NGO “Moldova-Philanthropy” in local authorities and court. Within this firm different study courses regarding the issues of protection of human rights of people with mental health problems and their legal tutors are conducted.

In Psychosocial Contact Point ‘Moldova-Philanthropy’ was opened the cabinet of free-of –charge legal consultation (which is conducted by high skilled layer) for people with mental health problems and their relatives.

There is a joint preparation and a project with the legal company ‘Social Amnesty’ on the opening of the juridical clinic for the persons, whose mental state is out of the generally accepted standard.

Members of “Moldova-Philanthropy” work out the legal documents for these people rights, participate in the conferences, seminars on these matters.

### **Informational:**

Completed and ready for publication booklets and prospects with description of the mental illness signs, the basis of help and mutual aid of users. Magazine “Moldova-Philanthropy” is published monthly in Romanian and Russian languages.

Was elaborated a web site “Moldova-Philanthropy”, dedicated to the mental health problems.

The opening of the informational centre for the persons, whose state is out of the generally accepted and for their relatives, is on preparatory stage. Preliminary work on organization of videoconferences is being done in collaboration with our foreign colleagues.

Either users or an ordinary people can apply to NGO “Moldova-Philanthropy” for information on the following issues:

- Methods of medical treatment of mental diseases used in Moldova
- State institutions which render consultations and inpatient treatment to people with mental health problems
- Another Moldavian and foreign organizations acting in this area
- Employment
- Projects in the field of mental health in Moldova

NGO “Moldova-Philanthropy” offers an informational support to direct beneficiaries, to local and state authorities, to health institutions, and to NGOs, working in the sphere of mental health and

psychosocial services. NGO “Moldova-Philanthropy” often carries out study workshops concerning projects drawing up, fundraising and funds management.

- NGO “Moldova-Philanthropy” edits different publications (booklets, calendars, folders and guidebooks), which contain fundamental principles of human rights and principles of World Health Organization.
- NGO “Moldova-Philanthropy” worked out the project “Hot line”, that provided consultations in the area of mental crisis, mental depression, and rehabilitation of people with mental health problems and their legal tutors.
- NGO “Moldova-Philanthropy” realized a project “Week of AIDS combating” which took place in the first week of December 2003. Within this project different workshops and trainings, aiming acquaintance of people with mental health problems with methods of protection against AIDS, were held. At the same time painting, poetry and sketch contests were conducted, enlisting all beneficiaries in these events. The main goal was to emphasize the real danger of AIDS and to give advices how to avoid this disease.
- NGO “Moldova-Philanthropy” monthly publishes the informational bulletin “Moldova-Philanthropy”. It describes the activity of organization, realized projects, treatment methods for mental health problems, cooperation projects, and future prospects.
- In order to ease the access to information NGO “Moldova-Philanthropy” has created an Internet site [www.philanthropy.md](http://www.philanthropy.md), where there is all information about NGO “Moldova-Philanthropy”, main documents, projects, partners etc. Moreover, there is information about different detection and treatment methods regarding mental diseases, and a number of services that are offering by NGO “Moldova-Philanthropy”.
- NGO “Moldova-Philanthropy” maintains friendly relations and agreement about collaboration and cooperation with mass media: television channel NIT, editions “Jurnal de Chisinau”, “Capitala”, “Argumenti i facti”, “Megapolis”, radio “Antena-C”. Different articles were published; programs and reports were released, concerning the state of mental health in Moldova, mental diseases prophylaxis, protection of human rights of people with mental health problems and their legal tutors.
- The activity of NGO “Moldova-Philanthropy” is covered in the Internet site of our Scottish based partner NGO “InterMinds”, which has a vast experience in the field of creation and foundation of social assistance centers in EU, Romania, Bulgaria, and Armenia - [www.interminds.org](http://www.interminds.org)

### **Projects and implemented programs**

Since its foundation NGO “Moldova-Philanthropy” has launched a series of informative, social, psychosocial, and rehabilitation programs for people with mental health problems and their legal tutors. In January 2003 NGO “Moldova-Philanthropy” in collaboration with NGO “InterMinds” (Great Britain) started the project “Mental Health Development in Moldova”. This project is financed within the TACIS framework and is supported by European Commission. Planned duration of the project is 2 years with the budget of 200.000 euro.

Within this project on 11 April 2003 psychosocial centre “Moldova-Philanthropy” was opened, which represents day centre for people with mental health problems their relatives and legal tutors.

The project “Mental Health Development in Moldova” covers different issues:

- Psychosocial assistance to people with mental health problems their relatives and legal tutors;
- Informational assistance to people with mental health problems their relatives and legal tutors;
- Legal assistance to people with mental health problems their relatives and legal tutors;
- Workshops and trainings for NGOs working in the area of mental health;
- Study visits to foreign NGOs;
- Elaboration of measures directed to bringing Moldavian mental health legislation to conformity with European standards;
- Publishing of promotional materials and carrying out different actions aiming popularization of problems of mental health development in Moldova;

- Internet site of NGO "Moldova-Philanthropy".

In August 2003 NGO "Moldova-Philanthropy" in cooperation with NGO "Somato" created the network of nongovernmental organizations working in mental health area in Balts region. The main goal of this structure is the development of organizational and managerial skills of the network members through promotion of social partnership, exchange of experience, equal access to information, joint projects elaboration, staff training.

So far we have 14 organizations as members of the network. It is planned within this project to open several equipped informational centres, which will be created on the basis of NGOs from Balts region. These centres will render informational assistance to member-organizations of the network.

In the context of cooperation process with medical university "Rouvrau" of Ruan, different seminars and conferences are conducted 3 times per year. Moldavian and French specialists render free assistance to people with mental health problems during these seminars. As a result of this collaboration was creation of Moldavian-French association with the main object of application of reforms to mental health legislation in Moldova.

The project "Week of Mental Health" was conducted in September-October 2003 and coincided with international mental health day. The main object of this project was social reintegration of people with mental health problems and creation of conditions necessary for the improvement of the state of their mental health. Within the project were organized various sport competitions, exhibitions, sketches, concerts, and planting of trees. More than 200 people took part in these activities. The project was realized with equal assistance of NGOs: "Moldova-Philanthropy", "Somato", "Character", "Diaconia", "Nadejda i Zdorovie"; institutions of local authority; mass media: television channel "NIT", editions "Capitala", "Argumenti i facti", radio "Antena-C"; and representatives of business structures: JSC "Efes-Vitanta".

In 2001 the project "Hot line" was launched by NGO "Moldova-Philanthropy" with the object of rendering first aid to people with mental health problems and their tutors. This project provides consultations in the area of mental crisis, mental depression, and rehabilitation of people with mental health problems and their legal tutors. So far more than 5000 phone consultations were given.

### **Our partners**

Social partnership is one of the most important advantages in the NGOs activity. The time when society began to realize the necessity of collaboration in social problem solving came. With this scope NGO "Moldova-Philanthropy" established partnership with other NGOs, also with foreign NGOs, public authorities, local authorities, and representatives of business structures.

### **Collaboration with NGOs and State institutions**

Regarding this, documents on collaboration (where the contracting parties are obliged to give informational support) between NGO "Moldova-Philanthropy" and other organizations and institutions were signed. At the same time partners are invited to take part in study seminars, organized by NGO "Moldova-Philanthropy" or to receive information about seminars, organized by other organizations.

NGO "Moldova-Philanthropy" applies forces for involving organizations-partners in realization of projects and programs on collaboration. NGO "Moldova-Philanthropy" keep on close relations with NGOs working in social and medical fields and in the field of mental health, state institutions, medical institutions from abroad and from RM (NGOs «Memoria», «Angelus Moldova», «Hased», «Hope and Health», «Amicul», «Charakter», «Neomanist», «Diaconia», «Somato», «Contact», «La strada», «Doctors of the world» (France), «Partner» (France), «USAID» (USA), «Children of the World» (France), «Rights of Children» (France), «Estuar» (Romania), «Mercy», «Emmanuel», «Amber Analysts», «Penumbra» (UK), «Regina Pacii», «Remediere» (Balti), «Salvati Copii», «Djerela» (Ukraine), «Leargas» (UK), «Hamlet Trust», «DFID», «United Youth Organization», «Oameni Generosi», «Hipocrates», «Speranta», «CEDAG», «Nonprofit Information and Training Centre Foundation» (Budapest), «SOROS», «Domov sue Ryder» (Praga), «Bernu palidzibas centre «Ceriba»», «Odin-Vita» (Latvia), «CIVITAS» (Romania-Cluj Napoca), «DDC» (Switzerland),

«Harmony», «UNDP» (USA), Dutch - Moldovan organization on cooperation, «Institutul Relatii Umane» (Romania, Bucuresti), Opportunity Associates (Romania), «Trebuie» - Association (Romania), «Alter Ego», Alliance of NGOs «Persoanelor in etate», «Curcubeu» Speranta» (Balti), «Viitorul» (Balti), «M.Sila» (Balti), «Tinere pentru dreptul la viata» (Balti), «Alianta între generatii» (Balti), «Dezdna» (Balti), «Stoicii» (Balti), «Remediere» (Balti), «PRO-Umanis» (Balti), «SP» (Balti), «Izvoare» (Balti)).

### **Volunteers involving**

Being a component part of social partnership, volunteer movement for the most part is related to enduring professional training for the specialists involved in the work with people with mental health problems. There are about 30 volunteers, working for NGO “Moldova-Philanthropy”. In addition, NGO “Moldova-Philanthropy” offers opportunity for students to do practical work

### **Cooperation with representatives of business structures**

With the purpose of financial maintenance of different directions, NGO “Moldova-Philanthropy” established partnership relations with different organizations: Rotari Club, Efes Vitanta SA, Franzeluta SA, Central Typography. Different cooperation minutes were signed with theatres (Russian Dramatic Theatre), museums (The Museum of Arts, The National Museum of History), schools and cinemas. Owing to this, users of NGO “Moldova-Philanthropy” have opportunity of visiting plays, exhibitions, taking part in different sport contests.

### **Collaboration with mass media**

With the object of popularization of activity of NGO “Moldova-Philanthropy” constant liaison with mass media is maintained. Partnership relations has already been established with radio station “Antena-C”, which programs have covered different aspects of the state of mental health development in Moldova, different methods of mental diseases prophylaxis, and activity of NGO “Moldova-Philanthropy”. During the last years NGO “Moldova-Philanthropy” has published over 40 articles in such periodicals as: “Capitala”, “Jurnal de Chisinau”, “Argumenti i facti”. Besides, more than 20 programs were released on TV channels “NIT” and “1-Moldova”. Every month members of organization give interviews to different news agencies and TV channels.

### **Future development prospects**

- In collaboration with Moldavian-French organization, working on reforms in mental health sphere in Moldova, and with the assistance of the centre “A.Binet” (Paris), psychiatric association of Paris, and hospital centres of Rouen and Havre (France) in the nearest future medico-psychological centre will be opened. Within this centre will be rendered free medico-social and ergo-social assistance for rehabilitation of people with mental health problems.
- For social integration of people with mental health problems it is planned to open therapeutic ateliers for 30 patients. This project is supported by different organizations from France, Czech Republic, Great Britain, and Romania.
- Urgent psychiatric assistance project for children, adolescents, and victims of violence was elaborated. This project involves creation of centre with round-the-clock operation.
- For the future it is planned to start rendering psychiatric assistance by means of Internet. These consultations will be on-line and will be offered by NGO “Moldova-Philanthropy” psychiatrists together with specialists from France.

### **Technical conditions**

NGO “Moldova-Philanthropy” has an office with a total area of 250 square meters, located in the center of Chisinau. From the moment of rent of a building the necessary works on accomplishment of the Centre, the exterior of the building and its fence have been carried out. We have the necessary equipment: 7 computers, 3 laser printers, a fax, a photocopying device, the centre has also been equipped with a telephone line and access to the Internet, a TV set, a video recorder.

### **Staff**

The team of “Moldova-Philanthropy” consists of full-time employees: 3 Psychoanalysts, 3 Support Workers, 2 specialists in the sphere of psychotherapy, Administrative Assistant, Bookkeeper, 3 Lawyers, Executive Director of NGO “Moldova-Philanthropy” and Social Center Manager.