

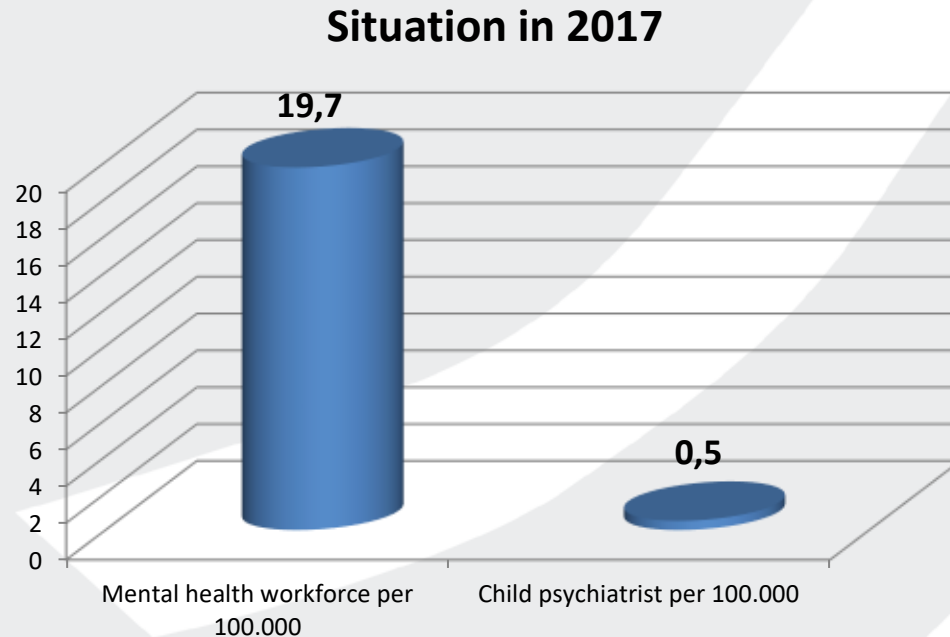
# Addressing mental health of Roma in North Macedonia

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# Situation Regarding Mental Health in North Macedonia

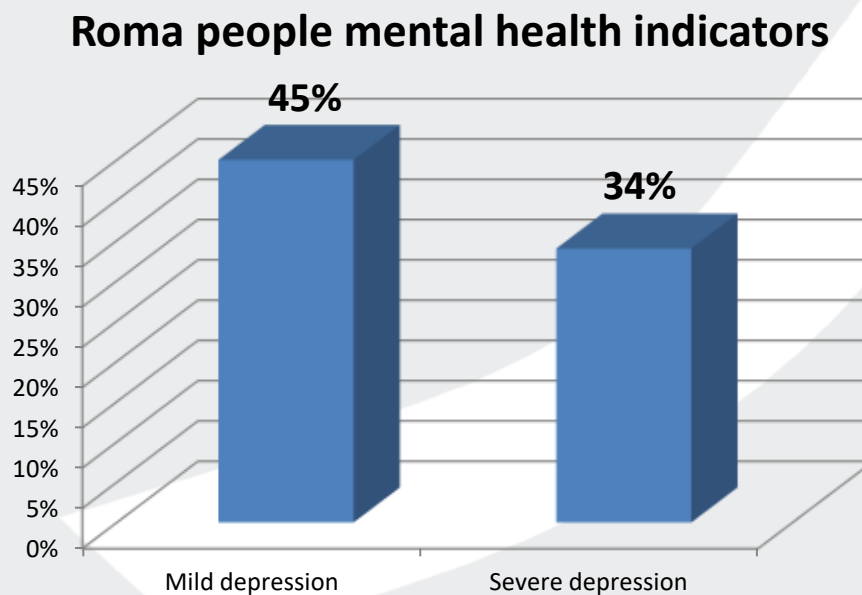
- Discrepancies between the legislation and reality



- Annual visits for mental health facilities = NO data

# Situation Regarding Mental Health of Roma in North Macedonia

- Mental health issues were never explored nor addressed among Roma



- Source: Research conducted by Johns Hopkins Bloomberg School of Public health and Association ESE in 2017

# Building Capacity of Macedonian Roma Organizations and Communities to Promote Mental Health, by CESPYD

- Enabled us to understand the concept of non-medical approach to mental health
- We gained understanding of the determinants which influence mental health of Roma
- Enabled us to understand which approaches we could use in order to tackle the determinants which have negative impact on mental health of Roma
- Enabled us to understand the role of CSOs in the non-medical approach to mental health

# Action Plans for Application of Non-medical Approach for Improvement of Mental Health of Roma

- Increased coverage of Roma children with pre-school education



How is this action plan framed within the human-rights based mental health approach?



	Objectives	Actions
Transformative multilevel changes	Assure that funds are implemented – transport	Advocacy for free-of-charge transport for Roma children
Build networks and capacity to respond	Provide information for parents Increase # of Roma children enrolled	Meetings with Roma parents Educational workshops Ensuring communication between employees at the kindergarten and Roma parents
Critical awareness and strenghts	Raising awareness among Roma parents about the importance of preschool education	Identify problems and find solutions together with Roma parents



# Action Plans for Application of Non-medical Approach for Improvement of Mental Health of Roma

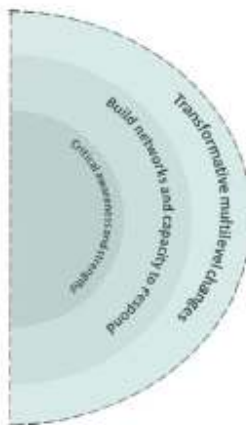
- Reducing barriers among Social services and Roma community in Shuto Orizari



How is this action plan framed within the human-rights based mental health approach?



	Objectives	Actions
Transformative multilevel changes	Secure sufficient resources for distribution of social welfare - employees	Sensitization of social workers and developing advocacy policies
Build networks and capacity to respond	Household budget organization Find new resources to live better	Workshops and counseling sessions Roma sensitiveness – improving communication and motivating Roma to search for employment opportunities, to be proactive with employment services...
Critical awareness and strenghts	Raise awareness Motivate Roma families	Individual motivation





# Action Plans for Application of Non-medical Approach for Improvement of Mental Health of Roma

- Improved access to health services on primary level in the period of Covid-19 pandemic



How is this action plan framed within the human-rights based mental health approach?

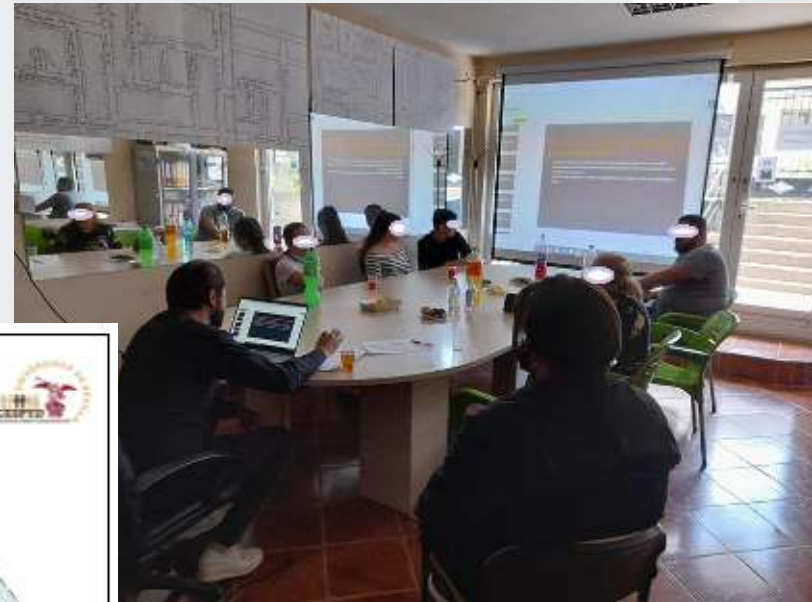


	Objectives	Actions
Transformative multilevel changes	Improve healthcare system Improve conditions for delivery services	Campaign
Build networks and capacity to respond	Increase economic power of poor families that have only one option Increase opportunities for finding employment	Educational workshops Legal assistance
Critical awareness and strenghts	Increase the scope of citizens that exercise their right to healthcare	Motivational speeches



# Action Plans for Application of Non-medical Approach for Improvement of Mental Health of Roma

- Family planning and Education on parenting



How is this action plan framed within the human-rights based mental health approach?



	Objectives	Actions
Transformative multilevel changes	Increased possibility for education and employment Rights and opportunities for both spouses, especially Roma women	Creating institutional programs on family planning – to cover Roma needs
Build networks and capacity to respond	Raise awareness on family planning in Roma communities Facilitate access to contraceptives	Brochures
Critical awareness and strenghts	Increase individual feeling of contribution in the society	Education campaigns Free contraceptives

