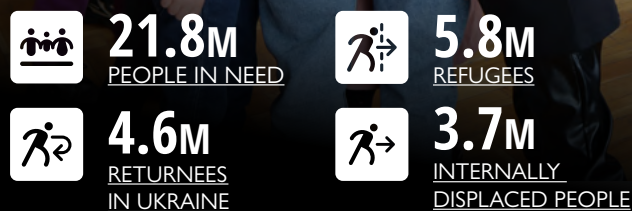




Through creative and inclusive activities that engage both displaced and host communities, IOM is helping to improve the psychosocial wellbeing of families. © IOM Ukraine 2023

KEY FIGURES



In August 2023, UNFPA released a new population baseline for Ukraine, which assesses Ukraine's current population at 33M, excluding the Autonomous Republic of Crimea and Sevastopol. This new data impacts the estimates for the number of IDPs and returnees in Ukraine, which are calculated as proportion of the general population. Previously published numbers were based on March 2023 baseline, which was 41M.

SITUATION OVERVIEW

The war in Ukraine continued to escalate throughout 2023, and the need for humanitarian assistance remains high. The delivery of assistance has become increasingly difficult due to intense fighting in the eastern and southern regions, particularly in front-line communities and newly accessible areas where needs are acute.

Since the termination of the Black Sea Initiative in July 2023, attacks on port and grain infrastructure resulted in additional challenges for agricultural exports from Ukraine. In August alone, more than 270,000 tons of grain were lost. The consequences rippled through global markets, with Bloomberg reporting noticeable spikes in wheat and corn prices. Furthermore, farmers continue to struggle due to heavy land mine contamination, particularly in Ukraine's agriculture regions - Kharkivska, Khersonska, and Mykolaivska oblasts.

In September, attacks on Ukraine's energy infrastructure caused electricity interruptions across multiple regions, including Kyiv, Rivne, Zhytomyr, Dnipropetrovsk, and Kharkiv. Future anticipated attacks on energy infrastructure, and water and gas systems will further aggravate the situation.

With the upcoming winter season in Ukraine – which typically starts in October – a new dimension to the humanitarian crisis arises in a country where an estimated 1.4 million homes have been damaged or destroyed (Ukraine Rapid Damage and Needs Assessment, March 2023). Adaptive and continual approaches using multi-sectoral responses are fundamental this winter to respond to emergencies and displacements associated with critical infrastructure attacks and shifting frontlines. In line with the recommendations from the [World bank / UNDP Ukraine energy damage assessment](#), "preparation for the 2023/24 winter season need to primarily focus on restoring access to electricity supply for millions of Ukrainians as well as to critical social infrastructure, including heating, potable water, wastewater treatment and communication". IOM's Winterization Response will focus on individual support to beneficiaries, combined with systems support, reconstruction, and rehabilitation of critical infrastructure.

On the international front, changes in protection and benefits schemes for refugees have introduced new challenges. In Czechia, the amendment of the 'Lex Ukraine' law on 1 July 2023, reduced state benefits for individuals with Temporary Protection status, including limitations on free emergency accommodation and housing allowances. In Hungary, as of 1 August 2023, financial support for refugee shelters was reduced, and a one-month limit for arriving refugees was introduced. This is compounded by the closure of the BOK Centre, a key service area and transit shelter for Ukrainian refugees.

Ukrainian nationals residing in the Republic of Moldova under emergency law faced a deadline of 13 August 2023, to regularize their status through various means, including applications for Temporary Protection status, or working visas/ residence permits: failure to register hinders their access to government services.

In recent days, the Russian Federation announced that it has limited entry of Ukrainians arriving from third countries, starting from 16 October, to only two entry points: Vientuli/Ludonka at the Latvian-Russian border and Moscow's Sheremetyevo Airport. These new requirements will likely create bottlenecks in the ground border entry points, given consistent back and forth movements of Ukrainians to date between Estonia, Latvia and Russian Federation territory. Given the border point selected lacks services and infrastructure for waiting families, IOM will continue to work with the Government of Latvia and partners on possible support mechanisms.

Migrant arrivals into Europe from outside the region have begun to strain refugee hosting countries and increased concern on absorption capacity for migrants, and the fatigue of hosting states. To date, IOM has not witnessed a major impact on Ukrainian refugees or third country nationals and their status in neighbouring countries, though it continues to monitor and support states addressing non-Ukraine related migrant arrivals to address concerns and decrease tensions. Social cohesion and equal access to services will likely increase in importance through the winter and into 2024.

Financing the response *with thanks to our donors*



IOM is deeply grateful to the governments, organizations, and individuals who have contributed to the [2023 IOM Appeal for Ukraine and Neighbouring Countries](#).

OVERVIEW OF ACHIEVEMENTS INSIDE UKRAINE

NFI **1,544,720**
NON-FOOD ITEMS
individuals reached

364,197
SITE MANAGEMENT SUPPORT
individuals reached

133,293
individuals reached through assessment

HEALTH
144,771
individuals reached

DURABLE SOLUTIONS
108,200
individuals reached**

PROTECTION
132,410
individuals reached

314,800
individuals reached through
information provision

**MENTAL HEALTH AND
PSYCHOSOCIAL SUPPORT**
82,290
individuals reached

In collaboration with
80 implementing partners, and
through its 12 offices and operations
across the country, IOM reaches people in
need across 24 oblasts in Ukraine.



TOTAL:
4.8M
individuals reached with IOM support*
Since the start of the full-scale war
on 24 February 2022

**WATER, SANITATION
AND HYGIENE**
3,698,049
individuals reached

**MULTI-PURPOSE
CASH ASSISTANCE**
522,220
individuals reached

SHELTER
1,269,721
direct beneficiary reached

3,942,228
indirect beneficiary reached
through social institution

*People reached is an estimate only, here and throughout this document, intended to identify the number of unique individuals receiving support from IOM, regardless of whether they receive multiple services or items. Figures may not include all individuals reached directly or indirectly and may be adjusted as data and counting methodologies change. Total figure excludes some activities, such as information provision campaigns and referrals.

** Note that this figure is an estimate based on dedicated programming towards durable solutions. Programming such as long-term housing and infrastructure, captured in other sectors, may also be applicable in this area.

This map is for illustration purposes only. Names and boundaries on this map do not imply official endorsement or acceptance by IOM.

OVERVIEW OF ACHIEVEMENTS IN SELECTED NEIGHBOURING COUNTRIES

TOTAL:
583,581

individuals reached with IOM support
Since the start of the full-scale war
on 24 February 2022

NFI NON-FOOD ITEMS
181,163
individuals reached

**WATER, SANITATION
AND HYGIENE**
95,155
individuals reached

HUMANITARIAN MOVEMENT
63,575
individuals reached

SITE MANAGEMENT SUPPORT
7,170
individuals reached

HEALTH
52,290
individuals reached

**MENTAL HEALTH AND
PSYCHOSOCIAL SUPPORT**
48,363
individuals reached

SOCIOECONOMIC INCLUSION
91,923
individuals reached*

PROTECTION
169,967
individuals reached

1,239,463
individuals reached through
information provision

**MULTI-PURPOSE
CASH ASSISTANCE**
41,824
individuals reached

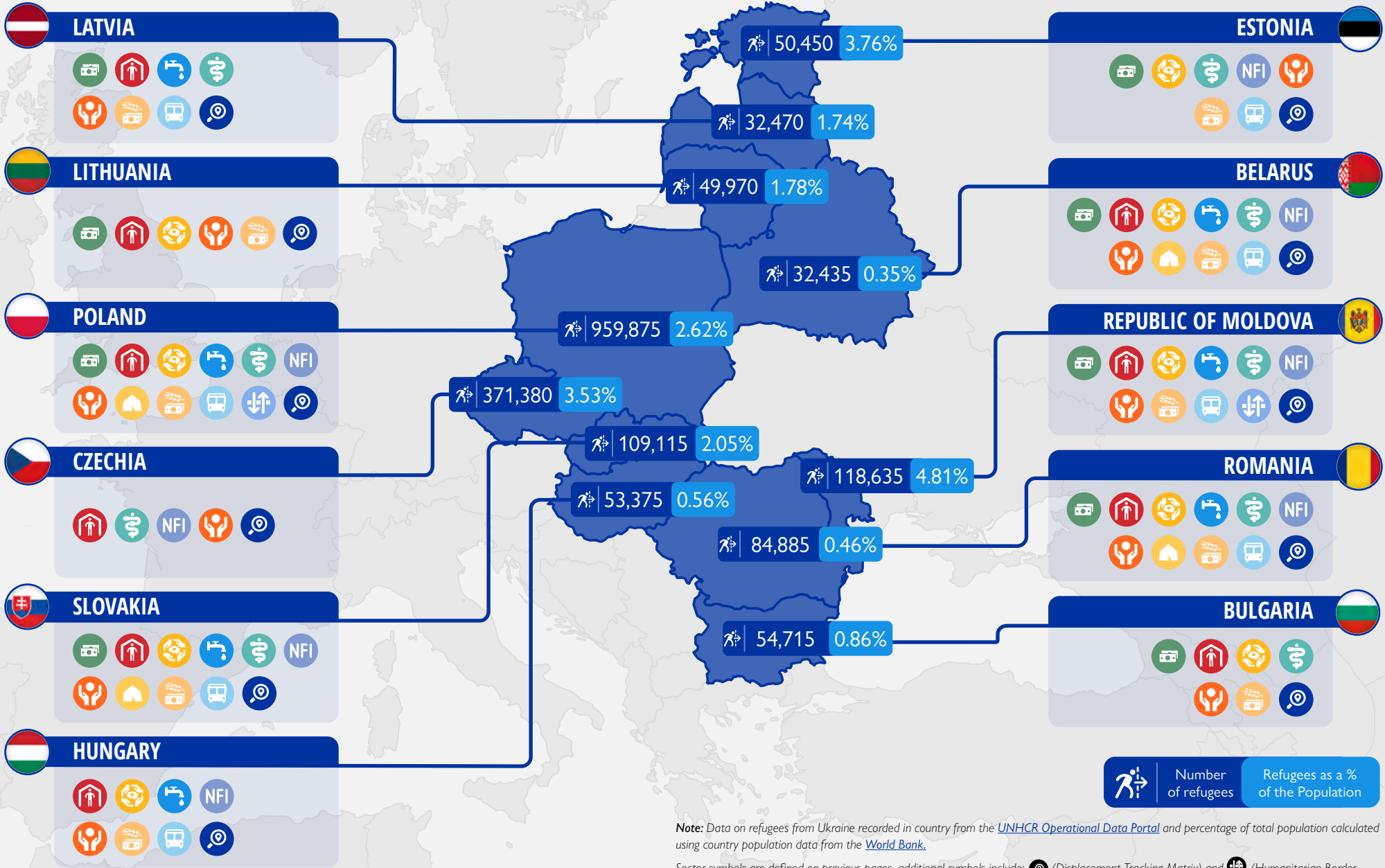
SHELTER
25,084
individuals reached



* Note that this figure is an estimate based on dedicated programming towards socioeconomic inclusion. Other programming captured in sectors including protection and shelter may also be applicable in this area.

This map is for illustration purposes only. Names and boundaries on this map do not imply official endorsement or acceptance by IOM.

OVERVIEW OF SECTORS BY COUNTRY



Number of refugees
 Refugees as a % of the Population

Note: Data on refugees from Ukraine recorded in country from the [UNHCR Operational Data Portal](#) and percentage of total population calculated using country population data from the [World Bank](#).

Sector symbols are defined on previous pages, additional symbols include: (Displacement Tracking Matrix) and (Humanitarian Border Management).

This map is for illustration purposes only. Names and boundaries on this map do not imply official endorsement or acceptance by IOM.

PLANNING FOR THE UPCOMING WINTER

Building on IOM's winter programming from last year, the mission has launched a Winter Plan for 2023/2024. Winter 2022/23 saw nationwide power outages and continual attacks on critical infrastructure including central and district heating and water supply systems. The coming winter will likely see a repeat, with targeting of critical infrastructure further exacerbating existing vulnerabilities, as temperatures are expected to drop as low as -20 degrees Celsius. The relatively mild winter of 2022/23 cannot be guaranteed for a second year, leaving millions of Ukrainians

Targeting critical infrastructure exacerbates existing vulnerabilities, and many households struggle with loss of power, water and heat

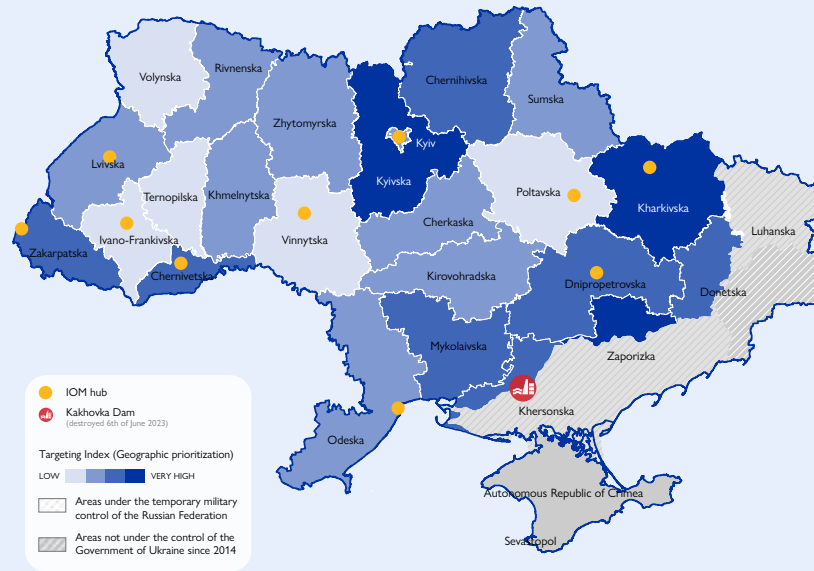
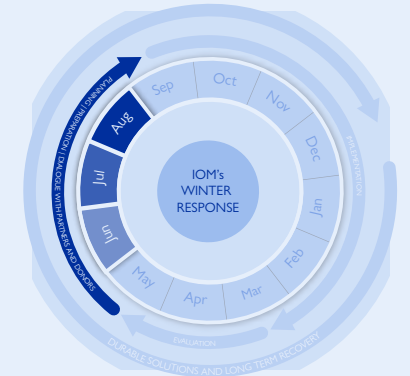
vulnerable to harsh winter conditions. Air defense systems are now operating in most major cities, but critical infrastructure attacks continue to cause widespread disruption and uncertainty, such as with the Kakhovka Dam in June 2023 and the Rivne critical infrastructure attack in late September 2023. A recent attack on Vinnytsya demonstrated that mid-size cities remain vulnerable to multiple launch attacks. Many households continue to grapple with reduced economic opportunities, and sporadic loss of power, water, heat and connectivity in residences that lack proper insulation or heating systems. Areas under active hostilities suffer from the disruption of markets and extremely high protection risks.

While the Government of Ukraine is working to restore power generation capacity, additional shocks could quickly develop into another energy crisis. IOM's winter adaptive, multi-sectoral and iterative approach is vital to enable flexibility to build resilience where possible while retaining capacity to respond to emergencies and rapid onset crises or displacements associated with critical infrastructure attacks and shifting frontlines.



IOM supported collective centers with winterization items, including kettles, heaters, and partitions for ensuring privacy for people sharing common areas. © IOM Ukraine 2023.

The last quarter marks the initiation of the “pre-winter preparedness” phase of IOM's Winter Response mechanism. Drawing insights from previous winter experiences, IOM has been diligently strategizing for the upcoming 2023/24 winter season. Leveraging a diverse set of assessment tools, such as Displacement Tracking Matrix products, to guide and prioritize its initiatives. Here's a glimpse into how IOM has determined its winter intervention priorities.



This map is for illustration purposes only. Names and boundaries on this map do not imply official endorsement or acceptance by IOM.

Priority areas of intervention

To prioritize areas of intervention, IOM bases on the following criteria:

- Presence and number of IDP and returnee population (DTM surveys)
- Coverage level of humanitarian assistance (People in Need reached, OCHA)
- Areas most affected by infrastructural damage (Damage estimate, World Bank)
- Factors contributing to households lower resilience include: income below minimum wage; lack of access to construction materials; decision to relocate to less suitable dwellings; having had to reduce expenditure/usage of utilities; or lack of sufficient access to electricity (DTM surveys)
- IOM operational capacity in areas of intervention



Assessment tools for evidence-based planning

The Solid Fuel Assessment Report (August 2023) serves to identify the heating systems used in Ukrainian households and estimate the prices of solid fuel items across Ukraine. Additionally, it examines the demand for, supply of, and pricing dynamics of essential solid fuel items both at the time of the assessment and in the upcoming month.

[Download the report here](#)

[Find all DTM products for Ukraine and the region here](#)

WINTER RESPONSE PLAN: FUNDING REQUIREMENTS AND TARGETING




200M
TOTAL REQUIRED FOR THE IOM MULTI-SECTOR WINTER RESPONSE





37% SECURED

2M PEOPLE DIRECTLY TARGETED
1.2M INDIRECTLY




581 COLLECTIVE CENTRES




45 SYSTEMS

 <p>SHELTER</p> <p>\$133.5M REQUIRED</p> <p>25% CONFIRMED</p>	<p>KEY INTERVENTIONS</p> <ul style="list-style-type: none"> • SOLID FUEL FOR INSTITUTIONS • HOUSE REPAIRS • EMERGENCY SHELTER ITEMS • SOCIAL INSTITUTIONS • COLLECTIVE CENTRES LIGHT REPAIRS
<p>NFI NON-FOOD ITEMS & COMMON PIPELINE</p> <p>\$34.7M REQUIRED</p> <p>50% CONFIRMED</p>	<p>KEY INTERVENTIONS</p> <ul style="list-style-type: none"> • CORE WINTER NFIS • INVINCIBILITY POINTS • COMMON PIPELINE PROGRAMME- SOLID FUEL FOR INSTITUTIONS • LOGISTICS AND WAREHOUSING
 <p>WASH</p> <p>\$18.7M REQUIRED</p> <p>85% CONFIRMED</p>	<p>KEY INTERVENTIONS</p> <ul style="list-style-type: none"> • INFRASTRUCTURE REPAIRS DURING/ AFTER ENERGY BLACKOUTS • MOBILE BOILERS, CO-GENERATION UNITS • CONTINGENCY PLANNING
 <p>HEALTH</p> <p>\$6.1M REQUIRED</p> <p>35% CONFIRMED</p>	<p>KEY INTERVENTIONS</p> <ul style="list-style-type: none"> • MOBILE HEALTH TEAMS • MEDICINES AND MATERIALS • WINTERIZATION OF HEALTH FACILITIES

 <p>FOOD SECURITY & LIVELIHOODS</p> <p>\$6M REQUIRED</p> <p>53% CONFIRMED</p>	<p>KEY INTERVENTIONS</p> <ul style="list-style-type: none"> • SUSTENANCE GRANTS AND ASSISTANCE IN RURAL AREAS
 <p>MHPSS</p> <p>\$1M REQUIRED</p> <p>81% CONFIRMED</p>	<p>KEY INTERVENTIONS</p> <ul style="list-style-type: none"> • INDIVIDUAL CONSULTATIONS • PSYCHOSOCIAL MOBILE TEAMS • EMOTIONAL SUPPORT HOTLINE • COMMUNITY AND FAMILY SUPPORT
 <p>CCCM</p> <p>\$820,000 REQUIRED</p> <p>100% CONFIRMED</p>	<p>KEY INTERVENTIONS</p> <ul style="list-style-type: none"> • WINTER ITEMS FOR COLLECTIVE CENTRES • CASH GRANTS TO SITE MANAGERS FOR UNDERSERVED COLLECTIVE CENTRES
 <p>DATA & ANALYSIS</p> <p>\$800,000 REQUIRED</p> <p>37% CONFIRMED</p>	<p>KEY INTERVENTIONS</p> <ul style="list-style-type: none"> • SOLID FUEL ASSESSMENTS. • DISPLACEMENT TRACKING MATRIX • EVIDENCED BASED

LEARNING FROM 2022-2023 WINTER REPOSE

-  Continue to track coping strategies and anticipate mobility intentions of the Ukrainian population in relation to utility disruptions and other winter-related push factors, to inform winterization activities and preparedness efforts.
-  Scale up cash-based interventions for individuals and collective centers, lauded for flexibility and efficiency due to accessible markets. Simultaneously, prioritize targeted deliveries of furniture, equipment, solid fuel, and heating appliances, especially to remote areas, to enhance winter readiness. In the previous year, combining cash assistance for winterization with MPCA led to improved winter preparedness, as reported by 96% of beneficiaries.
-  **NFI** Continue investing into the NFI Common Pipeline: Consolidating capacities and further empowering partners under the Common Pipeline, along with continued direct distributions of core winter items through the winter season.

-  Enhance winter preparedness with agile responses, adapting to evolving situations, including access challenges and changing conflict dynamics. Preposition essential supplies strategically for quicker delivery and advance procurement though the establishment of long-term agreements.
-  Enhance critical infrastructure through reconstruction and upgrades, including district and central heating plants, exploring eco-friendly options when viable. Strengthen vodakanal response capabilities with advanced technology and innovative solutions.
-  Continue to deliver a wide range of shelter assistance: promoting accuracy, timeliness, and appropriateness for the needs of each beneficiary. While individual house repairs enabled improved winter insulation, adapting approaches for Emergency Shelter Kits, communal heating rooms, and generator distributions also allowed IOM to broaden outreach.

RESTORING CHERNIHIV REGION:



Repairing houses so the people of Ukraine can live safely in their once damaged homes. This summer, IOM mobile repair teams supported more than 200 families in Chernihiv region. Now their houses have new windows, doors and repaired roofs.



The Nidaros Shelter in Kraków, a designated facility, has pressing issues like inadequate showers, mold, damp walls, and unfinished rooms. IOM and partners will renovate two bathrooms, including demolition, plumbing, tiling, insulation, mold removal, and fixture replacement. © IOM 2022/Anna Graba

As of June 2023, over 58,000 Ukrainian refugees were estimated to be residing in collective sites across Poland. What began as a temporary measure in February 2022 has now turned into a longer-term fixture for these displaced individuals who fled Ukraine. IOM is on the ground, offering vital assistance and support within these centers.

A significant portion of refugees housed in collective facilities belong to the most vulnerable segments of the population. This includes older people and those grappling with chronic medical conditions. Moreover, these refugees face the added challenge of limited access to personal support networks in their host country. As the war in Ukraine shows no signs of de-escalation, individuals are confronted with the prospect of staying at these shelters for another winter season. When the full-scale war broke out, most collective facilities were not equipped to ensure the long-term wellbeing and dignity of their numerous residents, thus undermining living conditions and protection safeguards. This predicament is further exacerbated by the severe winters that the country regularly experiences.

In preparation for the approaching winter season, IOM and its partners are actively involved in renovating and refurbishing collective centers. This initiative is set to encompass five centers and an educational institution and aims to benefit an estimated 580 individuals. The scope of work involves modernizing and replacing heating systems, enhancing sanitation facilities, and conducting insulation and joinery upgrades.

In this endeavor, IOM can count on the support of key partners from the government and civil society. Notably, in the wider Krakow region's Sieborowice locality, local authorities have demonstrated a strong commitment to preserving the shelter's functionality. Their forward-thinking vision involves transforming it into accommodation for single mothers once the accommodation needs of refugees from Ukraine decreases. In line with this, local authorities have planned comprehensive renovations for the entire structure. Furthermore, IOM has joined forces with the volunteer organization All Hands All Hearts to undertake shelter renovation initiatives in various areas of Krakow. In this scheme, IOM is providing renovation materials while AHAH will mobilize its volunteers to carry out the work.

As the war in Ukraine shows no signs of de-escalation, individuals are confronted with the prospect of staying at these shelters for another winter season.

2023-2024 Informing the Inter-agency Winter Response in the Republic of Moldova



To respond to winter needs in the Republic of Moldova, the Basic Needs Working Group has set up a Winterization Taskforce, which developed a Sectoral Winterization Plan under the leadership of the Ministry of Labour and Social Protection (MLSP). The plan encompasses the following pillars:

- Maintenance and repairs of Refugee Accommodation Centers (RACs);
- Insulation and repairs for private accommodations;
- Financial support for households hosting refugees and community infrastructure;
- Border transit area maintenance and insulation, support in accessing transportation in humane and dignified conditions;
- Distribution of Non-Food Items (NFIs), including winter clothing and firewood.

IOM, UNHCR, ACTED, WFP, and DRC have jointly been conducting assessments to identify needs and necessary improvements to inform planning, approaches and prioritization of winterization activities for the year. As a result of this collaborative effort:

- 12 assessments across the country to evaluate key community infrastructure identified as vulnerable to winter conditions by local authorities. These buildings provide services to both refugees from Ukraine and Moldovan citizens in vulnerable situations. Their inadequate insulation renders them unsuitable for adequately serving those in need.
- 894 winter household surveys conducted across 17 raions throughout the country, including in the Transnistrian region. The surveys were designed to assess the preparedness of dwellings hosting refugees for the upcoming winter season. Refugee households in the Center Region and Chisinau were found to rely more on electric heating, whereas they tend to rely more on wood and gas in the North and South of the country. This information is vital in determining the appropriate strategies for different areas, such as deciding between cash-based or in-kind assistance approaches. Furthermore, IOM and partners also collected additional market assessment data to guide the allocation and repositioning of essential relief items, with a specific emphasis on regions experiencing a shortage of critical winter relief supplies.



FRAGILITY AND RESILIENCE OF THE FUTURE - THIRD FIRST LADIES AND GENTLEMEN SUMMIT IN UKRAINE

The Third Summit of First Ladies and Gentlemen, founded by Olena Zelenska, the First Lady of Ukraine, took place in Kyiv on 6 September 2023. This year, an international platform launched in 2021 to share experiences, implement joint projects and promote dialog to find effective solutions to global humanitarian challenges was focusing on Mental Health. Guglielmo Schinina, IOM Head of Mental Health, Psychosocial Response and Intercultural Communication, together with Renos Papadopolous, the Director of the Center for Trauma, Asylum and Refugees at the University of Essex was invited to speak on the mental health needs and resources of displaced people.

Recent data shows that about 90% of Ukrainians have experienced at least one symptom of anxiety disorder since the beginning of Russia's full-scale invasion of Ukraine and 72% name the war as dominant cause of stress in all gender and age groups. But young people are the one who are changing the narrative around mental health. A staggering 50% of young people have experienced emotional distress as a consequence of the war. Schinina reflected that this statistic may signify that younger individuals are more open to acknowledging and reporting their emotional needs than adults, who often encounter societal stigma surrounding mental health care.



First Lady of Ukraine Olena Zelenska opening the summit. © Presidency of Ukraine

IOM collaborates closely with Ukraine's First Lady's initiative on Mental Health and Psychosocial Support and is piloting programmes with academic institutions and various Government of Ukraine Ministries to enhance the MHPSS certification process in a manner that makes it more inclusive of under-represented populations. Moreover, IOM is cited as one of the references for best practices in community based MHPSS in the WHO's strategic response plan, Ukrainian Prioritized Multisectoral Mental Health and Psychosocial Support Actions During and After the War: Operational Roadmap.

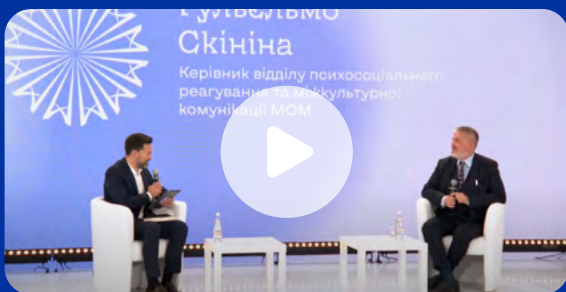
IOM's MHPSS programme in Ukraine and neighbouring countries includes an extensive range of services and interventions, designed to address both immediate needs and long-term wellbeing. The programme is built on three pillars:

[Pillar 1: Direct MHPSS provision to underserved/discriminated communities](#)

[Pillar 2: Mainstreaming MHPSS into social cohesion, livelihood support, and durable solutions](#)

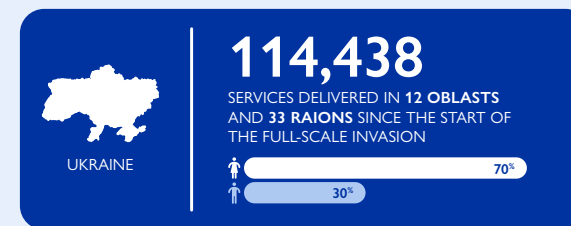
[Pillar 3: Strengthening national and local MHPSS-related systems](#)

Programmes are adapted to the nuanced context in Ukraine and neighbouring countries at both national and local levels. Emphasizing the restoration of social support networks and valuing the agency of all communities involved, these programmes stand as essential mediators of individual and collective psychosocial wellbeing.



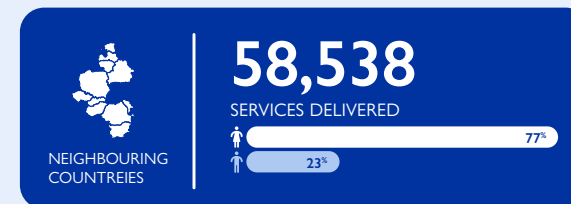
IOM Head of Mental Health, Psychosocial Response and Intercultural Communication, Guglielmo Schinina participated in an interview together with Renos Papadopolous, the Director of the Center for Trauma, Asylum and Refugees at the University of Essex.

MHPSS KEY FIGURES



- **53,692 services provided** through community and family support (sociorelational and cultural activities, creative and arts-based activities, sports and play activities, etc.)
- **18,918 calls received for individual and group counseling** via the IOM MHPSS hotline.
- **13,373 follow-up psychological consultations**
- **24,503 PSS consultations conducted through mobile teams**
- **3,952 first responders participating in MHPSS capacity strengthening initiatives**

IOM's active role in inter-agency coordination also includes co-chairing the MHPSS sub-working group in the Dnipro hub, which covers Kharkiv, Zaporizhzhia, and Poltava. Additionally, IOM co-chairs the Task Team on MHPSS for Veterans and the translation completed of the IOM Manual on community-based MHPSS in emergencies and displacement into Ukrainian.



- **34,383 people reached** through community and family support activities.
- **20,092 people reached** via Focused Support Services.
- **1,358 people reached** through Psycho-education group sessions.
- **1,199 first responders trained** in MHPSS.



Dana embraces her child while waiting for her documents at the Embassy of Ukraine in Sofia. © IOM 2023/Dimitar Kutmanov

CORE PROGRAMMING

- MHPSS services for all including IDPs, refugees, host communities as well as specific target groups such as veterans and their families
- Reaching out to populations at risk, including the youth, older people, minority groups, etc.
- Deploying service provision in more remote and decentralized areas through mobile multidisciplinary teams
- Enhancing the provision of community-based MHPSS in collective centres and during the transition to newly identified accommodation, and through Migrant Resource Centres (MRCs) in neighbouring countries

Dana's Journey: Navigating Dual Discrimination as a Ukrainian Refugee of Roma Origin in Bulgaria

IOM's mobile teams encountered Dana, a 34-year-old Ukrainian woman, and her three children at Sofia's Central Station crisis center in Bulgaria. Exhausted and homeless after a grueling journey, the family faced despair in the present and anxiety about an uncertain future.

Dana and her children are members of the Roma community, and the war had dramatically reshaped their lives. Her home remained in occupied territory, and her family, including her eldest daughter, had dispersed across Europe.

For the Roma community from Ukraine, migration brought multiple challenges, including adaptation, integration, and pervasive discrimination. The war magnified human vulnerabilities, complicating the search for resources and recognition as people in need, particularly for minority refugees like Dana.

"It's so nice that you don't have a war here. I hope you never have. It's very scary. Do you know why war exists?" - Dana's child "

"Even the local Roma don't accept us because we're different and speak a different language," Dana shared.

The family had lost their documents, leaving them unable to meet basic needs. The IOM team, which operates on-site with a multidisciplinary team, including psychologists, social workers, and intercultural mediators, swiftly assessed their vulnerabilities and needs. The family was provided immediate shelter and one-time financial assistance. The team's sound understanding of Roma culture and traditions fostered trust.

The assistance provided by IOM played a pivotal role in stabilizing the family's situation, which built a foundation for psychological assistance. This work helped Dana gain perspective, process her emotions, and formulate a plan for the future.

Little by little, the family regained a sense of stability and empowerment, which provided them with the confidence to proceed safely in their journey to reunite with loved ones in Europe.

During our interactions, one of the children shared a poignant sentiment: "It's so nice that you don't have a war here. I hope you never have one. It's very scary. Do you know why war exists?"

Forest therapy sessions for stress relief



Forest therapy group sessions are provided by the IOM Poland MHPSS team to enhance the wellbeing of Ukrainian refugees

Family days in Ukraine



Oleksandra and her daughter Veronika with trisomy 21 are one family among millions displaced in Ukraine. IOM Ukraine psychologists are reaching those who need support through community-based activities, such as family days with games & sweets for children and consultations for parents.



PILLAR 2: MAINSTREAMING MHPSS INTO SOCIAL COHESION, LIVELIHOOD SUPPORT, AND DURABLE SOLUTIONS



Learning something new is always good for our mental wellbeing and can help to better cope with life challenges, but people who fled the war might need additional support and encouragement. © IOM Ukraine 2023

CORE PROGRAMMING:

- Integrating MHPSS into livelihood support services promotes the reduction of daily work-related psychosocial stressors and strengthens positive coping mechanisms. MHPSS and livelihood Integration (MLI) projects focus on enhancing life, social and soft skills based on the IOM MLI manual, also available in Ukrainian.
- Promoting the sense of belonging and togetherness by promoting dialogue, understanding, and unity between IDP, refugee, and host communities through the provision of cultural, creative and sport and play activities, and rituals, and celebrations.
- Reducing the risk of intra- and intergroup tensions through small-scale conflict transformation and mediation activities.
- Integrating MHPSS services into labour market and social inclusion programming, e.g., through Migrant Resource Centres (MRCs) in neighbouring countries.

In Ukraine, IOM initiated efforts to address the intricate challenges faced by war-affected individuals, extending beyond the immediate trauma of conflict. These challenges, particularly those related to securing a livelihood, can amplify mental health issues, making reintegration into normal life and work exceptionally difficult.

IOM's MHPSS and Livelihood Integration (MLI) projects offer an innovative approach that supports war-affected individuals as they re-enter the workforce or take on a new profession, both of which can come with increased psychosocial stressors. By intertwining mental health assistance with vocational support and other livelihood projects, IOM not only helps war-affected individuals manage the psychological strains of daily work but also fosters crucial coping mechanisms, life skills, and soft skills that extend beyond the workplace.

MHPSS and Livelihood Integration projects commenced in late June 2023, offering awareness sessions, peer-support groups and request-based individual counseling to livelihood participants. This holistic approach of integrated programming offers a promising pathway to recovery and resilience for those affected by conflict in Ukraine.



IOM Romania is launching a learning course for psychosocial professionals active in migrant, displaced persons, and refugee support in collaboration with the Babes-Bolyai University Cluj-Napoca (BBU). This course will provide a framework on the psychosocial dimensions of migration and displacement based on ethical principles, approaches, and tools associated with psychosocial support. The programme is available to Romanian, Moldavian, Ukrainian, and Polish citizens.

[CLICK HERE TO ACCESS COURSE DESCRIPTION](#)

POLAND

Integration Centres: One-Stop-Shops for Support



In its newly-established integration centres in Rzeszow and Krakow, IOM Poland has been providing MHPSS services, including counselling and support groups for parents, as well as organizes referrals in case of need for specialized mental

health care. The team trains center staff and partners how to help refugees deal with job-related stress and adjust to their new work environment in Poland. They focus on breaking down language and cultural barriers to make the transition smoother.

REPUBLIC OF MOLDOVA

Art-Therapy helps when there are no words

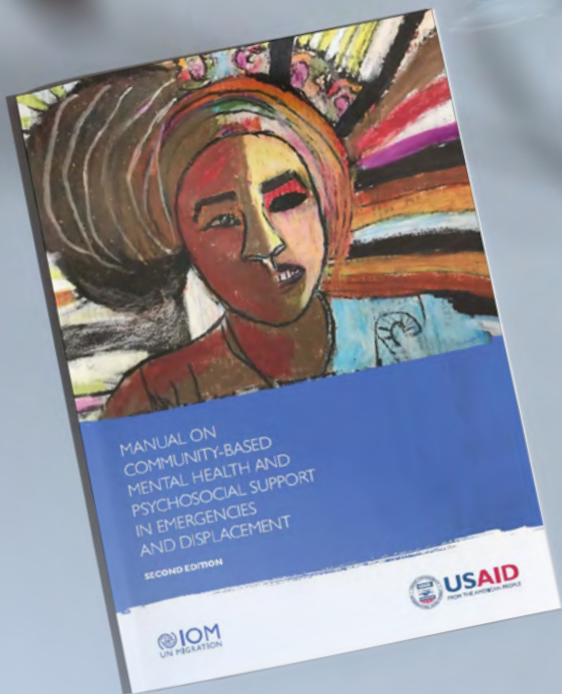
In an effort to foster social cohesion among refugees, third-country nationals, and host communities, IOM Moldova uses artistic and creative community engagement initiatives. In collaboration with the WHO, IOM



recently organized workshops tailored for psychosocial experts from all over the country. These workshops were led by art therapists who shared valuable insights and best practices in providing respectful support to displaced populations. Their focus centered on emotional healing and bolstering mental wellbeing as key priorities.



PILLAR 3: STRENGTHENING NATIONAL AND LOCAL MHPSS-RELATED SYSTEMS



IOM's manual on community based MHPSS in emergencies and displacement is now available in eight language versions including English, French, Spanish, Romanian, Russian, Slovak, Ukrainian, and Polish.

[↓ CLICK HERE TO DOWNLOAD IT](#)

CORE PROGRAMMING:

CONDUCT CAPACITY DEVELOPMENT INITIATIVES:

- MHPSS and population mobility for psychosocial experts
- Community-based MHPSS for displaced populations for implementing partners and government actors including for specific groups such as veterans
- Basic MHPSS skills for frontline workers
- Cultural mediation in the context of mental health care

As the conflict in Ukraine intensified last year, millions of people across the country were compelled to rapidly abandon their homes, often within a matter of hours. In the process, they left behind not only their friends, jobs, and possessions but, in some heartbreaking cases, beloved pets – life as they knew it changed in an instant.

“More than 500 days have passed since the start of the war. Many Ukrainians lost their family members, friends, many people went missing. To bear this pain, people need emotional support and assistance from professionals who know how to help a person in grief and mourning,” said Eitvydas Bingelis, Head of the IOM Mission in Lithuania.

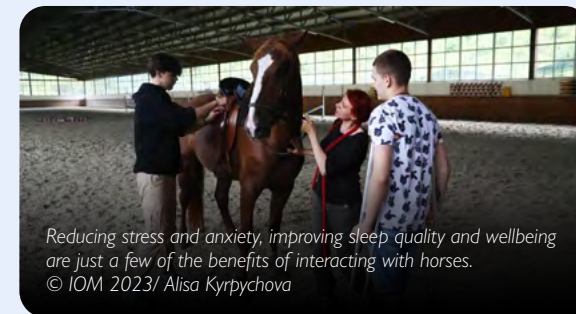
Olha Savychenko, a professor of psychology from Zhytomyr, Ukraine, noted a rising trend of individuals reaching out to specialists due to anxiety, panic attacks, traumatic experiences, and losses. According to her, training sessions like those organized by IOM offer a valuable platform for mutual learning and conceptualizing real-world observations. “The war has touched everyone in Ukraine. Therefore, the topic of war is unavoidable in every conversation. In the counselling room we fight for people’s minds, their resilience, and values. And we must win. There is no formula or magic words to mend grief and sorrow. But we can learn to contain pain, focusing not only on what one has lost but also what endures even in the face of loss”, said Olha.

In collaboration with IOM Ukraine, IOM Lithuania organized a two-day training programme, catering to 50 mental health professionals, to equip them with the skills to provide counseling to individuals grappling with traumatic loss and grief. This marks the third training effort facilitated by IOM to bolster Ukrainian mental health professionals in their work amid the ongoing conflict that began last year.



Rethinking Mental Health Services Together: IOM Empowered 145 Ukrainian Specialists to Learn on Advanced Psychosocial Care in Vilnius. © IOM 2023

Peer Support for Veteran Mental Health in Ukraine



Reducing stress and anxiety, improving sleep quality and wellbeing are just a few of the benefits of interacting with horses. © IOM 2023/ Alisa Kyrpychova

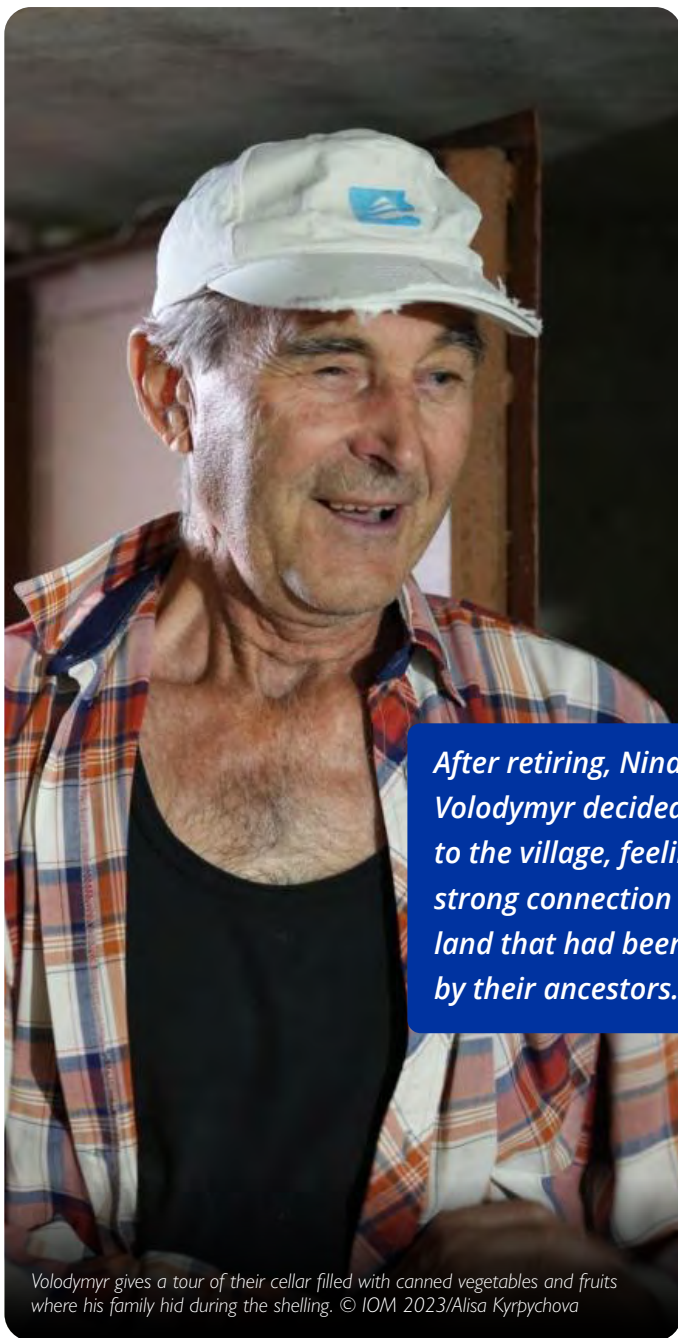
To address the pressing need for psychological support among veterans, Joshua Kreimeyer, coordinator of Christian University’s mental health programme in the United States, underscores the value of veteran leaders sharing their own recovery stories.

A significant milestone in this endeavor was the inaugural training held in Vinnytsia, Ukraine, aimed at equipping academia to work with veterans and their families. Leading this crucial training were Professor Joshua Kreimeyer and Kristina Obluchynska-Shabazova.

“Our trainers will be able to work with leaders of the veteran community who could run future support groups. Establishing these groups could be the first step in providing a wider range of assistance to veterans,” said Joshua.

Among the participants, Oksana, a lecturer at Vinnytsia National Technical University, recently initiated a veteran development center with support from IOM. Oksana’s newfound expertise will empower her to train veterans’ assistants and prepare veterans, their families, and the families of fallen veterans to provide peer-to-peer mental health and psychosocial support.

Similar training initiatives are set to take place in Lviv and Dnipro as part of the “Path of Resilience” project, implemented by IOM and funded by the German Federal Foreign Office. This project aims to equip 60 specialists with the essential skills needed to support the veteran community.



After retiring, Nina and Volodymyr decided to return to the village, feeling a strong connection to the land that had been cared for by their ancestors.

Volodymyr gives a tour of their cellar filled with canned vegetables and fruits where his family hid during the shelling. © IOM 2023/Alisa Kyrpychova

Kopyliv, Kyiv region – Nina and her husband Volodymyr are more likely to be found in their garden than inside their home. Located in a village less than an hour from Kyiv, their small brick house is surrounded by long rows of crops, creating a rich aroma of dill and blossoming trees that spread for half a hectare. Potatoes, onions, cabbages, beetroots, tomatoes and more thrive in their beautiful garden.

The love for their land runs deep in Nina’s family. “As children, our mother taught us to love our land when we would help her in the garden,” says 67-year-old Nina standing between rows of potato sprouts. In Kopyliv, villagers work hard each spring and summer to prepare food stocks for the looming cold season. Soon, Nina will fill the shelves in her cellar with jars of canned vegetables and jams.

Last year, when the Russian invasion began, 11 relatives and friends relied on Nina’s crop to survive while hiding in the cellar for several weeks. Among them – Nina’s 90-year-old mother, Raisa, who faced the war in the same place for the second time. The Nazi occupation of Kopyliv during the Second World War was Raisa’s most striking childhood memory.

Nina was the first person for several generations of her family to move from the village to the city. For 38 years, she worked at a confectionary in Kyiv, occasionally visiting the village to assist her parents. She met her future husband Volodymyr in Kyiv and raised their children there too. However, after retiring, Nina and Volodymyr decided to return to the village, feeling a strong connection to the land that had been cared for by their ancestors.

During the worse of the fighting in Kyiv region in March last year, the family moved to Ternopil in Western Ukraine. When they returned to Kopyliv a month later, they found broken windows and deep cracks in their house. But the land was still there, and the sowing season was about to start.

Their garden was now safe to grow plants again. However, in many villages where battles took place, the earth is still fraught with mortal danger – mines, unexploded bombs, shells and other deadly by-products of the war. According to recent data from UNDP, Ukraine is now one of the world’s most heavily mine-contaminated countries in the world, and it will take decades to make agricultural lands safe again. As a result, many agricultural businesses experienced loss in revenue, and many landowners reported that their lands were contaminated with mines.

This summer, the IOM and its partner, the Ukrainian Red Cross, handed over agricultural equipment and complementary cash assistance to 713 families who rely on private gardens to feed themselves. Funding from the U.S. Department of State’s Bureau of Population, Refugees, and Migration has ensured food security in seven rural communities in seven regions.

“We got a motoblock [two-wheel tractor], so that we would not have to work the land manually with a shovel,” explains Nina who also plans to sell any surplus crop at the local market. “I am never going to leave my land again. How can one leave the land and make it suffer? While we can take care of it, we will.”

Nina’s husband Volodymyr who is also involved with the garden is finding ways to support the whole community as well. With his adult son, he has been restoring the formerly abandoned stadium where the local children’s football team can now train thanks to his work. Among the players is his 8-year-old grandson. The couple are teaching their four grandchildren to respect their land and work hard.

“Our garden is beautiful, but you don’t just work, you work a lot,” says Raisa, echoing the age-old wisdom shared by many Ukrainian villagers.

Nina and Volodymyr’s story stands as a testament to the enduring connection between rural communities and their land. Through hard work and determination, the couple have not only sustained themselves but also contributed to the sense of unity in the village. As they continue to pass on their knowledge and values to the younger generations, the future of Kopyliv community is hopeful. This dedication to nurturing the land and festering a sense of community empowers IOM’s commitment to support rural communities like Kopyliv and pave the way for their sustainable livelihoods.

PLANTING SEEDS AND HOPE IN RURAL UKRAINE



[Watch video](#)

80

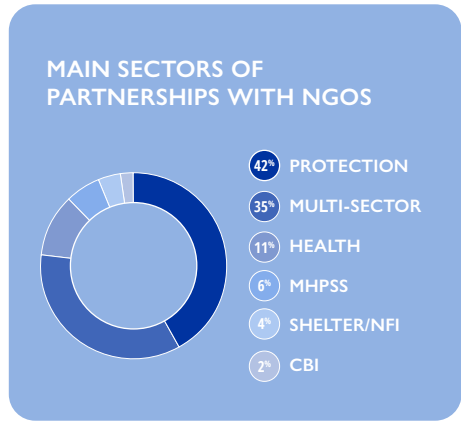
NGO Implementing Partners
since February 2022 with 48
currently active in Ukraine

93%
of that amount to national,
regional & local entities

7%
other



IOM and NGO STAN recently trained civil society representatives in dialogue facilitation for social cohesion. These facilitators will soon engage community initiative groups. © IOM 2023



10%
of operational funding
was directly disbursed to
implementing partners in
Ukraine since February 2022

SIXTH ANNUAL IOM-NGO HUMANITARIAN CONSULTATION IN GENEVA

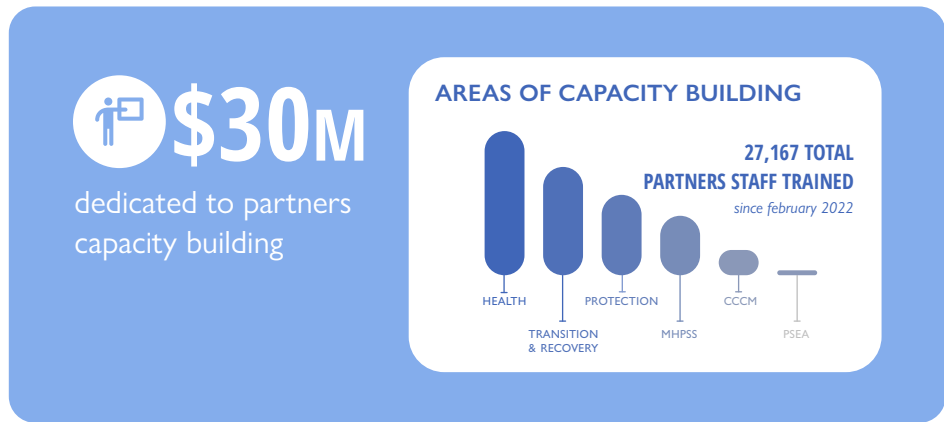


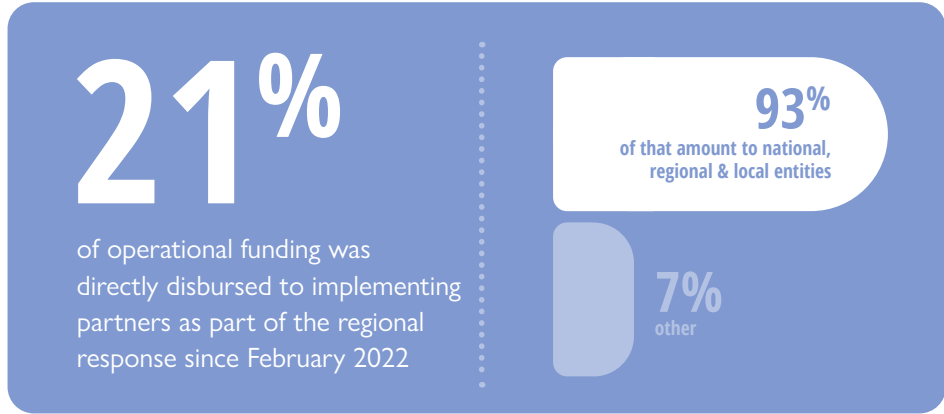
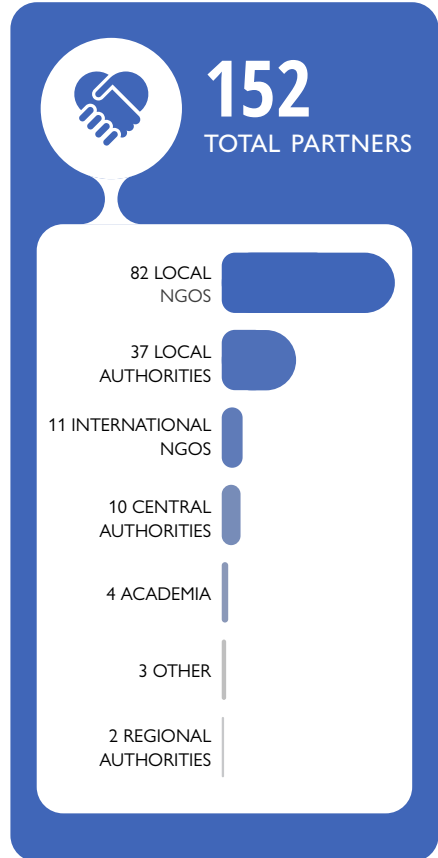
Representative from EduNova (Poland), Sixth Annual IOM-NGO Humanitarian Consultation in Geneva, 11 October 2023. © IOM 2023

On 11 October, local and national NGO partners from Czechia (*People in Need*), Poland (*Central Roma Council*, *EduNova*), the Republic of Moldova (*Resonance*, *Interaction*) and Ukraine (*Prosvita*, *Right to Protection*), together with their IOM counterparts, participated in the sixth annual IOM-NGO Humanitarian Consultation which focused on localization and Accountability to Affected Populations (AAP). The Consultation brought together over 80 representatives from 40 NGOs across 17 countries. The Consultation allowed for constructive, frank and open discussions centered on the realities of IOM-NGO humanitarian partnerships and realization of joint commitments towards localization and AAP. Participants identified the key entry points for further progress towards more equitable partnerships, including overhead sharing, duty of care and risk sharing, two-way capacity strengthening, facilitating local leadership, meaningful participation of local actors in humanitarian coordination structures and leveraging localization for accountability to, and a more meaningful participation of, affected communities.

[Click here to read more.](#)

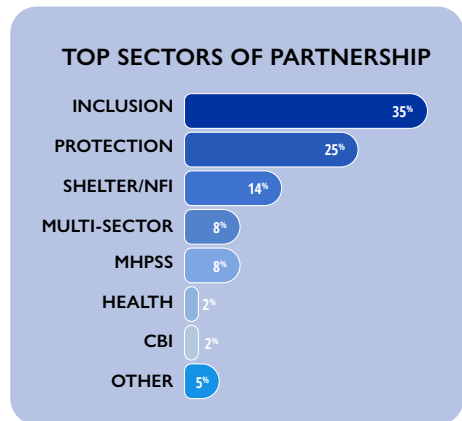
- 14 cooperation agreements with key Ministries
- Operational partnerships with all 24 oblasts



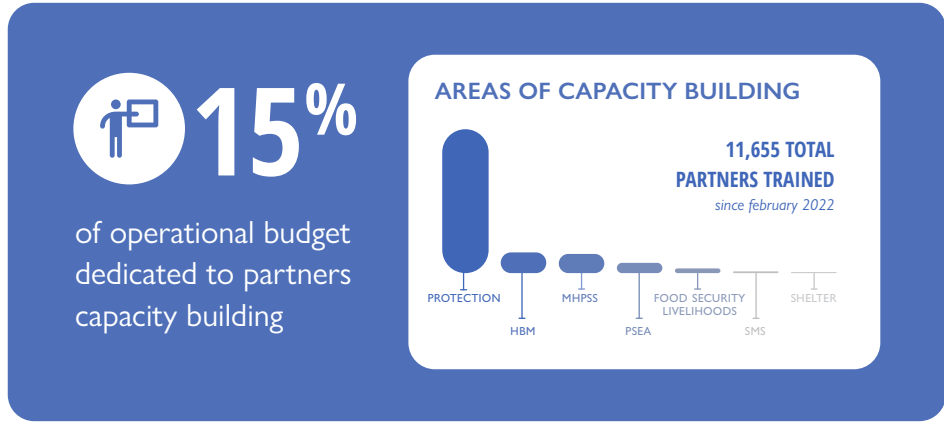


NUMBER OF PARTNERS PER COUNTRY

CZECHIA	27
POLAND	25
ROMANIA	21
REPUBLIC OF MOLDOVA	20
HUNGARY	18
LATVIA	14
SLOVAKIA	11
ESTONIA	9
LITHUANIA	4
BELARUS	3



- PARTNERS DEDICATED TO SUPPORTING:**
- People with different SOGIESC
 - People with disabilities
 - Marginalized communities (Roma, etc.)



Partners adapt to address needs: Centre for Assistance and Protection of Victims of Trafficking (CAP)

The full-scale invasion of Ukraine and resulting massive inflows of refugees into neighbouring countries spurred IOM to revise the scale and nature of its partnerships, with longstanding partners emerging as trusted points of reference amidst the emergency.

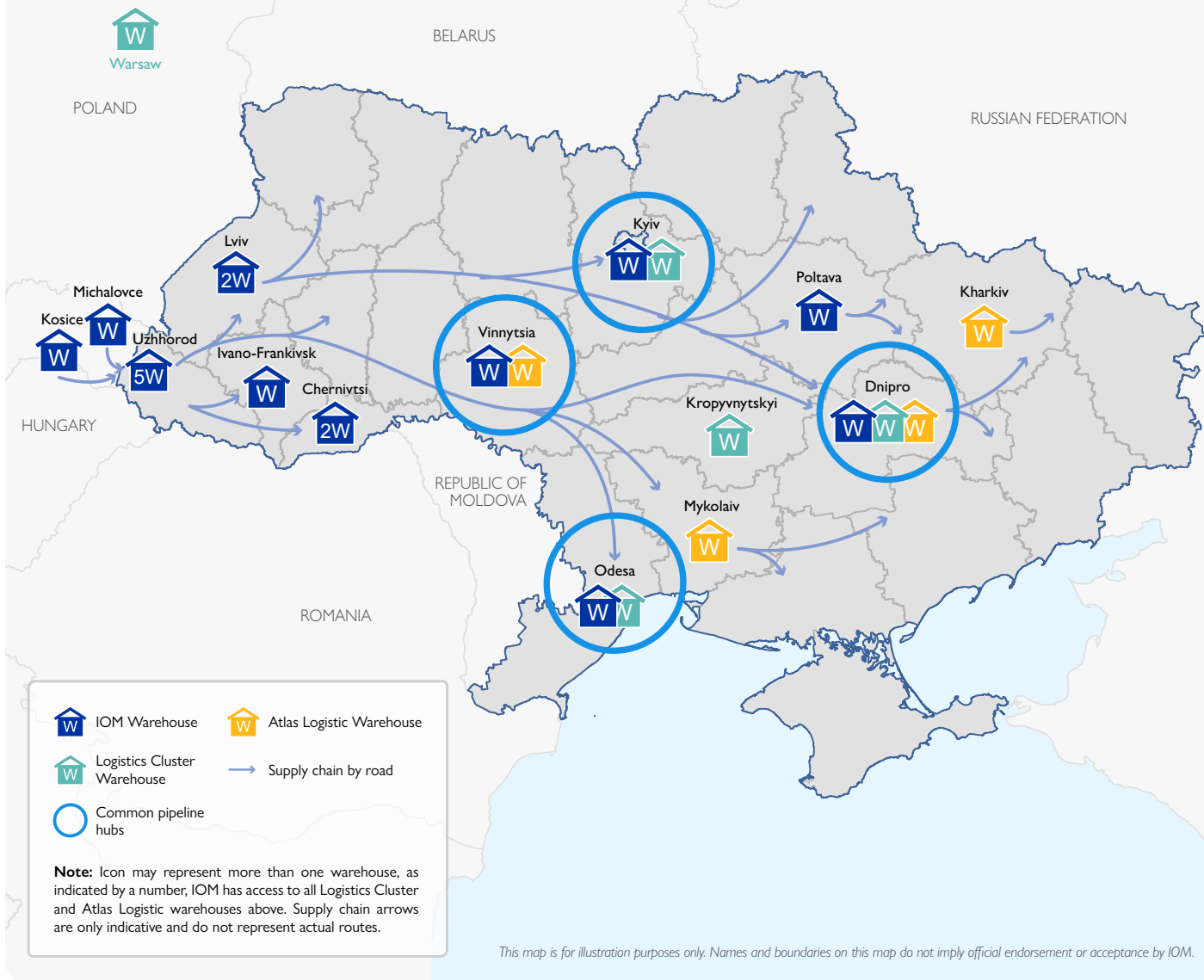
This is the case for the Centre for Assistance and Protection of Victims of Trafficking (CAP), an institution that provides specialized services to victims and potential Victims of Trafficking (VoTs) in crisis situations, whether identified abroad or in the country. From February 2022 on, CAP has acted as a central resource for conflict-affected people to access protection services, especially for survivors of gender-based violence (GBV) and human trafficking. CAP has been playing a pivotal role in offering access **to comprehensive care, mental health and psychosocial support, legal counseling, and safe accommodation** for those most vulnerable among conflict-affected people.

The Centre was founded in 2001 with the support of IOM Moldova, initially responding to the need for rehabilitation services by a growing number of Moldovan women returning from the Balkans after experiencing severe exploitation. In 2008, the Centre became a public institution, under the supervision of the Ministry of Labour and Social Protection and co-managed with IOM. In 2009, CAP staff established the National Center for Training, Assistance, Counseling, and Education (CNFACEM), an NGO that relies on the expertise of 29 specialists to support and enhance the services offered to survivors of GBV and human trafficking.

Leveraging the expertise and capacity acquired over the past two decades, CAP has not only provided support for refugees from Ukraine to cope but has also enabled them to grow stronger, regain control over their lives, and forge robust connections within their new communities in Moldova.

***Pictured:** CAP Director and team welcomed IOM's Deputy Director General for Operations, Ms. Ugochi Daniels and the IOM Moldova team, for a tour of the facilities. © IOM 2023*

DELIVERING THROUGH PARTNERS VIA IOM'S COMMON PIPELINE



KEY FIGURES

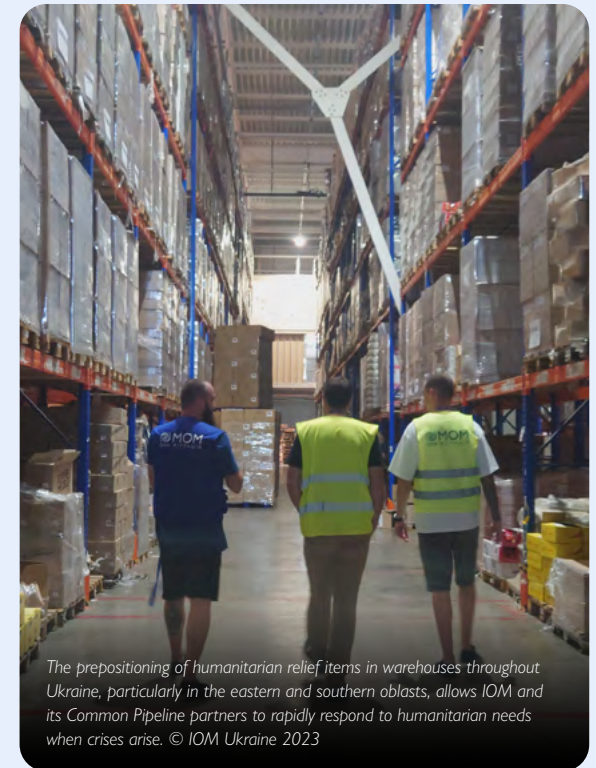


IOM operates **12 warehouses** across Ukraine and **2 warehouse** in Slovakia



Common Pipeline

- **15 oblasts** covered by **37 partner organizations**
- **More than 150,000 non-food items** delivered to partners for distribution



The prepositioning of humanitarian relief items in warehouses throughout Ukraine, particularly in the eastern and southern oblasts, allows IOM and its Common Pipeline partners to rapidly respond to humanitarian needs when crises arise. © IOM Ukraine 2023