



Introduction

Through Mental Health and Psychosocial Support (MHPSS) actions, carried out by the International Organization for Migration (IOM), we strengthen social cohesion and capacity building for refugees and migrants, as well as host communities, to cope with adverse situations, strengthen resilience, promote their autonomy and capacity for agency, integrate into coexistence dynamics, and protect the well-being of those most in need.

In this edition, we share two experiences in promoting mental health among Venezuelan and Colombian adolescents and youth; highlighting capacity building efforts and access to specialised health services benefitting 38,656 people; and emphasising the expansion of our operation from 40 to 45 municipalities in 18 departments of Colombia.

These actions are possible thanks to the financial support of the Bureau of Population, Refugees and Migration (PRM) of the U.S. Department of State and the Spanish Agency for International Development Cooperation in Colombia (AECID).

Welcome!

supported by:





Achievement

1

SCAN ME

We reached 10 departments with the socialisation of the IOM Manual on Community-Based Mental Health and Psychosocial Support in Emergencies and Displacement with the participation of officials and health workers from territorial entities and hospital network of Guainía, Santander, Atlántico, La Guajira, Casanare, Boyacá, Antioquia, Pasto, Tumaco, and Magdalena.

MHPSS Results:

28.279



People participated in capacity building activities in mental health care and promoting coexistence.

2.637



Health professionals and professionals from other specialties with built capacities in the design, implementation, and assessment of MHPSS actions

333



Leaders and representatives from Community-Based Organisations (CBOs), participated in **18** workshops on health risk information and communication skills to promote mental health and community wellbeing.

1.210



Pregnant women participated in maternity and responsible parenthood courses.

1.091



People received individual counselling by psychosocial professionals.

5.892



People treated through psychology services by local partner hospitals.

415



People with access to specialised mental health care through clinical psychology, psychiatry, and neurology services.



SCAN ME

IOM and its partners share successful MHPSS experiences that bring health to refugees and migrants in five departments in Colombia.



With financial support of:





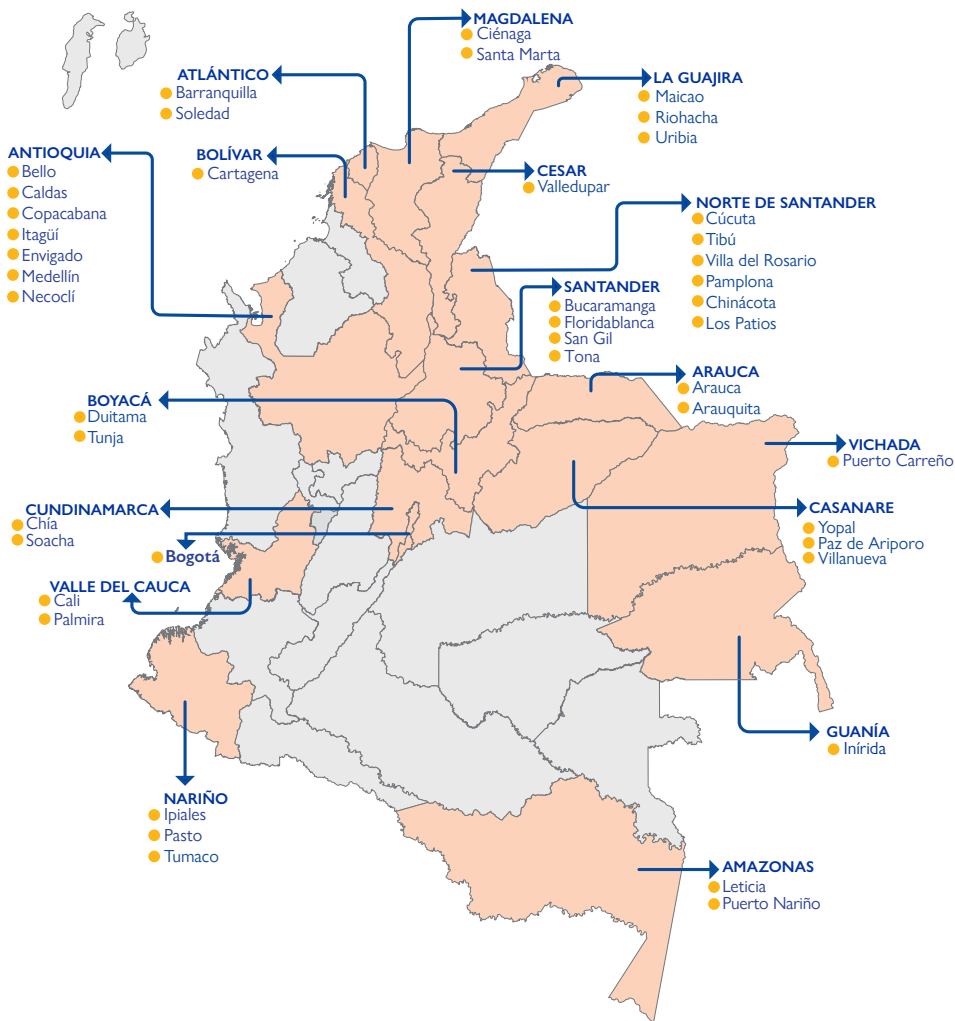
Achievement

2

We supported the formation of **nine Community Health Networks** in the municipalities of Pamplona, Uribia, Tunja, Duitama, Yopal, Pasto, Tumaco, Ciénaga, and Leticia; building their capacities in creating and driving education, information, and communications initiatives and actions to strengthen the social fabric and promote health.

Our Coverage Grows!

We strengthen protection factors for the psychosocial well-being of Venezuelan and Colombian populations at the individual, family, and community levels in **45 municipalities in 18 departments.**





Achievement

3

In partnership with the Mental Hospital of Antioquia and the Rudecindo Soto Hospital, we continue to offer **specialised mental health services** in 27 municipalities in 14 departments through specialised mental health care in the modalities of face-to-face and telemedicine care, benefiting people with difficulties in accessing the Colombian health system..



Mental Health and Psychosocial Support (MHPSS) actions protect people's psychosocial well-being, prevent and treat potential mental health problems, help regain a sense of normalcy, and alleviate individual and collective suffering. Learn more about these actions in the following video.



SCAN ME

MHPSS experiences:

We highlight two success stories in promoting coexistence and mental health involving Venezuelan and Colombian adolescents and women youth in the municipalities of Puerto Carreño, Riohacha, and Cúcuta.

📍 Puerto Carreño | "I live my adolescence, all in good time"



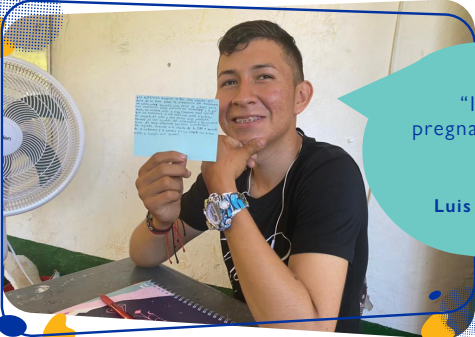
Preventing teenage pregnancy, 'Sacúdetse' programme. Puerto Carreño, Vichada. IOM 2022

More than 50 Venezuelan and Colombian youth participated in the strategy 'I live my adolescence, all in good time,' which we led in Puerto Carreño (Vichada) to contribute to the construction of life projects for adolescents and youth.

This strategy was implemented through recreational-educational activities where we promoted knowledge, experience, and story sharing, and we also provided information on territorial care pathways and pregnancy prevention.



This activity was carried out at the teacher training centre, Institución Educativa Normal Superior Federico Lleras Acosta, in coordination with the 'Sacúdete' programme of the Colombian Family Welfare Institute (ICBF) and the Childhood and Adolescence Programme of the Municipal Mayor's Office.



"IOM taught me how to prevent early pregnancies and (...) I learned about the proper use of condoms.

Luis Carlos Fernández Valencia, Colombian.

"I enjoyed learning about contraceptive methods and what IOM taught us on having a healthy sex life."

Wendy Joseimar Guevara Macea, Venezuelan.



9 Riohacha | "We are the change we want to see"

"May your dreams be bigger than your fears, because you are the only owner of your time," is one of the verses that 55 female leaders from the Community Health Network 'Líderes en acción' [leaders taking action] from Riohacha, La Guajira, composed as part of the strategy to prevent violence against women named 'We are the change we want to see, the STARS are the courageous women that make their own light shine' that incorporates music.

Through this strategy we foster women's autonomy, self-esteem, decision-making, and mutual recognition to learn to live in equality.



Strategy for the prevention of violence against women. Riohacha, La Guajira. IOM 2022



Female leaders, assisted by the “Compose to Protect” strategy, created key empowerment and prevention messages aimed at survivors of violence, transforming the lyrics of important regional vallenato songs.

This activity was carried out in coordination with the District Secretariat of Health, Fundación Renacer, Fundación Brisas del Norte, and the Community Health Network “Líderes en Acción”

📍 Cúcuta | We promote the reduction of risks and harm due to the use of PAS



Nursing care, monitoring of methadone intake. Cúcuta, Norte de Santander. IOM 2022

41 Venezuelans and Colombians residing in the municipality of Cúcuta (Norte de Santander) participated in the Programme for the Reduction of Risks and Harm due to the Use of Psychoactive Substances (PAS) aimed at persons in vulnerable situations and without health insurance.

The Programme is carried out in partnership with the Rudecindo Soto Mental Hospital, through a comprehensive clinical intervention, inclusion, assistance, humane treatment, and family, interinstitutional, and community participation.

Once the process has been completed, we assist cases with community engagement to expand and strengthen users' support networks, as well as other protection factors.

This action is carried out with the support of the Mayor's Office of Cúcuta, the Colombian Family Welfare Institute, the Family Welfare Agencies, and NGOs from the health and protection sector present in the territory.



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