

Type of Project:	Health Mental Health Centre	Country:	Kosovo		
Approach:	New Construction	Realisation Year:	2002-2003		
Project name:	Mental Health Center in Gjilan	Version:	1	Date:	December 2003



Initial Situation, Context

Two surveys carried out by the Centers for Disease Control in Atlanta (CDC) in August/September 1999 and May/June 2000, highlighted the aggravation of the situation concerning the mental health of the Kosovo population. In particular the prevalence of symptoms of PTSD in the representative samples of the interviewed population has increased from 17% in November 1999 to 25% in June 2000. The average prevalence is higher in the rural areas than in the urban ones (29,4% versus 22,9%) and among women versus men (28,5% versus 18,6%). SDC decided therefore to participate in the physical rehabilitation of the mental health infrastructure in Kosovo.

Goals, Beneficiaries

Main goal was to support the Community based Mental Health Center (CMHC) in providing services for the people in the Gjilan area. These services are: Improving the mental health services in quality and efficiency, enhance mental health and quality of life for the population in the Gjilan District and favor social integration of mental ill individuals.

The working group "Mental Health Task Force" for Kosovo was initiated by WHO with the task of developing a draft for setting up modern and contemporary psychiatric care. The programme's objective is to establish a community based health system supported by family doctors, nursing staff, advisors, social workers and volunteers under the guidance of psychiatrists.

Approach

Specialized teams set up and manage a Mental Health Center and supervise 2 "Protected Apartments". The centre focus on social, rehabilitative and treatment aims. The objective in the centre are based on "learning the basics", self-care, independency in daily life, social contacts etc. A psychiatrist and 5 nurses are working in the centre. During the day, beside external patients, they also receive the patients from the connected "Semi-Protected Apartments".

Partner(s)

The following partners participated in this programme:

- FOR (Federal Office for Refugees) in Switzerland for financing the program.
- WHO (world Health Organisation). Responsible: Liliane Urbina and Devora Kestel as advisors.
- The regional director of Mental Health in Gjilan.
- The Municipal Department of Reconstruction and Planning and the cadastre department.
- The architect Bekim Kryeziu from "Arting Office" in Gjakova for project and supervision.
- A local contractor for the execution of the project.
- SDC/HA for project-leading, monitoring and control.

Implementations/Results

The center is supposed to receive up to 20 patients/day for daily care. One doctor and five nurses are taking care of the patients. The need for such an institution was confirmed immediately after completion and the opening of this center by the influx of patients and their relatives. The execution and completion of the construction works were in line with the time schedule (2002/2003) and within the planned budget.

Construction: Traditional construction in brick and concrete with external thermo insulation. A one store building with a reception office, 4 staff offices, 2 rooms for meetings and therapeutic activities, a kitchen and the necessary rooms for toilets and technical installation. Combined central heating with a 5000 lt. tank for fuel and with an electric support.

Cost, Financing

Financed by FOR (Federal Office for Refugees), total cost: EUR 232'000 (CHF 348'000).

[Studies EUR 9'800, Building EUR 162'000, External works EUR 30'000, Equipment EUR 30'200]

Problems/Constraints

An existing town-sewage system on the plot had to be removed, the small river at the backside of the area needed to be channelled because of its bad smell in summertime and because of its occasional overflows.

Lessons learned What was useful in the approach?

The preparation of the program together with WHO was a good point. The program is based on the Strategic Plan for Mental Health Reforms in Kosovo.

Lessons learned What should be done different next time?

Better to include the external works in the normal tender process or in the contract of the building contractor.

Prepare the tender in two phases: one open tender for all interested contractors and a second phase with 5 or 6 pre-selected contractor for the final tender.

It is better (more safe) to retain 10% of the cost as a safety for the warranty works than to have this in form of a bank guarantee.

The cheaper the offer from a contractor the bigger the headaches for the site manager later on.

Preconditions and Limitations for this approach

- The first precondition was the general program of development of mental health in Kosovo by the Ministry of Health and WHO that includes the implementation of this type of structure in each region of Kosovo.
- Close cooperation with local authorities (Mental Health, Cadastre, Urbanism, water and power departments etc.)
- Construction office (SHA) with administrative and local technical capacity to implement such a project.

Evaluations

None, the practical evaluation will be obtained from the users and from partners like the Birmingham counterpart who is supporting this center in staff-training.

For further information

Recommended Contacts:	J.F. Poffet, Project leader, CoOf Pristina, Kosovo
Recommended Institutions:	SDC/HA, desk Europe + CIS
Recommended books/reports:	SDC/HA Fact Sheet June 2002 "The Swiss Contribution"
Relevant other projects (links):	--

Annex: (technical drawings, schemata) see page: --