empowering ukrainian women: one year of growth & collaboration

impact report
2022 - 2023

TYSHA celebrates a significant milestone as we reach our 1-year anniversary since our launch in July 2022. For this occasion, we have prepared a report outlining the impact TYSHA has achieved during this transformative journey. We invite you to join us as we reflect on our achievements, highlight our current offerings, and share our plans for the future.

TYSHA originated as an initiative of OneUkraine gGmbH with a bold mission to provide mental health support Ukrainians in the coming years. Throughout our first year, we remained focused on testing, iterating, and refining our approach to best serve our beneficiaries. Currently, TYSHA operates as an independent charitable organization registered in Ukraine. Our mission has been narrowed down to empowering Ukrainian women with essential skills to navigate challenging times. We are proud to report that over 450 participants have already gained these skills, transforming their lives and mental well-being. In this report, we will delve deeper into our program, approach, and specific impact indicators.

Our achievements would not have been possible without the invaluable contributions of our team of experts, Jack Saul, Elissa Eppel, Caner Bingol (IAGP), Iryna Kuratchenko (Vzayemodiya NGO), the co-founders of OneUkraine, and visionary donors who recognize the significance of mental health support. Participating in the Phineo Startups Impact Entrepreneurs Cohort 2022/23 has been a catalyst for our growth guided by our beloved mentors Lea Feldbinder, Sophie Dienberg, Kai Malkwitz, and Christa Cocciole.

We have also formed valuable partnerships and are thrilled to announce our recent collaboration with the Ukrainian Affiliate of the Association for Contextual Behavioural Science. This partnership is poised to revolutionize our program, impact assessment, and psychologist supervision.

Looking ahead, our next goal is to scale our innovative, culturally sensitive, and data-driven approach across Ukraine and beyond. We are delighted to witness the growing number of supporters, and we sincerely encourage you to stay tuned and continue supporting TYSHA. Together, we can make a profound difference in the lives of countless women.

Imagine the impact we can create together!

Warm regards,
Yuliia, Hanna, and Dariia

Ірина
Олена
Олена
TYSHA

«Thank you for tysha groups,
I'm feeling alive again»

psychological support for women

providing women with skills to pass through hard times

6-week offline program for psycho-social group support for women facilitated by a certified psychologist designed by the team with the advice of international and Ukrainian psychologists and based on:

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Acceptance and Commitment Therapy (ACT)
- Mindfulness-Based Cognitive Therapy (MBCT)
- Mental Health Gap Action Program (mhGAP)
- Family Systems Therapy
- Schema Therapy
- Art Therapy

Each step of our program is meticulously evaluated using validated questionnaires, guaranteeing its effectiveness

key numbers

🧑‍🎓	5 000	participants in the online course on psychological first aid
🧑‍💼	102	social workers received psychological education
👩	450	women graduated from psychosocial support groups
👩‍⚕️	20	psychological experts involved in the development of the program
👥	11	closed type psychosocial support groups conducted
👥	29	open type psychosocial support groups conducted
🎙️	1	podcast with world famous psychoterapist Esther Perel released

TYSHA

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skills acquired by women during tysha groups

🙂	78%	awareness of emotions and feelings
✊	64%	awarness of one's resources and how to use them
💚	53%	the ability to enjoy life
💬	49%	formation of social ties
😮‍💨	42%	the ability to calm down
👋	42%	involvement

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exercises practiced by women after tysha groups

> I use the "hook" technique in my life, I knew about this technique before, but I started using it only after tysha groups

- breathing technique
- grounding techniques
- relaxation through creativity
- butterfly

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media coverage

8	publications in online media
2	TV interviews
14	live broadcasts
81	posts
195	stories
5	posts

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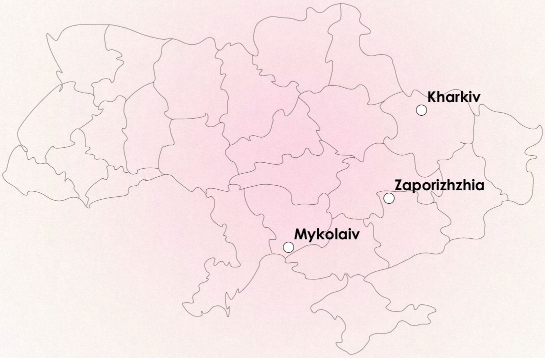
coverage map



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the program of quiet meetings is based on protocols from 8 areas of therapy

- ACT
- family systems therapy
- art therapy
- schema therapy
- MBCT
- mhGAP
- CBT
- DBT

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the program launch history

july 2022

december 2022

april 2023

june 2023

july 2023

- the program was first implemented in Zaporizhzhia

- drafted the first detailed proof of concept of the TYSHA program

- designed the second version of the program
- launched TYSHA groups in Mykolaiv and Kharkiv

- kicked off the supervision program for TYSHA's psychologists
- launched tyshagroups.com

- designing the third proof of concept
- automating processes
- scaling TYSHA groups

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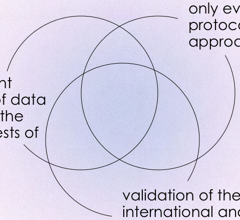
about the program

goal: to provide women with a set of "superpower" skills to help women get through tough times



only evidence-based protocols and approaches

continuous improvement based on the analysis of data on the effectiveness of the program and the requests of women in the cities

validation of the program by international and local psychologists and psychotherapists

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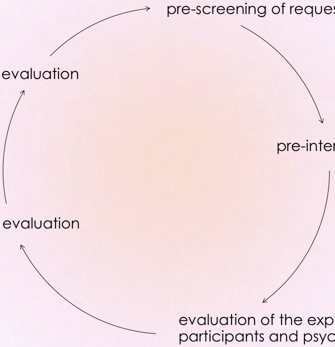
approach to the program evaluation



pre-screening of requests

pre-intervention evaluation

evaluation of the experience of participants and psychologists

post-intervention evaluation

follow up evaluation

let's build a world where every woman has skills to pass through hard time

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every penny counts
sincerely dyakuyemo

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