

Taotlusvorm

1. Taotleja andmed
1.1. Asutuse/ettevõtte nimetus: MTÜ Peaasjad
1.2. Registrikood: 80295357
1.3. Postiaadress: peaasi@peaasi.ee
1.4. IBAN: EE117700771004442469
1.5. Esindaja nimi ja ametikoht: Anna-Kaisa Oidermaa, tegevjuht
1.6. Kontaktisiku andmed (nimi, e-post, telefon): Andre Berezin, andre.berezin@peaasi.ee , 56496685
1.7. Taotletav toetuse kogusumma (käibemaksuta): 90 000€ (üheksakümmend tuhat eurot)
1.8. Projekti elluviimise periood: 01.04.2026 - 31.12.2026

2. VIPS-i kirjeldus
2.1. Nimetus: Peahea lühisekkumine
2.2. Lühikirjeldus (sh metoodiline alus): Orygen Brief Interventions Toolkit - tõlgitud ja kohandatud eesti keelde. Peahea on madala lävendiga struktureeritud lühisekkumine. See sisaldab endas 9 teemamoodulit, mille seast teeb klient koos nõustajaga valiku. Moodulid sisaldavad endas psühhoharivat informatsiooni ning harjutusi vastava teema käsitlemiseks. Moodulite teemad on: oma meeleolu ja ärevuse mõistmine ja juhtimine, teadvelolek ja lõõgastumine, probleemilahendamisoskused, oma viha mõistmine, heaoluks vajalik füüsiline aktiivsus, heaolu kasvatav toitumine, hästi magamine, eneskindel suhtlemine, enda mõistmine ja keha aktsepteerimine.
2.3. Sihtrühm (vanuserühm jne): sekkumine mõeldud vanusele 12-26. Kuna VIPS-id on mõeldud vanusele 15+, siis rakendamine antud projekti raames sekkumist vanusele 15-26.
2.4. Piirkond: Eesti
2.5. Formaati (individuaal, grupi, kombineeritud): individuaal
2.6. Struktuur (seansside arv, ühe seansi kestus minutites, grupisekkumiste korral inimeste arv grupis): 1 + 6 seanssi. Esmane seanss raskuste ja ressursside

kaardistamiseks ning tegevuskava koostamiseks. Sobivuse korral pakume veel 1-6 60 minutilist kohtumist.
2.7. Vorm (kohapeal, veebis jne): reeglina veebis, kliendipoolse võimaluse puudumisel kohapeal Tallinnas või Tartus.
2.8. Töenduspõhisus (viidata uuringutele, rahvusvahelisele kasutusele; lisada viited või allikad): 1. Ethel Rosenfeldt. Peaasi.ee noortekeskuse Peahea lühisekkumise moodulipõhine analüüs. Magistritöö. Tartu Ülikool, psühholoogia õppekava. (2024). https://dspace.ut.ee/items/f1c3fb44-f7fc-428c-bd04-f96ff7dcef76
2. Minna Sild. Peaasi.ee noortekeskuse Peahea lühisekkumise mõju 16-26 aastaste noorte vaimsele tervisele. Magistritöö. Tartu Ülikool, psühholoogia õppekava. (2024). https://dspace.ut.ee/items/c71e2d74-6395-4cbf-93de-dac3b67252ba
3. Anna-Leena Koržets. Depressiooni sümptomite QIDS-SR ja ärevuse sümptomite OASIS mõõtevahendite adapteerimine ja psühhomeetriliste omaduste hindamine. Magistritöö. Tartu Ülikool, psühholoogia õppekava. (2024). https://dspace.ut.ee/server/api/core/bitstreams/ca47b38e-d795-4caf-bfc3-ccf9794378bc/content
4. Schley, C jt. The headspace Brief Interventions Clinic: Increasing timely access to effective treatments for young people with early signs of mental health problems. Early intervention in psychiatry (2019). 13(5), 1073–1082. https://doi.org/10.1111/eip.12729
2.9. Kinnitus sekkumise juhendi olemasolu kohta (lisada näidis või kirjeldus): Orygen Brief Interventions Toolkit , mis on tõlgitud ja kohandatud eesti keelde.
2.10. Varasem rakendamine (rakendamise maht ja kestus): alates 2023 jaanuar 14 753 seanssi.
2.11. Tagasiside kogumise viis: Google Forms tagasisideküsimustik isikustamata kujul

3. Kavandatud maht
3.1. Seansside koguarv toetusperioodil: 1500
3.2. Teenusesaajate arv: 500
3.3. Keskmise seansside arv ühe teenusesaaja kohta: 3
3.4. Maht piirkondade kaupa: 42% Tallinnast, 18% Tartust, 13% mujal Harjumaalt, ülejäänud mujalt Eestist
3.5. Sihtrühmani jõudmise ja suunamise kanalid: reklaamid ja postitused sotsiaalmeediakanalites (nt Facebook, Instagram, Reddit, Youtube), artiklid uudistekanalites; koolidega info jagamine; teiste spetsialistide, nt kooliõdede, kaudu

4. Meeskond ja rakendusvõimekus
4.1. Spetsialistide arv (vähemalt 5): 25
4.2. Spetsialistide kvalifikatsioon: kõrgharidus ning vastavad väljaõpped Peahea lühisekkumises ja suitsiidiriski hindamises.

4.3. Superviisorite arv ja kvalifikatsioon: 6 superviisorit. kutselt kliinilised psühholoogid, vaimse tervise õed, psühhiaatrid
4.4. Supervisiooni sagedus ja korraldus: vajaduspõhine võimalus konsulteerida individuaalselt superviisoriga iga juhtumi põhiselt. Kohustuslik klienditöö grupisupervisioon kaks korda kuus 0.5-1.0 koormuse kohta; üks kord kuus 0.25-0.5 koormuse kohta. Lisaks meeskonnatöö grupisupervisioon kvartaalselt.
4.5. Riskijuhtimise plaan: Konfidentsiaalsusnõuded - ja tingimused kooskõlas seadusandlusega. Alaealiste klientide puhul vajalik eestkostja poolne kirjalik nõusolek teenuse pakkumiseks ning admetöötuseks. VIPS spetsialistid on koolitatud ära tundma ning vastava abini suunama ka raskes ja/või eluohtlikus seisundis kliendis (sh. psühhootiliste sümptomite ja ülikõrge suitsiidriski puhul). Kriitiliste juhtumite korral tagatud supervisioon kliinilise spetsialistiga 3 h jooksul.
4.6. Kinnitus metoodika kasutusõiguse kohta: Vaata Lisa 1

5. Ühe seansi maksumuse ja kulude põhjendus

5.1. Ühe seansi maksumus (koos seansi formaadiga, kui sama taotlus/VIPS sisaldab erinevaid formaate): 58.1€		
5.2. Keskmine kulu ühe teenusesaaja kohta: 174.3€		
5.3. Seansi maksumuse struktuur – esitada kulude jaotus, sh tööjõukulud, supervisioon, koolitus, koordineerimine, litsentsi- ja platvormikulud ning kaudsed kulud (kuni 7% taotletava toetuse üldmahust):		
	kokku €	seansi kohta €
tööjõukulud	55 335	35.7
supervisioon	8215	5.3
koolitus	4750	3.1
koordineerimine	12 245	7.9
kommunikatsioon	1650	1.1
platvormikulud/IT	1550	1
üldkulud 7%	6255	4
kogumaksumus	90 000€	58.1€

6. Koolitustegevused (vajaduse korral)

6.1. Koolituste kirjeldus ja maht (tundides):
<ul style="list-style-type: none"> • Superviisori koolitus: Peahea lühisekkumise moodulite sisu ja rakendamine (6h) Grupisupervisiooni läbiviimine koos koolitava superviisoriga ning kohtumise järgne eneseanalüüs (4h) • Spetsialisti koolitus: Peahea lühisekkumise moodulite sisu ja rakendamine. E-kursuse läbimine koos iseseisva tööga ning praktilise osaga koos koolitajaga kogumahu 51h.
6.2. Koolitatavate spetsialistide arv: 0-5 (sõltub vajadusest)

6.3. Koolitavate superviisorite arv: 0-3 (sõltub vajadusest)
6.4. Seos kavandatud rakendamisega ja proportsionaalsuse põhjendus:
6.5. Koolituskulude kogusumma (eurodes) ja osakaal toetuse eelarvest (%): kogu koolituskulu: kuni 4750€ (5.28% toetuse eelarvest)

7. Selgitus, kuidas kavandatud tegevus aitab tervikuna suurendada VIPs-i rakendamise võimekust Eestis (nt spetsialistide ettevalmistus, sekkumise kättesaadavus, rakendamise maht või organisatsiooniline suutlikkus).
Kavandatud tegevus aitab jätkata antud VIPs-i pakkumist perioodil, kus riiklik VIPs teenuste süsteem on veel arendamisel.

Kinnitused

Kinnitan, et esitatud andmed on õiged ning vastan määruses sätestatud nõuetele.

Kinnitan, et taotluses esitatud kulude katteks ei ole saadud ega taotleta toetust Euroopa Liidu fondidest, riigieelarvest ega muudest avaliku sektori vahenditest.

Licence Agreement

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Between

Orygen of 35 Poplar Road, Parkville, Victoria, 3052 (ABN 85 098 918 686) (**Orygen**) and **NGO Peasjad Maneezi** 3, Tallinn 10117, Estonia Reg no 80295357 (**Licensee**)

Attention: John Moran
Chief Operating Officer

Attention: Anna-Kaisa Oidermaa
CEO, Member of Board

Address: 35 Poplar Road
Parkville, Victoria 3052
Australia

Address: Maneezi 3, Tallinn 10117, Estonia

Email john.moran@orygen.org.au

Email anna-kaisa.oidermaa@peaasi.ee

Each a **Party** and together the **Parties**.

- A. Orygen has developed the Resource which the Licensee wishes to use.
- B. Orygen has agreed to grant a licence to the Licensee to use the Resource in accordance with the terms of this Agreement.

Date of agreement

See execution block on last page

08.03.2022

General Terms

1 Definitions

In this deed, the following definitions apply unless the context requires otherwise:

Agreement means this agreement, its schedule and any amendment to it made in accordance with the terms of this Agreement.

End Date means the date set out in Item 4 of the Schedule.

Intellectual Property Rights means any and all intellectual and industrial property rights throughout the world including rights in respect of or in connection with:

- (a) any confidential information;
- (b) copyright (including future copyright and rights in the nature of or analogous to copyright);
- (c) inventions (including patents);
- (d) trade marks, service marks; and
- (e) designs, circuit layouts,

whether or not now existing and whether or not registered or registrable and includes any right to apply for the registration of such rights and includes all renewals and extensions.

Resource means the resource developed by Orygen and described in Item 1 of the Schedule.

Specified Purpose means the purpose set out in Item 2 of the Schedule.

Start Date means the date set out in Item 3 of the Schedule.

Term means the term set out in clause 2 of this Agreement.

2 Term

The term of this Agreement is the period starting on the Start Date and ending on the End Date, unless terminated earlier in accordance with this Agreement (**Term**).

3 Licence

- (a) Subject to compliance with the terms of this agreement, Orygen grants to the Licensee for the Term a non-exclusive, royalty and licence-fee free, worldwide licence to translate and adapt the

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Resource (including the Intellectual Property Rights therein) for the Specified Purpose on the terms set out in this Agreement.

- (b) The licence granted under clause 3(a) above does not include the right to sub-license.

4 Licensee's obligations

- (a) The Licensee may only adapt the Resource to the extent of:
- (i) translating the Resource into the language(s) set out in Item 5 of the Schedule;
 - (ii) listing local help organisations approved by Orygen in advance, the Licensee must not otherwise change the context of the Resource without written consent from Orygen;
 - (iii) including an acknowledgement as set out in Item 6 of the Schedule; and
 - (iv) adding co-branding with the Licensee's organisation in accordance with the branding requirements set out in Item 7 of the Schedule.
- (b) The Licensee must not sell, receive any payment for, or commercialise in any way, the Resource.
- (c) Before making public or providing the Resource to any third party, the Licensee must provide Orygen with:
- (i) an attestation from a duly authorised representative of the Licensee that:
 - (A) the Resource was translated by an appropriately qualified translator;
 - (B) the Resource has been accurately translated; and
 - (C) the translated Resource complies with the requirement set out in clause 4(a)(ii) above;
 - (ii) sufficient information in respect of each organisation listed in the Resource in accordance with clause 4(a)(ii), to enable Orygen to determine the appropriateness of those organisations in the context of the Resource; and
 - (iii) a copy of the Resource in the format in which the Licensee proposes to make it public or provide it to a third party, so that Orygen can approve that the Resource complies with the branding requirements set out in Item 7 of the Schedule (Branding Requirements).
- (d) Orygen will provide a response to the Licensee within 10 business days (in the state of Victoria, Australia) as to whether it approves of the Resource under clause 4(c) above.
- (e) If Orygen notifies the Licensee that:
- (i) it does not agree to list any of the organisations listed by the Licensee in accordance with clause 4(a)(ii), the

Licensee will remove that organisation from the translated Resource; or

- (ii) the Resource does not adequately comply with Orygen's Branding Requirements, the Licensee will make such changes as required by Orygen in order to comply with the Branding Requirements and will not publish or provide the Resource to any third party until Orygen has approved
- (f) If Orygen notifies the Licensee that Orygen has updated the Resource, Orygen will provide the updated Resource to the Licensee and the Licensee must, immediately upon receiving the updated Resource:
- (i) cease using the translated version of the original Resource and remove it from all locations from which it has been made publicly available and notify any third parties to whom it has provided the translated Resource; and
 - (ii) if the Licensee wishes, take steps to publish a translated version of the updated Resource, complying with clauses 4(a), 4(c) and 4(d) in respect of the updated Resource, and this Agreement will continue to apply in respect of the updated Resource.

5 Liability

- (a) Each Party warrants that:
- (i) It has the authority to enter into and perform its obligations under this agreement;
 - (ii) It has taken all necessary steps to authorise the execution, delivery and performance of this Agreement; and
 - (iii) this Agreement constitutes its legal, valid and binding obligations.
- (b) The Licensee acknowledges and agrees that:
- (i) except as expressly provided in this Agreement, Orygen has not made and does not by entering into this Agreement make, any representation or warranty, express or implied, that the Resource:
 - (A) does not infringe any third party intellectual property rights; or
 - (B) is suitable and appropriate in the context of the Licensee's local jurisdiction;
 - (ii) the Licensee makes public and uses the Resource at its own risk and Orygen accepts no responsibility for any outcomes resulting from the Licensee's actions in making public and using the Resource;
 - (iii) the Licensee has made its own clinical judgement in respect of the suitability of the Resource and the translated Resource in the context(s) in which it proposes to use it and Orygen accepts no responsibility in this regard; and
 - (iv) to the full extent permitted by law, Orygen has not made and excludes all warranties,

by electronic signature and /or on the basis of an exchange of a signed copy of this Agreement in an electronic format such as scanned PDF delivered via electronic mail or digitally signed using e-signature software and the receiving party may rely on the receipt of such document so executed and delivered electronically as for delivery of a wet ink original.

- (j) **Survival of clauses:** The rights and obligations under clauses 6, 7(c) and 9 survive termination of this Agreement.

- (k) **Governing law and jurisdiction:** This Agreement is governed by and must be construed in accordance with the laws of the State of Victoria. The Parties irrevocably submit to the non-exclusive jurisdiction of the courts of Victoria and the courts competent to determine appeals from those courts.

Executed by the Parties as an agreement

Executed on behalf of **Orygen** by its authorised officer in the presence of:




Signature of authorised officer

JOHN MORAN

Name of authorised officer (print)

Dated 02/03/2022



Signature of witness

REBECCA BOJTOR

Name of witness (print)

Executed on behalf of the Licensee by its authorised officer in the presence of:



Signature of authorised officer

ANNA-KAISA OIDERMAA

Name of authorised officer (print)

Dated 08.03.2022



Signature of witness

KADRI PAHLUA

Name of witness (print)

Schedule

1 Resource

Orygen Brief Interventions toolkit

2 Specified Purpose

Translation of the Resource for the purpose of, dissemination to mental health professionals in Estonia, subject to the terms of this Agreement.

3 Start Date

Date of signing this Agreement by the last party to sign.

4 End Date

31 December 2022

5 Language(s)

Estonian

6 Form of acknowledgement

Orygen is funded by the Australian Department of Health

7 Branding requirements

Orygen's logo must be included on the front page of the Resource, and on any subsequent pages of the Resource where the Licensee's logo or branding is used, in accordance with the brand guidelines regarding use of Orygen's logo, as set out in Annexure 1.