

Plan 2009-2010



Russian Federation

Executive summary



The Russian Federation occupies most of eastern Europe and northern Asia, or about one-eighth of the earth's surface. Although rich in mineral and energy resources, Russia has a large proportion of its population struggling with poverty. Division between the rich and the poor is very deep. Certain groups of vulnerable people such as the elderly, children, people with disabilities and people living with HIV suffer from social exclusion, discrimination and poor access to services.

The incidence rates of Tuberculosis (TB) and HIV represent a major health problem. Russia occupies the second place in Europe with regard to the spread of HIV. Rates are particularly high among injecting drug users (IDUs), who are mainly young people, and inmates of penitentiary institutions. People living with HIV (PLHIV) are still subject of stigma and discrimination. With regard to the spread of TB, it is the highest in Europe, with 83.5 cases for 100,000 people.

Poor socio-economic conditions aggravate the consequences of any disaster. The number of different natural disasters such as earthquakes, fires, floods or wind storms has increased by 12.6 per cent in Russia during the last two years. Even more striking is the incident rates of man-made disasters such as mine blasts and road accidents.

Russia is second in the world among countries hosting the largest number of international migrants. Annually the number of labour migrants amounts to about 12.5 million.

The challenge for the Red Cross is to meet the needs and promote the interests of vulnerable people who do not have effective access to governmental economic and social services. This plan outlines the work of the Russian Red Cross and International Federation in reducing contemporary vulnerability in Russia in line with the International Federation of Red Cross and Red Crescent Society's Global Agenda goals. It comes at a time of increasing economic prosperity in Russia, but where frequently this prosperity does not reach the most vulnerable, and when there is an urgent need for a strong Red Cross in a vibrant civil society to serve and represent the interests of the vulnerable. It also comes at a time when there are growing opportunities for local resource mobilization. Many of the programmes narrated in this plan should be seen as investments in the Russian Red Cross Society to enable it to implement its advocacy role and to facilitate access to longer-term funding. The programmes will:

- reduce vulnerability of local communities through increasing public awareness on safety concerning road accidents, human pandemic and mitigation of the psychological consequences of disasters

- provide direct assistance to TB clients (1,300 people registered by TB services), approach key populations at higher risk (60,000) and the general public on the issues related to TB prevention
- strengthen the Russian Red Cross potential to independently provide sustainable development of HIV prevention activities
- increase National Society capacities in providing psychosocial support through expanding this component from disaster management to other programme areas such as health and care (HIV and TB intervention) and social inclusion
- assist the Russian Red Cross in the development and implementation of the migration programme
- increase the potential of the National Society by providing technical support in the programmes of organizational adjustment, branch capacity building, volunteer management and fund-raising

Beneficiaries of the Russian Red Cross programmes in 2009-2010 will include TB clients, elderly people living alone, migrants, multi-child families, homeless people, medical staff, inmates and staff of penitentiary institutions, former inmates of penitentiary institutions, PLHIV released from penitentiary institutions, friends and family of PLHIV, Russian Red Cross volunteers and employees, sex workers, injecting drug users living with HIV, students of schools for children with behaviour problems or orphanages, secondary school and university students, specialists involved in disaster management, community members, their parents and teachers.

The total 2009-2010 budget is CHF 5,650,987 (USD 5,165,436 or EUR 3,599,355).

[Click here to go directly to the summary budget of the plan.](#)

Country context

Russia is a federation, composed of 88 administrative units with various authorities and degrees of competence. The country is vast and occupies 40 per cent of eastern Europe and northern Asia, or about one-eighth of the earth's surface, spanning 11 time zones and incorporating a great range of environments and landforms. Russia has the world's largest mineral and energy resources, and is considered an energy superpower. According to its constitution, there is a presidential system with a parliament. After the dissolution of the Soviet Union in 1991, the country has struggled in its efforts to build a new political system and a market economy to replace the social, political, and economic controls of the communist period.

Since the financial crisis in 1998, real wages have increased by more than 150 per cent and the levels of poverty have fallen sharply. However, **income inequality** in Russia is considerably higher than it was at the time of the break-up of the Soviet Union. The top 20 per cent of the population accounted for 47 per cent of the total income in the first half of 2007, compared to 38 per cent of the total income in 1992. The bottom 20 per cent accounted for only just over 5 per cent, which was slightly less than in 1992.¹ There is a concentration of capital in big cities which distracts attention from the bleaker situation in small towns and villages.

Significant progress has been made, and the economy is currently on the rise. Nonetheless, the fast pace of change has left a large proportion of the Russian people struggling with poverty. Insufficient and often inadequate social services, especially healthcare, combined with meagre salaries and pensions are a sad reality and **elderly people** are among those who have suffered materially and psychologically most from the collapse of the Soviet Union. Low incomes are not sufficient to pay for the rapidly increasing housing expenses and food. There are over 38 million people of pension age in Russia (60 for a male and 55 for a female). The low birth rate during the

¹ Economist Intelligence Unit

last years has resulted in a rapid increase of the proportion of older people in the population from 8.6 to 20.5 per cent².

Development Indicators		RUSSIA	
<i>Population, geography and environment</i>		<i>Economy and labour</i>	
Total population (millions)	140.7	GDP per capita (PPP in USD)	10,845
Surface area (square km)	17,075,200	GDP real growth (%)	8.1
Carbon dioxide emissions per capita (metric tons)	10.6 (2004)	Unemployment total (% of labour force)	5.9 (2007 est.)
Population growth	-0.474	Inflation %	9
<i>Social indicators</i>		<i>Health indicators</i>	
Adult literacy rate (% aged 15 and older)	99.4	Infant mortality rate (per 100,000)	14
Gender-related development index rate (GDI)	58 (2005)	Life expectancy at birth (female/ male)	73.2/ 60.4
Human development index value (HDI)	0.802 (2005)	HIV prevalence (% aged 15-49)	1.1 (2005 est.)
Human development index rate (HDI)	67(2005)	People living with HIV aged 0-49	420,000 - 1,400,000 (est.)
Population below national poverty line (%)	30.9	Prevalence of Tuberculosis (per 100,000)	150 (2006)

Sources: World Health Organization; World Bank; Economic Intelligence Unit

Table 1: Selected development indicators for Russia

Along with older people **children** remain a highly vulnerable group in Russia and suffer not only from problems typical for their age, but also from the effects of adult alcohol and drug addiction, unemployment and the low wages of their parents, ecological and transport problems, inadequate health services and social isolation. Official statistics place the number of street children at 700,000, while expert estimates vary from 2 to 4 million. According to the United Nations Children’s Fund (UNICEF), 13 per cent of Russian children under five suffer from stunted growth due to poor nutrition.

Russia is facing a **demographic crisis** causing a steady decline in its population. Since the dissolution of the Soviet Union, Russia has lost some 4 million people, with the population contracting by an annual average of 0.5 per cent in 2002-06.

The Russian Federation is affected by international **migration** as a country of destination, a country of transit and a country of origin. This is the case with a wide range of migration phenomena, ranging from trafficking and smuggling, via asylum seekers and refugees to labour migration – documented and undocumented. Official estimates of the number of irregular migrants currently residing in the Russian Federation range from 3 to 5 million. According to the International Organization for Migration, Russia occupies the second place in the world among countries hosting the largest number of international migrants, amounting to about 12.5 million. Russian employers annually obtain around 300,000 work permits for foreigners.³ However, the majority of foreigners work illegally, mainly in shadow and informal structures of the economy. As for emigration flows from Russia, approximately 500,000 Russian citizens are currently working beyond the borders of Russia (other expert estimates provide a figure of 1.5 million). These estimates include both regular and irregular migration flows, although the majority of Russian employees abroad are believed to have an irregular status.

² Russian Federal Statistics Service, <http://www.gks.ru>

³ Ibid.

Public health problems put vulnerable groups at additional risk. Diseases such as multi-drug resistant TB (MDR-TB) and the expanding HIV epidemic contribute to increased vulnerability. Russia has the largest **HIV** epidemic in Europe, and accounts for around two-thirds of the cases in the eastern European and central Asian region. Today over 416,113 cases are officially registered with state institutions⁴, but the UNAIDS 2006 report gives the figure of 940,000. Although 64.5 per cent of new infections are found among injecting drug users (IDUs) who share needles, the rate of infection by sexual transmission especially among females now supersedes that of transmission through infected needles. Poor public awareness, traditionally low demand for condoms and inadequate healthcare exacerbate the threat.

Russia has one of the worst **Tuberculosis** problems in Europe. Over 150,000 new cases of TB are recorded every year. In 2005, almost 32,000 Russians died of TB and in 2006 alone 120,000 new cases were registered. In Koryakia, Tuva and Altay the rates are three or even four times higher than in the rest of the country. The multi-drug resistant form of this disease accounts for about 8 per cent of the total number of cases, and this figure continues to rise.

Country disasters		RUSSIA
Type of Disaster	Date	Affected people
Drought	2003	1,000,000
Flood	September 1994	775,429
Extreme temperature	January 1999	725,000
Flood	June 2002	330,613
Flood	July 2001	300,000
Flood	July 1996	220,000
Epidemic	June 1995	150,000
Wildfire	July 1998	100,683
Flood	February 1998	88,000
Flood	May 1998	78,600

Source: EM-DAT: The OFDA/CRED International Disaster Database

Table 2: Natural disasters in Russia since 1990 including dates and number of people affected

The huge country territory and the special features of Russia's environment make it prone to many natural and technological **disasters** including wide-scale floods, major earthquakes, fires and storms, 200 to 300 cases annually. On an annual basis, the Russian Federal Ministry of Emergency registers 2,500 technological disasters. Direct losses from disasters exceed 2.5 billion Russian roubles (RUR) or 105 million US dollars annually. The number of injured has been estimated in the range of six to eight hundred thousand and the number of dead over five thousand. According to the International Federation's World Disasters Report 2008, the number of people affected by natural and technological disasters in the country between 1998 and 2007 was 2,990,935 and the number of killed 4,478.

Across the country, one of the most prominent and devastating hazards are road accidents. According to the Ministry of Internal Affairs, the number of people killed on the roads of Russia during the past ten years exceeds 315,000 and the number of people disabled as a result of accidents more than 2 million. The death rate in **road accidents** in Russia is 20 per 100,000 people which is much higher than in many other countries with the same number of cars per citizen. Even more disturbing is the number of pedestrians (63 per 100,000 people) killed or injured on roads, a rate several times higher than, for example, in the Scandinavian countries.

Another challenge is preventable infectious diseases, which were noticed as biological-social emergency situations about 50 times annually over the last three years. Causes include inadequate access to safe water and sanitation and pollution. Inadequate water supply and poor sanitary literacy among people are some of the reasons for high rates of intestinal infections, particularly among children.

In particular, the government of the Russian Federation is alarmed by the threat of **avian influenza** for humans. The territory of Russia is considered as prone to the avian influenza virus because the

⁴ National report "AIDS prevention in Russia", 30 March 2008

main transcontinental routes of migratory birds from Asia to Europe pass through Russia. Sixteen regions covering 18 per cent of Russia have been affected by the virus in the past 3 years.

National Society priorities and current work with partners

National Society Figures		Russian Red Cross
Human resources	Number of people	
Members	around 1,000,000	
Staff and volunteers	254,300	
Headquarters staff	50	

The Russian Red Cross is the oldest public organization in Russia, founded in 1887. The National Society is represented in each administrative region of the country and has 89 regional and 1,548 local branches.

Table 3: Human resources figures for the Russian Red Cross

The Russian Red Cross Society wishes to continue the programmes that have been implemented with support from the International Federation in 2007-2008, but also to develop new approaches, and add elements that have been less prominent in the past. The society defines 13 priority areas for international support:

- preventative activities related to HIV and TB
- voluntary non-remunerated blood donation
- assistance to children
- assistance to older people
- psychosocial support
- road safety
- migration
- International Humanitarian Law
- avian flu
- organizational development
- fund-raising
- volunteer management
- Visiting Nurses Service

The National Society involvement in **disaster management** will continue. The International Federation will assist the Russian Red Cross in its efforts to extend and upgrade its capacities in this area. Three projects will be included in the disaster management programme. These are integration of psychosocial support as a standard deployable component of disaster response, building on the extensive experience gained in this field in the Beslan programme; intensified preparedness in relation to the potential for a human influenza pandemic sparked by avian flu; and road safety. The programme activities will cover 22 regions of the Russian Federation.

The experience of the Beslan programme and of the Disaster Relief Emergency Fund (DREF) supported operation in the aftermath of mine accidents in Kemerovo have demonstrated that there is a considerable role to play for the Russian Red Cross in the provision of **psychosocial support (PSS)**, both in the immediate aftermath of crisis and in addressing the psychosocial consequences of long-term vulnerability. The Russian Red Cross would like to expand its activities to a service offered to the general population, initially in five territories. Moreover, apart from the disaster management component, following the Federation policy describing PSS, it will be used as a niche for the Red Cross role in the implementation of other programmes in such fields as health and care (HIV and TB intervention) and social inclusion.

In consequence of the large number of victims on roads, the Russian Red Cross has decided to prioritize **road safety** activities. For that purpose, the National Society has initiated discussions with Toyota in Russia to explore the potential for cooperation on road safety measures in the 20 regions where Toyota maintains a presence of its own. The Russian Red Cross has requested the support of the International Federation in those negotiations and, more widely, in developing further its road safety activities. Initial activities will emphasize the dissemination of information and efforts to change attitudes through the education of the general population and, especially, young people.

The Russian Red Cross considers that Russia, with its large territory widely crossed by bird migration routes and borders with many other countries, needs a well-coordinated approach to preparedness of the population to **human influenza pandemic**, as well as a capacity for mitigation and immediate and effective response. Action in this area will be partly based on the experience of the avian influenza preparedness programme funded by the International Federation's global appeal and the Canadian Red Cross.

Health and care is integral to the future direction of the Russian Red Cross. Since September 1999, supported by the International Federation, it has implemented a TB/ HIV and AIDS programme with support of various donors such as ECHO, the UK's Department for International Development (DFID), USAID, the British Red Cross, the American Red Cross, the Norwegian Red Cross and Norwegian government, the Danish Red Cross, and the Singapore Red Cross in 11 regions of the Russian Federation: Murmansk, Arkhangelsk, Pskov, Belgorod, Khakasia, Khabarovsk, Buryatia, Tomsk, Kemerovo, Oryol, Astrakhan and Ivanovo. The strategy to respond to HIV adapted by the Russian Red Cross will be used as a basis to develop a single health and care strategy to be used for all programmes in this field.

The role of the Russian Red Cross remains well-established and complementary to state efforts in **TB** control and focuses on ensuring treatment compliance of TB patients through the provision of social support and legal and psychological counselling. The Russian Red Cross recognizes the importance of effective legal and psychological counselling in its response to TB, which is less costly than social support and may be used as an incentive in the DOTS (directly observed treatment, short course) for TB treatment. This is especially true for inmates of penitentiary institutions awaiting release, who may be advised on social reintegration issues.

In addition, the current multi-year programme funded by USAID has strengthened diagnostic capacities outside the Russian Red Cross by supporting state-employed trained staff, by training TB doctors and laboratory staff, and by increasing logistics capacity and providing new laboratory equipment and procedures.

The Ministry of Health recognizes the Red Cross role in TB care throughout the Russian Federation. The National Society contributed to the preparation of a federal programme proposal to the Global Fund to Fight AIDS, Tuberculosis and Malaria (GFATM) which means that the Russian Red Cross, supported by the International Federation, is a member of the Country Coordination Mechanism for GFATM.

Prevention of TB and HIV is key to the International Federation's global health and care strategy for 2006-2010, and a health priority agreed at the European Red Cross and Red Crescent Regional Conference in Berlin in 2002.

Thanks to the successful implementation of **HIV** prevention programmes in 2006-2008 in cooperation with the International Federation, the British, the Italian and the Swedish Red Cross Societies and USAID, the Russian Red Cross has accumulated the potential and experience necessary to further develop these programmes targeted at vulnerable groups of the population.

Taking into account that the Russian Red Cross was not able to implement HIV prevention programmes independently due to limited potential in fund-raising (including weak advocacy skills of staff) and also limited coordination with and support of regional branches, these obstacles will be addressed in 2009-2010.

For the coming two years, the plan is to geographically expand the unique model of HIV prevention to the penitentiary institutions, which has been successfully tested so far in five regions of the Russian Federation. This experience is valuable also because around 10 per cent of PLHIV are detained in penitentiary institutions. Moreover, the Russian Red Cross has gained access to penitentiary institutions and served as a link between the civil and penitentiary systems.

The National Society will continue its cooperation with its two main bilateral partners, the Norwegian Red Cross and the American Red Cross. The Norwegian Red Cross has, for nearly ten years, supported a child welfare programme in the north-western parts of the Russian Federation. This

programme was reviewed during the first half of 2008, and the recommendations from that exercise form the basis for discussions between the Russian Red Cross, the Norwegian Red Cross and the International Federation about the reformulation and redirection of the programme. A renewed programme is expected to be in place around October 2008.

The American Red Cross has, also for a number of years, supported the Russian Red Cross in HIV related activities in the Irkutsk region. The Russian Red Cross, the American Red Cross and the International Federation agree that this cooperation should continue and, insofar as possible, be extended.

While the direct involvement of the International Federation in these two, essentially bilateral, programmes is limited, the regional representation in Moscow wishes to explore the potential for a more integrated approach, including pooling of staff resources, technical expertise and knowledge, in close consultation with the Russian Red Cross.

With regard to **organizational development**, the Russian Red Cross Society recognizes the need to upgrade its organizational structures, methods and approaches. The society is prioritizing organizational matters during the period of 2009-2010 at several different levels. Peer support is looked for to provide quality technical support and advice in the general area of organizational development, with special attention to headquarters methodologies and approaches, branch capacity, volunteer management and mainstreaming organizational development in the programmes. **Fund-raising** is another, related, concern of the National Society, for which it looks for international support. Organizational development will not be implemented as a separate programme, but will be included as an integral component of every programme. The two components envisaged are organizational adjustment and fund-raising and access to resources.

In the framework of **principles and values**, the Russian Red Cross is interested in developing its capacity to deal with the humanitarian consequences of **migration**, as foreseen in the Declaration from the 30th International Conference in Geneva in 2007. In the first instance, the Russian Red Cross would like to develop programmes related to labour migration into Russia, and particularly would like to emphasize the health needs of these migrants, legal or otherwise, and their families. In this context, the International Federation is planning to support the Russian Red Cross, during the period of 2009-2010, in making the initial preparations for establishing a National Society programme in this sector, and in transforming those preparations into an initially limited, sustainable programme of assistance.

Secretariat supported programmes in 2009-2010

Disaster Management

a) The purpose and components of the programme

Programme purpose
Reduce the number of deaths, injuries and impact from disasters

The disaster management programme budget is CHF 939,647 (USD 858,910 or EUR 598,501).

Based on its experience in the field of psychosocial support the responsibilities of the Russian Red Cross in disaster response and disaster relief will be strengthened and its role further elaborated in cooperation with the ministries concerned. The International Disaster Response Laws (IDRL) project will be the base for further discussions with the government.

Programme component 1: Disaster management planning
Component outcome 1: A National Society contingency plan for human pandemic based on the National Society disaster management plan have been developed and recognized by the government.

Component outcome 2: Operational guidelines for psychosocial support (PSS) in the National Society have been developed and introduced.

Component outcome 3: The psychosocial support component have been integrated in other programmes such as TB, HIV programmes and those addressing social exclusion.

In support of the creation of a National Society pandemic response plan, to be annexed to the society's disaster management plan and to ensure that the response plan is recognized by the government, expertise from the ministries such as those of health and of emergencies will be involved. As part of this endeavour, the role of the Russian Red Cross within the government's own pandemic response plan will be identified.

Linked to these, response plans at the level of regional Red Cross branches will be developed, and regional contingency plans amended as necessary.

Operational guidance in PSS will be prepared on the basis of the International Federation's Psychological Support Policy adopted in 2003, and the Health Policy adopted in 2005, the Russian Red Cross PSS concept adopted in 2007 and taking into account the experience gained in small-scale man-made disasters (coal-mine blasts and plane crashes). The National Society plan on human influenza pandemic will be based on the respective plan prepared by the Russian Ministry of Emergencies.

Programme component 2: Organizational preparedness

Component outcome 1: Strengthened capacity of the National Society in disaster preparedness and response through increased skills and knowledge of Red Cross staff and volunteers on PSS support in five regions of the Russian Federation.

Component outcome 2: Strengthened capacity of the National Society in human pandemic preparedness and response through increased skills and knowledge of Red Cross staff and volunteers, effective mechanisms for response in six regions of the Russian Federation.

Component outcome 3: Strengthened financial and technical resources for human pandemic response.

In support of the component's goals, the National Society will endeavour to recruit, train, retain and manage a diverse, gender balanced volunteer network, conduct training for new volunteers involved in programmes and refresh the skills and knowledge of those already having some experience. In addition recruitment of regional coordinators will be necessary to maintain the volunteer network in all 22 planned regions of Russia.

Curricula and communications material for the target regions has been developed / adapted. The materials and methodologies have been tested in several districts and/ or communities. Relevant exercises in a certain numbers of districts and/ or communities have been carried out.

The replenishment of emergency stocks (hygiene and relevant medicine supplies) falls under this component for case of human pandemic. The Red Cross will seek through resource mobilization strategies to have available sufficient material and financial resources to meet their obligations and replenish the emergency stock.

Programme component 3: Community preparedness/ Disaster risk reduction

Component outcome 1: Strengthened capacities of communities in avian influenza outbreaks-prone areas to respond to future disasters through community-based disaster preparedness.

Component outcome 2: Strengthened capacities of primary schoolchildren and teachers to prevent and respond to road accidents through integrated road safety skills and first-aid trainings.

Component outcome 3: Reduced vulnerability of communities in 17 disaster-prone areas of the Russian Federation through increasing public awareness on safety behaviour concerning road accidents, human pandemic and mitigation of psychological consequences of disasters.

In support of component outcome 1, training in basic methods to prevent contamination and spread of infection will be conducted. This will include a series of training with farmers as well as round-table discussions and meetings on specific topics related to human pandemic with all stakeholders in the regions, and meetings with specific groups at higher risk (hunters and butchers). Schoolchildren will be taught the basic methods to prevent the spread of infection. It is expected that trained children will convey such information to the members of their families. The programme will be carried out by Red Cross volunteers and trained school teachers. Information material on human pandemic including posters, leaflets, and comics for children will be printed and distributed. Awareness and advocacy activities will be organized devoted to human pandemic issues.

Primary schoolchildren, teachers and parents will be involved in the interactive training in road safety and first aid through seminars, games, sport activities and public events. As a result, target groups will increase their level of knowledge with regard to road safety, at the same time gaining first-aid skills.

Training will be conducted for 4,500 people on the basic methods of psychosocial support by trained trainers in the five regional Russian Red Cross branches for the target groups in the regions. A workshop on how to train groups of psychosocial self-support for the team of regional trainers will be held. An initiative group of self support will be set up among the affected and vulnerable people.

b) Profile of target beneficiaries

PSS: beneficiaries will be vulnerable groups (3,000 people), specialists involved in disaster management (fire workers, emergency workers, social workers, university and school teachers and psychologists, staff of psychological and social centres), Red Cross staff and volunteers.

Human pandemic preparedness: community members, local farmers and schoolchildren (about 30 per cent of the total population of target settlements in the regions prone to pandemic), Red Cross volunteers and staff members will benefit from this project.

Road safety: schoolchildren, their parents and teachers, Red Cross staff and volunteers will be targeted by this project.

c) Potential risks and challenges

Lack of funding represents a major obstacle to longer-term programmes in disaster management. The National Society dramatically depends on external support for the programme but funding for disaster management is provided by a limited number of donors and usually on a year by year basis.

The National Society, facing the need to respond to more disasters, also faces the challenge to train and retain staff and volunteers capable of providing professional disaster response services as PSS.

With regard to the human pandemic preparedness in case of avian flu, the implementation of the programme activities in Russia could be complicated because of the lack of attention to this problem by the local authorities.

Health and Care

a) The purpose and components of the programme

Programme purpose:
Reduce the number of deaths, illnesses and impact from disasters and public health emergencies

The health and care programme budget is CHF 3,853,432 (USD 3,522,333 or EUR 2,454,415).

To achieve this goal, advocacy training will be organized for the Russian Red Cross staff and a fund-raising strategy developed. Fund-raising will be included as an integral part into all programmes in HIV prevention. Conditions will be created to share best practices between different regional branches already working in this field and to disseminate knowledge to other branches that have no experience in HIV prevention. Efforts will be made to apply common standards of work and reporting on the basis of the International Federation's Global Alliance on HIV documents. Red Cross staff members will be provided with methodological, informational and technical support during the programme implementation and fund-raising campaign.

Programme component 1: Tuberculosis
Component outcome 1: 1,300 clients received assistance out of the 2,600 clients totally registered by TB services, meaning that 50 per cent of totally registered clients will be supported by the Red Cross.
Component outcome 2: Red Cross outreach volunteers have increased the TB detection rate among risk groups of population in the six target regions by 15 per cent.
Component outcome 3: Default rate among firstly registered TB clients in the target regions is less than 10 per cent because of Red Cross intervention.

Directly Observed Treatment, Short course (DOTS) combined with the psychosocial, nutritional and hygiene support will be used to improve treatment compliance and provide assistance to TB clients. Based on previous experience, social support will be provided at TB ambulatory clinics, Red Cross medico-social rooms and, if needed, directly at the patients' home. Transportation reimbursement will be offered for TB patients with the objective to decrease default rates due to the lack of financial means for transportation.

The TB case detection rate will be increased through three main directions: a media campaign, active case study and peer-to-peer activities. Professional journalists will be trained to transmit "right" messages about TB to the general public. As a result, people reached via those actions will come for testing to the medical facilities. An active case study will be carried out by Russian Red Cross outreach workers and volunteers who will visit the places where the clients at higher risk are present such as railway stations, market places, and different shelters for homeless persons. Outreach workers and volunteers will identify the persons' concerns and by using volunteering consulting and testing techniques (VCT) convince them to be tested for Tuberculosis in the medical institutions. Finally, the most challenging direction in increasing treatment compliance will be to involve into the programme people who are under TB treatment and former TB patients who will be trained on how to spread the information related to TB to their co-dependants (contacts and friends). During 2009-2010, 80,000 persons (1.5 per of the population) will be reached by Red Cross action in the targeted regions of Pskov, Belgorod, Republic of Khakasia, Khabarovsk and the Jewish Autonomous Region.

Linked with the section above, a media campaign will increase public awareness. The messages will be developed to the general public with an idea that each individual will be able to recognize TB symptoms. In addition, well-disseminated messages, e.g. "TB could be cured", will also change the behaviour of the general public related to stigma and discrimination.

Programme component 2: HIV prison project
Component outcome 1: The living conditions of inmates and released prisoners living with HIV have improved.
Component outcome 2: The information level of penitentiary institutions staff and inmates regarding HIV infection is increased, the stigma towards inmates living with HIV is decreased.
Component outcome 3: The experience gained in the prison project in five regions has been disseminated to other regions of Russia.

In order to improve living conditions of PLHIV within the penitentiary system and upon their release individual social support will be provided through social bureaus that will ensure that all beneficiaries have taken a HIV test and in case of positive result started and subsequently adhere to antiretroviral

treatment, have all missing documents restored in order to better integrate into the society and, when needed, have gone through drug abuse treatment.

It is planned that around 800 staff members of the penitentiary institutions and about 2,200 inmates will take part in the preventive seminars about HIV infection and sexually transmitted infections (STIs). Some 5,000 inmates will take HIV tests and receive necessary consultation in case of positive results.

In order to share the experience gained in the five regions of the Russian Federation throughout the whole territory, the National Society is planning to prepare and publish a manual on how to organize HIV prevention in penitentiary institutions. This manual will be recommended for the penitentiary system staff for use in all institutions of the system.

b) Profile of target beneficiaries

TB patients, pensioners living alone, ex-prisoners, migrants, members of multi-child families, homeless people, medical staff, ministry staff, people affected by TB, inmates and staff of penitentiary institutes, released PLHIV, friends and family of PLHIV, Russian Red Cross volunteers and employees, sex workers, injecting drug users (IDUs) living with HIV, students of schools for children with behaviour problems or orphanages, high school and university students will be the beneficiaries of the health and care programme.

c) Potential risks and challenges

The principal challenge remaining in the TB programme is the lack of a precise normative base and protocols directing the multi-drug resistant Tuberculosis (MDR-TB) intervention in the Russian Federation. So far the Russian Red Cross does not have a system for MDR-TB intervention in place, and for the time being will focus on developing a system that will support MDR-TB patients in adhering to their treatment. Such support to MDR-TB patients is different from patients with regular TB, both quantitatively and qualitatively.

The second challenge will be the lack of political commitment for DOTS+ intervention (for MDR-TB treatment) which means a lack of laboratory quality control and understanding of the importance of infectious control measures.

In responding to HIV the challenges for the National Society include:

- There is little support or political commitment for the harm reduction programme.
- The stigma and discrimination vis-à-vis people living with HIV among medical workers is a big issue when it comes to the provision of medical services for the clients. The Russian Red Cross within its capacities is doing its best to overcome this problem.

Organizational Development/Capacity Building

a) The purpose and components of the programme

Programme purpose
Increase local community, civil society and Red Cross Red Crescent capacity to address the most urgent situations of vulnerability.

The organizational development/ capacity building programme budget is CHF 478,717 (USD 437,584 or EUR 304,915).

Programme component 1: Organizational development
Component outcome 1: Improved headquarters capacity to manage the overall organization (human resources, reporting lines).
Component outcome 2: Enhanced ability of selected branches to undertake, manage and sustain programmes.
Component outcome 3: Replicable model for volunteer management at regional branch level developed, tested and introduced in selected branches.
Component outcome 4: All programmes and projects supported by the International Federation formulated to contribute to organizational adjustment, building branch capacity, improving volunteer management and increasing access to resources.

With small headquarters and a vast organization, the Russian Red Cross faces significant challenges with regard to managing the overall organization, its regional branches and the headquarters. To assist the National Society in meeting these challenges, the International Federation will offer support, initially at the headquarters, through analysis, advice and technical support in developing a stronger set of systems for human resources management, clarification of reporting lines, and similar management tools. A similar process will be initiated in selected branches. Both of these processes will, initially, be based on dialogue and building of mutual trust, to be followed, if agreed, by systematic training of personnel in areas which are jointly identified as potentially benefiting from such.

A special concern of the Russian Red Cross is volunteer management, as weaknesses in the existing systems and methodologies surfaced in the context of programme implementation during 2007-2008, notably in relation to avian flu activities. In order to address this issue, personnel from selected branches will be invited to participate in a workshop, together with headquarters personnel, with the objective of analysing current methodologies, identifying strengths and weaknesses, and proposing adjustments.

Once such adjustments are approved by the competent bodies of the Russian Red Cross, the outcome of the workshop will be converted into a training package, and a small number of individuals will be trained how to use it.

Once trained, training events will be organized in selected regional branches with a view to gathering experience on the basis of which final adjustments may be made, prior to the establishment of a wider programme of introduction of the renewed model across the regional branches of the Russian Red Cross.

Programme component 2: HIV and AIDS
Component outcome 1: Russian Red Cross potential to independently provide sustainable development of HIV prevention activities has been strengthened.

Taking into account the long experience of the Russian Red Cross in HIV prevention programmes and the scale of the problem this organizational development component will target particularly the capacity of regional branches to implement such programmes. Those branches that gained experience will share knowledge with other branches. Special impact will be achieved through keeping common standards by ensuring constant monitoring and evaluation of the programmes.

<p>Programme component 3: Fund-raising and access to resources</p> <ul style="list-style-type: none"> • Fund-raising methods • Access to institutional and governmental resources
<p>Component outcome 1: A replicable model for training in fund-raising techniques for Russian Red Cross headquarters and branches has been developed and tested.</p>
<p>Component outcome 2: Potential national sources of funding have been identified and assessed, conditions for access clarified and capacity to meet such conditions put in place at the Russian Red Cross headquarters.</p>
<p>Component outcome 3: Mechanisms for accessing similar funding at regional level have been identified and assessed, conditions for access clarified and capacity put in place in selected branches.</p>

Building on experience and material from partner National Societies and the International Federation, personnel from the Russian Red Cross, at headquarters level and from selected branches, will be invited to a workshop to identify fund-raising methodologies that are appropriate for a Russian context.

Having identified those methodologies which appear most promising, training materials will be developed, along with training methods, appropriate for use at the level of regional branches. A small number of personnel from selected branches will be trained as trainers, using the material and methodologies developed.

In the selected branches, the trainers will test the training package by carrying out pilot training events and feed back to the headquarters their experience and comments. Once these are taken into account and the necessary adjustments to the model made, a wider training of trainers programme will be put in place in order to replicate the model across all regional branches.

A special concern of the Russian Red Cross is its limited access to governmental funding sources at all levels. The National Society will be supported in overcoming this through advice in carrying out the necessary donor research, identifying opportunities and strengthening the ability of the headquarters and regional branches to formulate proposals that meet the criteria established by each counterpart. This will be an ongoing, incremental process of mutual consultation and will not depend on any single action.

b) Profile of target beneficiaries

Staff and volunteers at all levels of the National Society will directly benefit from the organizational development programme.

c) Potential risks and challenges

The primary challenge is to obtain sufficient resources to carry out the proposed activities. There will be a certain need for advocacy within the National Society to facilitate necessary developments in the organization.

Principles and Values

a) The purpose and components of the programme

<p>Programme purpose</p>
<p>Promote respect for diversity and human dignity, and reduce intolerance, discrimination and social exclusion</p>

The principles and values programme budget is CHF 112,941 (USD 103,237 or EUR 71,937).

Programme component 1: Migration

Component outcome 1: A migration programme has been elaborated.

The Russian Red Cross has limited experience of working with migrants, while the needs are increasing and the need for involvement of the Red Cross in these matters is obvious. The development and implementation of an effective programme for this target group requires:

- Promoting institutional understanding of the phenomenon of migration and the vulnerability of migrants through dialogue and informal training of key personnel in the headquarters of the organization.
- Based on such understanding, the International Federation will offer training in needs assessment methodologies for selected staff in the headquarters and in those regional branches participating in the piloting phase.
- Carrying out the needs assessments and compiling/ analysing the results will be carried out by the selected branches and consolidated by the Russian Red Cross headquarters, with Federation technical support as required.
- Based on the outcome of the needs assessment, a workshop will be held with participation from the selected branches and headquarters staff, with the objective of formulating a programme of action, plans for implementation and a budget.
- The workshop will also make recommendations to the relevant branches and to the headquarters with regard to organizational adjustments that may be necessary to carry out the programme, with input and technical advice from the International Federation.
- Based on the formulated programme and associated plans and budgets, the International Federation will assist the Russian Red Cross in identifying funding sources among international organizations, NGOs, government entities and sister societies, and in establishing and developing partnerships with others who have an interest in the field of working with migrants.

The first step of the programme component will be to identify a permanent focal point at the Russian Red Cross for its migration initiative, staffed with suitably qualified personnel, responsible for developing a programme proposal for approval by the Russian Red Cross. Subsequently he/she will become the focal point for support from the International Federation.

b) Profile of target beneficiaries

Staff and volunteers at all levels of the National Society will directly benefit from elaboration of the migration programme. As the programme is developed, target groups and numbers of beneficiaries will be established, along with more defined outcomes and indicators.

c) Potential risks and challenges

The primary challenge is that of obtaining the resources required to carry out the proposed activities. In addition, there might be a reputational risk to the National Society insofar as Russian citizens may – as in many other countries – question the prioritization of non-citizens. Thus, there will be certain a need for advocacy within the National Society to facilitate the programme implementation.

It should also be noted that a successful programme, once it comes to implementation, in a sensitive field like migration presupposes that there has been sufficient consultation and agreement with the relevant authorities of the Russian Federation.

Role of the secretariat

The secretariat's budget for its support role is CHF 266,250 (USD 243,373 or EUR 169,586).

a) Technical programme support

The International Federation's zone office in Budapest, and the representation in Moscow work with the Russian Red Cross providing comprehensive technical and programme support to help the

National Society implement programmes that address the needs of socially excluded people, supports the scaling up of HIV and AIDS related activities and meeting the challenge of TB.

In Moscow, the representation has considerable expertise in programming which aims at addressing the challenges of Tuberculosis and HIV, expertise that can be made available to the National Societies of the sub-region or to others in the Europe zone. Expertise in the fields of migration, road safety and organizational development needs to be acquired from sources within Russia, from the International Federation or from the World Road Safety Alliance.

b) Partnership development and coordination

Over the years of the presence of the International Federation in Moscow, it has been deeply involved in the implementation of programmes and projects and, in order to obtain the funding required for this, established close partnerships and cooperation within and outside the Movement. As a result it has been the International Federation that has been the “owner” of the partnerships, not the National Society. In the future, systematic efforts will be made to transfer these partnerships, as far as legally and practically possible, to the Russian Red Cross and to develop new relations in support of their objectives.

c) Representation and Advocacy

The Russian Red Cross has requested the support of the regional representation of the International Federation in Moscow to negotiate a partnership in the area of road safety, in promoting the role of the Russian Red Cross and civil society more widely as partners in the efforts of the government to ameliorate the conditions under which many people live, and in developing partnerships between the Russian Red Cross and organizations in - or active in - Russia.

The regional representation has established, and will continue to develop relations with UN agencies and organizations. It will support the Russian Red Cross in making effective representation with the authorities, and will assist the National Society in promoting Movement and Federation positions vis-à-vis the government and other institutions.

d) Supplementary Services to National Societies operating bilaterally

The International Federation's legal status in the Russian Federation allows it to support National Societies wishing to work bilaterally with the Russian Red Cross. Currently, two National Societies avail themselves of this, the American Red Cross and the Norwegian Red Cross, both whom receive technical, administrative and financial management support from the International Federation's representation in Moscow.

Promoting gender equity and diversity

Women traditionally play a leading role in the Russian Red Cross and social welfare structures and this mitigates many of the risks associated with gender discrimination. For the majority of activities outlined in this plan the criteria for participation in a project is needs based not gender based. In some cases this means the majority of participants are male- in TB programmes because most TB patients are male- or in some cases female- in older people programmes as females live longer. The only programme that specifically targets women promotes HIV prevention in female penitentiary centres. It is designed to empower women to be better able to protect themselves, and for those living with HIV, to be better able to cope with their status and access medical care. The International Federation and the Russian Red Cross are being strongly encouraged to expand this programme to include male penitentiary centres.

Quality, accountability and learning

Three approaches have been used to date to ensure quality and accountability:

- i) the promotion of internationally recognized quality standards in TB (DOTS) and HIV work
- ii) technical support and trainings from the International Federation

- iii) the promotion of participatory methodologies that ensure project clients are given a voice in programme direction and implementation. This latter includes participatory monitoring and evaluations using focus groups and questionnaires. All programmes include the publication and dissemination of materials that are available to programme partners and clients.

In 2009-2010 a web-site will be created to ensure sustainable capacity building in the Russian Red Cross. It will be useful for:

- existing staff and volunteers to up-grade their qualifications
- new staff and volunteers to receive essential training and orientation
- managers to oversee the development of staff
- branches currently unable to access training or project opportunities

How we work	
<p>The International Federation's activities are aligned with its Global Agenda, which sets out four broad goals to meet the Federation's mission to "improve the lives of vulnerable people by mobilizing the power of humanity".</p>	<p>Global Agenda Goals:</p> <ul style="list-style-type: none"> • Reduce the numbers of deaths, injuries and impact from disasters. • Reduce the number of deaths, illnesses and impact from diseases and public health emergencies. • Increase local community, civil society and Red Cross Red Crescent capacity to address the most urgent situations of vulnerability. • Reduce intolerance, discrimination and social exclusion and promote respect for diversity and human dignity.
Contact information	
<p>For further information specifically related to this plan, please contact:</p> <ul style="list-style-type: none"> • In the Russian Red Cross Society: Raisa Lukutsova, Chair person; email: mail@redcross.ru, phone: +7 499 126 75 71; fax: +7 126 42 66 • In the Regional Representation for Belarus, Moldova, Russia and Ukraine: Jaap Timmer, Regional Representative; Moscow, email: Jaap.Timmer@ifrc.org; phone: +7 495 937 52 67; fax: + 7 495 937 52 63 • In the Europe Zone Office: Anitta Underlin, Head of Zone, Budapest, phone: ++36 1 8884 501; fax: +36 1 336 1516; email: anitta.underlin@ifrc.org 	