



FIRST ISSUE 2016

# WFMH BULLETIN

## WFMH CONGRESSES 2016

### BUENOS AIRES, ARGENTINA

26-28 August 2016  
(Regional)

### CAIRNS, AUSTRALIA

16-19 October 2016  
(Regional)

#### EDITOR IN CHIEF

Professor Gabriel O. Ivbijaro, MBE, JP

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[www.wfmh.org](http://www.wfmh.org)

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# MESSAGE FROM THE PRESIDENT

Dear WFMH Members and Friends,

It is an honour and a great pleasure to write to you as the 42nd President of WFMH to share some of the priorities for my Presidency.

Promoting **dignity in mental health** is high on my agenda, continuing the theme of the 2015 World Mental Health Day. One in four adults will experience mental health difficulties, and yet stigma and discrimination remain significant barriers that deprive people of their dignity. To make dignity in mental health a reality requires every member of society to work together to improve attitudes.



Above: Gabriel Ivbijaro

We need to work together to advance parity and dignity in mental health. It should be our priority. With this in mind I intend to:

- Address the stigma associated with mental ill-health
- Empower people to take action to promote mental health
- Spread understanding of the equal importance of mental and physical health and their integration in care and treatment.

Those of you who have experience of working in clinical and social care know that physical health first aid is available in many countries. This is not the case for mental health. I intend to work across organizations and with partners to advocate for the global availability of **psychological and mental health first aid** wherever it is needed, irrespective of race, income, age or gender. As WFMH members I invite you to join me in encouraging other individuals, groups and organizations to learn about it.

**“Psychological and Mental Health First Aid”** is the theme for **World Mental Health Day (10 October)** this year. Join with us in supporting the Day and expanding public education about the value of knowing how to help a friend or relative who is showing signs of mental distress. It is important to know that there are ways of doing this.

We have a great product in World Mental Health Day but mental health difficulties exist day and night, 365 days every year. We need to do more to keep mental health in the world’s consciousness, and I intend to use the **World Dignity Project** outlined at our Congress in Cairo last year to support our efforts to provide continued exposure.

In addition to promoting the World Mental Health Day theme, I want to pursue issues of mental health and **employment**. I intend to set up a global commission on mental health in the workplace to define best practices in promoting mental health in the workplace and to create a broad coalition to promote best practices, decrease stigma, and empower individuals to promote mental health and dignity for all. My plan is for this commission to issue its final report 18 months after it is established, with progress reports along the way.

I have spoken to many service users, families and professionals who continue to feel stigmatized and feel that a lack of parity between physical and mental health continues to be a barrier to good care and integration. In some communities people are still ashamed to admit to experiencing mental health difficulties and this is not right. Working with service users and families, we have come together to promote the World Dignity Project that aims to improve mental health visibility, and we have the

World Dignity symbol which I would like you to promote. We want a million people to become members of the World Dignity project during the course of my Presidency and I urge you to get the Dignity logo by going to:

[www.worlddignityproject.com/'Spread the Word' and 'Download Logo Kit'](http://www.worlddignityproject.com/'Spread the Word' and 'Download Logo Kit')

You should use the logo with the wording 'World Dignity Project'. The logo without the words is for use as a decorative symbol—a pin for example. Use the logo with the words to spread awareness.

We will have many opportunities to meet up face to face at our 2016 conferences in Australia and Argentina or at our next World Congress in India in 2017. I look forward to your participation. Since becoming WFMH President in October 2015 I have had the opportunity to meet with many WFMH supporters, which I have thoroughly enjoyed,

On a personal note, in December 2015 I was honoured as a traditional chief by my tribe, following in my late father's footsteps. I became the Arerosue of Iyede Kingdom in Nigeria. As you can see from the photograph, it was a very colourful occasion.



*At the ceremony in Iyede Kingdom, Nigeria. Gabriel Ivbijaro is fourth from the right*

**Symptoms are not a barrier to recovery – but attitude is. Let's fight stigma.**

Regards,

Gabriel Ivbijaro MBE JP  
President WFMH

**PRESIDENT,  
WORLD FEDERATION  
FOR MENTAL HEALTH**

# PLANNING FOR WORLD MENTAL HEALTH DAY

*"Dignity in Mental Health", 10 October 2015*

Psychological and mental distress can happen anywhere - in our homes, in our schools, in the workplace, on the transport system, in the supermarket, in public spaces, in the military and in hospital. Knowing how to offer psychological and mental health first aid is a potentially life-saving skill that we should all have.

The idea of a course in psychological first aid and prevention dates back to 1945, but the concept was

poorly understood and attracted little interest until the 1990s. The development of an effective mental health first aid training course in Australia in 2001 led to a big advance in the international acceptance of the concept, and later a systematic review completed by the World Health Organization also showed the usefulness of psychological first aid.

In its 2016 World Mental Health Day campaign WFMH wants to further develop a shared understanding of basic psychological and mental health first aid that will be understood internationally by the general public, professionals, governments and non-governmental institutions (NGOs).

Our aim is that every member of the general public can:

- Learn how to provide basic psychological and mental health first aid so that they can provide support to distressed individuals in the same way as they do in physical health crises
- Address the stigma associated with mental ill-health so that dignity is promoted and respected
- Empower people to take action to promote mental health
- Spread understanding of the equal importance of mental and physical health and their integration in care and treatment
- Work with individuals and institutions to develop best practice in psychological and mental health first aid
- Provide culturally sensitive learning materials to increase the skills of the general public in administering psychological and mental health first aid.

Psychological and mental health first aid should be available to all who could benefit from it, and not just a few. It can help to reduce the rate of suicide and assist people who are in mental distress.

Material for this year's World Mental Health Day campaign written by experts will be available on the WFMH website ([www.wfmh.org](http://www.wfmh.org)) by the middle of the year.

### DONATIONS

If you would like to donate to the production costs of this year's World Mental Health Day campaign, please go to the WFMH website [www.wfmh.org](http://www.wfmh.org) and use the "DONATE" button in the top right-hand corner of the home page. This will take you to a secure PayPal donation page.

You can also make a donation by sending a check to:

WFMH  
P.O. Box 807  
Mill Street  
Occoquan, VA 22125  
USA

## WFMH CONFERENCES IN 2016

WFMH is planning two conferences in 2016, and is also moving ahead with arrangements to hold its World Congress in India in 2017. More details will be available shortly, but meanwhile, here is basic information about venues and dates for 2016.

### 2016 Regional Congresses

There will be two Regional Congresses in 2016:

- Regional Congress, Cairns, Australia - 16-19 October 2016 ([www.wfmh2016.com](http://www.wfmh2016.com))

- Regional Congress, Buenos Aires, Argentina - 26-28 August 2016 ([www.congreso2016.aasn.org.au](http://www.congreso2016.aasn.org.au))

# WFMH CONFERENCES IN 2016



Cairns Conference Centre

## WFMH Regional Congress

Cairns, Australia

16-19 October 2016

*“Moving Toward a Mentally Healthy Community”*

The Regional Congress will be held at the Convention Center in Cairns, Queensland, with the Dr. Edward Koch Foundation as the host organization, working with WFMH’s Australian Board member Abd Malak. Please visit the website at [www.wfmh2016.com](http://www.wfmh2016.com) for conference information. See also Facebook at <https://www.facebook.com/World-Federation-for-Mental-Health-International-Conference-2016-1677908692465847> and Twitter at <https://twitter.com/WFMH2016>.

The program will cover a broad range of topics, grouped into seven areas as follows:

1. New concepts, research and practices in mental health relating to health and wellbeing.
2. New concepts, research and practices in mental health relating to government issues and the economy.
3. New concepts, research and practices in mental health relating to terrorism.
4. New concepts, research and practices in mental health relating to addiction.
5. New concepts, research and practices in mental health relating to information technology.
6. New concepts, research and practices in mental health relating to suicide and self-harm.
7. New concepts, research and practices in mental health relating to lived experience and carers.

You can consult the website for an extensive list of topics under each of the headings above. Information is also available there about the call for papers and registration. The abstract submission deadline is 17 June, and notification of acceptance will go out by 31 July. The Early Bird deadline is 31 July for general registration, but will be extended for presenters until 19 August.

Registration fees in Australian dollars are in four bands according to country, with the Early Bird rates that end on 31 July ranging from AU\$363 to AU\$792. There is a 50% reduction of the relevant band for consumers, carers and students (students must provide a student ID.) There is also an option for one-day registration. For enquiries, contact [admin@kochfoundation.org.au](mailto:admin@kochfoundation.org.au)

The Dr. Edward Koch Foundation, headed by CEO Dulcie Bird, is a well-established organization with a focus on public health and a particular interest in the prevention of suicide and self-harm ([www.kochfoundation.org.au](http://www.kochfoundation.org.au)). Its work includes addressing local issues that contribute to suicide, including problems of living in remote rural locations, and circumstances specific to aboriginal and Torres Strait Islander communities.



Cairns Esplanade Lagoon

The Cairns Convention Center offers first-class facilities. It won the 2014 Apex Award from AIPC (French acronym for the International Association of Congress Centres which has 171 members world-wide). The APEX Award is given biennially, based on customer satisfaction surveys.

Cairns itself is a tourist center for its tropical North Queensland setting, and the launching point for excursions to the Great Barrier Reef. It lies between the Great Dividing Range and the Coral Sea, where two World Heritage areas meet—the Great Barrier Reef and the Wet Tropics Rainforest. Excursions into the Daintree Rainforest are easily arranged from the town, and also into the Australian Outback. Hundreds of tour choices are available.

There is a wide range of luxury and budget accommodation and serviced apartments within walking distance of the Convention Center. The conference hotel is the Pullman Cairns International, where special rates are offered. Two other accommodation options are suggested by the organizers, the Novotel Cairns Oasis, and Gilligan's Backpacker Hotel & Resort Cairns (see the website).

Cairns airport, ten minutes from the Convention Centre, has direct flights to all major Australian cities, and international flights to Hong Kong, Tokyo, Osaka, Singapore, Shanghai and Auckland.

## X Congreso Argentino de Salud Mental / III Congreso Regional de la World Federation for Mental Health

### Buenos Aires, Argentina

### 26-28 August 2016

The third WFMH Regional Congress in Buenos Aires will be held in conjunction with the tenth Annual Congress of the Argentine Association for Mental Health (AASM) at the Panamericano Hotel. These twin meetings are the outcome of the very successful WFMH World Congress that was hosted by the AASM in Buenos Aires in 2013. The official languages of the conferences are Spanish and Portuguese.

The theme of the AASM Congress is "Los Límites de la Clínica" (The Limits of the Clinic). The theme of the paired WFMH Congress follows this year's World Mental Health Day theme—"Dignidad en Salud Mental. Asistencia en la emergencia para todos." (Dignity in Mental Health: Psychological and Mental Health First Aid for All.)

The Congress website at [www.congreso2016.aasm.org.ar](http://www.congreso2016.aasm.org.ar) has information in Spanish and English. The registration and fees section lists international registration fees for the AASM Congress available to 21 August, divided into four country groupings ranging from US\$200 to US\$380. After that date registration is onsite at higher rates. Separate rates for Argentine registrants are also shown on the website. For the WFMH Congress the rate is an additional US\$50, increasing to US\$60 after 21 August.

A comprehensive list of topics is listed on the website, together with instructions for submission of abstracts online. The deadline for submission of abstracts is 26 May (papers and posters).



# REPORTS FROM WFMH CONFERENCES IN 2015

The World Federation for Mental Health XXth World Congress

Cairo, Egypt

16 -19 October 2015

The Twentieth World Congress of the World Federation of Mental Health (WFMH) was held at the Intercontinental City Stars Hotel from the 16 to 19 October 2015, under the auspices of the Egyptian Ministers of Health and Tourism. This was the third event to be hosted by the WFMH in Egypt since it was founded.

The WFMH Congress was co-sponsored by the Behman Hospital, the World Psychiatric Association, the World Association of Psychiatric Rehabilitation and the Royal College of Psychiatrists (UK). The organizers also expressed special appreciation to the Gouna Nursing Institute, the Ain-Shams Nursing Institute and the Egyptian Society for the Rights of the Mental Ill for their involvement.

The goal of the Congress was to provide high quality information designed to improve mental health services and show that mental health is relevant to all aspects of health care and development. With registrations from more than 30 regional and overseas countries and many local participants, there were more than 500 attendees. The Congress was truly an international event. Participants' ages ranged from college students to renowned senior college professors. They reviewed ground-breaking discoveries and shared their studies.

The Congress opening speeches were given by Mrs. Jehan El Sadat and Dr. Ismael Serag El Din, both prominent figures in Egyptian society, who aimed to bridge the gap between misconception and reality regarding mental health.

Plenary talks were given by Professor George Christodoulou and Dr Nasser Loza, co-presidents of the Congress.



*Mrs. Jehan Sadat*



*Dr Ismael Serag el Din*

In addition, a number of distinguished figures in the mental health field helped highlight the goals of the Congress by promoting the concept of dignity and respect for people suffering from mental illness. Professor Mohammed Abou Saleh chaired the Scientific Committee which delivered a rich program. Professor Gabriel Ivbijaro, president elect of the WFMH at that time, chaired the organizing committee. The teamwork of all those involved in the program produced a very good outcome.

The seminar pool focused on the conference theme "Mental Health in Times of Crisis," covering topics which included situations created by war, terrorism, and revolutions. Attention was paid to the plight of refugees. The aim was to shed light on the multi-disciplinary role that mental health practitioners can play in providing services during such turbulent times, honoring the humane and psychological aspects of the profession.

Among the subspecialties, the Congress included seminars on child and adolescent psychiatry that were a major attraction for a number of regional mental health practitioners, due to the subject's novelty in this part of the world.

A significant portion of the seminars focused on the patients and their caregivers. Their views were discussed individually, and drew attention to a frequently forgotten and crucial part of treatment plans.

Addiction seminars were in no shortage, with some major speakers from overseas and also a number of well-known regional names. The speakers emphasized the advances reached in the field, using a number of comparative studies.

What was notable about the conference was the diversity and strength of the scientific content. The multicultural discussions at the end of each seminar produced a wealth of information and knowledge.

## IX Congreso Argentino de Salud Mental / II Congreso Regional de la World

### Federation for Mental Health

Buenos Aires, Argentina

26-28 August 2015

The Ninth Congress of the Argentine Association of Mental Health, held jointly with the second WFMH Regional Congress, took place on 26-28 August 2015 in Buenos Aires. This international conference was attended by people from 23 countries in addition to a large number of local participants. The languages of the Congress were Spanish and Portuguese.



*Dr. Daniel Gollan (left), Health Minister of Argentina and Alberto Trimboli, Secretary General of the Congress.*

The Congress was opened by Argentina's Minister of Health, Dr. Daniel Gollan. The National Director of Mental Health, Dr. Matilde Massa, also attended, and the Undersecretary for Policy, Regulation and Institutions at the Ministry of Health, Dr. Pablo Kohan. Before the opening ceremony Dr. Gollan and his colleagues met with the Board of the Argentina Association of Mental Health to discuss training in mental health and various issues involving mental health professionals. The AASM felt that the presence of leaders from the Health Ministry at the Congress indicated that mental health was on the political agenda and that there was an interest by the authorities in prioritizing it.

# UNITED NATIONS and WORLD HEALTH ORGANIZATION

## UN New York

As an NGO in Consultative Status with the Economic and Social Council, WFMH is able to register and participate in certain meetings and sessions at the United Nations. WFMH puts together teams of delegates for these meetings from the Federation's UN Representatives and Board members. The teams' primary role is to observe meetings of the government representatives. They network, and lobby the UN agencies and government representatives when possible to include mental health in the final recommendations or outcome documents of the sessions. When approved by the UN, WFMH will sometimes prepare a written statement and/or present an oral statement promoting mental health related

to the specific theme of a meeting. In conjunction with major UN meetings, there are often parallel Non-Government Organization (NGO) Forums where NGOs work to collaborate on advocacy to influence the government process, and also to present panels and workshops on a wide variety of topics. WFMH presents panels at many parallel NGO Forums.

This year, WFMH organized a panel at the UN Commission on Social Development on 8 February on “The Importance of Addressing Mental Health in Social Development.” The invited speaker was Akiko Ito, Chief of the UN Secretariat for the Convention on the Rights of Persons with Disabilities, and UN Focal Point on Disability. WFMH Main Representative Nancy Wallace was the facilitator, and UN Representative Janice Wood Wetzel, Former Dean of the Adelphi University School of Social Work, was the second speaker on the panel.

WFMH presented a panel on 16 March at the NGO Forum that accompanied the annual session of the UN Commission on the Status of Women. The priority theme of the Commission’s Session was “Women’s Empowerment and its Link to Sustainable Development.” The WFMH panel addressed the topic “The Importance of Women’s Mental Health in Sustainable Development.” WFMH speakers also participated in another panel organized by Board member Chueh Chang, on “Empowering Women through Good Mental Health Promotion and Practices.”

## World Health Organization, Geneva

On 29 January 2016 WFMH UN Representative Ann Lindsay read a statement at the 138th Session of the World Health Organization’s Executive Board. The statement referred to the draft global plan on violence under consideration at the meeting, and was limited to 300 words by WHO regulations. WHO’s plan addresses the widespread interpersonal and domestic violence that mainly affects women, girls and children. It can be found on the WHO website [www.who.int](http://www.who.int) in the documents for the 138th Executive Board meeting (see agenda item EB 138/9).

### Text of the WFMH Statement to the WHO Executive Board:

The Federation commends the authors of the draft global plan of action on violence, particularly against women and girls, and against children, for their comprehensive response to this difficult and often hidden issue in all societies. Interpersonal violence has a major impact on the lives of many women, girls and children. It can cause injuries, trauma, anxiety and depression.

The World Federation for Mental Health is particularly pleased to see that mental health care is integrated into the global plan’s overall health response to this widespread societal problem. The mental health consequences of interpersonal violence are clearly acknowledged.

Interpersonal violence seriously affects the health of women and girls, and violence against children can have an impact that lasts a lifetime.

The draft plan notes a great need not only for comprehensive health services for those affected by interpersonal violence, but also for preventive and educational programs that address such violence in society. Prevention of likely mental, emotional and behavioral disorders is a significant area.

The draft plan is attentive to research on the nature and prevention of interpersonal violence, and recommends the adoption of evidence-based programs to reduce and prevent its occurrence. The Federation is pleased that the World Health Organization supports this through the Violence Prevention Alliance, a network of Member States, international agencies and civil society organizations.

The World Federation for Mental Health is a founding international partner in one of these organizations, the PreVAiL research network based in Canada. The growth of such research is strongly encouraged in national and international settings.

# WHO - FRANCE CONFERENCE

17 March 2016

WHO and the French Ministry of Health joined to present a one-day meeting on 17 March on "Mental health in France and in the world: Perspectives and Innovations." The opening session addressed the WHO Comprehensive Mental Health Action Plan and mental health policy in France. WFMH President Gabriel Ivbijaro chaired the session on mental health in the community and citizenship, which featured speakers from Chile, Belgium, Italy and France.

# WHO - WORLD BANK CONFERENCE

15 - 17 April 2016

The World Bank and WHO organized an unusual conference in Washington D.C. to coincide with the spring meetings of the Bank and the IMF. The aim was to highlight the economic benefits of investing in mental health care. The title was "Out of the Shadows: Making Mental Health a Global Development Priority"; the organizers hoped to attract the attention of some of the government finance ministers attending the Bank and IMF meetings. The conference brought together senior World Bank and WHO staff, other health leaders, foundations, academics, UN staff, NGO executives, and people with experience in workplace mental health. WFMH President Gabriel Ivbijaro participated in a panel on "Engaging Communities, Engaging Governments: Taking Action for Mental Health."

Just before the conference The Lancet Psychiatry published an important article on "Scaling-up treatment of depression and anxiety: a global return on investment analysis." It detailed research from 36 countries showing that investing in scaled-up treatment for depression and anxiety would produce considerable economic benefits. The article is open access and available online at DOI: [http://dx.doi.org/10.1016/S2215-0366\(16\)30024-4](http://dx.doi.org/10.1016/S2215-0366(16)30024-4)

# JIM BIRLEY SCHOLARSHIP

The Jim Birley Scholarship is awarded annually by the Board of the Federation Global Initiative on Psychiatry (FGIP, [www.gip-global.org](http://www.gip-global.org)) to honor its late Past Chairman, Dr. Jim Birley. The scholarship is awarded to a young mental health professional or other stakeholder (consumer, family-member or carer) and is to be used for a cause to be proposed by the winner that contributes to the strengthening of human rights in mental health. In 2016 there will be one scholarship worth 5,000 euros (in the case of a tie it might be divided between two winners).

To apply, candidates should send a letter to Human Rights in Mental Health-FGIP explaining why they should be eligible; provide details about their background and what they have done to further human rights in mental health; and explain what they intend to do with the scholarship. Two letters of recommendation should be added to the application.

Applications should be submitted before 8 May 2016. The address for the application is:

Human Rights in Mental Health-FGIP  
P.O. Box 1956  
1200 BZ Hilversum  
The Netherlands

The two winners in 2015 were Anka Jgenti, a young psychologist in Georgia who has worked in programs on domestic violence and sexual abuse, and Charlene Sunkel of South Africa who is a consumer activist and program manager with the South African Federation for Mental Health.

# NEWS FROM OUR MEMBERS

## MIND, the Mental Health Charity, UK

MIND arranged an event in London on 10 October that was attended by Prince William and the Duchess of Cambridge, the former Kate Middleton. They met with young people affected by mental health problems who now volunteer with MIND's mental health awareness and anti-stigma campaigns.

## Finnish Association for Mental Health

The Finnish Association for Mental Health recruited a popular singer, Vicky Rosti, to give her face and voice to its World Mental Health Day campaign (the Ten-Ten Campaign) that was a month-long multi-faceted effort with many events.

(The FAMH websites are at [www.famh.fi](http://www.famh.fi) in English and [www.mielenterveysseura.fi](http://www.mielenterveysseura.fi) in Finnish.)

## ENOSH, the Israeli Mental Health Association

ENOSH received a Good Practices Award from GAMIAN-Europe (Global Alliance of Mental Illness Advocacy Networks) for a project to provide people disabled by mental health difficulties with a professional course on website development, Facebook page management, presentation design and infographics.

## KINAPSI, siblings of people with mental illness, Greece

Kinapsi arranged a one-day meeting on "Translation of Brain Research into Clinical Practice" in Athens, Greece, on 15 March 2016. The program included a lab visit, with the aim of giving participants an understanding of the importance of basic research in neuroscience. The meeting was held under the auspices of the Hellenic Ministry of Health, the Hellenic Psychiatric Association, WFMH and the European Brain Council.

## World Association for Dynamic Psychiatry

The World Association for Dynamic Psychiatry will hold its 18th World Congress on 19-22 April 2017 in Florence, Italy, on the theme "Creative Processes in Psychotherapy and Psychiatry" ([www.wadp2017.org](http://www.wadp2017.org)).

## Congratulations

**Max Abbott**, a former WFMH President, was awarded a CNZM in the New Zealand New Years Honours List for services to health, science and education.

Board member **Yoram Cohen** was elected as GAMIAN-Europe President in January 2016.

Board member **Chueh Chang** received a medal from the President of Taiwan in recognition of her involvement in the six-year disaster recovery program that followed Typhoon Morokot in 2009. She participated in developing disaster mental health services.

Board member **John Copeland** received the GAMIAN-Europe 2015 award for his work on the Great Push for Mental Health Campaign, in alliance with the Movement for Global Mental Health.