



SECOND ISSUE 2015

WFMH BULLETIN

WFMH CONGRESSES 2015

BUENOS AIRES, ARGENTINA

26-28 August 2015
(Regional)

SINGAPORE

1-3 October 2015
(Regional)

CAIRO, EGYPT

16-19 October 2015
(Biennial World Congress)

EDITOR IN CHIEF

Professor George N. Christodoulou

MANAGING EDITOR

Elena L. Berger

Contents

MESSAGE FROM THE PRESIDENT

George N. Christodoulou

PLANNING FOR WORLD MENTAL HEALTH DAY

"Dignity in Mental Health"

10 October 2015

UPDATE: WFMH CONFERENCES IN 2015

REPORT FROM THE CONGRESS IN LILLE, FRANCE

MENTAL HEALTH CARE IN EMERGENCY SETTINGS

UN SUSTAINABLE DEVELOPMENT GOALS

MENTAL HEALTH IN THE GLOBAL BURDEN OF DISEASE 2013

NEWS FROM WFMH MEMBER ORGANISATIONS

Encontrar+Se (Portugal)

Advocacy Organization for the Mentally Ill – A.G.M.I.
(Cyprus)

Kinapsi (Greece)

American Psychiatric Association Award for
Dr. Ivbijaro

Silver Ribbon (Singapore)

World Federation
for Mental Health
www.wfmh.org

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

MESSAGE FROM THE PRESIDENT

Dear WFMH Members and Friends,

The middle of the year is a busy time for the World Federation for Mental Health.

We are preparing for three conferences, in Cairo, Singapore and Buenos Aires. You will find information about them inside this Bulletin. WFMH's Biennial World Congress in Cairo has a broad program about current general issues but it will also address some of the serious problems specific to the Middle East at the moment—mental health services for populations that have experienced conflict and displacement. Our World Congress promises to be an extraordinary event with a great number of important speakers from various parts of the world.



Above: George N. Christodoulou

The program for the Singapore Regional Congress will focus on recent developments in policy and research, but will also include an Asian slant on mental health. Most Executive Committee and Board Members will participate in this important congress.

Our colleagues in Latin America, meanwhile, are once again organizing a regional meeting in Buenos Aires in partnership with a conference held annually by the Federation's member organization, the Argentine Association for Mental Health.

The material for World Mental Health Day (10 October) is being finalized. This year's theme is "Dignity in Mental Health" and the material will review various aspects of this topic. Dignity is hard to define but we know it conveys respect of the highest order—we would all like to think we are worthy of dignity and will receive respect in our dealings with others.

World Mental Health Day will convey the message that dignity is an essential component in mental health care, something that is recognized by those who receive it—and they are well aware when it is absent. Care that is imbued with dignity makes an important contribution to a person's response and recovery.

There is an area in which we have not made significant progress and this is the area of revision of the by-laws. Our by-laws have some sections that are in need of change towards greater clarity and consistency, provision for more transparency and greater involvement of the constituency in decision-making. Unfortunately, the By-laws Committee members have not been able to agree on appropriate revisions despite spending many hours in discussion. This has been disappointing for many of us who have spent a lot of time and energy in this effort. I expect the consultation process will be ongoing.

Overall, I think we are doing well but there is room for greater improvement. We look forward to the collaboration of all of you for the achievement of our goals.

With best wishes,

George Christodoulou

**PRESIDENT,
WORLD FEDERATION
FOR MENTAL HEALTH**

PLANNING FOR WORLD MENTAL HEALTH DAY

“Dignity in Mental Health”, 10 October 2015

World Mental Health Day planning is led by WFMH, which founded the Day in 1992. This year’s theme adopted by the WFMH Board of Directors is “Dignity in Mental Health.” The Federation’s President, George Christodoulou, notes: “All too often people with mental disorders and their families find dignity absent in their dealings with health care providers and with society at large. They feel demeaned by the manner in which they are treated.” Our writers have looked at the ways in which adding dignity to good care can improve every aspect of treatment. The material to be placed on our website in the next few months is very varied, encompassing different points of view from regions of the world, but converging on the desirability of giving more attention to dignity in care—and tackling stigma. The person-centered perspective is an important contributor to the dignity of both the recipient and the provider of services.

As always, public education is one of our goals. Understanding the connections between mental and physical illness and the importance of measures to encourage good mental health will help to reduce prejudice and fear. This understanding should extend from public policy to individual decency. Even early education in schools can play a very useful role. Such schools cultivate social and emotional learning and tolerance, contributing to mental health promotion and even mental disorder prevention.

As part of its efforts to spread information this year the World Federation for Mental Health will work to give World Mental Health Day an increased presence on social media. The Day already attracts considerable interest there, but we will try to be more active on social media in the weeks before 10 October.

This year in particular we would like the material for World Mental Health Day to have widespread influence and outreach well beyond 10 October. We hope it will shine a spotlight on an aspect of human relations where simple basic kindness and concern can go a long way.

If you would like to make a donation to WFMH to support its 2015 World Mental Health Day campaign on “Dignity in Mental Health” please go to the WFMH website (www.wfmh.com) and click on the *Donations* button at the top right-hand side of the home page.

We would appreciate your help to meet campaign expenses!

WFMH CONFERENCES IN 2015



CAIRO, EGYPT, 16-19 OCTOBER 2015

WFMH's XXth Biennial World Congress

"Mental Health in Times of Crisis: Building a Comprehensive Health Care System"

www.wfmh2015.com

"The Board decision to hold the World Congress in the Middle East is evidence of how seriously we take our mission. This turbulent area in the world has experienced Mental Health challenges of new dimensions; our Congress in this region is an opportunity for the Federation to demonstrate its support for communities in need. The title of the Congress, "Mental Health in Times of Crisis," says it all."

Nasser Loza
Director, The Behman Hospital
Helwan, Cairo



Above: Nasser Loza

The WFMH Biennial World Congress takes place in Cairo on 16-19 October. Late abstract submission may be possible. Full details about registration can be found on the website www.wfmh2015.com.

Abstracts cover a broad range of topics, reflecting an eclectic program—clinical innovation, research and policy; providing a supportive environment; co-morbidity; rights of people with mental illness; models of excellence in mental health prevention and promotion; culture, art, music, dance and health; migration and health; alternative medicine and non-traditional health practices.

From the start of July registration will cost US\$330 to US\$590, depending on the country of the participant. One-day registration is available (US\$110- US\$195, graded in four bands by country).

The host organization is the Behman Hospital, the leading private psychiatric hospital in the Middle East and an accredited training institution. It celebrates its 75th anniversary this year. It is a center for health and social services, medical education, and has a number of outpatient clinics in Cairo. The Behman is organizing the Congress with WFMH and with the Royal College of Psychiatrists – Middle East Division; the Egyptian Society for the Rights of People with Mental Illness; and the Gouna Technical Nursing Institute. The World Psychiatric Association and the Association for Psychosocial Rehabilitation (WAPR) are co-sponsors.

The plenary speakers are listed in the program section of the website. They include Mrs. Jehan El Sadat, former First Lady of Egypt, now a university professor and activist on women's rights; Dr. Ismail Serageldin, Director of the Bibliotheca Alexandrina and chairman of the board of its ten affiliated research institutes and four affiliated museums; and Dr. Zahi Hawass, a renowned archeologist responsible for many discoveries in Egypt. The World Health Organization's Regional Advisor on Mental Health and Substance Abuse, Dr. Khalid Saeed, will speak, as will the President of the World Psychiatric Association, Dr. Dinesh Bhugra. Several plenaries will address mental health in war zones and the mental health of refugees. Other parts of the program focus on general aspects of improving mental health care within overall health planning, and the latest developments in research and policy. The conference organizers may try to arrange some field trips to mental health facilities at the close of the meeting.

Two optional evening activities will be available (for an extra charge). One is the “Sound and Light” show at the Great Pyramids of Giza. The other is an evening at the Cairo Opera House, which opened in 1988 as part of Cairo’s National Cultural Center. The National Cultural Center is the city’s main performing arts venue, located on the southern part of Gezira Island in the Nile.



The Congress will be held at the InterContinental CityStars Hotel, which enjoys full conference facilities and is part of a modern complex not far from the airport. The complex also includes the Holiday Inn City-Stars Hotel and a large shopping center with several restaurants. Hotel bookings at either hotel can be made through the Congress website.

A click on the “Accommodation & Travel” button at the top of the web site will take you to a list of 6 optional tours offered by the conference organizing and travel agent, Emeco Travel Egypt (www.emeco.com). The tours each take half a day and will go to the following attractions: Memphis and Sakkara; the Pyramids and Sphinx; the Egyptian Museum; the Citadel, Mosques and Khan El Khalili Bazaar; Old Cairo; and Islamic Cairo.

The conference organizers are posting program updates on Facebook and Twitter:
<https://www.facebook.com/wfmh2015>
<https://twitter.com/WFMH2015>

BUENOS AIRES, ARGENTINA, 26-28 August 2015

Regional Congress

“Lecturas de la memoria. Ciencia, clínica y política”

(Lessons on memory. Scientific, clinical and political.)

WFMH is holding its second Regional Congress in Argentina in collaboration with the IXth Argentine Congress of Mental Health, under the auspices of the Argentine Association of Mental Health (AASM). The dual meeting will take place in the Panamericano Hotel & Resort and the Colón Hotel alongside it in the heart of Buenos Aires. (Information is available at www.congreso2015.aasm.org.ar).

The President of the WFMH Congress is Board Member Alberto Trimboli. He works on program matters in collaboration with the President of the AASM Congress, Juan Carlos Fantin, and the Vice-President, Eduardo Grande.



Above: Alberto Trimboli

The AASM Congress is always popular. By mid-May abstracts had been received from all the provinces of Argentina, and also many countries of Latin America— Brazil, Chile, Mexico, Paraguay, Peru, Uruguay and Venezuela. Abstracts were also received from France, Spain, Saudi Arabia and the United States. At that date more than 3,800 participants were expected.

To reach the local secretariat, contact:
 AASM
 Ayacucho 234,
 Buenos Aires, Argentina
 Tel/FAX 54 11 4952 1923
 Email: congreso@aasm.org.ar



SINGAPORE, 1-3 OCTOBER 2015

Regional Congress

“Innovations in Mental Health Care through Holistic Interventions in the Asia Pacific Region”

This WFMH Regional Conference will provide an Asian focus on mental health issues. The guest of honor is the Health Minister of Singapore, Mr. Gan Kim Yong. Two Members of Singapore’s Parliament are among the plenary speakers, Professor Fatima Lateef and Ms. Ellen Lee. WFMH President George Christodoulou, President Elect Gabriel Ivbijaro, and former President Deborah Wan (Hong Kong) will give presentations. Professor Graeme Britton, Vice President of the Raffles University System, which has campuses in ten countries, will open the Congress. Professor Juan Mezzich (USA), Professor Mohammed Abou Saleh (UK), Larry Cimino (USA) and Helen Millar (Scotland) are among the presenters. A representative from the Raffles College collaboration with the University of Chester in the UK will give a presentation on the final day. The speakers also include WFMH Main Representative at the UN, Nancy Wallace. Full information about the program can be found on the Congress website at www.wfmhsingapore2015.com.

On the last day of the Congress, post-Congress workshops will be followed by three site visits, to the Caregivers Alliance Limited, Singapore Anglican Community Services Hougang Care Centre, and to the Institute of Mental Health.

The Regional Congress is hosted by Raffles College of Higher Education and the NGO Silver Ribbon Singapore. A large number of local organizations and agencies have expressed support for the Congress including the Agency for Integrated Care, the Association for Psychiatric Rehabilitation (Singapore), The Asian Woman’s Welfare Association Center for Caregivers, the Caregivers Alliance, the Health Promotion Board, the Institute of Mental Health, the National Council of Social Service,

National University Hospital, Singapore Anglican Community Services, the Sage Counseling Centre, the Singapore Association for Mental Health, the Singapore Exhibition and Convention Bureau, and the Singapore Psychiatric Association.



Singapore's Health Minister Gan Kim Yong.

ATHENS, GREECE, 12-15 NOVEMBER 2015

**WFMH Co-sponsored Congress: 4th Eastern European Psychiatric Congress
and 3rd Preventive Psychiatry International Congress**

***“Psychiatric Prevention; Mental Health Promotion; Psychiatry in Eastern
Europe; Mental Health Reform in a Period of Crisis”***

www.preventive-psychiatry2015.com

Three WFMH Voting Member Organizations have combined to hold a joint conference in Athens, Greece, on 12-15 November 2015. The organizers are the Society of Preventive Psychiatry, the Hellenic Psychiatric Association and the Psychiatric Association for Eastern Europe and the Balkans. The program will have a special emphasis on mental health promotion and mental disorder prevention.

The venue in Athens is the Aegli Zappiou, a conference facility centrally located in the National Gardens. The Scientific Secretariat is being provided by the Hellenic Psychiatric Association (psych@psych.gr), and the company PCO Convin acts as the conference manager (congress@pco-convin.gr). The abstract deadline has been extended to September 4th.

The meeting is co-sponsored by the World Federation for Mental Health, the World Psychiatric Association, the World Association of Social Psychiatry, the World Association for Psychosocial Rehabilitation, and the National and Kapodistrian University of Athens (School of Health Sciences and Faculty of Medicine).

Invited speakers include Professor Afzal Javed, President, World Association of Social Psychiatry; Professor Dusica Lecic-Tosevski, Director, Institute of Mental Health, Belgrade, Serbia; Professor Valery Krasnov, Director, Department of Psychiatry, Moscow University, Russia; Professor Peykan Gokalp, President, Turkish Neuropsychiatric Society; Professor Mohammed Abou Saleh, St. George's Hospital, London, UK; and Professor Juan E. Mezzich, Secretary-General, International College of Person-centered Medicine.



REPORT FROM THE CONGRESS IN LILLE, FRANCE



28-30 APRIL 2015

International Congress

“Mental Health for All - Connecting People and Sharing Experience”

I want to say, first of all, thank you to each and every one of you who either attended personally or provided encouragement and support for the Lille conference on “Mental Health for All: Connecting People and Sharing Experience.” Thank you especially to the ten French partner organizations that played such a big role in organizing the conference, and to the World Organization of Family Doctors (WONCA) that supported our focus on mental health services in primary care. We were gratified to receive a letter of encouragement from the President of France, François Hollande, as we worked on the program.



Above: Gabriel Ivbijaro

Our French partners did us proud and each and every one of the French Partner Organizations was well represented among the participants. Professor Pierre Thomas was my co-chair in the Organizing Committee, and Professor Renaud Jardri was the co-chair of the Scientific Committee with Professor Jeffrey Geller from the United States.



Above: Four Past Presidents of WFMH attended the Lille Congress. From the left: Deborah Wan, Shona Sturgeon, Patt Franciosi and John Copeland.

The participants were pleased with the science, the plenaries, the sharing of experience and the opportunity to meet other people who brought their differing perspectives to enrich day-to-day practice. A number of current and past WFMH Board members attended, including Larry Cimino, Porsche Poh, Robert Van Voren and Yoram Cohen, and four Past Presidents—John Copeland, Patt Franciosi, Shona Sturgeon and Deborah Wan. The WFMH secretariat was represented by Deborah Maguire.

Below: At the Lille Congress, from left: Shekhar Saxena, Michelle Riba, Jeffrey Geller, Gabriel Ivbijaro, Pierre Thomas, Normal Sartorius and Deborah Wan.



We were very pleased that Shekhar Saxena was there from the World Health Organization; Norman Sartorius from the Association for the Improvement of Mental Health Programmes; and Sir David Goldberg, the father of primary care mental health. Dinesh Bughra, President of the World Psychiatric Association attended, and also Mike Pringle of the Royal College of General Practitioners; Job Metsemakers of Wonca Europe; Michelle Riba of the World Psychiatric Association and the American Psychiatric Association; Kevin Jones of EUFAMI; Nabil Kurashi from Wonca's Eastern Mediterranean Region; Ulrich Hegerl of the German Depression Foundation; Anthony Dowell from the University of Otago, New Zealand; David Crepaz-Keay of the Mental Health Foundation (UK); Luis Galvez of the Wonca Working Party on Mental Health; José Miguel Caldas de Almeida, representing the Calouste Gulbenkian Foundation; Michael Hübel of the European Commission; Driss Moussaoui of the World Psychiatric Association; Rachid Bennegadi of the World Association of Social Psychiatry; Afzal Javed, President of the World Association for Psychosocial Rehabilitation; Wander Reitsma of Clubhouse Europe; Todd Edwards of the Collaborative Family Healthcare Association; and Roy Kallivayalil, Secretary General of the World Psychiatry Association and also representing the Indian Medical Association. In addition we had a broad range of individual participants including a large number of professionals, service users, families, carers, peers and students.

The closing session of the conference was devoted to the concept of “dignity in mental health” (the theme of this year’s World Mental Health Day campaign) and ended with adoption of the Lille Declaration introducing a new outreach effort, the World Dignity Project.

Gabriel Ivbijaro

THE LILLE DECLARATION

The International Conference, Mental Health for All: Connecting People and Sharing Experience, held in Lille, France, in 2015 provided an opportunity for the World Federation for Mental Health (WFMH), its French Partners, friends and allies to work with a global branding organisation, ModelPeople, and the Edo Agency to explore the notion of dignity in mental health.

ModelPeople has co-ordinated research that has informed the inspiration for the design for the World Dignity Project working with people who have experienced mental health difficulties, their relatives, carers and friends living in Australia, Brazil, Chile, France, India, Israel, Mexico, Nigeria, Portugal, Singapore, Slovenia, Uganda, United Kingdom and the United States of America. We are now inviting you to join us and to be part of the World Dignity Project. The World Dignity Project aims to identify one million individuals, organizations, countries and states to become Foundation Members by adopting the World Dignity Project Symbol so that we can form a global movement to address the stigma related to mental health and launch it to the general public worldwide in 2016.

Symptoms are not a barrier to recovery, but attitude is.

Every voice, every opinion matters. Be one of the one million Foundation Members. Mental health should be acknowledged as part of everyday life and this is the beginning of our journey to bring one million people together to become Foundation Members of the World Dignity Project. Please go to the website (<http://worlddignityproject.com/>), watch the video, sign up and encourage others to sign up.

If you want to know more about this initiative contact:
Gabriel Ivbijaro (gabriel.ivbijaro@gmail.com)



WORLD DIGNITY PROJECT

MENTAL HEALTH CARE IN EMERGENCY SETTINGS

The need to providing mental health services during and after emergencies is increasingly recognized and presents special challenges. Two recent reports, from the World Health Organization in collaboration with the UN High Commissioner for Refugees, and from the Inter-Agency Standing Committee, provide recommendations for supporting and improving these services.

The mhGAP Humanitarian Intervention Guide (mhGAP-HIG)

Following its mhGAP guide to help clinic staff in low- and middle-income countries to care for mental health disorders, the World Health Organization has collaborated with the office of the UN High Commissioner for Refugees (UNHCR) to produce another guide specifically for mental health care in humanitarian emergencies. Its purpose is to help general health care staff to manage the most important mental disorders they are likely to encounter in a humanitarian crisis.

The Mental Health Gap Action Programme Humanitarian Intervention Guide (mhGAP-HIG) is a simple, practical tool for non-specialist health workers dealing with mental, neurological and substance use conditions. It presents ten brief sections on acute stress; grief; moderate to severe depressive disorder; psychosis; epilepsy/seizures; intellectual disability; harmful use of alcohol and drugs; risk of suicide; and other significant mental health disorders.

The guide also offers advice for clinic managers; general principles for care in humanitarian emergencies; instructions on stress reduction; a glossary of terms; and information on mental health categories in the Health Information System.

WHO and UNHCR hope that in future emergencies all general health facilities will have at least one supervised staff member trained to assess and manage mental, neurological and substance use conditions. The guide is currently available in English and will be translated into French and Arabic.

Inter-Agency Standing Committee Guidelines in Mental Health and Psychosocial Support in Emergency Settings

In 2007 the IASC released its Guidelines on Mental Health and Psychosocial Support in Emergency Settings, in collaboration with a number of UN agencies and other organizations. The goal of the guidelines was to set out best practices for the benefit of the many agencies that operate in emergency situations, and to improve their ability to work together.

In 2014 UNICEF commissioned a study on behalf of the IASC to review the way the guidelines had been implemented in the previous seven years. This review looks at the implementation of the guidelines in the field; actual practice and lessons learned; the level of institutionalization of the guidelines in international organizations working in emergencies; and overall usefulness.

The review found that the guidelines had had a significant impact, but also noted that their use in a wide variety of situations revealed gaps that should be addressed.

The full title is: ***Inter-Agency Standing Committee, Review of the Implementation of the IASC Guidelines on Mental Health and Psychosocial Support in Emergency Settings. How are we doing?*** The report is available online for download. Related material is available on the Mental Health and Psychosocial Support Network website (www.mhpss.net).

UN SUSTAINABLE DEVELOPMENT GOALS

Government-level negotiations on the UN Sustainable Development Goals continued in the first half of the year, and WFMH supported the FundaMentalSDG campaign in its efforts to get mental health included in the health goal (Goal 3 of the draft SDGs). WFMH's Main Representative at the UN in New York, Nancy Wallace, submitted a written statement to the organizers of the UN Economic and Social Council High-Level Segment for NGOs. This conference, held at UN headquarters from 6-10 July, focused on "Managing the transition from the Millennium Development Goals to the Sustainable Development Goals: what it will take."

Ms. Wallace's statement about including mental health in Goal 3 of the draft SDGs was one of the NGO statements accepted for distribution to all participants in the High-Level Segment and for translation from English into the five other official UN languages.

In May WFMH Board member Professor John Copeland read out a statement about including mental health in Goal 3 of the UN Sustainable Development Goals at the World Health Organization's annual World Health Assembly in Geneva, Switzerland. He urged the Assembly to work to ensure that mental health is specifically included in Goal 3, and said that its targets should promote the goals of the WHO Mental Health Action Plan 2013-2020, including reduction of suicide.

Professor Copeland also noted that the inclusion of mental disorders in the SDGs is endorsed by 403 organizations from 86 countries that support the WFMH Great Push for Mental Health campaign. Of these 72% represent service providers, policy associations and academics, and 27% represent service users and family members.

GLOBAL BURDEN OF DISEASE STUDY

The collaborators in this report published an important article in *The Lancet* online on 7 June 2015, explaining their calculations for the latest global burden of disease study. Their 2013 results were based on epidemiological data from 188 countries.

The authors report that major depressive disorder is among the top ten causes of YLDs (years lived with disability) in every country. In Figure 3, which compares leading causes of YLDs in 1990 with 2013, major depressive disorder moved from 3rd place in 1990 to 2nd place in 2013.

The same table shows other mental disorders are also responsible for high levels of disability worldwide. Anxiety disorders dropped from 7th place in 1990 to 9th place in 2013; schizophrenia moved up from 12th place in 1990 to 11th place in 2013; bipolar disorder went from 19th place in 1990 to 17th in 2013; dysthymia moved from 20th place in 1990 to 16th place in 2013; other mental and substance disorders went from 21st place in 1990 to 19th place in 2013; and alcohol disorders were at 22nd place in both years.

The article reported that mental and substance abuse disorders combined accounted for 21.2% of YLDs overall. It confirmed that women experience higher rates for major depressive disorders and anxiety, while men and women have similar rates for bipolar disorder and schizophrenia. The greatest variance among countries in YLDs for mental and substance abuse disorders was for alcohol use disorders.

The authors noted that evidence was increasing about the effects of intimate partner violence and also childhood sexual abuse and other forms of childhood abuse. They saw the possible role of prevention programs increasing.

See: Global, regional, and national incidence, prevalence, and years lived with disability for 301 acute and chronic diseases and injuries in 188 countries, 1990-2013: a systematic analysis for the Burden of Global Disease Study 2013. *The Lancet* online, 7 June 2015.

http://ac.els-cdn.com/S0140673615606924/1-s2.0-S0140673615606924-main.pdf?_tid=d5035300-1087-11e5-9454-00000aacb35f&acdnat=1434061308_2a0d8e248856708692e52fdaf0c75325

NEWS FROM WFMH MEMBER ORGANISATIONS



ENCONTRAR+SE

ENCONTRAR+SE

(“to meet” or “to come together” in Portuguese)

Encontrar+se received the WFMH 2014 Richard C. Hunter Memorial Award of Excellence in recognition of its outstanding World Mental Health Day activities in Portugal. The organization was founded on 10 October 2006 (World Mental Health Day) and has become widely recognized in Portugal for its work. It is an independent not-for profit organization. The founding president is Filipa Palha.

Encontrar+se was founded in response to the scarcity of information about psychosocial recovery and rehabilitation in Portugal, and more specifically in the district of Porto. Its mission is to contribute to training, intervention, evaluation and investigation in the mental health field and to support psychosocial rehabilitation for people with mental disorders.

Encontrar+se has celebrated World Mental Health Day every year since it was founded. Last year its program started with a one-day conference dedicated to that year’s WFMDay theme, “Living with Schizophrenia.” It brought together the views of those living with this experience, their caregivers and professionals in the mental health field for sessions and workshops covering different aspects of the illness. A second day was dedicated to the launch of Encontrar-se’s 8th edition of the inspiring book by Mrs. Rosalynn Carter, “Within Our Reach: Ending the Mental Health Crisis.” This was followed by a debate about the great challenges resulting from the adoption of the World Health Organization’s Mental Health Action Plan.

Finally, a charity dinner took place featuring the first UPA (United to Help) Recognition Awards to honor people who play a leading role in the fight against stigma and discrimination concerning mental illness. The three 2014 Awards honored Mrs. Rosalynn Carter; Kjell Magne Bondevik, the former Norwegian Prime Minister who, while holding office, had the courage to admit he was experiencing an episode of mental illness; and Zé Pedro Reis, a Portuguese musician who had a key role in establishing the UPA movement. The award recognized his work in the first campaign of the UPA movement and his ongoing support for various initiatives of the movement.

In making the award to Encontrar-se, the WFMH Board of Directors noted not only its 2014 World Mental Health Day celebration, but its “excellent work in increasing public understanding and awareness about mental health, and in reducing the stigma and discrimination that still too often confronts people with mental illnesses.”



Patt Franciosi (left), chair of World Mental Health Day, with Filipa Palha, President of ENCONTRAR+SE

Advocacy Group for the Mentally Ill

Cyprus



Children and instructors at one of the art classes

Each year the Advocacy Group for the Mentally Ill (A.G.M.I.) generates advance publicity for World Mental Health Day by organizing an event months ahead of it. This year the event focused on the creation of mixed media art work by students at the Open School of Larnaca Municipality, working with three art instructors over a period of several weeks. The students were encouraged to express their feelings about “Dignity in Mental Health” and to consider how their art could promote advocacy for mental health.

The students’ work was put on display at the Medical Museum Kiriazis, and A.G.M.I. organized an opening reception there on 20th May under the auspices of the Commissioner for Voluntarism and Non-Government Organizations. Several awards were presented during the program. In addition to sending out invitations A.G.M.I. used the reception as an opportunity to send out information about mental health and World Mental Health Day to members of the Government and civil servants, parents of the school students, a group of health organizations, and professionals working in the mental health field. Indirectly and directly, several thousand people were contacted. More publicity was generated after the reception through media reporting and newsletters.



(Association of Siblings of People with Mental Health Problems)

KINAPSI, Greece

Mental health service users from three self-help groups in Paris, France, visited Athens to meet mental health service users from Greek patients’ organizations. KINAPSI, a WFMH Affiliate Organization, coordinated a program for the French visitors at two daycare centers run by the organization PEPSAEE in Athens. The program also included an open discussion meeting in the day center of a hospital in Palaio Faliro.

The French service users felt very welcome and appreciated the opportunities for exchanging views. They shared information about their weekly activities and learned about the activities of their Greek peers. The French state supports self-help groups of people with mental health problems by financing facilitators in each group.

The visit from 19 to 22 May included a guided tour of the Acropolis Museum and an official dinner with local members of KINAPSI.



Mouvement de freres/soeurs de personnes avec troubles psychiques
www.kinapsi.gr

Rencontre Franco-Hellénique à Athenes:
Initiative novatrice d'intégration sociale pour et par des personnes souffrant de troubles psychiques

L'exemple du "GEM" Luciole 92, Paris, France



Mercredi 20 mai 2015
11h00-15h00



Alkamenous 8, Athènes
(station de métro Stathmos Larissis)

American Psychiatric Association Award for Dr. Ivbijaro

WFMH's President Elect, Gabriel Ivbijaro, was inducted as an American Psychiatric Association International Distinguished Fellow on 18 May 2015 at the APA's annual meeting in Toronto, Canada.

Professor Ivbijaro is a specialist in primary care mental health and mental health service re-design. As a member of the World Organization of Family Doctors (Wonca) he championed the cause of providing mental health care in general practice and set up the Wonca Special Interest Group in Psychiatry and Neurology in 2001. In 2008 he collaborated with the World Health Organization to produce an influential book, "Integrating Mental Health Into Primary Care: A Global Perspective." He edited the "Companion to Primary Care Mental Health," an international collaboration of 110 authors, in 2012. In the United Kingdom New Year's Honours List that year he was awarded an MBE.

Professor Ivbijaro heads a National Health Service primary care practice in a lower-income, multi-cultural area of London. He will take office as WFMH President at the World Congress in 2015.

Silver Ribbon (Singapore)

Silver Ribbon (Singapore) received an award on the city-state's National Day, 8 August, for its outstanding contributions to Pasir Ris-Punggol grassroots organizations. Silver Ribbon (Singapore) does extensive outreach about mental health to local communities. The award was presented to the Executive Director, Porsche Poh, on behalf of her team by Deputy Prime Minister Teo Chee Hean.

