



WFMH

World Federation for Mental Health

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2012 ANNUAL REPORT

2011-2013 WFMH Board of Directors

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John R.M. Copeland (UK), Chair, Great Push for Mental Health Initiative
Max Abbott (New Zealand), General Advisor

UN Lead Representatives:

Nancy E. Wallace, New York
Myrna Lachenal, Geneva

Secretariat:

Elena Berger, Director, Programs and Government Affairs
Deborah Maguire, Director, Administration

WORLD FEDERATION FOR MENTAL HEALTH ANNUAL REPORT 2012

World Mental Health Day 2012

For 2012 the WFMH Board of Directors selected “Depression: A Global Crisis,” as the central topic of the World Mental Health Day campaign in order to draw attention to the widespread prevalence of this illness. Depression is one of the top disabling conditions in global burden of disease studies, and often starts at a young age. The campaign aimed to expand public knowledge about depressive illnesses, and in many places local organizers included efforts against stigma and discrimination. This year was the 20th anniversary of the start of World Mental Health Day by the Federation.

To mark 10 October 2012, the Secretary General of the United Nations issued a statement about the prevalence of depression. He noted that some 350 million people of all ages, incomes and nationalities suffer from it, and after describing the burden of the illness and the availability of treatment, he concluded:

“On World Mental Health Day, let us pledge to talk more openly about depression. This is the first critical step to removing one of the barriers to treatment and helping to reduce the disability and distress caused by this global crisis.”

At United Nations headquarters in New York the NGO Committee on Mental Health held a meeting that was addressed by WFMH Board member Gabriel Ivbijaro from London. He spoke about the importance of providing access to treatment by incorporating mental health into primary care.

The Pan American Health Organization, the World Health Organization’s regional office for the Americas, included its annual World Mental Health Day event in a regional mental health meeting in Panama. WFMH’s Main Representative at the UN in New York, Nancy Wallace, addressed an audience of Latin American Ministers of Health about WFMH and World Mental Health Day. Many of the Health Ministers told her later that their countries observe the Day with special programs.

The World Health Organization supported the campaign with a meeting in Geneva for its mhGAP program, and its country officers helped to organize events in places like Tajikistan and Ethiopia to draw attention to the importance of the topic and to encourage public education. In Somalia the WHO Country Office, the Ministry of Health, the Habeb Mental Health Foundation and the University of Somalia, Mogadishu, joined forces to present activities from 1 to 10th October.

Many governments incorporated the Day in their public health efforts. For example in Australia the Minister for Mental Health and Ageing and the Minister for Families, Community Services and Indigenous Affairs jointly launched a weeklong series of events around the country. In the

tiny African country of Swaziland the Ministry of Health presented a program. In the United Kingdom the Department of Health signed up to “Time to Change,” a national mental health anti-stigma campaign, becoming the first government department to do so. In Hong Kong, World Mental Health Day was incorporated into Mental Health Month under the auspices of the Government’s Labour and Welfare Bureau. The Chief Secretary of Administration (second highest official in the Hong Kong Government) officiated at the opening ceremony, which was followed by the annual Mental Health Walk in which more than 1,500 people participated, accompanied by a police band.

The theme had special resonance for SADAG, the South Africa Depression and Anxiety Group, which recruited celebrities to spread the message, launched a video, and used social media to highlight the impact of these disorders. Its media campaign extended to TV, radio, local newspapers and magazines, and its events were held in a variety of locations.

Around the world many organizations arranged similar programs and, as last year, there was lively participation on Facebook and Twitter as well.

The World Mental Health Day project is managed by WFMH’s Director of Administration, Deborah Maguire. Gemma Griffin provided valuable support in finalizing the layout of material.

Great Push for Mental Health Campaign

A survey about priorities in national mental health policies was sent at mid-year to organizations that joined the WFMH Great Push campaign, and information from the responses was forwarded to the World Health Organization to assist in developing priorities for the WHO Global Mental Health Action Plan. The information is also being used by WFMH in the drafting of a *People’s Charter for Mental Health* to be published in 2013. Here are key points from the survey:

- *The organizations that returned the survey placed the adoption of a national mental health policy or strategy as their top general priority.*
- *They also named community-based treatment as a specific priority.*
- *They chose affordable mental health treatment and recovery as the top characteristics of good mental health care in the community.*
- *The lead indicator they selected to show progress towards targets was a specified budget for mental health as a proportion of a country’s total health budget.*

WFMH wishes to thank Graham Thornicroft, Mike Slade and Victoria Bird (Health Service and Population Research Department at the Institute of Psychiatry, King’s College London) who advised on and analyzed the results of the survey.

The Great Push campaign was mentioned in the British Parliament during a debate on 22 November. Speaking in the House of Lords, Baroness Hollins, a former president of the UK’s Royal College of Psychiatrists, noted that mental health had not been explicitly addressed in the UN’s Millennium Development Goals when they were agreed in 2000. She stressed the importance of including mental health in the development framework that will be adopted by the

UN to succeed the Millennium Development Goals in 2015, and spoke about the 500 organizations that joined the World Federation's Great Push for Mental Health campaign as a sign that "attitudes to mental health across the world are changing."

7th World Conference on the Promotion of Mental Health and Prevention of Mental and Behavioral Disorders

WFMH was a co-sponsor of the 7th World Conference on the Promotion of Mental Health and Prevention of Mental and Behavioral Disorders, held in Perth, Australia on 17-19 October. The host organization of the conference was the Clifford Beers Foundation, one of the three founding partners of the series together with WFMH and The Carter Center. Some 20 countries were represented in the registrations. Perth is the capital of the state of Western Australia and the fourth largest Australian city, with an estimated 1.8 million people. As the commercial center for a thriving mining industry it is prosperous and modern, but relatively isolated, and closer to Indonesia than to Sydney and Melbourne. Before European colonization the area was home to aboriginal people and the meeting incorporated an annual local conference run by aboriginal groups ("Our Mob, Our Minds and Our Spirit").

To develop the theme "The 21st Century Approach to Mental Health" the scientific committee laid out the program across two dimensions – strategies and topic areas. There were five sets of symposia across the three days of the conference, based on five strategic areas: Research and Evaluation; Advocacy and Policy Making; Program Implementation and Dissemination; Developing Partnerships; and Capacity Building. Topics were examined in 40 breakout sessions, and posters from participants were displayed throughout the lobby.

As in previous conferences in this series, the program was designed to show the value of investing in interventions such as those focused on early childhood or delivered through school-based mental health programs, in order to reduce mental disorders and improve overall mental wellbeing. Although most research concerns children and young people, interventions can be applied to all stages of life.

The Federation's President, Deborah Wan, spoke at the opening of the meeting, and later chaired a session where former Board member Janet Meagher (Australia) gave a speech that was a highlight of the program – "Let us tell the truth – it is not stigma, it is discrimination!" Ms. Meagher talked vigorously about what aspects of care were supportive from a consumer's perspective, and what aspects were unhelpful. Three WFMH Board members chaired plenary sessions: Tony Fowke (Australia), Jeffrey Geller (USA) and Yoram Cohen (Israel). Two other Board members, Porsche Poh (Singapore) and Suchada Sakornsatian (Thailand), gave breakout session presentations.

Report on Mental Health Promotion and Mental Disorder Prevention

In 2012 WFMH completed a report for the US Substance Abuse and Mental Health Services Administration (SAMHSA) on current trends in promotion and prevention in a group of countries that have emphasized such programs. In 2010 SAMHSA made the prevention of substance

abuse and mental illness one of its main Strategic Initiatives, and the following year commissioned a study from WFMH about countries that had already adopted policies and programs in that area. WFMH staff did a literature review of recent policy documents from Australia, Canada, England, Finland, Ireland, Netherlands, New Zealand, Norway and Scotland to establish the policy context of developments. They then interviewed key contacts about how programs had been implemented, what aspects had been successful, and what problems had been encountered.

WFMH Activities at the United Nations and World Health Organization in 2012

January - WFMH submitted a statement in support of the proposed new WHO Mental Health Action Plan to the WHO Executive Committee. It was read at the Executive Committee meeting by Anne Yamada, a WFMH UN Representative.

February – WFMH arranged an NGO side event at the 56th Session of the Commission on the Status of Women on “Challenges and Opportunities Impacting the Mental Health of Rural Women.” (The priority theme of the Session was “Empowerment of Rural Women.”)

March – WFMH arranged a second NGO side event at the Commission on the Status of Women on “Capacity Building and Mental Health Promotion of Rural Women.”

May – Former WFMH President John Copeland attended the annual WHO Health Assembly in Geneva and read out a statement reflecting the Federation’s views on the forthcoming WHO Mental Health Action Plan. The statement was drafted by Professor Copeland with the help of Board member Mohammed Abou-Saleh (Qatar/UK); WFMH’s Main Representative at UN NY, Nancy Wallace; and staff member Elena Berger. He had invaluable assistance in Geneva from Myrna Lachenal, the Federation’s Main Representative there. The WFMH Statement read as follows:

STATEMENT TO THE 65TH WORLD HEALTH ASSEMBLY FROM THE WORLD FEDERATION FOR MENTAL HEALTH IN RELATION TO AGENDA ITEM 13.2 (Global burden of mental disorders and the need for a comprehensive, coordinated response from health and social sectors at the country level)

On behalf of the World Federation for Mental Health (WFMH), a non-governmental organization in official relations with the World Health Organization, I, John Copeland (Past President of WFMH), am speaking on behalf of the current President, Deborah Wan of Hong Kong, our international Board of Directors and our members. The World Federation for Mental Health urges that:

- *Mental disorders should be placed on the Non-Communicable Disease agenda in parity with other NCDs, because of the wide prevalence of mental disorders and also their close connection with other NCDs;*

- *Attention should be given to women’s mental health from a “whole life” perspective, inclusive of social issues and gender-based violence;*
- *Noting with appreciation the September 2010 WHO report, Mental Health and Development: Targeting People with Mental Health Conditions as a Vulnerable Group, we urge that mental illness be viewed not only as a medical issue but also as a development issue relevant to poverty and productivity, and to human rights; and*
- *We urge that sufficient funding and resources be allocated by Member States to support strong mental health initiatives in their countries.*

The World Federation for Mental Health fully supports the proposal of a comprehensive Mental Health Action Plan and is committed to collaborating with the World Health Organization and Member States in its development and implementation.

Recalling the Lancet series of articles that provided the economic, medical and humanitarian evidence for moving forward world mental health, the Federation in 2009 established the Great Push for Mental Health Program in alliance with the Movement for Global Mental Health around the themes “Unity, Visibility, Rights, Recovery” to rally civil society to the cause of international mental health. To date over 500 organizations representing diverse constituencies from 112 countries have signed up their members. As a contribution to inform the WHO Action Plan, the Federation, in the spirit of cooperation and collaboration, has begun a survey of these organizations to obtain their views of the most important issues in mental health. These views will be brought together as a “People’s Charter for Mental Health” and offered to WHO as a reference guide to the concerns of civil society.

June-July - Dr. Copeland, working with colleagues at the Institute of Psychiatry in London and WFMH Board member John Bowis, OBE, prepared a survey that was sent to organizations that had signed up to the Great Push campaign. Results from 88 of them were analyzed and submitted to WHO in July as a preliminary contribution to consultations on the Action Plan. Later results will be added to a follow-up report.

September - On September 17-20, WFMH President Deborah Wan attended the 8th Session of the UN Committee on Rights of Persons with Disabilities in Geneva as a member of the government delegation from Hong Kong. While there, she arranged a meeting on behalf of WFMH with Dr. Shekhar Saxena, head of the WHO Department of Mental Health and Substance Abuse, to discuss the draft Mental Health Action Plan and other matters.

October - WFMH sent comments on the Mental Health Action Plan to Dr. Saxena as part of a general consultation on its contents. WFMH’s input from its Board members was coordinated by Mohammed Abou Saleh, WFMH’s Board focal point for UN affairs.

October - The Pan American Health Organization invited WFMH to send a speaker to present this year's World Mental Health Day theme to the international mental health conference it organized in Panama on 16-18 October. Nancy Wallace, the Federation's Main Representative at the UN in New York, travelled to Panama to make the presentation.

October – WFMH co-sponsored a World Mental Health Day event at the UN NGO Committee on Mental Health in New York.

Participation in NGO Activities at the UN in New York

WFMH's three volunteer representatives in New York are Nancy Wallace, Linda Conte and Ricki Kantrowitz. WFMH participates in the activities of the NGO Committee on Mental Health, a coalition of mental health organizations engaged in advocacy at the UN. Nancy Wallace is a former chair of the NGO Committee and is Co-Convenor of its Working Group on Trauma and Mental Health. Linda Conte served as Vice-Chair of the NGO Committee in 2012 and is a Co-Convenor of the Committee's Working Group on Children, Youth and Mental Health. Ricki Kantrowitz is a member of the NGO Committee on the Status of Women.

Participation in NGO Activities in Geneva

Myrna Lachenal and Anne Yamada are WFMH's volunteer representatives in Geneva to the UN Offices there and the World Health Organization. Both attend various NGO events and briefings during the year, and are active with the Alliance for Health Promotion, the NGO Forum for Health, the Conference of NGOs in Consultative Relationship with the UN, and the Commission on the Status of Women, Geneva.

WFMH Governance

Secretary General Vijay Ganju left the Federation in mid-2012, having served in that office since June 2010. President Deborah Wan took over the responsibilities of Chief Executive Officer, sharing them with the Executive Committee.

The WFMH Board held its annual meeting on 17 October 2012 in Perth, Australia, at the Convention and Exhibition Centre in conjunction with the 7th World Conference on the Promotion of Mental Health and Prevention of Mental and Behavioral Disorders. Board members reviewed reports on current activities. The annual session of the Members' Assembly was held at the same location on 19 October 2012.

Activities of the WFMH President

WFMH President Deborah Wan travelled to Argentina in May to attend key planning meetings concerning the organization of the Federation's 2013 World Mental Health Congress. The Congress will take place in Buenos Aires on 25-28 August, hosted by the Argentine Association for Mental Health (AASM). The leaders of the host planning committee are AASM President Alberto Trimboli, AASM Honorary President Eduardo Grande, and WFMH Board member Roger

Montenegro. The Federation's President Elect, George Christodoulou, heads the scientific committee.

While in Buenos Aires Ms. Wan took part in the AASM's annual conference on 28-30 May 2012 and made two presentations about the Federation's activities. She also visited a large public hospital with inpatient and outpatient mental health services, and a private hospital.

Ms. Wan was active in representing the Federation at events in Europe and the Asia Pacific region in the second half of the year. She made a presentation about the work of WFMH at the International Mental Health Conference in Bangkok, Thailand on 22-24 August. As noted above she met in September with Shekhar Saxena, director of the WHO Department of Mental Health and Substance Abuse, in Geneva on behalf of WFMH. In October she gave a presentation about WFMH at the 7th World Conference on the Promotion of Mental Health and Prevention of Mental and Behavioral Disorders in Australia. In November she attended another conference in Bangkok, and took part in a conference on healthy cities in Taiwan in December.

Other Activities

WFMH was represented by two staff members at the U.S. National Institute for Mental Health's international meeting on "Grand Challenges in Global Mental Health" in Bethesda, Maryland on 2-5 April 2012.

WFMH was a collaborating organization supporting the Fifth Geneva Conference on Person-centered Medicine (30 April-4 May 2012). It was represented by President Elect George Christodoulou and other Board members. The WFMH Board of Directors formalized the Federation's alliance with the *International Network for Person-centered Medicine* in 2011.

Towards the end of 2012 work started on planning the following year's World Mental Health Day program on the theme "Mental Health and Older Adults." This topic was selected at the Perth Board meeting to draw attention to changing demographics created by longer lifespans, and the consequent need for increased attention to the mental health needs of older people in public health planning.

Work was also well advanced for a conference organized by WFMH and the Hellenic Psychiatric Association to be held in Athens on 6-9 March 2013. The theme was "Crises and Disasters: Psychosocial Consequences" and the program addressed the mental health aspects of various kinds of crises – war, natural disaster, and economic collapse. President Elect George Christodoulou headed the program committee.

WFMH is a member of the *PreVAil Network (Preventing Violence Across the Lifespan Research Network)*, an international research group funded by the Canadian Institutes for Health Research. The major focus of its work is the prevention of child maltreatment and intimate partner violence. Professor Helen Herrman, a WFMH Board member until October 2011, is one of the Principal Investigators.

WFMH continues to support the work of the international network *Dialogue on Diabetes and Depression* in which it is represented by Board members Helen Millar, Larry Cimino and Yoram Cohen.

Financial Summary

The Federation's financial results for 2012 were reviewed by an independent accounting firm, McGladrey LLP (Vienna, Virginia, USA). They reported that expenses for the year amounted to US\$204,121. Support and revenues totaled US\$245,373.

New Life Members in 2011-2012

Dr. Andrew Mohanraj	Malaysia
Katsuko Onomich	Japan
Professor Michael Compton	United States
Dr. Gupta Dhanesh	Singapore
Thomas Goetz	Germany
Jacqueline Choi	China
Dr. Wai an Chan	China