



ANNUAL REPORT 2014

World Federation for Mental Health
P.O. Box 807
Mill Street,
Occoquan, VA 22125
USA
Email: info@wfmh.com

WORLD FEDERATION FOR MENTAL HEALTH

2013-2015 WFMH Board of Directors

Officers:

President	George Christodoulou (Greece)
President-Elect	Gabriel Ivbijaro (UK/Nigeria)
Immediate Past President	Deborah Wan (Hong Kong SAR China)
Treasurer	Helen L. Millar (UK)
Corporate Secretary	Larry Cimino (USA)
V.P./Constituency Development	Mohammed Abou-Saleh (UK)
V.P./Program Development	Ellen R. Mercer (USA)
V.P./Government Affairs	Juan Mezzich (USA)

Regional Vice-Presidents:

Africa	Shona Sturgeon (South Africa)
Asia Pacific	Porsche Poh (Singapore)
Eastern Mediterranean	Unaiza Niaz (Pakistan)
Europe	Robert Van Voren (Netherlands)
Latin America	Alberto Trimboli (Argentina)
North America	Jeffrey Geller (USA)
Oceania	Abd Malak (Australia)

Directors:

Tsuyoshi Akiyama (Japan)
Sonia Chehil (Canada/Guyana)
John Copeland (UK)
L. Patt Franciosi (USA)
Janet Paleo (USA)
Kathleen Pike (USA)
Marita Ruohonen (Finland)
Suchada Sakornsatian (Thailand)

WORLD FEDERATION FOR MENTAL HEALTH

2013-2015 Advisors:

John Bowis (UK)
Yoram Cohen (Israel)
Roger Montenegro (Argentina)

2013-2015 Senior Consultant:

Max Abbott (New Zealand)

2013-2015 Special Initiatives:

L. Patt Franciosi (USA), Chair, World Mental Health Day
John R.M. Copeland (UK), Chair, Great Push for Mental Health Initiative

2013-2015 United Nations Main Representatives:

Nancy E. Wallace (USA), New York
Myrna Lachenal (Switzerland), Geneva

WFMH Staff:

Elena Berger, Director, Programs and Government Relations
Deborah Maguire, Director for Administration

WORLD FEDERATION FOR MENTAL HEALTH

REVIEW OF 2014 ACTIVITIES

MESSAGE FROM THE PRESIDENT



The World Federation for Mental Health (WFMH) had an eventful year in 2014, and I am very pleased to send you this report of our work. Many of WFMH's activities in 2014 centred on public education about schizophrenia, a severe mental illness that has a major impact on those who experience it – and their families. The age at which people first experience this illness is significant. It often occurs in the late teenage years or early twenties, just when people are at an important stage in education or early working life. Stigma is widespread. Family members will grapple with understanding the illness and may take on demanding long-term care responsibilities.

The Federation made easily accessible information available for World Mental Health Day which was used in many countries and in multiple settings. World Mental Health Day, WFMH's signature program, is observed each year on 10 October. We hope this campaign has contributed to understanding the variable nature of schizophrenia, and the possibilities for improved care and better outcomes.

To reinforce the campaign's messages we organized an international Congress on schizophrenia in Greece that examined many facets of the illness and was well attended. To recognize the important role that caregivers play in providing support we prepared additional material focusing on their needs, and I participated in another meeting highlighting the important assistance they provide.

World Mental Health Day is a significant part of our international advocacy and public education work each year. We also contribute to advocacy at the United Nations and the World Health Organization, with

particular attention to WHO's Comprehensive Mental Health Action Plan. Our goals are to work for improved care for people with mental illness, encourage mental health promotion, and support measures that could prevent or reduce the incidence of mental disorders.

Many thanks to our members, to our generous donors, and to the many volunteers who have made our efforts possible during the year through their contribution of skill and time. We are grateful to you all.

Sincerely,

George N. Christodoulou

WORLD MENTAL HEALTH DAY 2014

Various activities of the World Federation for Mental Health in 2014 were arranged around "*Living with Schizophrenia*," the theme that had been selected by the WFMH Board for World Mental Health Day (10 October). The Board decided to use the theme for a number of activities during the year in order to spread the message that schizophrenia is a treatable illness from which improvement or recovery is possible in many cases.

It is an illness about which there is considerable ignorance, and which generates widespread fear and prejudice.

The aim of WFMH's campaign was to expand public education about the latest expert thinking on the disease, the need for integrated physical and mental health care, and the importance of social support. An additional aim was to direct attention to the needs of the caregivers of people who experience schizophrenia, since many of them take on responsibilities that can be long-term and demanding.

WFMH's World Mental Health Day Committee contacted medical experts and people who had experienced schizophrenia themselves to write 17 chapters on selected topics for the World Mental Health Day material, and edited it for posting on a special section of the WFMH website at mid-year (see www.wfmh.org).

The Ecumenical Patriarch of the Orthodox Church and Archbishop Emeritus Desmond Tutu provided letters of endorsement for the campaign, and UN Secretary-General Ban Ki-moon issued a message for the Day reflecting on the challenges faced by people with severe mental health problems. He called for “health and social care systems to work together to provide opportunities for education, employment and housing.” The World Health Organization noted the Day on its website and a number of WHO regional offices arranged events.

The material was disseminated by email attachment to a long list of people around the world who organize World Mental Health Day events with their countries, with their own funding. We are aware of events in Argentina, Australia, Canada, Cyprus, India, Ireland, Georgia, Malta, Namibia, New Zealand, Nigeria, Norway, Pakistan, Portugal, Russia, Rwanda, Saudi Arabia, Singapore, Spain, Tanzania, United Kingdom and the United States.

The material was translated into Arabic, Spanish and Japanese, and the translations were placed on the website. Translations were also made into Hindi and Chinese.

World Mental Health Day is supported each year by partners in the private sector. F. Hoffmann-La Roche Ltd. was a valuable corporate contributor in 2014. The campaign also received a grant from the Lundbeck/Otsuka alliance, with each company contributing half of the grant. The Federation thanks these companies for their generous support for the Day.

Meeting at the EU Parliament

WFMH President George Christodoulou was one of the opening speakers at a meeting held at the European Parliament in Brussels on 7 October to mark World Mental Health Day. The meeting, hosted by Nessa Childers MEP, highlighted the critical role that caregivers and families play in supporting people who have schizophrenia. Caregivers and families need education about the illness, and advice about how to provide effective support.

Material for Caregivers

In addition to its World Mental Health Day material WFMH produced a group of articles reflecting caregivers' perspectives and posted it on the Federation website. It is available as "Caregivers and Mental Illness: Living with Schizophrenia" in the website's World Mental Health Day section.

WFMH Congress on "Living with Schizophrenia" in Athens, Greece

As a central event for the campaign WFMH held an international conference on 9-11 October 2014 at the Aegli Zappiou conference facility in Athens. There were more than 400 participants from Greece, United States, United Kingdom, Turkey, Taiwan, Switzerland, Spain, South Africa, Slovakia, Singapore, Serbia, Qatar, Portugal, Pakistan, Netherland, Mexico, Korea, Japan, Italy, Israel, India, Germany, France, Finland, Estonia, Egypt, Belgium, Austria, Australia and Argentina.

The program provided information on schizophrenia in a variety of formats including 22 symposia, 15 plenary lectures, 32 oral presentations, a debate, and a panel discussion with 20 five-minute presentations.

World Mental Health Day itself was observed both at the Congress and with a special evening program at the packed Aula (Main Hall) of the University of Athens. The large audience was addressed by the Deputy Minister of Health responsible for mental health; the Rector of Athens University; the Chair of the Medical School, the President of the Central Council of Health; and representatives of consumer and caregiver organizations. The President of WFMH gave a condensed lecture on "Living with Schizophrenia," which was followed by a short concert by a string quartet and a reception in a nearby university building.

At the end of the Congress in Athens, a Declaration on "Living with Schizophrenia" which summarized recommendations for care was adopted and co-signed by 10 mental health organizations.

Latin American Regional Conference 27-29 August 2014

WFMH held a conference in Argentina on “Living with Schizophrenia” in conjunction with the Argentine Association of Mental Health’s Congress (AASM) on “Body and Subjectivity.” Professor Juan Mezzich, Vice-President for Government Relations, represented WFMH. The AASM had hosted WFMH’s Biennial World Conference in Buenos Aires in 2013, and following the great success of that meeting it was decided to hold an annual joint meeting in future so that the Federation could continue to develop its Latin American contacts. Some 3,000 people attended the joint programs in 2014, where the languages were Spanish and Portuguese.

PLANNING FOR FUTURE CONGRESSES

WFMH hopes to hold more conferences in order to improve outreach at the regional level. Representatives from three of the four WFMH conferences scheduled for 2015 attended the Congress and Board meeting in Athens to present updates for their events. The WFMH Executive Committee and staff were involved in advance planning with conference organizers during 2014.

Lille, France. An international congress will be held in Lille, France, on 28-30 April 2015 with the participation of WFMH. The theme is “Mental Health for All – Connecting People and Sharing Experience.” WFMH’s partners in the meeting are a group of ten French psychiatric organizations. Wonca, the World Association of Family Doctors, is also a co-sponsor. The program will focus on incorporating mental health into primary care, and on the goals of the new World Health Organization Mental Health Action Plan (www.imhclille2015.com). WFMH President Elect Gabriel Ivbijaro provided information at the Athens Board meeting about planning.

Buenos Aires, Argentina. WFMH will hold a Regional Congress on 26-28 August 2015 in collaboration with the IX Argentine Congress of Mental Health. The host organization is the Argentine Association of Mental Health (AASM), and Alberto Trimboli is the President of the WFMH Congress (www.congreso2015.aasm.org.ar).

Singapore. WFMH will present a regional conference in Singapore on 1-3 October in collaboration with Raffles College of Higher Education and Silver Ribbon (Singapore). The theme of the meeting is “Innovations in mental health care through multi-disciplinary interventions in the Asia-Pacific Region” (www.wfmhsingapore2015.com). Monica Walet, Academic Director of Raffles College, attended the Congress in Athens to meet Board members and make a presentation. Porsche Poh, Executive Director of Silver Ribbon (Singapore) was also at the Congress.

Cairo. Egypt. The *WFMH Biennial World Congress* will be held in Cairo, Egypt, on 16-19 October 2015 (www.wfmh2015.com). The co-sponsors are the Behman Hospital, celebrating its 75th anniversary; the Royal College of Psychiatrists in the UK; and the Egyptian Society for the Rights of People with Mental Illness. Nasser Loza, Director of the Behman Hospital, made a presentation about planning to the 2014 WFMH Board meeting in Athens along with the hospital’s Clinical Director, Sherif Attalah.

MENTAL HEALTH IN THE WORKPLACE

WFMH President George Christodoulou represented the Federation at a one-day conference in London arranged by The Economist Events on 25 November 2014. The theme was “The Global Crisis of Depression.” The program described the impact of the illness, nationally and internationally, on working-age populations and business managers. Speakers included former UN Secretary General Kofi Annan and government ministers from Denmark, Sweden and the United Kingdom. Professor Christodoulou was a panelist in a program session on the treatment of depression.

WFMH received a grant from H. Lundbeck A/S earlier in the year for a project on “Depression in the Workplace.”

INTIMATE PARTNER VIOLENCE

WFMH was represented by staff member Elena Berger at a conference on intimate partner violence and child maltreatment held in Canada on 2-3 June 2014. The meeting was organized by PreVAil (Prevention of

Violence Across the Lifespan research network), a Canadian research consortium that has a grant from 2009 to 2017 from the Canadian Institutes of Health Research. WFMH supported the original grant application and is a partner of the consortium. The research network now has members from Canada, the World Health Organization, and also Australia, Denmark, India, Peru and the USA.

Researchers reported on current work, and it was noted that intimate partner violence against women and children was an emerging issue at WHO's World Health Assembly in May 2014.

WORLD HEALTH ORGANIZATION

WFMH President Elect Gabriel Ivbijaro attended the WHO Mental Health Gap Action Programme (mhGAP) Forum in Geneva on 4-5 September 2014. On 5 September the Forum program was the launch event for WHO's World Suicide Report, "Preventing Suicide: A global imperative." Dr. Ivbijaro offered comments on behalf of the Federation. The Federation's Main Representative to the UN Office in Geneva, Myrna Lachenal, also attended the Forum. Earlier, both were observers at the WHO World Health Assembly in May.

UN NEW YORK

WFMH supported the #FundamentalSDG initiative that advocates for adding clear, measurable mental health targets to the UN Post-2015 Sustainable Development Goals. The purpose of the initiative is to insert a more substantial mention of mental health in the proposed Goal 3 of the SDGs: "Ensure health lives and promote well-being for all at all ages." (For information go to www.fundamentalsdg.org).

WFMH co-sponsored a panel in the NGO parallel program of the 58th UN Commission on the Status of Women, 10-21 March 2014. The panel was organized by former WFMH Board member Chueh Chang on the topic "Addressing the Third Millennium Development Goal: Empowering Mental Well-being in Women through Alternative Healing Practices." The speakers discussed techniques for stress reduction.

WFMH's Main Representative in New York, Nancy Wallace, and another UN Representative, Eva Bak, attended the International Youth Day event presented by the UN Department of Economic and Social Affairs on 12 August on the theme "Mental Health Matters." The UN Secretary-General and other speakers focused on the problems faced by young people with mental health conditions.

In addition to Nancy Wallace and Eva Bak, WFMH's UN Representatives in New York in 2014 were Juan Mezzich, Linda Conte and Ricki Kantrowitz.

UN OFFICE IN GENEVA

WFMH's Representatives to the UN Office in Geneva in 2014 were Myrna Lachenal and Anne Yamada. They attended various meetings on behalf of WFMH and participated in NGO activities, in addition to monitoring developments at the World Health Organization.

WFMH GOVERNANCE

The Executive Committee met by teleconference on 25 January and 10 May 2014 to discuss issues requiring attention. On 12 October a Board meeting was held at the Aegli Zappiou conference center in Athens, Greece, following the WFMH International Congress on "Living with Schizophrenia." Fifteen of the twenty-three Board members attended. Among other matters they reviewed progress on arrangements for the WFMH conferences to be held in different parts of the world during 2015, and approved plans to hold a Congress in Mexico in 2016.

The Board meeting considered draft revisions to the By-laws proposed by the By-laws Committee that was established in Argentina in August 2013. After considerable discussion the Board asked the Committee to provide a new draft incorporating different modifications to the existing By-laws as soon as possible.

WFMH has twelve committees. These are the Public Impact Committee; the World Mental Health Day Committee; the Constituency Development Committee; the Financial Policy & Sustainability Committee; the Meetings Committee; the By-laws Committee; the

Education & Mental Health Information Committee; the Ethics Committee; the Prevention & Promotion Committee; the Committee for the “Great Push for Mental Health” Campaign; and the Past Presidents’ Board.

COMMUNICATIONS

Early in 2014 the new Public Impact Committee worked on redesigning the WFMH website with the pro bono help of a branding and marketing firm in Chicago, *c:change*, headed by Hugh Schulze. Mr. Schulze’s firm also produced a new logo for WFMH which featured the acronym initials in large letters in the center of an oval, with the full name around it. To support communications in 2014 WFMH published an electronic newsletter (February, 6 pages) and two e-Bulletins (July, 24 pages; October, 25 pages). The Bulletins featured items about schizophrenia, forthcoming conferences, and news from Voting Member Organizations about their current activities. WFMH members also received separate email communications about conferences and about World Mental Health Day.

FINANCIAL REVIEW

Provisional results showed WFMH’s income for 2014 was \$137,978 and expenses were \$105,788. The financial records for 2014 have been submitted to a certified public accountant for an Independent Accountant’s Review:
McGinty and Co, LLC
2108-B Gallows Road
Vienna, VA 22182
USA

SINCERE THANKS

WFMH warmly thanks its Voting Member Organizations, its Affiliate Member Organizations, and its individual members for joining us in efforts to advocate for global mental health.

WFMH also wishes to acknowledge special support it received in 2014 which was of great benefit to the Federation.

First, we wish to thank a very generous donor who wishes to remain anonymous, and who has contributed substantially over many years.

We thank the individual donors who provided special support for World Mental Health Day:

George Christodoulou, Larry Cimino, L. Patt Franciosi, Gabriel Ivbijaro, Lucja Kolkiewicz, Hugh Schulze and Deborah Wan.

Corporate donors also provided support for World Mental Health Day: F. Hoffmann-La Roche Ltd. provided an educational grant, and H. Lundbeck A/S and Otsuka gave an educational grant in equal shares through the Lundbeck/Otsuka alliance.

We acknowledge with thanks the grant from H. Lundbeck A/S for a “Depression in the Workplace” project.

The Chicago marketing and design team at c:change led by Hugh Schulze provided generous pro bono assistance throughout the year for website design and maintenance.

World Mental Health Day relies on a wide network of pro bono supporters. We want to acknowledge here the writers who contributed their knowledge, skill and time:

William Anthony, Mohammed Abou-Saleh, John Bowis, Dinesh Bhugra, David Crepaz-Keay, Nikos Christodoulou, Todd Edwards, R. Fradgley, Philippa Garety, Jeffrey Geller, Sir David Goldberg, Gabriel Ivbijaro, A. Khan, Lucja Kolkiewicz, Julian Leff, Bill MacPhee, Patrick McGorry, Janet Meagher, Juan Mezzich, Helen Millar, Janet Paleo, Henk Parmentier, Michelle Riba, and the staff at Hill and Knowlton Strategies, UK.

Other writers contributed to a special group of articles for caregivers of those living with schizophrenia. Thanks to Deborah DiGilio, Diane Froggatt, Victor Molinari, Rosalyn Roker and Brian Smith.

The translators of World Mental Health Day material provided pro bono support that greatly extended the use of the information internationally. We wish to thank His Excellency Dr. Abdulhameed Al-Habeeb, Director General of Mental Health at the Saudi Ministry of Health, and Dr.

Abdullah Al-Khathami for the translation into Arabic. We are also grateful to Dr. M.L. Agrawal and Dr. Aruna Agrawal, Directors of Agrawal Neuro Psychiatry, for the Hindi translation. Dr. Shimpei Inoue translated the material into Japanese. Carolina González Urrutia made the Spanish translation. AstraZeneca Russia arranged for a translation into Russian. New Life Psychiatric Rehabilitation Association of Hong Kong undertook translation into Chinese.

We salute Gemma Griffin-Dzikiewicz, who contributed graphic design services for World Mental Health Day. We also thank A.C. Herring, who contributed graphic design services for another project.

The Sheppard and Enoch Pratt Health System in Baltimore continued to provide pro bono support with office space, as it has done for many years.

WFMH VOTING MEMBER ORGANIZATIONS

AABRA , Argentina
Advocacy Group for the Mentally Ill, Cyprus
American Psychiatric Association
American Psychological Association
Asociación Argentina de Salud Mental
Asociación Argentina de Profesionales de la Salud Mental
Asociación Española de Neuropsiquiatría
Association for Community Mental Health Promotion, Turkey
Banjara Academy, India
Basic Needs US, Inc.
Caribbean Federation for Mental Health
Clubhouse International, USA
Department of Psychiatry, Dalhousie University, Canada
Encontrar-Se, Portugal
ENOSH, Israel
Finnish Association for Mental Health
Hellenic Center for Mental Health and Research
Hellenic Psychiatric Association
Hong Kong Association of Doctors in Clinical Psychology, China SAR

Hong Kong College of Mental Health Nursing, China SAR
Hong Kong Psychological Society, China SAR
Hungarian Psychiatric Association
Indian Psychiatric Society
International Council of Psychologists
ISeRDiP, Italy
Korean Association of Christian Mental Health Organizations
Malaysian Mental Health Association
Mental Health America
Mental Health Association in Taiwan
Mental Health Association of Hong Kong
Mental Health Carers Arafmi Australia
Mental Health Foundation of Australia
Mental Health Foundation of New Zealand
Mental Health Ireland
Mental Health Fellowship of Australia
MIND, UK
Multicultural Mental Health Association, Australia
National Psychological Association for Psychoanalysis, USA
New Life Psychiatric Rehabilitation Association, Hong Kong
NGO Forum for Health, Switzerland
Positive Intentions PTE, Singapore
PRO International, USA
Psychiatric Association for Eastern Europe and the Balkans
Richmond Fellowship of Hong Kong, China SAR
Richmond Fellowship of Macau, China SAR
Royal Australian & New Zealand College of Psychiatrists
SEVAC, India
Society for Preventive Psychiatry, Greece
South African Federation for Mental Health
Spanish Psychological Association/COP
Syrian Association for Mental Health, Qatar
Taiwan Occupational Therapy Association
Taiwan Public Health Association
VIRTIS, Inc., USA
Voz Pro Salud Mental, Mexico

WFMH AFFILIATE ORGANIZATIONS

Asociación de Psicólogos del Gobierno de la Ciudad Autónoma de Buenos Aires, Argentina
Asociación Metropolitana de Psiquiatría de Buenos Aires, Argentina
Asociación Colombiana de Personas con Esquizofrenia y sus Familias, Colombia
Associação de Promoção da Saúde Mental A PONTE, Cape Verde
Asociación Cordobesa de Ayuda a la Persona Portadora de Esquizofrenia y sus Familia, Argentina
Association of Orphans and the Disabled ASODI, Cameroon
British Psychological Society
Centre for Mental Health and Counseling, Nepal
Clinical center for Integrated Treatment, Italy
Cordoba Academy for Training, Education and Development, Morocco
Dr. V.D. Meel Mental Health Welfare & Awareness Trust, India
Excalibur ADHD Association, Canada
Faast Coaching, Austria
Fundación para la Salud Mental Crecimiento Integral y Desarrollo Humano, Bolivia
IFOTES, Switzerland
INGENIUM ABP, Mexico
Institute of Mental Health, Sri Lanka
Instituto de Investigación en Psicología Clínica y Social, Mexico
IPCS, Mexico
Makshivim Net Ltd., Israel
Mental Health America of Broward County, USA
Mental Health America of Roanoke Valley, USA
Mental Health America of Southeast Texas, USA
Mental Health and Wellbeing Research Group, Belgium
Mental Health Foundation of Ghana
Perak Society for the Promotion of Mental Health, Malaysia
Registered Psychiatric Nurses Association of Saskatchewan, Canada
Shanghai Tulip Mental Health Center, China
South African National Association of Practicing Psychologists
Starfish Family Services, USA
Swets Information Services, USA
The Minds Foundation, USA
Vancouver Public Library, Canada

WE Link, Vietnam
WingsWithin, India
World Association of Dynamic Psychiatry, Germany