

WORLD FEDERATION FOR MENTAL HEALTH



BULLETIN

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WFMH World Congress New Delhi 2-5 November 2017

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Message from the President

Dear friends,

I'm very pleased to send you news of the World Federation for Mental Health's forthcoming meetings this year. The 2017 World Congress will be held in New Delhi, India, on 2-5 November. The local host is the Caring Foundation of New Delhi. The organizers are preparing an attractive program that will combine the latest trends in mental health care, integrated care, and Indian views of holistic care. We are hoping for a large international and Indian turnout for the meeting—the details are inside this Bulletin.



I will be visiting New Delhi in April for a day-long conference to publicize the Congress, where I look forward to meeting the senior organizers, Drs. Sunil Mittal, Neelam K. Bohra and Nimesh G. Desai to talk about the November program and the progress of planning.

There will also be a big meeting in Argentina on 30 August – 1 September where the languages will be Spanish and Portuguese. The Argentine Association for Mental Health will hold its annual conference, which incorporates the annual WFMH regional meeting. The two programs have different topics but share a venue in the center of Buenos Aires. It sounds complicated, but they have done this successfully for several years now!

Lastly, we are working on the material for World Mental Health Day (10 October 2017), on the theme of "Mental Health in the Workplace." We will put together a packet of new articles on a variety of workplace situations and innovative ways in which employers are providing assistance for their workers to reduce stress, provide supportive workplaces, and cope with health problems as they emerge.

Warm regards,

Gabby Ivbijaro



WFMH World Congress 2017
www.wfmhindia.com

We hope you will join us in India for this year's WFMH World Congress on 2-5 November! It promises to be a vibrant meeting with cross-cultural dimensions and participation by many stakeholder groups. The theme is "*Partnerships in Mental Health.*" The venue is the Ashok Hotel in the New Delhi Diplomatic Enclave, a large hotel with excellent conference facilities. After discussions with diverse groups, the Host and Scientific Committees are working on a program to attract a broad multi-national audience.

Topics. The main track headings are: Partnerships for mental health; mental health across the lifespan; neuroscience and psychiatry; psychosocial rehabilitation; public mental health, policy and leadership; mental health at the workplace; mental health in primary care; and integrated and collaborative care.

Please go to the website to see the many sub-topics under these main headings. The deadline for submissions is June 30 for symposia and panels (up to 4 presenters and 1 discussant, 1.5 hours) and workshops (1 or 2 presenters, 1 hour). For oral papers with one presenter, the time slot is 15 minutes (the paper can have multiple authors) and the deadline is August 31. Posters have the same deadline and there should be one or two persons on site to discuss the poster. Abstract submissions should be made online (www.wfmhindia.com).

In an unusual feature for this Congress series, special certified training programs in mental health have been included for Indian physicians, psychologists, counselors and nurses.

The Congress program will also include sessions on holistic health care, including meditation and yoga. A special WFMH lecture will cover

spirituality and mental health care - the Mary Hemingway Rees Lecture, given in honor of one of the early members of the Federation.

The Host Organizing Committee is headed by Dr. Sunil Mittal. He is Past President of the Indian Association of Private Psychiatry and Chairman of the Cosmos Institute of Mental Health and Behavioral Sciences. He also chairs the local host organization, the Caring Foundation. The co-chairs of the Scientific Committee are Professor Nimesh G. Desai and Professor Jeffrey Geller. Nimesh G. Desai is director of the Institute of Human Behaviour and Allied Sciences in New Delhi. Jeffrey Geller is a professor at the University of Massachusetts Medical School and medical director of the Worcester Recovery Center and Hospital, Worcester, USA.

Helpful email addresses (note that registration and abstract submission are done via the website):

The conference management company, Neumech Events in New Delhi: (desk@conferenceindia.org - and see the Neumech Events website www.conferenceindia.org for pre- and post-conference tours)

Conference Secretariat: secretariat@wfmhindia.com and wfmhindia@gmail.com

Enquiries About Registration: registrations@wfmh.com

Enquiries About Abstract Submission: submissions@wfmh.india.com

WFMH Regional Congress in Argentina

www.congreso2017.aasm.org.ar

The fourth WFMH Regional Congress in Buenos Aires will take place in conjunction with the XI Argentine Congress of Mental Health. The theme of the XI Argentine Congress is *New Families – New Childhoods: The Clinic Today*. The WFMH regional meeting will include the World Mental Health Day theme, “Mental Health in the Workplace,” along with other topics.



The two congresses will be held simultaneously on 30 August – 1 September 2017 at the Panamericano Hotel & Resort in Central Buenos Aires. Details of registration, fees, and abstract submission are on the conference website (congreso2017.aasm.org.ar). The organizers include Juan Carlos Fantin, President of the Asociacion Argentina de Salud Mental (AASM); Eduardo Grande; Alberto Trimboli; and Silvia Raggi.

The languages of the twin congresses are Spanish and Portuguese.

World Mental Health Day 10 October 2017

The World Mental Health Day theme selected by WFMH this year is *“Mental Health in the Workplace.”*

Look for specially written WFMH material supporting the theme on the Federation’s website at mid-year. The articles will focus on issues that arise in the workplace; strategies that employers can adopt to help their workers; and ways that people with mental illness can be supported in a work environment.

Donations for World Mental Health Day can be sent via the WFMH website (www.wfmh.com).

World Health Organization

The 140th Session of the World Health Organization’s Executive Board was held in Geneva on 23 January-1 February 2017. Three candidates were selected as finalists to become the next Director-General of WHO when Dr. Margaret Chan’s term ends in May. They are Dr. Tedros Adhanom Ghebreyesus (Ethiopia); Dr. David Nabarro (UK); and Dr. Sania Nishtar (Pakistan). The final choice will be made by the Member States at the WHO World Health Assembly in May (22-32 May 2017).

WFMH presented a statement to the Executive Board concerning an agenda item on promoting the health of migrants. It was read on 31 January by Ann Lindsay, one of the Federation’s UN representatives in Geneva:

World Federation for Mental Health Statement for the World Health Organization Executive Board with reference to Agenda Item 8.7: Promoting the health of migrants

The World Health Organization's recent shift in approach to the health care of refugees and displaced persons from humanitarian-based care to an approach based on broader health systems offers an opportunity to integrate mental health care into services.

Given the magnitude of the crisis caused by forced displacement, emergency care and health systems-based care will both be needed. The World Federation for Mental Health supports efforts to integrate mental health care in overall health care wherever possible.

Attention should be paid to those vulnerable people who had a serious mental illness before a regional crisis took place. Their special needs are often neglected if they become refugees or displaced persons—but given the proportion of people with mental health conditions in general populations, the proportion must also be high among refugees and displaced persons. The numbers will be made higher by the displacement experience itself.

As a short-term solution, Psychological First Aid is now increasingly incorporated into staff training for humanitarian emergencies. Increased awareness of psychosocial support measures can be a significant preventive factor. For the longer term, more attention should be paid to expanding the availability of mental health care through professionals and trained lay health workers.

Planning should take account of the special needs of women, children and the elderly. Many of them have experienced violence in crisis situations. Children in particular may be exposed to a lifetime of mental health problems.

The situation of migrants in the Middle East, in southern Europe and in Africa presents an enormous challenge, and root causes need to be addressed. Despite the constraints of circumstances and budgets, mental health care should be included in assistance for them.

WHO's World Health Day 7 April 2017

WHO's World Health Day, 7 April 2017, takes as its theme "Depression: Let's Talk." The campaign was launched last year on World Mental Health Day. Its aim is to improve knowledge about depression and its treatment, so that more people seek and get help. For information, including handouts on depression, see the home page of the WHO web site (www.who.int).

Depression is the leading worldwide cause of disability. According to new estimates from WHO earlier this year, the number of people living with depression rose by more than 18% between 2005 and 2015. You can find the new estimates in a recent WHO publication, "Depression and Other Common Mental Disorders: Global Health Estimates," in the mental health section of the WHO website (www.who.int - click on Programmes in the top menu).

NEWS FROM OUR MEMBERS

WFMH Regional Conference in Cairns, Australia, hosted by the Dr. Edward Koch Foundation 17-19 October 2016

The conference in Cairns, Queensland, opened with a "Welcome to Country" from Gavin Singleton, a member of the Yirrganydji People of Queensland, followed by the resonant (and extraordinary) sound of a didgeridoo played by Gary Creek. This aboriginal musical instrument reminded the many foreign members of the audience that this part of north-east Australia includes not only major tourist attractions and modern cities but indigenous tribes, remote inland areas with many isolated communities, and areas populated by culturally distinct Torres Strait Islanders. The conference program combined sessions reflecting this unusual regional diversity with sessions reflecting worldwide challenges. The first day's program, for example, had tracks



on refugees, gender identity, cultural clinical services, recovery, addiction, suicide and self-harm.

The conference was organized by WFMH with a member organization, the Dr. Edward Koch Foundation. The local host committee was headed by its Executive Director, Dulcie Bird. Although the program ranged widely over current issues in mental health the main theme was “Suicide & Self-harm Prevention,” a particular focus of the Dr. Edward Koch Foundation’s work.

The opening session launched the 2016 World Mental Health Day theme “Psychological and Mental Health First Aid for All” in the Cairns area, with speeches by WFMH President Gabriel Ivbijaro and Betty Kitchener, the Australian who founded the “Mental Health First Aid” movement. Betty Kitchener, who had experienced severe depression herself, developed a training course that could be used to teach the general public how to recognize mental illness and support a person developing a mental disorder or contemplating suicide. The course’s combination of common sense and solid information was adopted widely in Australia, and then in many countries around the world. (For information about “Mental Health First Aid” see the articles by Betty Kitchener and Anthony Jorm in the 2016 World Mental Health Day material on the WFMH website, www.wfmh.com.)

10th Anniversary of ENCONTRAR+SE Porto, 24-26 November 2016

ENCONTRAR+SE is an association for the promotion of mental health located in Porto – also known as Oporto – the second largest city in Portugal after Lisbon. Its founding President is Filipa Palha, a WFMH Director and its Vice-President for Europe. The organization celebrated its tenth anniversary with an ambitious program to highlight some of the areas for which the association’s work became noteworthy in the past decade.

After a welcome session on 25 November 2016 a panel was held on “Different perspectives towards dignity in mental health.” The speakers were Gabriel Ivbijaro, President of WFMH, who provided an overview of the topic; Yoram Cohen, Immediate Past President of GAMIAN-Europe;

who provided the view of patients; and Miia Mannikko, President of EUFAMI, who provided the view of families. This was followed by a formal opening of the 10th anniversary conference that included a presentation by Poppy Jaman about Mental Health First Aid in the United Kingdom. The program continued with work sessions, workshops and a business forum. Patt Franciosi, WFMH's Vice President for North America and Chair of World Mental Health Day, was the moderator for a panel on "Priority Areas of Intervention."

The closing event of ENCONTRAR+SE's 10th anniversary celebration was a charity dinner party where the UAP (United to HELP) Recognition Awards were presented at the Patio das Nacoes of Palacio da Bolsa in Porto in the presence of the President of Portugal. These awards honor people and organizations that play a leading role in the fight against stigma and discrimination. Filipa Palha told the President of Portugal that ENCONTRAR+SE campaigned against stigma and discrimination and provided mental health care, "targeting those who, in suffering from serious mental illness, feel that their autonomy and social inclusion are at risk. We acted, rather than waited; we believed that through taking action, we made it possible, as a duty and as a mission."

The 2016 UPA awards honored two organizations and four individuals. The organizations were the World Federation for Mental Health (award accepted by Gabriel Ivbijaro) and the European Federation of Associations of Families of People with Mental Illness (EUFAMI, award accepted by Vice-President Martine Frager-Berlet). The individuals honored were Dr. Patt Franciosi, Prof. Alice Medalia, Dr. Cecilia Villares and Prof. Vulker Roder.

Mental Health Promotion Conference in Taiwan

The Mental Health Association in Taiwan held a two-day mental health promotion conference at the College of Public Health, National Taiwan University on 1-2 October 2016. The theme was "Toward a New Era for Mental Health Promotion: Integrating Mental Health into Community Disaster Preparedness and Educational Policy." Participants included NGO workers, school nurses, representatives from the Ministry of Health and Welfare and the Ministry of Education, the National Fire Agency, the

Water Resources Agency, and representatives from local communities. WFMH President Gabriel Ivbijaro was the keynote speaker.

The first day of the conference focused on including mental health in disaster preparedness, encouraging resilience after traumatic events and fostering community mental health promotion. This is a particularly important topic in Taiwan, where natural disasters are a frequent occurrence – in 2016, for example, there were earthquakes in February, April and May, and typhoons in July and September.

The second day of the conference focused on integrating mental health into educational policies and introducing mental health promotion in schools. Nancy Wallace, WFMH's Main Representative at the United Nations in New York, was a speaker and discussed the place of mental health in the United Nations Sustainable Development Goals 2016-2030. School nurses and NGO representatives spoke about the domestic situation.

Before the closing ceremony Professor Chueh Chang, a WFMH Board member, led a discussion to collect international and local perspectives on policy initiatives. Participants proposed that policies should focus on mental health promotion and primary prevention for the entire public. They recommended building community resilience and social support, and paying close attention to the needs of different age groups, economic groups and urban and rural areas. While attention should be paid to needs in various settings, there should also be a system of collaboration.