



# WORLD FEDERATION FOR MENTAL HEALTH

## Fédération Mondiale pour la Santé Mentale

### NEWSLETTER

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## WFMH ISSUES APPEAL TO SUPPORT MENTAL HEALTH NGOs IN HAITI

**A**nthony (Tony) Fowke, AM, President of the Board of Directors of the World Federation for Mental Health, issued a statement following the January 12, 2010, earthquake in Haiti, urging financial support for mental health non-governmental organizations responding to the devastating earthquake's aftermath.

*"The world is mobilizing a tremendous campaign to support basic shelter, survival, and recovery needs of the millions of people living in the devastated cities and communities hit by the earthquake. International humanitarian organizations and governmental bodies are implementing strategies intended to prevent threats to public health in its aftermath.*

*"At the same time, and usually without media coverage, international and grassroots mental health organizations are beginning to mobilize in order to provide emotional support and services to address the immediate and long-term mental health consequences that are certain to impact thousands of individuals and families in the weeks and months ahead.*

*"The coming months will bring the greatest challenges, frustrations and heartbreaks that many of the grassroots mental health*

*organizations and professionals working in Haiti will ever face. WFMH is urging its organizational and individual members to do whatever they can to provide encouragement and support that will be of assistance to these organizations – and to the mental health professionals and volunteers who will be working tirelessly to help their fellow citizens cope with physical hardships and emotional trauma as they struggle through this time of crisis."*

In an effort to make financial resources available to assist mental health organizations responding to the disaster, the World Federation for Mental Health is encouraging contributions to be made through the **"DONATE NOW"** button on its website – [www.wfmh.org](http://www.wfmh.org). Proceeds received from the appeal will be placed in a special fund from which small grants will be made to mental health organizations that are undertaking specific programs and services to address mental health consequences in the stricken areas.

For further information, contact Deborah Maguire, WFMH Director of Global Awareness and Information Services, at [dmaguire@wfmh.com](mailto:dmaguire@wfmh.com).

## November Conference in Washington, D.C.

WFMH is a partner organization for the **Sixth World Conference on the Promotion of Mental Health and Prevention of Mental and Behavioral Disorders (November 17-19, 2010)**. Join us at the Omni Shoreham Hotel in Washington, D.C., for an exceptional international program on the theme **"Addressing Imbalances: Promoting Equity in Mental Health."**

The abstract deadline is April 30. Details of the electronic submission process and the featured topics are posted on the conference website (<http://wmhconf2010.hhd.org>).

"Early Bird" registration is \$475 for payment received before May 31. From April 1 until September 30 registration is \$550, after which it increases to \$750.

The Scientific Committee headed by David McQueen (Associate Director for Global Mental Health at the U.S. Centers for Disease Control and Prevention) is putting together an exciting list of speakers. The program includes Sir Mason Durie (New Zealand), Sir Michael Marmot (U.K.), and Barbara Lopes Cardozo (Netherlands/USA).

The conference is co-sponsored by both the World Health Organization and the Pan American Health Organization, and has received major support from the U.S. Substance Abuse and Mental Health Services Administration. The Mental Health Commission of Canada is involved in special areas of the planning.

# WFSAD MERGER WITH WFMH NEARING COMPLETION

## CENTER FOR FAMILY AND CONSUMER ADVOCACY AND SUPPORT PROGRESSES

In July 2008, the World Fellowship for Schizophrenia and Allied Disorders (WFSAD) and WFMH announced the beginning of a process to bring the organization and program structure of WFSAD into WFMH. Since that time the two organizations have worked together to complete the merger and to establish the new WFMH Center for Family and Consumer Advocacy and Support (CFCAS), through which WFMH will expand its work in these areas and incorporate several of the programs developed by WFSAD into its activities.

While progress has been slowed considerably by the extremely difficult funding situation affecting most international NGOs over the past year, collaborative efforts have continued. Finalizing the merger is now moving forward.

The two organizations have agreed that the WFSAD Board, as it was constituted at December 31, 2009, will remain in place as a pro forma governing body until all aspects of the merger are completed. A Trustees Executive Committee with representatives of both WFMH and WFSAD has been named to manage the day-to-day affairs of WFSAD in Canada, including overseeing the spending down of remaining revenues. These include the WFSAD grant for the joint WFMH-WFSAD Suicide Prevention Program.

Once the funds have been spent as intended by grant-givers and donors, the Trustees Executive Committee will be responsible for filing all final reports and documents required by Canadian law. This process will possibly last for most of the current calendar year.

The WFSAD website will remain on the Internet for a period to be determined and will be linked to the WFMH website and its section on the Center for Family and Consumer Advocacy and Support. While the process of finalizing the merger is underway, Diane Froggatt will continue in her



*Diane Froggatt*

role as liaison between the WFSAD Board and office and the WFMH Secretariat. Former Secretary General & CEO Preston Garrison, now the Federation's Senior Consultant for Special Projects and Initiatives, has been asked by WFMH's President, Tony Fowke, to be the project manager and lead liaison for the Federation in matters relating to the merger and the implementation of the Center for Family and Consumer Advocacy and Support.

### The WFMH Center for Family and Consumer Advocacy and Support (CFCAS)

As a part of the merger process, the WFMH Board of Directors has authorized the establishment of this new program center within the WFMH Secretariat as a means of consolidating the various activities of the Federation in the areas of family and consumer issues. It will also serve as a vehicle for continuing and expanding several of the program efforts undertaken by WFSAD over the past several years, including the "REASON TO HOPE" program.

Efforts have been underway, as yet unsuccessful, to secure funding to fully activate and staff the Center. These efforts will continue. In the meanwhile, the Secretariat will continue to carry out basic tasks to move the Center forward. To that end, a dedicated

section of the WFMH website has been created. It can be accessed at [www.wfmh.org/00CtrCarerConsumer.htm](http://www.wfmh.org/00CtrCarerConsumer.htm). The initial issue of the **CFCAS Center News** – a web-based newsletter – is now available through the website. This newsletter will be published periodically to provide family and consumer news and articles of interest.

An international advisory council for the Center for Family and Consumer Advocacy and Support will be appointed by the WFMH President once the Center is more fully activated, and will include equal representation of family members/carers and consumers/service users. The members of the Council will reflect the leadership of the global mental health families and consumers movements and will advise the Center, the WFMH Secretariat, and the WFMH Board of Directors on program development and advocacy issues relating to the movement.

### WFMH/WFSAD Joint Suicide Prevention Program and Family Guide

The WFMH/WFSAD joint project to develop a new suicide prevention program for families of people living with serious mental illnesses is nearing completion. **"Mental Illness and Suicide: A Family Guide to Facing and Reducing the Risks"** is now in the review process, with an initial pilot workshop planned for Milwaukee, Wisconsin, USA, in the spring of 2010.

This project is intended as a training program for organizations and support groups working with family members and carers, to help them increase understanding and provide useful tools for assisting people living with mental illness to reduce the risk of self-harm and suicide.

## WFMH AND VOZ PRO SALUD MENTAL TO PRESENT NATIONAL DEPRESSION SYMPOSIUM IN MEXICO CITY

The World Federation for Mental Health and Voz Pro Salud Mental will present a "National Citizens' Symposium on Depression and Major Depressive Disorder" in Mexico City on March 25, 2010.

The purpose of this symposium is to provide science-based information on depression and major depressive disorder and their medical, behavioral, social, economic and personal effects on individuals and their families from the perspective of Mexican clinicians, researchers, advocates, family caregivers, and people living with depression and major depressive disorder.

The symposium is intended to reach a non-medical audience, with a focus on informing the general public about this major public health problem, and helping to reduce the lingering stigma about mental illnesses still prevalent throughout Mexico. One of the aims is to provide an impetus for the development of additional family and consumer support groups.

The all-day symposium will be held in Mexico City at the Hotel Marriot Reforma and has a maximum attendance capacity of 150. Confirmed and invited speakers for the program include Dr. L. Patt Franciosi, WFMH Vice-President for Program Development; Dr. Mercedes Rivas-Torres of Costa Rica, WFMH Regional Vice-President for Latin America; Dr. Maria Elena Medina Mora, Director of the National Psychiatric Institute Ramón de la Fuente; Dr. Francisco Schnass, Director of the ABC Hospital Depression Clinic; Dr. Jesús Del Bosque, pediatric psychiatrist; and Lic. Gabriela Camara, WFMH Board member and President of Voz Pro Salud Mental. The topics to be covered include depression and other chronic illnesses; pediatric issues; co-morbidity; depression in women; advocacy and the role of non-profit organizations; and the need for family support.

Voz Pro Salud Mental, a member organization of WFMH, was estab-



*Dr. Mercedes Rivas-Torres, Chief of Psychiatry and Mental Health, Hospital Clinica Biblica, San José, Costa Rica.*

lished in 2001 by a group of families devoted to improving the quality of life of people living with mental illnesses. Voz Pro Salud Mental's mission is to promote public education, offer support for families, and encourage respect for the people who experience mental illnesses.

The symposium is supported by an educational grant to WFMH from Wyeth Pharmaceuticals.

## Henry P. David 1923-2009

Dr. Henry David, who died on December 31, 2009, had a unique connection with the World Federation for Mental Health spanning more than forty years. He served as Associate Director from 1963 to 1965 when the Federation's office was in Geneva, Switzerland, and from that time on maintained strong ties. He represented WFMH at the 1974, 1984 and 1994 UN International Conferences on Population and Development. He was a founder and co-chair of the Federation's Committee on Responsible Parenthood from 1983 until 2005. He served on the WFMH Board of Directors from 1991 to 1995. Staff members heard from him often, and he stayed in regular touch with the office by phone until shortly before his death.

Henry's research on women's health and the behavioral aspects of family planning was widely recognized. There

is not room here to do justice to his distinguished career. He founded the Transnational Family Research Institute in 1972, which grew to have offices in Bethesda, Maryland; Sunnyvale, California; Copenhagen; Prague; Mexico City; and Moscow. He wrote or edited 17 books, authored or co-authored more than 300 papers, and received, among many awards, the American Psychological Foundation Gold Medal for "Lifetime Achievement in Psychology in the Public Interest."

In a letter written in 2000, his friend Eugene B. Brody, M.D. (President of WFMH 1981-1983, and Secretary General 1983-1999) described a visit with Henry to Czechoslovakia and Hungary soon after they met in the late 1960s: "In Prague I was impressed by his seamless interweaving of socio-political and scientific concerns with immense implications for public policy....[In Budapest] I began to fully realize what a truly international personality Henry really was, and how gifted he was in cross-national and cross-disciplinary

communication." These skills were key to his many accomplishments.

Until late in his career he was still active internationally. He arranged for WFMH's Committee on Responsible Parenthood and the Transnational Family Research Institute to participate in a symposium in 2000 on "Behavioral Sciences and Millennium Challenges" in Yemen, working with WFMH Board members in that country. In 2002 the Committee and the Institute arranged a series of seminars on women's rights and responsible parenthood in Tashkent, Samarkand and Bukhara, working with a partner organization in Uzbekistan. In 2004 the Committee sponsored two symposia at the 28th International Congress of Psychology in Beijing, China. In Shanghai, Dr. David developed a pilot research project with the Shanghai Family Planning Association.

His routine goodbye salute summed up the goals of his work and will be missed by his many friends and colleagues. He ended letters and phone calls with a simple message: Be Well.

## 2010 WORLD MENTAL HEALTH DAY

*"MENTAL HEALTH AND LONG-TERM PHYSICAL ILLNESSES"*

The 2010 World Mental Health Day campaign that opens on 10 October will focus on the theme **"Mental Health and Long-Term Physical Illnesses."** This continues WFMH's focus on the important relationship between physical and mental health and well-being, and will direct particular attention to the mental health impact of living with and managing a long-term condition such as cardiovascular disease, diabetes, respiratory disease or cancer.

Persistent, long-term or chronic medical conditions are defined as any illness that lasts for longer than 4 months. The most prominent long-term illnesses are currently the leading causes of death and disability the world over. The management of such illnesses has attracted more attention over the years because of their impact on mortality, health resources, and quality of life, and the economic burden they place on governments, health care systems and families.

Illnesses such as cancer, diabetes, cardiovascular disease and respiratory disease are conditions that can last for months, years or life. Many people may never see their "good health" return, physically or psychologically. Although receiving specific treatment for their particular illness, people can have a higher risk of a mental disorder.

Long-term physical disorders should not be viewed in isolation from the possible mental and psychological disorders of an affected individual. Anxiety and depression are experienced by many while trying to cope with the phases and treatment needs of these physical conditions.

## FOUR NEW WFMH AWARENESS PACKETS

WFMH is pleased to announce the release of four new international mental health awareness packets:

***"Caring for the Caregiver: Why your mental health matters when you are caring for others"*** provides valuable information on the mental health impact of caring for family members living with a neurological disorder such as Alzheimer's disease and multiple sclerosis.

***"Depression: What you know can help you: International perspectives for people living with depression and their families"*** addresses depression and major depressive disorder. It provides information about depression, the signs and symptoms of the disorder, the types of treatment, and resources for finding help.

***"Diabetes and Depression: Why treating depression and maintaining positive mental health matters when you have diabetes"*** is an educational packet on the importance of managing

your mental health to live better with diabetes. It provides an overview of the dual disorders, the epidemiology of diabetes and depression, and its diagnosis, treatment and management.

***"Depression and HIV/AIDS in Africa"*** brings together evidence-based knowledge and information about the critical bi-directional relationship between depression and HIV/AIDS and the potential negative consequences of the two conditions occurring together, if they are not appropriately diagnosed and treated. The material contained in this packet supports a strong "Call to Action" by governments throughout Africa to give greater attention to the pressing need to increase the availability and quality of mental health and psychosocial support services for people living with HIV/AIDS.

For more information, or to obtain copies of these packets, visit the Global Awareness and Information Services section of the WFMH website at [www.wfmh.org](http://www.wfmh.org), or contact Deborah Maguire at [dmaguire@wfmh.com](mailto:dmaguire@wfmh.com).

## Are You a WFMH Member?

This number of the Newsletter is going to many friends of the Federation. If you wish to continue receiving it please be sure that your membership is up-to-date. If you are not yet a member, join us now! We need you and you need an NGO (non-governmental organization) accredited as a mental health consultant at the U.N. Fees for individual membership: developed countries, \$35; OECD developing countries, \$15; life member \$500; and library \$35 (U.S.). Your inquiries or check should go to: WFMH, 12940 Harbor Drive, Suite 101, Woodbridge, VA 22192-2930, USA.

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**The WFMH Newsletter is published by the World Federation for Mental Health for its members.**

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