



WORLD FEDERATION FOR MENTAL HEALTH

Fédération Mondiale pour la Santé Mentale

NEWSLETTER

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WFMH INTERNATIONAL EXPERTS PANEL EXPLORES ISSUES RELATED TO MENTAL ILLNESS AND SUICIDE

Leading international clinicians, researchers, and policy advocates working in the fields of mental health and suicide prevention convened on March 30–31 in Dulles, Virginia, to participate in an intensive forum exploring major issues related to the 2006 World Mental Health Day theme, ***“Building Awareness - Reducing Risk: Mental Illness and Suicide.”***

The primary objectives of the Forum, organized by WFMH and supported through an unrestricted educational grant from Eli Lilly and Company, were to inform WFMH’s work around the 2006 WMHDay theme; to help guide the WFMH Board of Directors and staff in considering future activities and initiatives around mental illness and suicide; and to open a wide-ranging dialogue among leaders representing varying perspectives in the fields

of mental illness, mental health, suicidology, and suicide prevention.

Eighteen panelists, coming from Canada, India, Ireland, Jamaica, New Zealand, South Africa, Switzerland, Uruguay and the United States discussed a number of issues concerning the relationship of mental illness and increased risk for suicide. These included regional perspectives, the role and impact of the media, cultural and religious factors, mental illness and suicide across the life span, and medications and psychotherapeutic approaches in addressing the risk of suicide by people with a mental illness. WFMH plans to produce a monograph based on the discussions and the “key messages” identified by the panel as a supplement to the World Mental Health Day campaign packet.

International Perspectives

Mrs. Shona Sturgeon, President of the WFMH Board of Directors, chaired the forum. Presentations to provide context for the discussions included *“Mental Illness and Suicide: The Global Perspective”* by Dr. José M. Bertolote, Coordinator, Management of Mental and Brain Disorders at the World Health Organization, and *“Understanding the Relationship Between Mental Illness and Suicide”* by

(continued on page 2)



At the Dulles forum (left to right): Addressing the meeting, José Manoel Bertolote (WHO, Geneva); L. Patt Franciosi (Immediate Past President, WFMH); Lakshmi Vijayakumar (Head, Psychiatry Department, Voluntary Health Services, Chennai, India); and Susan Thonell (Executive Director, Lifeline International, South Africa).

WFMH’s NEW ADDRESS

The offices of the WFMH Secretariat have relocated. The new address is: World Federation for Mental Health 6564 Loisdale Court, Suite 301 Springfield, Virginia 22150-1812, USA. The main telephone number for the Federation has been changed to +1 703 313 8680. Individual extensions for WFMH staff members are: Betty Jones, Executive Assistant, 201 Diane Tacker, Financial Assistant, 202 Preston J. Garrison, Secretary-General /CEO, 203 Deborah Maguire, Director of Programs, 204 The new WFMH fax number is +1 703 313 8683. All email addresses for staff members are unchanged. Contact information for the Baltimore office remains the same (tel. +1 410 938 3180; email eberger@wfmh.com).

(continued from page 1)

Dr. Brian Mishara, President of the International Association for Suicide Prevention (IASP), and Director of the Centre for Research and Intervention on Suicide and Euthanasia at the University of Quebec at Montreal.

Regional perspectives on the topic of mental illness and suicide were presented by Susan Thonell, South Africa (Africa); Dr. Lakshmi Vijayakumar, India (Asia); Dr. Silvia Palaez, Uruguay (Latin America); Dr. Loraine Barnaby, Jamaica (The Caribbean); Dr. John Connolly, Ireland (Europe); and Jerry Reed, MSW, United States (North America).

Dr. L. Patt Franciosi, WFMH Immediate Past President and Chair of the 2006 World Mental Health Day campaign, provided an overview of the 2006 campaign theme and planning, while Dr. Annette Beautrais of New Zealand, Vice-President of the International Association for Suicide Prevention (IASP), introduced IASP's campaign plans for the 2006 World Suicide Prevention Day. WFMH and IASP have entered into a collaboration to ensure that the greatest positive impact possible will result from the themes and activities of the World Mental Health Day and World Suicide Prevention Day campaigns.

Members of the international panel

Loraine Barnaby, MD DM, MPH — Consultant and Lecturer, Department of Community Health and Psychiatry, Faculty of Medical Sciences, University of the West Indies (UWI), Jamaica

Annette Beautrais, PhD — Vice-President, International Association for Suicide Prevention; Associate Professor & Principal Investigator, Canterbury Suicide Project, Christchurch School of Medicine, Christchurch, New Zealand

Myron Belfer, MD — President, International Association for Child & Adolescent Psychiatry & Allied Professions; Professor of Psychiatry, Department of Social Medicine, Harvard Medical School, Boston, MA, USA

José M. Bertolote, MD — Coordinator, Management of Mental and Brain Disorders, Department of Mental Health & Substance Abuse, World Health Organization, Geneva, Switzerland

Mike Bredenbeck, JD — Special Advisor to the Chair of World Mental Health Day, & Past Chair, National Center, Youth Suicide Prevention

Paula Clayton, MD — Medical Director, American Foundation for Suicide Prevention, New York, New York, USA

John F. Connolly, MD — Secretary, The Irish Association of Suicidology, Castlebar, Co. Mayo, Ireland

L. Patt Franciosi, PhD — Chair, World Mental Health Day; Immediate Past President, WFMH

Brian Howard — Chief Executive Officer, Mental Health Ireland, Dun Laoghaire, County Dublin, Ireland

Billie Kubly — President, Kubly Family Foundation, Milwaukee, Wisconsin, USA

Richard McKeon, PhD — Special Advisor, Suicide Prevention, Center for Mental Health Services, Substance Abuse & Mental Health Services Administration, US Department of Health and Human Services, Gaithersburg, Maryland, USA

Brian L. Mishara, PhD — President, International Association for Suicide Prevention; Director, Centre for Research and Intervention on Suicide and Euthanasia; Professor, University of Quebec at Montreal, Canada

Jane Pearson, PhD — Chair, National Institute of Mental Health Suicide Research Consortium; Associate Director, Preventive Interventions, Adult Treatment and Preventive Interventions Branch, Division of Services and Interventions Research, National Institute of Mental Health, Bethesda, Maryland, USA

Silvia Palaez, MD — Director, Ultimo Recurso; President, Suicidology Association of Latin America, Montevideo, Uruguay

Jerry Reed, MSW — Executive Director, Suicide Prevention Action Network USA (SPAN USA), Washington, DC, USA

Shona Sturgeon — President, Board of Directors, World Federation for Mental Health; Senior Lecturer, Department of Social Development, University of Cape Town, Cape Town, South Africa

Susan B. Thonell — Executive Director, LifeLine International, Anerley, South Africa

Lakshmi Vijayakumar, MD — Head, Department of Psychiatry, Voluntary Health Services (500-bed multi-specialty hospital); Founder, SNEHA (suicide prevention NGO), Chennai, India

Attending the meeting as special guests were representatives of corporations and national organizations that have been co-sponsors and supporters of the annual World Mental Health Day campaign, including:

Erin Dalder-Alpher — Program Manager, Office of International Activities, American Psychiatric Association

Janet LeMonnier — Director of Communications, Mental Health Association of New York City (for the National Mental Health Association)

Sally Levery — International Affairs Assistant, Office of International Affairs, American Psychological Association

Joel Raskin, MD, FRCPC — Medical Fellow 1, Neuroscience Platform, Eli Lilly & Company

Donna Satow — Founder, The Jed Foundation

Jan Schadrack, MD — Medical Lead, Abilify, Global Medical Affairs, Bristol-Myers Squibb Company

John Simmons, MD — Director, Global Medical Affairs, Neuroscience, Organon International, Inc.

Quynh Van Tran, DPharm — Manager, Medical Affairs, Otsuka America Pharmaceutical, Inc.



At the Dulles forum:

Richard McKeon (Chair of the U.S. Federal Steering Group for Suicide Prevention and special advisor on suicide prevention for the U.S. Substance Abuse and Mental Health Services Administration) and Loraine Barnaby (Consultant Psychiatrist and lecturer in the Department of Community Health and Psychiatry, University of the West Indies, Jamaica).

NEWS FROM WFMH

Meeting of UK Relief Organizations on Mental Health Response to Disasters

Dr. John Copeland, President-elect, represented WFMH at a January 31 meeting in London of UK relief organizations interested in forming a forum on psychosocial/mental health programs in humanitarian contexts. Over 35 people attended the session, which was held at the offices of the British Red Cross Society. Participants represented organizations such as Oxfam, the British Red Cross, Save the Children, Peace Brigade International, Action Against Hunger, and many others working in international relief and disaster services. This is the second meeting of organizations that have expressed interest in forming an ongoing forum to explore strategies for more coordinated responses to the psychosocial and mental health needs created by major disasters such as the 2004 Indian Ocean tsunami.

2007 WFMH World Mental Health Congress: Organizing Committee Meets in Hong Kong

Secretary-General/CEO Preston J. Garrison traveled to Hong Kong in February to attend a meeting of the Host Organizing Committee for the 2007 World Mental Health Congress. The biennial Congress will be held in Hong Kong on August 19-23, 2007. The theme is *"The Impact of Culture on Mental Health: East Meets West."* The conference will be held at Hong Kong Polytechnic University. The local host organizations for the Congress are the New Life Psychiatric Rehabilitation Association (www.nlpra.org.hk; hkmhc@nlpra.org.hk), the Mental Health Association of Hong Kong (www.mhahk.org.hk; mhahkop@mhahk.org.hk), and the Hong Kong College of Psychiatrists (www.fmshk.com.hk). The Faculty of Health and Social Sciences of the Hong Kong Polytechnic University is a co-host, together with "MINDSET on Mental Health" from the Jardine Ambassadors. After the Congress there will be a post-Congress tour to mainland China, and an opportunity to attend workshops in major cities there. The

First Announcement for the Congress, along with the official website, are expected to be available in June 2006.

While in Hong Kong Mr. Garrison visited work projects sponsored by the New Life Psychiatric Rehabilitation Association with the Association's CEO, Deborah Wan, a WFMH Board member.

WFMH Immediate Past President Attends Meeting of Leaders in Infant, Child and Adolescent Mental Health

WFMH Past President L. Patt Franciosi, PhD, represented the Federation at a meeting in Paris in February to explore forming a coalition of organizations interested in infant, child and adolescent mental health. Other representatives came from the World Association for Infant Mental Health, the International Society for Adolescent Psychiatry and Psychology, and the International Association for Child and Adolescent Psychiatry and Allied Professions (IACAPAP). The meeting was convened by Dr. Myron Belfer, President of IACAPAP. The organizations discussed areas of common interest and developed a list

of ways they might cooperate in future, including working together to promote the human rights of children. They agreed to meet again in December 2006.

World Health Organization Workshop for NGOs on Health Promotion

WFMH President Shona Sturgeon, Preston J. Garrison and Mrs. Myrna Lachenal, WFMH's lead representative to WHO, attended a meeting in February held by the World Health Organization in Geneva for non-governmental organizations interested in health promotion. This was a follow-up to the 6th Global Conference on Health Promotion in Thailand on August 7-11, 2005, where the Bangkok Charter for Health Promotion was adopted. The Charter states: *"Health promotion . . . offers a positive and inclusive concept of health as a determinant of the quality of life, and encompasses mental and spiritual well being."* While in Geneva, Mrs. Sturgeon and Mr. Garrison held meetings with Dr. Benedetto Saraceno, Director of WHO's Department of Mental Health and Substance Abuse, and



Preston J. Garrison and WFMH Board member Deborah Wan, (center, holding an umbrella) visiting a market garden project run by the New Life Psychiatric Rehabilitation Association. Participants in the Association's programs raise fruit and vegetables for sale at the project's shops in Hong Kong.

Dr. José Manoel Bertolote, the Department's Coordinator, Management of Mental and Brain Disorders.

United Nations Commission on the Status of Women, New York

WFMH members led by the Federation's Main Representative at the UN, Nancy E. Wallace, participated in the Fiftieth Session of the Commission on the Status of Women, February 27 – March 10. WFMH sponsored two panels in the CSW side events, one addressing the psychosocial impact of violence against women, and the other offering an Asian perspective on mental health promotion as a key to women's empowerment. WFMH UN representative Ricki Kantowitz and former Federation Board member Chueh Chang organized the panels. WFMH also supported panels arranged by the NGO Committee on Mental Health. In advance of the CSW session the Federation joined fifteen other organizations in submitting a statement to the Commission on the importance of women's mental health to their overall health. It recommended that mental health should be integrated as a priority issue by governments, the UN system, NGOs and the private sector into all levels of policy and program development.

Media Seminar on "Metabolic Issues and Mental Illness" at the European Psychiatric Association Conference in Nice, France

During a media seminar on March 6, Preston Garrison presented an overview of WFMH's 2004-2005 project on "Managing Metabolic Issues in the Treatment of Mental Illnesses" and introduced the soon-to-be-released international public awareness and media outreach toolkit on "**Body and Mind: Metabolic Issues and Mental Health.**" The seminar was held in conjunction with the annual conference of the European Psychiatric Association in Nice, France. Also presenting information on the topic to over 60 international journalists were Dr. Helen Millar (Scotland), Professor Robert Kerwin (UK), Professor Pierre Thomas (France), and Dr. Martin Lambert (Germany). Dr. Robert Trehame Jones (UK), chaired the

seminar, which was sponsored by Bristol-Myers Squibb.

Milan Media Seminar and Community Meeting on Pain and Depression

Preston Garrison participated in a media seminar and community meeting on the topic "*Dialogo tra Mente e Corpo nella manifestazione della Depressione – Emergenze, Bisogni Insoddisfatti, Nuove Prospettive*" held in Milan, Italy, on March 9. During the media seminar attended by more than 50 journalists from throughout Italy, Garrison presented an overview of the results from WFMH's 2005 international survey on "*The Painful Truth: Painful Physical Symptoms of Depression.*" Leading mental health clinicians from Italy, Professor Giovanni B. Cassano and Professor Eugenio Aguglia, made presentations on various aspects of the relationship between depression and physical health. Dr. Isabella Cecchini presented an overview of the replication of "The Painful Truth: Painful Physical Symptoms of Depression" survey that was conducted in Italy.

On the evening of March 9, a community meeting held in Milan was attended by more than 300 persons – family members, advocates, professionals and individuals with depression. The community meeting was one of the first such public events focusing on depressive disorders to be held in Italy. In addition to presentations relating to the painful symptoms of depression and the Italian survey results, the community meeting featured a stirring presentation/testimonial by Simona Izzo, one of Italy's leading film stars, authors and filmmakers, who talked about her experiences with depression. The media seminar and community meeting were sponsored by the Italian offices of Eli Lilly and Boehringer Ingelheim.

WPA/APAL Regional Conference in Caracas, Venezuela

Preston Garrison joined WFMH Board member Professor Edgard Belfort, WFMH South American Regional Vice-President Dr. Roger Montenegro, and former WFMH Board member Dr. Paulo Alterwain in Caracas, Venezuela, to present a WFMH symposium on the topic of World Mental Health Day 2006

– "*Building Awareness - Reducing Risk: Mental Illness and Suicide*" – at the combined World Psychiatric Association Zonal Meeting & Latin American Psychiatric Association Regional Meeting on March 23-25. Mr. Garrison, Professor Belfort, Professor Montenegro and Dr. Alterwain discussed the prevalence of suicide in Latin America, the impact of mental illness as a risk factor for suicide, and the theme and major sub-topics to be included in the 2006 WMHDay campaign materials. Professor Montenegro focused specific attention on the need for public education about the relationship of mental illness and suicide as a strategy for reducing risk and encouraging early recognition, diagnosis, and treatment. Dr. Alterwain presented information on the Uruguayan National Union for Suicide Prevention's efforts to reduce the problem of suicide in Uruguay.

TOGETHER AGAINST STIGMA 3rd International Conference "A DECADE OF PROGRESS" October 5-8, 2006 ISTANBUL, TURKEY

The 3rd International Conference on "Fighting Stigma and Discrimination Because of Mental Illness" will be held on October 5-8, 2006, in Istanbul, Turkey. The conference will present new information about successful programs from many countries. In addition, it will for the first time provide opportunities to present material concerning stigma due to illnesses other than schizophrenia, and concerning stigma affecting specified population groups such as refugees.

Detailed information is on the website: www.stigmaistanbul.org
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Estefania Aldaba Lim WFMH President 1983-85



Estefania Aldaba Lim, PhD, in 1983 at the WFMH World Congress in Washington, DC, where she became WFMH President. On the left is Tsung-yi Lin, MD, President in 1975-79, and on the right is Eugene B. Brody, MD, President in 1981-83.

Estefania Aldaba Lim, who died on 7 March at the age of 89, was a distinguished advocate for mental health and for improving the lives of women and children. She was awarded a prestigious scholarship to study for a doctorate in psychology in the United States, and returned to her native Philippines to become the country's first female clinical psychologist. Later she became its first female Cabinet member, serving as Secretary of the Department of Social Services and Development.

When the United Nations General Assembly adopted 1979 as the International Year of the Child, Dr. Lim was selected to lead the multi-year project, which included two years of preparation. As the U.N.'s Special Representative for the IYC she held the rank of Assistant Secretary-General. Working with responsibility to UNICEF, she organized activities around the world to promote children's special needs. The attention she generated for these issues, including health and education, helped to pave the way for the development of the UN Convention on the Rights of the Child, adopted by the General Assembly in 1989.

During a long international career Dr. Lim maintained broad interests concerned with bettering the situation of women and children (she had

six children of her own). Reproductive health and responsible parenthood were continuing concerns from the early days of her career. Later she fought the growing exploitation of children for prostitution in Asia (she was a member of a WFMH committee on this subject until 1996).

Fanny Lim recognized the strong links between social welfare and mental health. With Dr. Margaret Mead (WFMH President, 1956-57) she co-founded the Philippine Social Science Council. She also worked with Dr. Mead to organize the first international conference on student mental health, sponsored by WFMH and held at Princeton University in 1956. She was a founding member, first Vice President, and then President of the Philippine Mental Health Association, a WFMH member organization. She was a member of the Federation's Executive Committee in the 1960s, and later served as WFMH President from 1983 to 1985. When she succeeded Eugene B. Brody, MD as President, she played a significant role in the organization's development by supporting his transition to the post of WFMH Secretary-General. In recent years she maintained her contacts with friends in WFMH through lively correspondence. Her energy and warmth will be remembered with affection.

MAJOR REPORT ON "THE STATE OF DEPRESSION IN AMERICA" RELEASED

The Depression and Bipolar Support Alliance (DPSA) released a 96-page White Paper report on "The State of Depression in America." According to the report, depression is the leading cause of disability in the U.S. and "drains more than \$83 billion annually from the American economy, affects 19 million Americans, and results in thousands of preventable suicides." It is often undetected and untreated. Frequently it co-exists with other serious illnesses, such as heart disease, diabetes, stroke and cancer. Access to care is very inadequate, particularly for racial and ethnic minorities. The report says that only 57 percent of individuals with a major depressive disorder receive any treatment and only 22 percent receive adequate treatment. Lydia Lewis, president of DBSA, calls the situation "a national disgrace."

The White Paper surveys the current fragmented system of mental health care in the United States, where mental health services funded by the states differ sharply, and many government agencies are involved in funding programs. There are five key recommendations:

1. Improved reimbursement by the government Medicare program for mental health services
2. Improved reimbursement by private insurers for primary care physicians treating depression
3. Loan forgiveness programs for medical students who choose to specialize in mental health care, particularly care for children, adolescents, minority populations and the elderly
4. Expedited academic and private research to develop better treatments
5. Support from the government and private sector for increased access to peer support services

The report highlighted the value of peer support as a cost-effective and beneficial part of treatment that provides a social network, and enables consumers to participate in planning and implementation of services.

For more information about the report, check the DBSA website at www.dbsalliance.org

Fourth World Conference on the Promotion of Mental Health and Prevention of Mental and Behavioral Disorders Oslo, October 11-13, 2006

Under the overall theme of "Developing Resilience and Strength Across the Life Span," the program topics are research; effective programs and principles; knowledge exchange and effective implementation; national policies and organization; and training and developing a competent workforce. Special plenaries will be given on "The Economy of Mental Health Promotion and Prevention," "Reaching the Population," "Human Rights and Mental Health," and "Building Coalitions Across Sectors." As at the New Zealand conference in 2004, there will also be a Policy Forum.

Dr. Gro Harlem Brundtland and Mrs. Rosalynn Carter will participate in the program. Speakers also include Margaret Barry (Ireland), Paula Barrett (Australia), William Beardslee (USA), Marion Forgatch (USA), Helen Herrman (Australia), Clemens Hosman (Netherlands), Rachel Jenkins (UK), Martin Knapp (UK), Eva Jané-Llopis (Denmark), Terje Ogden (Norway), Richard Price (USA), Shekhar Saxena (Switzerland) and Yu Xin (People's Republic of China).

The conference web site is at www.worldconference2006.no and it has forms for electronic registration and abstract submission. The early registration fee until May 15 is Norwegian krone 2,400 (about US\$377). Between May 16 and July 31 the fee is NOK 2,800, after which it is NOK 3,300.

The abstract deadline was March 31. Late abstracts will be considered depending on the space available in specific program tracks.

WFMH HOSTS FOURTH APA FORUM ON INTERNATIONAL PSYCHIATRY AND MENTAL HEALTH

WFMH will host its 4th annual Forum and Reception on International Psychiatry and Mental Health at the 2006 American Psychiatric Association's annual conference in Toronto, Canada, May 21-26. The WFMH Forum is an opportunity to network with presidents of the many national psychiatric associations and other mental health organizations attending the APA conference. As many as one-third of attendees at the annual conference come from countries outside North America.

The WFMH forum and reception are scheduled for Tuesday, May 23, from 4:30 until 6:30 p.m. at the Delta Chelsea Hotel in Toronto. The theme for this year's event is **"Body & Mind: Metabolic Issues and Mental Health."** The forum will mark the formal release of WFMH's new international awareness and media outreach campaign

packet on the management of metabolic issues for people with severe and enduring mental health problems. The *"Body & Mind"* campaign packet is being made available to WFMH member organizations and other mental health organizations around the world. The project was supported through an unrestricted educational grant from Bristol-Myers Squibb Company, which is also sponsoring this year's forum.

Two featured speakers have been confirmed for the event. Dr. Thomas N. Wise is Professor of Psychiatry at the Johns Hopkins University School of Medicine and George Washington School of Medicine, where he is also Associate Chairman. Dr. Helen Millar, a consulting psychiatrist from Dundee, Scotland, will join Dr. Wise. She is the lead clinician of a Community Mental Health Team in Dundee and also lead clinician at the Carseview Centre, a 12-bed intensive psychiatric care unit. Dr. Millar will present a program on managing cardiovascular and metabolic risk factors in patients with schizophrenia.

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, 6564 Loisdale Court, Suite 301, Springfield, Virginia 22150-1812, USA. Tel: +1 703 313 8680, ext. 201. Fax: +1 703 313 8683 Email: info@wfmh.com Website: www.wfmh.org

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