



WORLD FEDERATION FOR MENTAL HEALTH

Fédération Mondiale pour la Santé Mentale

NEWSLETTER

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PRESIDENT'S MESSAGE

It gives me great pleasure to be able to communicate with all readers of the newsletter in this way, whether as members of the Federation or supporters in some other capacity. It was at the beginning of September in Athens that I assumed the role of President and I am still coming to terms with the responsibilities that are attached to this role.

I would like to record the appreciation of the Federation for the leadership of the Immediate Past President, Professor John Copeland, during his term in office. John represented the Federation internationally on many occasions and I know that this must have been demanding on him both physically, mentally and financially. He was tireless in his efforts. He was and continues to be the leader of projects such as Mental Health Direct and the WFMH Disaster Response Initiative, and a leading participant in the Movement for Global Mental Health in conjunction with the Lancet Report team. I am confident that John will continue to be involved in many Federation activities.

I look forward to a good working relationship with the newly-elected Board, and I welcome those members who are new to the Board. I wish I could say that we will have a closer relationship and be able to meet together personally rather than by email, but this is unfortunately not possible unless funding becomes available. The Federation's finances are something we will have to continue to work hard on in these difficult economic times but there does seem to be a light at the end of the tunnel. I take this opportunity to acknowledge the extraordinary amount of work done by Preston Garrison, who has recently retired from his

role as CEO/Secretary General. He continues to serve the Federation, joining the ranks of our volunteers as Special Initiatives and Projects Advisor until the end of the year.

Equity of Access

I come from a non-medical background and my involvement in mental health and illness is a consequence of having experienced the illness aspect within members of my family in Australia. I would like to see equity of access for all people to mental health services that are not only based on illness and acute intervention but focus on wellness, early intervention and recovery. There is a need to advocate for global services that are clearly centered on the individual in a concept of wholeness, wellness and recovery. No matter whether we are service users (past and present), those with a personal supporting relationship to a service user, policy makers, professionals or service providers, we need to work together on a collaborative basis. We need to break down barriers that exist, which may mean looking at things in a different way than we are accustomed to do. It is up to us collectively to achieve what may seem to be impossible. Let us also not forget in this process the important aspect of promotion of mental health and prevention of mental disorders.

I would welcome direct personal contact with anyone who wishes to discuss any issues with me, and my email contact details are below.

*A. (Tony) Fowke AM, President
World Federation for Mental Health
Email: tonpam@bigpond.net.au*

New Board of Directors

President Elect

Deborah Wan of Hong Kong, SAR, China, has been elected as WFMH's next President. She will take office at the WFMH Mental Health Congress in Cape Town in 2011, serving for two years after Tony Fowke completes his term from 2009 to 2011.



Deborah Wan, President-Elect

Ms. Wan recently retired as the Chief Executive Officer of the New Life Psychiatric Rehabilitation Association. She had held the post since 1981. NLPRA is a major provider of community-based psychiatric rehabilitation services in Hong Kong, including more than 20 social enterprises that provide work opportunities for people with psychiatric disabilities. Ms. Wan has developed a close network of contacts throughout the Asia/Pacific region, and in Mainland China where she is Honorary Advisor to Suzhou Guangzhi Hospital and Wuxi Mental Health Center. She led the organizing team of a memorable WFMH Mental Health Congress in Hong Kong in 2007.

(continued on page 2)

New Board (continued from page 1)

WFMH Officers

President: Tony Fowke, AM, Australia

President Elect: Deborah Wan, Hong Kong, SAR, China

Immediate Past President:

John Copeland, United Kingdom

Corporate Secretary:

Roger Montenegro, Argentina

Treasurer: Charles G. Ray, USA

Vice-President for Constituency

Development: Helen L. Millar, Scotland, United Kingdom

Vice-President for Program Develop-

ment: L. Patt Franciosi, USA

Regional Vice Presidents

Africa: Brian Robertson, South Africa

Asia Pacific: Tsuyoshi Akiyama, Japan

Eastern Mediterranean:

Haroon Rashid Chaudhry, Pakistan (Interim VP)

Europe: George Christodoulou, Greece

Latin America: Mercedes Rivas-Torres, Costa Rica

North America: Diane Froggatt, Canada

Oceania: Helen Herrman, Australia

Directors

Mohammed Abou-Saleh, United Kingdom

Gabriela Camara, Mexico

Yoram Cohen, Israel

Rafia O. Ghubash, Bahrain

Sylvester Katontoka, Zambia

Porsche Poh, Singapore

Shridhar Sharma, India

Richard Studer, USA

Shona Sturgeon, South Africa

Richard D. Hunter Award

At the WFMH Congress in Athens in September, the 2009 Richard D. Hunter Award for an outstanding local World Mental Health Day campaign was presented to Mental Health Welfare and Trust, India, led by Dr. V. D. Meel.

World Mental Health Day 2009

World Mental Health Day was celebrated on 10 October (or as close to that date as possible) by many organizations. It has continued to grow as a valuable platform for public education since WFMH founded it in 1992. Each year the Federation chooses a theme and prepares a packet of information, translated into eight languages, for distribution by CDs and by download from the WFMH website. This year's theme, "Mental Health in Primary Care," had resonance in many places. In the first four months after the material was posted on the WMHDay section of the website, Project Director Deborah Maguire reported that the section received more than 59,600 hits. Three weeks after World Mental Health Day she had already received more than 60 reports about activities and programs in 26 countries.

Selected reports will be posted on the website in coming months.

Here are some activities held in observance of this year's WFMH public education campaign:

- **Ban Ki-moon, the Secretary General of the United Nations**, said in a message for 10 October, that World Mental Health Day is "an important opportunity to mobilize international resources to meet the goal of providing adequate mental health care."
- **The World Health Organization** in Geneva launched a new mhGAP action program to try to narrow the distance between needs and services in low- and middle-income countries.
- **The Pan American Health Organization**, where WFMH held a Symposium on the Day, launched its new Strategy and Plan of Action on Mental Health.
- WFMH's Main Representative at the UN, Nancy Wallace, organized a program for the NGO Committee on Mental Health in **New York**.
- A new international consumers' organization, **Mentallympians**, announced its inaugural advisory

group in **Brisbane, Australia** (it includes WFMH President Tony Fowke and former Board member Janet Meagher; visit the website at www.mentallympians.org).

- The Voluntary Association for Mental Health, a consumers' group led by Joyce Bamwenda, organized a festive neighborhood event in **Kariakoo, Dar es Salaam, Tanzania**.
- In **Ernakulam District, Kerala, India**, the local Psychiatric Society held awareness classes in all of the district's primary health centers.
- The **Mogadishu** Institute of Health Science, in collaboration with the Habeb Public Mental Hospital headed by Abdirahman Ali Awale, arranged a ceremony and educational event for 350 mental health staff, medical students and media representatives from **south and central Somalia**.
- In **Singapore**, WFMH Board member Porsche Poh chaired planning for three days of programming that included all mental health organizations in the city-state and the Health Promotion Board. One of the events involved blocking off one of Singapore's central streets from 2pm to 9pm for a festival featuring mental health messages to combat stigma.
- Chief Consultant Nusrat Habib Rana reported that the Punjab Institute of Mental Health in **Lahore, Pakistan**, had six days of programming for patients, families, local students and the public.
- In **Oporto, Portugal**, ENCON-TRAR+SE, led by Filipa Palha, organized a three-day program of activities, including a session at the Biblioteca Almeida Garrett to launch a publication on schizophrenia. Board member L. Patt Franciosi represented WFMH at various events, and EUFAMI (European Federation of Associations of Families of People with Mental Illness) was represented by its President, Sigrid Steffan.

WFMH WORLD CONGRESS

“WORKING TOGETHER FOR MENTAL HEALTH”

Nearly 1,000 registered participants from 74 countries converged on Athens, Greece, for the September 2 – 6, 2009 World Mental Health Congress. Held at the Athens Hilton Hotel, the WFMH Congress was organized under the host country sponsorship of the Hellenic Psychiatric Association and the Society for Preventive Psychiatry, and under the auspices of the President of the Hellenic Democracy and the Greek Ministry of Health and Social Solidarity. Co-sponsoring organizations were the World Psychiatric Association, the World Association for Psychosocial Rehabilitation, and the Psychiatric Association of Eastern Europe and the Balkans. The Host Organizing Committee was chaired by Professor George Christodoulou, a member of the WFMH Board of Directors.

The Congress was opened by a special day-long Forum organized by the Global Movement for Mental Health, a consortium of organizations and individuals interested in promoting increased mental health services worldwide in follow-up to the September 2007 release of the Lancet Series on Global Mental Health.

This forum was convened to provide an assessment of the impact of the Lancet Series and to encourage continued efforts by countries to improve their mental health legislation, policies, and services.

In addition to 20 plenary lectures and panel discussions, the Congress Scientific Program included 293 oral and 214 poster presentations, 6 workshops and 10 symposia. The WFMH Congress Lecture Series featured plenary presentations by Dr. Catherine Loewenthal (the Mary Hemingway Rees Memorial Lecture), Professor Clemens Hosman (the George Albee Memorial Lecture on Primary Prevention), Dr. Mohammed About Saleh (the Margaret Mead Memorial

Lecture), and Mrs. Janet Meagher (the WFMH Lecture on Consumer Issues). WFMH Special Symposia were presented on the topics of the 2009 World Mental Health Day Campaign and on Diabetes and Depression. Over 120 faculty members from more than 20 countries participated in the Scientific Program's events.

During the Congress Closing Ceremony, Professor Christodoulou passed the symbolic WFMH World Congress Amethyst to Mr. Solomon Mokgato,

National Executive Director of the South African Federation for Mental Health, the host organization of the 2011 WFMH World Mental Health Congress to be held in Cape Town, South Africa.

During its post-Congress meeting, the WFMH Board of Directors adopted a Resolution of Appreciation recognizing the success of the Congress and the diligent and untiring work of Professor Christodoulou, the Organizing Committee, and the Congress staff.

The Sixth World Conference on the Promotion of Mental Health and Prevention of Mental and Behavioral Disorders November 17-19, 2010

“Addressing Imbalances: Promoting Equity in Mental Health”

Omni Shoreham Hotel • Washington, D.C.

The sixth conference in this popular series will focus on the promotion of mental health and the prevention of mental disorders within a social setting. Mindful of the impact of the global economic downturn, it will consider the effects of economic circumstances and social issues while highlighting advances in research and the implementation of evidence-based programs.

The conference website is at <http://wmhconf2010.hhd.org>, with information about hotel registration and the submission of abstracts. Program updates will be added at frequent intervals.

The program themes are:

Promoting mental health and community well-being

Exploring social and economic connections to mental health

Protecting human rights, preventing discrimination and promoting diversity

Preventing disorders

Healing from adverse experiences and trauma

These themes will be explored through the following strategies:

Reporting on research on promotion and prevention worldwide

Influencing advocacy and policy

Developing stakeholder partnerships

Implementing effective programs

Developing an effective workforce for promotion and prevention

The closing date for the submission of abstracts is April 30, 2010. Abstracts should be no more than 400 words, and should be submitted online via the conference web site.

The conference organizers are The World Federation for Mental Health, The Clifford Beers Foundation, The Carter Center and Education Development Center, Inc. Education Development Center is the Host Organization.

To place your name on a list for occasional e-bulletins about the development of the program, send your name and contact information to Ms. Anne O'Neill, EDC's senior registrar for conferences, from the "Contact" link on the website or send an email to her for information (aoneill@edc.org).

Vision, Mission, and Goals of the World Federation of Mental Health

Because new members have asked recently about the Federation's vision, mission and goals, we are pleased to reprint them here.

VISION

The World Federation for Mental Health envisions a world in which mental health is a priority for all people. Public policies and programs reflect the crucial importance of mental health in the lives of individuals.

MISSION

The mission of the World Federation for Mental Health is to promote the advancement of mental health awareness, prevention of mental disorders, citizen advocacy, and best practice recovery focused interventions worldwide.

GOALS

To heighten public awareness about the importance of mental health, and to gain understanding and improve attitudes about mental disorders

To promote mental health and prevent mental disorders

To improve the care, treatment and recovery of people with mental disorders

OBITUARY

ISAAC MWENDAPOLE

WFMH was saddened to learn of the death on 19 October of Isaac Mwendapole, a former member of its Board of Directors. Mr. Mwendapole was being treated at the University Teaching Hospital in Lusaka, Zambia, for complications of diabetes. He had long been active in mental health affairs in Zambia, in the African continent and internationally.

He began his first term as WFMH Regional Vice President for Africa in 1981, and served on the WFMH Board continuously for sixteen years (later holding the posts of Honorary Secretary, Member-at-Large, and Regional Vice President again). Professor Eugene Brody, then Secretary General of the Federation, wrote during this period that "he was the essential, stable contact point for African NGOs interested in mental health."

Mr. Mwendapole made an enormous effort to develop a network of NGOs and interested individuals to advance advocacy, despite the financial limitations and poor communications of the region. He served as Executive Direc-

tor of the Mental Health Association of Zambia, participated in numerous regional collaborations in Southern Africa, and was most recently a member of the advisory committee of the WHO Mental Health and Poverty Project (MHaPP). In addition to his volunteer commitments he worked as a Community Development Officer for urban areas, and had a family farm in Kabwe.

Great Global Consensus

At the WFMH Congress in Athens, outgoing President John Copeland presented a report on the Great Global Consensus, a project he initiated to promote greater unity in mental health constituencies and mobilize grassroots organizations around the world to strengthen advocacy. An e-mail survey was sent to WFMH members to seek their opinions on important issues, and hundreds of replies were received. Dr. Copeland urged grassroots organizations to become more visible by undertaking rallies and marches to demand better services.

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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Please send payment in U.S. dollars or other internationally exchangeable currency. Payment by credit card is preferred.

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