



WORLD FEDERATION FOR MENTAL HEALTH NEWSLETTER

JULY 2012

WFMH Statement at World Health Assembly

The agenda of the World Health Organization's annual World Health Assembly in May included an important mental health resolution for consideration by the member States. It asked WHO to draft a global action plan on mental health for approval by the Assembly in 2013. The Federation had two observers at the Assembly, former President John Copeland and Myrna Lachenal, WFMH's Main Representative in Geneva. Professor Copeland travelled from the United Kingdom to attend. At the end of the Assembly's discussion on mental health, he read a statement from WFMH that he had prepared in collaboration with Board member Mohammed Abou-Saleh, staff member Elena Berger and the Federation's Main Representative at UN New York, Nancy Wallace:

STATEMENT TO THE 65TH WORLD HEALTH ASSEMBLY FROM THE WORLD FEDERATION FOR MENTAL HEALTH IN RELATION TO AGENDA ITEM 13.2 (Global burden of mental disorders and the need for a comprehensive, coordinated response from health and social sectors at the country level)

On behalf of the World Federation for Mental Health (WFMH), a non-governmental organization in official relations with the World Health Organization, I, John Copeland (Past President of WFMH), am speaking on behalf of the current President, Deborah Wan of Hong Kong, our international Board of Directors and our members. The World Federation for Mental Health urges that:

- *Mental disorders should be placed on the Non-Communicable Disease agenda in parity with other NCDs, because of the wide prevalence of mental disorders and also their close connection with other NCDs;*
- *Attention should be given to women's mental health from a "whole life" perspective, inclusive of social issues and gender-based violence;*
- *Noting with appreciation the September 2010 WHO report, Mental Health and Development: Targeting People with Mental Health Conditions as a Vulnerable Group, we urge that mental illness be viewed not only as a medical issue but also as a development issue relevant to poverty and productivity, and to human rights; and*

- *We urge that sufficient funding and resources be allocated by Member States to support strong mental health initiatives in their countries.*

The World Federation for Mental Health fully supports the proposal of a comprehensive Mental Health Action Plan and is committed to collaborating with the World Health Organization and Member States in its development and implementation.

Recalling the Lancet series of articles that provided the economic, medical and humanitarian evidence for moving forward world mental health, the Federation in 2009 established the Great Push for Mental Health Program in alliance with the Movement for Global Mental Health around the themes “Unity, Visibility, Rights, Recovery” to rally civil society to the cause of international mental health. To date over 500 organizations representing diverse constituencies from 112 countries have signed up their members. As a contribution to inform the WHO Action Plan, the Federation, in the spirit of cooperation and collaboration, has begun a survey of these organizations to obtain their views of the most important issues in mental health. These views will be brought together as a “People’s Charter for Mental Health” and offered to WHO as a reference guide to the concerns of civil society.

WFMH detects a surge of enthusiasm around the world for what WHO is now undertaking and with its supporting organizations is proud to participate in this important process.

Dr. Copeland reported that the reception of the WHO agenda item on mental health was “highly encouraging.” Representatives of 31 country governments spoke individually about their support for the resolution, Denmark spoke representing the entire European Union, and the Seychelles spoke for the African Union. The WHO mental health resolution was passed unanimously by the Assembly, and a mental health action plan is now in the drafting process for review by the WHO Executive Board in January next year.

WFMH Survey

WFMH sent out the survey mentioned in the statement above to the organizations that signed up for the *Great Push for Mental Health Program*. The views of organizations that responded were incorporated in a preliminary report sent to WHO. **Organizations that still have not returned the survey are urged to do so by July 28.** John Copeland, who organized the project, says:

“A preliminary glance at the results suggests an exciting level of agreement across the varied constituents of civil society on what they want for mental health, and how they want mental health

to advance. We believe we can now build on this sense of unity in the mental health world to develop a powerful message to WHO and governments about what civil society expects from them.

Wish us luck as we develop the People's Charter for Mental Health for presentation to WHO and press for a United Nations General Assembly Special Session on Mental Health along with our partner, the Movement for Global Mental Health.

And please go to the Federation's website www.wfmh.org and join us! Your membership has a double benefit for us, supporting our staff and supporting our cause. 'Unity' is the first of the four aims of the Great Push for Mental Health and unity among users/consumers, family members, professionals, researchers, planners, advocates and volunteers will carry us to our goals."

2013 WFMH World Congress, Argentina

The next Congress of the World Federation for Mental Health will be held in Buenos Aires on 25-28 August 2013, hosted by the Argentine Association for Mental Health (AASM). WFMH President Deborah Wan attended this year's annual conference of the Argentine Association (28-30 May 2012) to discuss the Congress arrangements and to give two presentations about the work of the Federation. Foreign participants attended from Brazil, Chile, Israel, Mexico, Spain and the United States. The meeting had 3,000 registrants and the Argentine Association hopes for an even higher number at the Congress.

The host organization's planning group for 2013 is led by AASM President Alberto Trimboli, Honorary President Eduardo Grande, and WFMH Board member Roger Montenegro, President of Foundation Contener. The Congress will have simultaneous translation (Spanish and English) for the keynote speeches, and two program tracks, one in English and one in Spanish, for the breakout sessions. Some sessions will be held in Portuguese. A room will be designated as a meeting space for consumers and carers.

Abstracts for workshops and roundtables are due by 12 April 2013, and submissions for posters are due by 10 May 2013.

Deborah Wan has requested that some site visits to public and private hospitals be added to the program so that international visitors can learn about Argentina's mental health system. While she was in Buenos Aires she had the opportunity to visit a public general hospital, Hospital Alvarez, which has a Mental Health and Addictions Unit with a staff of 58. It has 20 hospital beds and an outpatient day hospital. She also visited a private hospital, Hospital Italiano, which participates in the international Dialogue on Diabetes and Depression, of which WFMH is a member organization.

The website for the 2013 World Congress is at www.wmhc2012.aasm.org.ar/en and further information will be posted there as planning moves ahead.

World Mental Health Day, 10 October 2012

WFMH has prepared material for this year's theme, "Depression: A Global Crisis." It will be posted on the Federation's website (www.wfmh.org) at the start of August. The aim of the material is to highlight the fact that depression is a very widespread condition, affecting many people in all parts of the world and impacting their ability to work and their family life. It will be the leading component of the global burden of disease by 2030, and is already the leading cause of disease burden for women aged 15-44. It is closely associated with a number of physical illnesses such as diabetes, heart disease, respiratory conditions and cancer, as WFMH pointed out last year in the campaign about non-communicable diseases.

A group of writers from the World Health Organization has contributed an overview of depression's prevalence and effects. WFMH Board members have provided material on the link between depression and unemployment, economic distress and debt, particularly timely in view of the current economic problems in many countries. The writers note that people who experience depression can be vulnerable to suicide or suicidal thinking. Various evidence-based treatments are available, although many people who experience depression do not receive treatment because of lack of access to care or because stigma discourages them from seeking it.

This year is the 20th Anniversary of World Mental Health Day, founded by WFMH's Deputy Secretary General Richard Hunter in 1992 to provide a way for organizations to join together internationally to expand public education about mental disorders and strengthen advocacy. He would scarcely recognize the extent to which the campaign has grown, and the Federation hopes that the 2012 observance will be the largest yet. For more information, contact the WFMH Director of Administration Deborah Maguire (using the email address wmhday@wfmh.com).

7th World Conference on the Promotion of Mental Health and Prevention of Mental and Behavioral Disorders, Perth, Australia, 17-19 October 2012

This conference series focuses on recent advances in research on interventions to promote mental health and reduce risks for mental disorders, and their growing implementation in countries that support this scientific field. The theme is "The 21st Century Approach to Mental Health." Program details can be found at www.perth2012.org. The event incorporates an annual aboriginal conference, "Our Mob, Our Minds, Our Spirit," and will include program sessions on the wellbeing of indigenous populations.

The organizers report that a small number of late abstracts may still be accepted if gaps appear in the workshop program. Please contact Michael Murray (Michael_murray@charity.demon.co.uk) about this possibility.

Speakers include Jukka Vuori, Finland, director of studies about psychosocial support for unemployed people; Jane Costello, USA, an epidemiologist directing a major research program in child psychiatry; David McDaid, UK, a senior researcher concerned with the economic case for mental health promotion and disorder prevention; Sarah Stewart-Brown, UK, an expert on interventions to support parenting and an advocate for promotion/prevention in public health; Vikram Patel, India, a researcher on innovative interventions in low-income settings; Patti Laboucane-Benson, a leader in aboriginal and indigenous research projects in Canada; Janet Meagher, Australia, a well-known advocate for consumers and former WFMH Board member; and Prawate Tantipiwatanaskul, senior advisor in the Thai Department of Mental Health, whose wide experience includes implementing school mental health programs and programs to promote resilience and happiness.

The conference is a joint initiative of WFMH, The Carter Center and The Clifford Beers Foundation, in conjunction with the Mental Health Commission of Western Australia. The Clifford Beers Foundation is the host organization.

Note that the standard rate registration fee ends on 31 July; payments must be received and cleared by this date. After 31 July the late registration fee will apply.

WFMH Conference in Greece, 6-9 March 2013

WFMH and the Hellenic Psychiatric Association are organizing an International Congress in Athens on "Crises and Disasters: Psychosocial Consequences." The website at www.psychcongress2013.gr provides details of the program and other arrangements. The theme covers the psychosocial results of natural and man-made disasters, and also the results of economic crises—a topic of importance these days in many countries (as this year's World Mental Health Day material also recognizes). Dr. George Christodoulou, WFMH President-elect and an organizer of the meeting, writes:

"Economic crises can have very serious consequences. They do not occur in the abrupt, direct and dramatic way in which natural and human-made disasters do, but they have similar catastrophic consequences. The association of unemployment resulting from an economic crisis with suicide is one of the strongest ones. We have decided to select this topic as the main theme of our congress because of its relevance to current financial developments in the world, and especially in Europe and more so in the host country."

The deadline for submitting abstracts and symposia is 15 November, and Early Bird registration rates last until 3 December. The language of the meeting is English, with plenary sessions having Greek-English simultaneous translation.

The venue is the Royal Olympic Hotel, Athens. The secretariat is provided by ERA Ltd, 17 Asklipiou Str., 10680 Athens, Greece (tel. 30 210 3634944; fax 30 210 3631690; email info@era.gr).

The conference is co-organized by the Society of Preventive Psychiatry and co-sponsored by the Hellenic Ministry of Health and Social Solidarity; the World Psychiatric Association; the European Psychiatric Association; and the Psychiatric Association for Eastern Europe and the Balkans.

Mental Health Strategy for Canada

Canada's long-awaited mental health strategy document was published by the Mental Health Commission of Canada on 8 May. "Changing Directions, Changing Lives: The Mental Health Strategy for Canada" is a plan to promote mental health and wellbeing for everyone and to create a mental health system that meets the needs of all people living with mental conditions. The document can be found at: <http://strategy.mentalhealthcommission.ca/pdf/strategy-images-en.pdf>

News from WFMH Board Members

Yoram Cohan, a Board member from Israel who chairs ENOSH, the national mental health organization and also the organization SACH (Save A Child's Heart) writes that SACH was awarded the prestigious Israeli Presidential Award for Volunteerism in June. SACH relies heavily on volunteers for its program to provide heart surgery for children.

News from WFMH Voting Member Organizations

Psychoanalysis in Kazakhstan

Dr. Anna Kudiyarova, director of the Central Asian Psychoanalytic Institute, corresponded with WFMH recently about the arrival of psychoanalytic theory in Kazakhstan, from where it is very gradually spreading to other countries in Central Asia. The teaching of psychoanalysis was forbidden in the Soviet era, but gained a foothold in the last decade after Dr. Kudiyarova introduced courses at Daryn University in Almaty, brought in foreign psychoanalytic teachers from the USA, Germany, Finland, Israel and The Netherlands to give seminars, and translated material into the Kazakh language. To produce a textbook on "The Basics of Psychoanalytic Treatment" she had to

find Kazakh terms that were equivalent to words like “transference,” “countertransference,” etc., drawing on the help of many local language experts for advice on expressing concepts correctly.

The Psychoanalytic Association of Kazakhstan was established as an officially registered NGO in 2005, and brought together the seminars and courses under the umbrella of the Psychoanalytic Institute, a structural division of the Association. A summer school on psychoanalysis was organized in 2009, with participants from Kazakhstan and Siberia (Russia). The following year participants from Kyrgyzstan took part with the Kazakhs and Russians. The third summer school in 2011 had people from six countries, including China, and this year’s school had applicants from seven countries, with 70 people taking part. A winter course was also held this year.

Dr. Kudiyarova reports that a children’s center has been opened in Almaty where students can work with children and their parents. This has provided an opportunity to work with children who have autistic spectrum disorders.

International Council of Psychologists’ Seville Conference, 10-14 September 2012

This year the International Council of Psychologists celebrates 70 years as a pioneering professional organization, holding its 70th annual convention in Seville, Spain, on 10-14 September 2012. The theme of the Seville conference is “Celebrating 70 Years of Working towards Health, Peace, and Social Justice.” The beautiful Universidad de Sevilla, founded in 1505 and the cultural center of Spain, will co-host the convention. For information on conference presentations contact Dr. Tara Pir (tarapirimces@msn.com); for Continuing Education Workshops contact Dr. Anie Kalayjian (drkalayjian@meaningfulworld.com); and for poster presentations contact Dr. Anna Laura Comunian (annalaura.comunian@unipad.it). In most years the conference proceedings have been published in book form.

ICP, a member organization of WFMH, is committed to furthering world peace, promoting human rights and promoting collaboration among mental health professionals and social scientists globally. ICP, Inc. was one of the first three mental health/wellbeing organizations accepted into consultative status at the United Nations, and has UN representatives in New York, Geneva and Vienna. It has Area Chairs in most countries where there are members, and in the provinces of Canada and the states of the USA.