



WORLD FEDERATION FOR MENTAL HEALTH

Fédération Mondiale pour la Santé Mentale

NEWSLETTER

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2004 World Mental Health Day Theme

The World Federation for Mental Health has selected the relationship between physical and mental health as the theme for its World Mental Health Day 2004 global mental health education campaign, with an emphasis on co-existing mental and physical disorders.

Significantly increased attention has been directed over the past few years to the relationship between physical and mental disorders and to the frequency with which serious physical diseases are accompanied by emotional and behavioral problems. Too often, these problems are ignored in the development of treatment plans for major physical illnesses such as cardiovascular disease, diabetes, gastrointestinal disorders and infectious diseases, and also in the treatment of serious accidents and physical trauma.

For many of the thousands of individuals who live with severe and persistent mental disorders — such as clinical depression and schizophrenia — physical healthcare is often inadequate, if not unavailable. The disparity of health insurance coverage for persons having a diagnosed mental disorder further reduces the potential for physical health problems to be treated in coordination with care for mental disorders. Individuals with mental disorders often battle physical ailments such as high blood pressure, diabetes, asthma and other health problems. Also, there are major inadequacies worldwide in the

physical care given to people with mental disorders in psychiatric hospitals. Similar, if not worse, inadequacies exist for both mental and physical care in prisons.

The lack of attention to coordinated systems of treatment and care for co-occurring physical and mental disorders is not confined to the developed countries of the world. It is an even greater problem in less affluent and under-resourced nations where both the physical and mental health care systems are less well developed. Certainly in countries

where HIV/AIDS is prevalent, the mental health consequences of that disease are not being adequately addressed.

The 2004 World Mental Health Day campaign will provide a broad overview of the topic, including introductory information on the co-occurrence of specific physical and mental disorders and an overview of current research on this topic. The 2004 campaign will pay particular attention to cardiovascular disease, diabetes, cancer and HIV/AIDS.



Symposium at the Pan American Health Organization on children's mental health in Latin America and the Caribbean – see page 6. Left to right, Ehprain Blaiberg, M.D., The Menninger Clinic; WFMH President Dr. Patt Franciosi; Claudio Miranda, M.D., PAHO; Rear Admiral Kenneth Moritsugu, M.D., Deputy Surgeon General of the United States; and Dr. Thomas Bornemann, Director of the Carter Center Mental Health Program.

Message from the President

Dear Friends,

On 1 January people around the world celebrated the New Year. The passing of one year provides time for reflection, and the coming of the next one usually brings a sense of optimism about the future.

This past year many people have experienced significant stress related to natural disasters, the threat of global health epidemics, community violence, forced migration, war and fear of terrorism. It has been a difficult year and none would argue that some of those involved in such events will have serious mental health consequences. This has been a year in which WFMH has seen so much need and so many opportunities to make a difference, and yet has been limited by its resource capacity from doing more.

However, I am heartened by how much we have accomplished through our membership organizations and the partnerships we have forged for global mental health. **We have made a difference.** Our growing global advocacy movement can say that it has played an important role in the acceptance of mental health as an essential and inseparable part of overall health.

In many parts of the world we are seeing the inclusion of mental health in government programs and policies for overall health. Is it enough? Are the policies being implemented – with care and treatment side by side with promotion and prevention? Is there parity in the funding of services and programs, with overall health resources and expenditures reflective of the burden of disease? These are the questions that will define our work efforts for the coming year.

I am optimistic. This optimism has been fueled by the wonderful, caring and dedicated people I have met at local, national and international levels. It is only through people working together towards a set of common goals that we can create change. There is a vast mental health constituency in



the world. If we just look at the number of people currently experiencing mental health problems and the potential burden of disease, we know that if people had a collective voice, change would happen.

The most significant role for our organization is to help to motivate concerned citizens to become effective advocates. In order to accomplish this we need to continue to expand WFMH's outreach. The consumer, family and professional organizations with membership in the Federation have contributed so much to our understanding and awareness of issues needing to be addressed. Our partnerships with many of these organizations continue to be one of our major strengths. And yet I am often struck by the number of people I've met who have told me that they received their education and advocacy training through a local Mental Health Association.

It was because of my membership in a small-town Mental Health Association in the United States that I became an active advocate for mental health. It was through this affiliation that I understood the great need for better care and treatment services for people with mental disorders, and the enormous void in our understanding of prevention issues and the promotion of mental health. My story is not unusual – it is the local level advocate who is the catalyst for change.

The leadership of the Federation is committed to enhancing our global presence through the development of a closer network with existing Mental Health Associations and the development of new MHAs in parts of the world where none exist. We have the tools for education and the ability to work with individuals interested in forming local and national citizen mental health associations, and there are wonderful models of effective MHAs worldwide. We also have a small group of MHA leaders in different parts of the world who are willing to serve as mentors for programs, providing information and technical assistance.

One of my wishes for the New Year is that at the end of 2004 we can say that because of WFMH's initiative there has been an increase in the number of new Associations, particularly in developing countries that have limited organization-building capacity. To accomplish this please let me know if:

- 1) you would like more information on forming a Mental Health Association.
- 2) your Association has information to share on advocacy training.
- 3) your Association would like to mentor a new Association in the coming year.

I would also like to express my gratitude to our staff and to the Board of Directors for their hard work in this past year, and to extend to each of you all good wishes for the year ahead.

L. Patt Franciosi, Ph.D.

WFMH SECRETARY-GENERAL SPEAKS AT LONDON CONFERENCE ON CHILDREN, MENTAL HEALTH AND HUMAN RIGHTS

The Law Society's Hall in London was the venue for a conference on 8 December 2003 on the topic of "Children, Mental Health and Human Rights." The event was organized by the Institute of Mental Health Law (IMHL) and the National Youth Advocacy Service (NYAS), and co-sponsored by the World Federation for Mental Health.

The conference was attended by a range of representatives from legal and social service organizations, together with mental health professionals, and focused attention on the central theme of the human rights of children with mental health problems. As noted by the conference organizer, Peter Edwards, the founder of IMHL and a widely recognized expert on mental health law in the United Kingdom, "This is a frequently neglected area that rarely hits the headlines. The day is designed to highlight the problems faced by users, families and professionals and will assist professionals in service planning and delivery."

A primary reason for holding the conference at this time, according to Hillary Pogge von Strandmann of NYAS, was the fact that several pieces of major legislation have been proposed for England and Wales. They include the Draft Mental Incapacity

Bill and a replacement Mental Health Act that will have a major impact on some of the issues discussed at the workshop.

Preston J. Garrison, WFMH's Secretary-General and Chief Executive Officer, presented the opening address, discussing the subject of "Children, Mental Health and Human Rights: An International Perspective." He reviewed the status of child and adolescent mental health policy, services and rights protection from a global perspective, and called attention to the World Health Organization's advocacy initiative encouraging governments to adopt national policies to improve services and ensure greater protection for young people with emotional and behavioral disorders. He also highlighted WFMH's 2003-04 World Mental Health global education campaign that is focusing international attention on these issues.

Other presenters for the conference were Professor Sue Bailey ("The rights of children accessing forensic services"), Dinah Morley, Deputy Director of Young Minds ("Child and adolescent mental health services: Are they meeting the needs of children?"), and Mr. Edwards ("Do children have rights?").

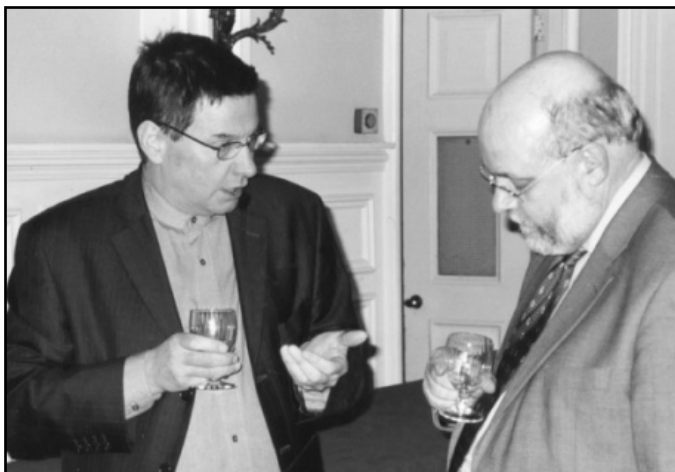
About . . . the Mental Health Foundation of New Zealand

The Mental Health Foundation of New Zealand, host of the *3rd World Conference on the Promotion of Mental Health and Prevention of Mental and Behavioural Disorders* in Auckland (15-17 September 2004), is recognized as a leader in the field of promotion. It has a longstanding association with WFMH, and hosted the Federation's World Congress in Auckland in 1989. This year it is working with WFMH and The Clifford Beers Foundation, in collaboration with The Carter Center, to arrange the September meeting.

The Foundation is a national non-governmental organization, set up 29 years ago to receive and distribute funds collected for mental health. It is no longer a grant-giving organization, and is now funded through grants, contracts and generated income. It has a staff of 35 located in offices in Auckland, Wellington and Christchurch. Key activities include advocacy for improvements in policy and services, training and education for service providers, and providing information to the general public.

The Foundation addresses issues such as depression, youth mental health, suicide prevention, positive ageing, workplace mental health, social exclusion and discrimination. It also places an emphasis on "mental health as the capacity to feel, think and act in ways that enhance our ability to enjoy life and the challenges we face. It is a positive sense of emotional and spiritual well-being that respects the importance of culture, equity, social justice and personal dignity." This view of mental health promotion takes account of a broad spectrum of areas: the economy, housing, education, social welfare and public health policies.

In the furtherance of its work the Foundation is keen to explore opportunities to collaborate globally, believing strongly in the value of studying research in other countries and developing an international network of organizations sharing common interests.



Conference organizer Peter Edwards (left), an expert on mental health law, with Richard Brook, Chief Executive of MIND (National Association for Mental Health, England and Wales).

WFMH Representatives Attend Asian Meetings

WFMH President Patt Franciosi and two WFMH Board members participated in meetings in Taiwan in October. Dr. Franciosi gave a plenary presentation on "Building Global Partnerships for Children's Mental Health" at the Third Congress of the Asian Society for Child and Adolescent Psychiatry and Allied Professions. She also gave a presentation at the School of Public Health, Taiwan University, and visited Yu-hi Veterans Hospital, a large psychiatric hospital. During her stay she went to several rehabilitation centers, children's programs and traditional medicine clinics to see their activities.

Consumers' Conference

WFMH Honorary Secretary Janet Meagher (Australia) and Board member-at-large Janet Paleo (USA) were invited speakers at the First Asian Pacific Conference on the Psychiatric Community-based Model of Empowerment for Persons with Mental Illness, held at Soochow University, Taipei. Their hosts were TAMI (Alliance for the Mentally Ill of the Republic of China) and a fellow Board member, Professor Chueh Chang. The program also included speakers from New Zealand (World Fellowship for Schizophrenia), South Africa (South African Depression & Anxiety Group), and Singapore (Anglican Welfare Council).

Janet Meagher spoke on "How to Create Community-based Model Programs" and Janet Paleo spoke on "Community Adaptation Activities for Persons with Mental Illness". Janet Meagher said that "people were very receptive towards us as active and participating consumers and were most curious about how consumers in our positions managed our disorders as well as being able to participate at this level." She added that the WFMH representatives became "infamous" as the "Two Janets" and even appeared, headlined as such, on the front page of a national newspaper!



Patt Franciosi at a seminar on fighting cancer and depression organized by the New Life Center (Taiwan Cancer Friends New Life Association).

An extract from Janet Meagher's report of her visit is printed below.

A Snapshot of Some Consumer Matters in Taiwan

The country is beautiful and the people that I encountered in the Mental Health Sector are very friendly and supportive of those concepts that I particularly value, especially regarding innovation, respectful consumer participation and sensitive service provision.

On the day before I was to return to Australia, I flew with Chueh Chang to Kaohsiung where we attended a seminar, "Body, Mind and Soul Workshop – how to fight Cancer and Depression." It was an interesting and inspiring experience. I spoke about "The journey of hope and recovery through empowerment and partnership" and Chueh discussed "The importance of hope." Then we listened to people **speaking out for the first time** on their illnesses and their recovery journeys, from both perspectives, of having a mental illness and having cancer.

Amazingly, the stories were not substantially different. Each person, in his

or her own way, was overcome by the impact of the diagnosis; each suffered from the loss of a defined future; from the loss of a useful contribution to their society; and loss of self-image, accompanied by overwhelming grief and depression. Each found in the group some real and substantial understanding and acceptance that was not forthcoming among friends or family. In the group there was not sympathy but genuine empathy, people giving of themselves, without expecting something in return.

As a part of their program group members have developed a form of back massage, because they say people no longer touch them. The process is like this. They massage each other's backs for 10 – 15 minutes. This lets them feel more accepted and cared about as human beings. They say that this means a lot to them, being able to help one another in an unobtrusive, undemanding way. The massage is done silently – there is no obligation to communicate, except through touch. No one wears shoes in the room where they come to meet, and that sig-



The "Two Janets" – plus Chueh Chang. Left to right: WFMH Board members Janet Meagher (Australia), Chueh Chang (Taiwan) and Janet Paleo (USA). Janet Meagher is a prominent consumer activist in Australia. Janet Paleo is the Consumer Affairs Specialist, Center for Mental Health Services, Bexar County, Texas.

nifies equality. All share in a meal or tea before leaving. Bringing some food to share is the only cost of involvement. All are equal and all **need** one another. A truly supportive and caring community is what has developed in this small group.

It was humbling for me to realize that some people, hearing of my visit, had traveled five or six hours to attend the meeting and to hear about recovery and hope. People are so hungry to hear the things that we are so blasé about, to know the simple things that we are often too busy to see and value in our own lives:

- The comradeship and the ability to organize ourselves in consumer groups
- The independence that we have, from family control or professional control or even from legal or pharmaceutical controls
- The language of consumerism that we've developed to explain our cause and our situations
- The voice and power that we have, even in simple interactions, that doesn't exist in some places even as a dream
- The people who honor our experience and our cause and who have facilitated our journeys with respect and support.

My lesson from all of these unforgettable experiences is quite simple.

We must be *sophisticated* when that is *necessary*; but most of all, we must remain *humble enough* to see the *struggle others are experiencing*; *simple enough to understand* that people need *companionship* from us; *genuine enough to identify and respect* the uniqueness of others on the journey.

Janet Meagher
(Australia)
WFMH Honorary Secretary

Mental Health Europe Annual Conference Nove Gorica, Slovenia 27-29 May 2004

Among other themes, the conference will look at the co-ordinated design of education for mental health in schools at all levels.

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Patt Franciosi and Chueh Chang (second and third from the left) visiting Yu-hi Psychiatric Hospital's bakery, in the lifeskills therapy program.

PAHO Symposium on Child and Adolescent Mental Health

Each year the Pan American Health Organization (PAHO) arranges a symposium close to the date of World Mental Health Day. This year's event took place on 22 October, and focused on the 2003 WMHDay theme of child and adolescent mental health. At the start of the day the Menninger Clinic hosted a speakers' breakfast where the final details of the program were fine-tuned. Dr. Carissa Etienne, PAHO's Assistant Director, gave the symposium's opening remarks, followed by WFMH President Dr. Patt Franciosi, who noted the presence of World Mental Health Day's founder Richard Hunter in the audience.

A colorful PAHO brochure in English and Spanish designed for World Mental Health Day gave an idea of the magnitude of child mental health problems in Latin America. It reported that "six recently completed community-based studies concluded that between 15.0 percent and 23.2 percent of children and adolescents suffered mental health problems. Of these,

3 percent to 4 percent had severe mental disorders requiring special treatment."

The brochure highlighted the priority given to children in PAHO's 2003-2007 Strategic Plan. It noted that this should address not only children and adolescents with specific mental health problems, but also children and adolescents in difficult circumstances. These include young people displaced by political violence, victims of rape or domestic abuse, homeless children and street children, children in institutions or held in custody, and child laborers. For the population at large, sound policies should promote the healthy development of children and adolescents before they suffer mental health problems.

Claudio Miranda, PAHO's Regional Advisor in Mental Health, gave a speech which addressed the points outlined in the brochure and gave further details about the situation in Latin America and the Caribbean. In general, he said, children needing mental health care do not receive the treatment they

require. However some promising legislative measures have been implemented in Chile and Brazil, and relevant research on child mental health is being carried out in Jamaica and Costa Rica.

Other speakers on the program were Rear Admiral Kenneth Moritsugu, M.D., Deputy Surgeon General of the United States, Efrain Bleiberg, M.D., of the Menninger Clinic (now associated with Baylor University, Houston), and Dr. Thomas Bornemann, Director of the Carter Center Mental Health Program. Dr. Moritsugu spoke about a crisis in child and adolescent mental health care in the United States, with fewer than one in five children receiving needed treatment. His department is comparing treatments for adolescents with major depression through clinical trials at thirteen sites.

Dr. Bleiberg discussed child development, including the interplay between risk and protective factors. He emphasized the importance of the first two years of life and of a child's early relationship with its primary caregiver. Dr. Bornemann spoke about child and adolescent disorders, stressing the preventive value of early intervention. At the end of a broad review of issues he described a program in Alexandria, Egypt, where child counselors are trained to work in schools to detect mental disorders and behavioral problems. He also praised mobile mental health services in Germany and Thailand which bring care to rural areas.

Dr. José Miguel Caldas de Almeida, Chief of PAHO's Mental Health and Special Services Unit, gave a comprehensive review of all the presentations at the end of the afternoon. A reception followed in the lobby of the PAHO building.



Richard Hunter, the founder of World Mental Health Day, and Virginia Gonzalez Torres, a WFMH Board member who attended the PAHO Symposium from Mexico. She is the Technical Secretary of her country's Mental Health Council.

WPA Second International Conference

“Together Against Stigma”

October 2003,
Kingston, Canada

Discrimination experienced by people with mental disorders and their families is a major obstacle to the provision of adequate mental health care and an added burden in their lives. According to a World Health Organization (WHO) statement published in 2001, “stigma is the single most important barrier to overcome in the community.” Unfortunately stigma and discrimination are widespread throughout the world, and mental health professionals, patients and families have become increasingly concerned.

In 1996, the World Psychiatric Association (WPA) started an *International Program to Fight Stigma and Discrimination Because of Schizophrenia*. Its Scientific Director is Norman Sartorius, a previous President of the WPA and also a former Director of the World Health Organization’s Division of Mental Health and Prevention of Substance Abuse. The program is also known as “Open the Doors” and its Internet address is <www.openthedoors.com>. Twenty-one countries from different regions of the world are developing local action plans targeting the general public, consumers, families, children and youth, workers and employers, journalists, health care professionals, police officers, and members of the clergy.

The Program arranged a First International Conference called “Together Against Stigma” in Leipzig, Germany, in August 2001. The second took place last October in Kingston, Ontario, Canada, under the leadership of Julio Arboleda-Flórez of Queen’s University. More than 200 people from different countries attended.

Around 80 reports were presented at the conference in the form of lectures, symposia, workshops, films, posters,

and a plenary session by consumers. A wide range of matters relating to stigma was addressed by the speakers, including the roles of mass media, the arts, helping professions, community support, the need to educate children and youth, cross-cultural perspectives, and awareness campaigns.

Experiences were shared from the Americas (United States, Canada, Chile, Brazil), Europe (England, Scotland, Ireland, Spain, Italy, Austria, Germany, Poland, Slovakia, Macedonia, Greece, Turkey), Africa (Morocco), Asia (Korea, Japan, China/Hong Kong) and Oceania (Australia). Many problems appeared to be similar despite cultural differences. For example, a study done through focus groups with patients and families in a northern Italian town showed problems related to quality of mental health services, exclusion from work/school, social withdrawal, lack of information and negative publicity. Almost if not all of these difficulties could be found in different parts of the world.

The initiatives presented at the conference to fight stigma and discrimination included a training program for health care professionals; various educational programs for high school students, journalists and police officers; psycho-educational support groups and seminars for consumers and families; and advocacy training for the empowerment of consumers and of families.

Different forms of partnership among mental health professionals, consumers and family members are a key strategy to fight stigma and discrimination. Many initiatives throughout the world are being developed to increase access to and improve the quality of mental health care, decrease social exclusion and change public prejudice towards people with mental disorders. The WPA *Open the Doors*

Program and WFMH’s *World Mental Health Day* are two of these outstanding initiatives.

Miguel R. Jorge

**WFMH Regional Vice-President
for South America, and WPA Advisor
to the “Open the Doors” Program
in Brazil**

Conferences

Prof. Donna Stewart, head of the *University Health Network Women’s Health Program at the University of Toronto*, a WFMH Collaborating Center, is chair of the scientific program of the **2nd World Congress on Women’s Mental Health**, 17-20 March 2004, Marriott Wardman Park Hotel, Washington, D.C. To register, contact: www.womenmentalhealth.com, or 2nd World Congress on Women’s Mental Health, Registration Center, 11212 Waples Mill Rd., Suite 104, Fairfax, VA 22030, USA
Tel: 888 414 7127
Fax: 703 631 6288

The Society for Prevention Research, a WFMH Collaborating Center, will hold its 12th Annual Meeting on 26-28 May, 2004 at the Hilton Quebec in Quebec City, Canada. The theme is “Crossing Borders: Linking Prevention Science, Policy and Practice.” For information visit the SPR website at www.preventionresearch.org, or contact SPR at its new address: Society for Prevention Research 7531 Leesburg Pike, Suite 300 Falls Church, VA 22043
Tel: 703 288 0801
Fax: 703 288 0802

WHO Meeting for Journal Editors

Dr. Benedetto Saraceno, Director of the WHO Department of Mental Health and Substance Abuse, with Kathy McKnight, Managing Editor of the Journal of Nervous and Mental Disease.



On 20-21 November 2003 the World Health Organization's Department of Mental Health and Substance Abuse held an invitational workshop in Geneva on the role of scientific journals in encouraging mental health research in less developed countries. Dr. Benedetto Saraceno opened the meeting, which was attended by twenty-five editors including Kathy McKnight, Managing Editor of the Journal of Nervous and Mental Disease and assistant to WFMH Senior Consultant and JNMD Editor-in-Chief Eugene B. Brody, M.D. Prior to assuming the position of Managing Editor at the Journal, Ms. McKnight was Prof. Brody's assistant for WFMH matters and served as Managing Editor of this Newsletter for eight years.

Shekhar Saxena, Pratap Sharan and Hooman Momen organized the meeting with Dr. Saraceno. The group of international editors and researchers agreed that only a small proportion of research from or about low- and middle-income (LAMI) countries is published. The group produced a catalog of ideas to increase the publication of relevant research. These include giving priority to manuscripts relevant to LAMI countries; supporting authors and researchers from these countries in such ways as extra peer review input and language editing assistance; and working cooperatively with journals published in LAMI countries (exchange of journals, shared editorial board input, provision of training courses, etc.).

The importance of initiatives to disseminate information, such as offering free access to international journals, was also discussed. Latin America's Scientific Electronic Library Online (SciELO) and the WHO-led Health

InterNetwork Access to Research Initiatives (HINARI) are models for providing access to mental health research for LAMI clinicians and scientists.

At the end of the meeting the editors collaborated to produce a joint statement, "Galvanizing mental health research in low- and middle-income countries: role of scientific journals."

For a copy, contact Dr. Shekhar Saxena, Coordinator, Mental Health: Evidence and Research, WHO, CH-1211, Geneva, Switzerland.

Fax: 41 22 791 41 60.

Email: saxenas@who.int

3rd World Conference on the Promotion of Mental Health and Prevention of Mental and Behavioural Disorders

15-17 September 2004

**Hyatt Regency Hotel
Auckland, New Zealand**

Conference web site:
www.charity.demon.co.uk

Deadline for abstracts is
31 March 2004.

Early registration (NZ\$ 695) closes
on 30 April 2004.

Regular registration (NZ\$ 795) to
31 May 2004.

Late registration (NZ\$ 895) after
31 May 2004.

Conference administrators:
The Conference Company
P.O.Box 90 040
Auckland, New Zealand
Tel: 64 9 360 1240
Fax: 64 9 360 1242
Email: mhftcc.co.nz

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 to 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, P.O. Box 16810, Alexandria, Va. 22302-0810, USA. Telephone (703) 838-7525. Fax: (703) 519-7648. Email: info@wfmh.com Website: www.wfmh.org

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