



WORLD FEDERATION FOR MENTAL HEALTH

Fédération Mondiale pour la Santé Mentale

NEWSLETTER

Secretariat / P.O. Box 16810 / Alexandria, Virginia 22302-0810 USA Tel: 703 838 7543 Fax: 703 519 7648

International Meeting on Promotion and Prevention Biennial Conference Committee Supports New Consortium

An invited group of international organizations and government agency representatives met in Rockville, Maryland, USA on 28-29 April to discuss ways of enhancing collaboration on the evidence-based promotion of mental health and prevention of mental and behavioral disorders worldwide. Some of the participants had already taken part in the two world conferences on the subject held in Atlanta, Georgia, at the Carter Center in December 2000, and in London in September 2002. Others are involved in international mental health or have programs already recognized as "best practice" models in the field.

Following the success of the two conferences, there has been growing interest in providing a way to move promotion and prevention forward as public health concepts by forming a consortium of interested organizations and agencies. The aim is to form an organization which will support co-operation year-round, filling the gap between the biennial conferences. Meanwhile, it is expected that the conferences will continue to present examples of the latest research and program development. (*The next conference is in New Zealand on 15-17 September 2004 – see the notice on page 2.*)

International Participants

The participants in the Rockville meeting came from ten international organizations, government agencies in Australia, Finland and the United States,

and also the World Bank and the Pan American Health Organization (which represented the World Health Organization). The Biennial Conference Committee chaired by former WFMH president Beverly Long and consisting of the Carter Center Mental Health Program, The Clifford Beers Foundation and the World Federation for Mental Health, organized the program.

The planning process had major involvement from the U.S. Center for Mental Health Services in the Substance Abuse and Mental Health Services Administration of the Department of Health and Human Services, with additional support from the National Institute of Mental Health in

(continued on page 2)



Juan Ramos (left), Senior Advisor to the Director, U.S. National Institute of Mental Health, NIH, in discussion at the Rockville meeting with Prof. Sadanand Rajkumar from Newcastle University, Australia. Prof. Rajkumar is Secretary of the Prevention Section, World Psychiatric Association.

(continued from front page)

the National Institutes of Health (also within the Department of Health and Human Services). Other U.S. agencies that sent representatives to the meeting were the Centers for Disease Control and Prevention, and the Center for Substance Abuse Prevention.

The goals of the meeting were to exchange information about each organization or agency's current activities in promotion and prevention, and to sound out interest in finding a system for collaboration. Before the Rockville event the participants circulated material about their work, and during the meeting each representative gave a verbal presentation with further information. All of the organizations and agencies already have substantial activities in promotion and/or prevention, but with many different topics and approaches.

Discussion of Concepts

General discussion and break-out sessions followed the initial presentations. The group found major differences in the use of terminology and in the concepts that were considered important in various parts of the world. Participants debated whether it is best to organize promotion and prevention research within a "lifespan" framework, using age-relevant divisions

such as "prenatal and preschool," "school," "work," and "the elderly," or to focus on more general concepts centered on mental health in the community. Some of those present had done major research in schools as a desirable location for the early prevention of mental health problems, an example of using the "lifespan" framework. VicHealth (Australia) and the Mental Health Foundation of New Zealand have created very successful community-wide promotion campaigns, and brought a different perspective to the table.

Prof. Sadanand Rajkumar, a native of India now working in Australia, reminded the group of the need to make research relevant to developing countries, and to indigenous communities within developed countries. This was also emphasized by Kaylene Katene, director of policy and business development at the Mental Health Foundation of New Zealand. She made her point by opening her presentation to the group in the Maori language.

Those present respected many differing viewpoints but all were interested in establishing a formal consortium. The organizations are now reviewing material from the meeting and hope to move forward on the project later in the year.



Prof. Clemens Hosman of Maastricht and Nijmegen Universities represented The Clifford Beers Foundation (U.K.)



Kaylene Katene, Director of Policy and Business Development at the Mental Health Foundation of New Zealand

In addition to the Biennial Conference Committee members, the non-governmental organizations represented were:

The Collaborative for Academic, Social, and Emotional Learning (CASEL).

The International Network for Child and Adolescent Mental Health and Schools.

The International Union for Health Promotion and Education (IUHPE).

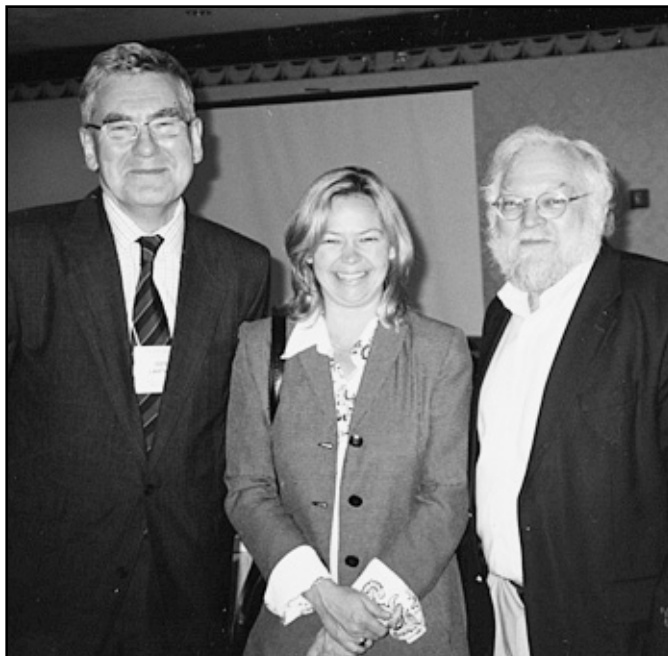
The International Union of Psychological Science (IUPsyS).

The Mental Health Foundation of New Zealand.

The Society for Prevention Research (SPR).

World Psychiatric Association (WPA), Prevention Section.

Left to right:
Eero Lahtinen, Senior Medical Officer, Ministry of Social Affairs and Health, Finland, Irene Verins, VicHealth Promotion Foundation, Australia, and David McQueen, Associate Director for Global Health Promotion at the U.S. Centers for Disease Control and Prevention.



Conference

The Third Global Conference on the Promotion of Mental Health and Prevention of Mental and Behavioural Disorders will be held on September 15-17, 2004 in Auckland, New Zealand.

For information, please contact:
Mental Health Foundation of New Zealand
P.O.Box 10051 • Dominion Road
Auckland, New Zealand
Tel: 0064 (0)9 300 7010
Fax: 0064 (0)9 300 7020
Email:
conference@mentalhealth.org.nz
Web site:
www.mentalhealth.org.nz

World Mental Health Day 10 October 2003

Emotional and Behavioral Disorders of Children and Adolescents

The World Mental Health Day information packet for 2003 is now available on the Internet in English, French and Spanish (www.wmhday.net), and is being mailed in July to organizations participating in this year's campaign. Although 10 October is officially World Mental Health Day, as always WFMH supports maximum flexibility in the national and local campaigns, where organizers are free to select another date if it is more convenient (or, as often happens, to extend their program to a week or a month). Some organizers choose to combine another theme with that of the information packet, depending on their own public education goals. Others develop a local theme only, using the international Day to add significance to their mental health education campaign.

This year the Federation's program has two goals. It seeks to draw attention to the broad range of emotional and behavioral problems that affect children and adolescents, and to the surprisingly high rate at which they occur. It also draws attention to the fact that almost nowhere are these disorders specifically recognized in public health policy, except as an adjunct to adult mental health.

The 112-page booklet prepared by the Federation contains fact sheets on a range of problems, designed to enable organizers to select material conveniently for reproduction and/or translation. The subjects covered are adolescent substance abuse, adolescent suicide, anxiety in children, attention-deficit hyperactivity disorder, autism and other pervasive developmental disorders, bipolar disorder, depression in children, disruptive behavior, eating disorders, learning disabilities, schizophrenia, sleep deprivation, tics and Tourette's disorder.

A fact sheet on children living in families affected by HIV/AIDS emphasizes that they face exceptional problems. These should be recognized in the individual family's situation, but in some countries there is also a need to recognize the enormous consequences for society as a whole.

In addition to providing basic information about serious disorders of childhood and adolescence, the campaign seeks to publicize the lack of attention to young people's mental health in the public health programs of almost all countries. A section of the World Mental Health Day packet provides "A Citizen's Guide to Advocacy for Creating a National Child and Adolescent Mental Health Policy," together with a suggested Action Plan for a Policy Advocacy Coalition and an example of such a plan from South Africa.

Another section reviews advances in child and adolescent mental health research. Early intervention can often modify the course of disorders. Treatments exist, but are unavailable in many places because of lack of resources (including lack of trained professionals). A shift in the public health approach to the situation would affect many young lives.

It is not too late for organizations to join the effort to draw attention to children's mental health issues. Check the web at www.wmhday.net to review and download the information packet. To receive the material by post, send a message to the Secretariat by email at wmhday@wfmh.com, or contact:

Deborah Maguire
WFMH
P.O.Box 16810
Alexandria, VA 22302-0810, USA
Fax: 703 519 7648

Case Studies Needed New Book on Promotion Projects

The World Federation for Mental Health and the WHO Department of Mental Health and Substance Dependence are collaborating on a project to collect and publish case studies of mental health promotion programs, initiatives and strategies.

About 60 programs will be selected to appear in a planned book on *Mental Health Promotion: Case Studies from Countries*, which will provide international examples to foster the growth of promotion activities. The Federation would like to hear from people working in this field – take advantage of this chance to publicize your efforts!

Organizations are warmly invited to send in descriptions of mental health promotion programs that have been implemented locally, nationally or across countries. The time required to prepare a project description should not be too demanding - the length requested for a case study narrative is 1,000-2,000 words (manuscripts of more than 2,000 words will not be considered). The programs should have been completed recently (after 2000).

Submissions will be forwarded to WHO, which will select the programs to appear in the book. The deadline is 30 September 2003. The **required format** for the submission is available on the WFMH web site (www.wfmh.com, click on New Initiatives at the top of the home page). Instructions for submitting a program can also be obtained by email, fax or post from:

Deborah Maguire
WFMH
P.O.Box 16810
Alexandria, VA 22302-0810, USA
Fax: 703 519 7648
Email: dmaguire@wfmh.com

At the United Nations

New Leader at WHO

Dr. Jong-Wook Lee will take office as Director-General of the World Health Organization on 21 July 2003 for a five-year term. He is the first person from South Korea to lead a United Nations agency. He succeeds Dr. Gro Harlem Brundtland, who has held the position since July 1998.

Dr. Lee has worked at WHO for nineteen years. He was nominated by the Executive Board at its meeting in January, and elected by the WHO Assembly of the 192 Member States on 21 May. An expert on infectious diseases, his work has focused on the prevention of tuberculosis and the program for vaccinations and immunizations.

In his acceptance speech to the Assembly he declared a commitment to improving primary health care and achieving clear, measurable results in countries. As a result of the SARS outbreaks he also saw an urgent need for "stronger disease surveillance and response mechanisms" around the world.

Moves toward a New Convention on Disability

The 16-27 June meeting of the United Nations *Ad Hoc Committee on a Comprehensive and Integral International Convention on Protection and Promotion of the Rights and Dignity of Persons with Disabilities* has led to further progress towards creating a new UN convention. The meeting in New York was at government level, with strong advocacy by people with disabilities and organizations representing them.

Members of the NGO caucus decided to refer in their material to disabilities in general rather than specify different kinds of handicap. Their hope is that this will lead to a

more unified advocacy from organizations representing disabled people, and to the drafting of as broad a convention as possible. The World Network of Users and Survivors of Psychiatry (WNUSP) presented a submission to the Ad Hoc Committee following this strategy and supporting the need for a Convention.

A Working Group is being established to prepare a draft text, including optional material, for a Convention. This will become the basis for negotiation by Member States at the next Ad Hoc Committee meeting in May/June 2004.

The Working Group will consist of twenty-seven government representatives, together with twelve representatives of NGOs representing persons with disabilities. There will also be a representative of national human rights institutions. The Working Group will meet at UN Headquarters in New York for a ten-day session early in 2004.

The official documents of the Ad Hoc Committee have been posted on the Internet (www.un.org/esa/socdev/enable/rights/adhocmeetings.htm). For daily bulletins and summaries see also www.rightsforall.org/updates.php (the web site of the Landmine Survivors Network).

World Federation For Mental Health Representation at the UN

New York

WFMH Main Representative **Nancy Wallace** was elected as chairperson of the NGO Committee on Mental Health in June. The outgoing chair is Giovanni Caracci of the World Psychiatric Association, who remains on the Committee ex officio.

Pamela Collins, M.D., has resigned as a representative because of other commitments. Her place has been taken by **Richard Donahue**, who was already active on behalf of the Federation in the NGO Committee on Mental Health.

Geneva

Dr. Stanislas Flache has retired as the Federation's senior representative in Geneva, effective 1 July (see page 7). The position will now be held by **Myrna Merritt Lachenal**.

Ms. Lachenal has extensive public health nursing experience in the Philippines, Laos and Switzerland. She served as a WFMH UN representative in Geneva from 1990 to 1995, and resumed that role earlier in 2003. Her interests reflect her early nursing experience in Asia, and include issues affecting women and children, refugees and migration, and human rights and mental health.

Conferences

2nd World Congress on Women's Mental Health

Chair of Scientific Program:

Prof. Donna Stewart
March 17-20, 2004
Marriott Wardman Park Hotel
Washington DC, USA
www.womenmentalhealth.com

To register:

2nd World Congress Registration Center
11212 Waples Mill Road
Suite 104
Fairfax, VA 22030, USA
Tel: 888 414 7127 or
703 449 6418
Fax: 703 631 6288

Conference Secretariat:

8213 Lakenheath Way
Potomac, MD 20854, USA
Tel: 301 983 6282
Fax: 301 983 6288
Email: IAWMH@aol.com

World Congress for Psychiatric Nurses

Sponsored by the Registered Psychiatric Nurses of Canada
May 6-8 2004
Winnipeg, Manitoba, Canada
Tel: 204 888 4841

Details from:

www.psychiatricnurse.ca

Conference in Italy

Transcultural Psychiatry and Man-made Disasters

The Italian Institute of Transcultural Mental Health (Istituto di Igiene Mentale Transculturale, IMT) headed by Prof. Goffredo Bartocci, together with the township of Narni, Umbria, hosted a conference on transcultural psychiatry and the mental health of victims of man-made disasters from 9 to 15 June 2003. The meeting was organized in partnership with the Eastern Mediterranean Regional Council of WFMH, headed by Ahmed El Azayem, M.D., and the World Islamic Association for Mental Health.

The historic town of Narni, which was at its peak of influence between the 12th and 14th centuries, provided a picturesque setting for the conference. The program covered issues of interest to Mediterranean countries, including mental health concepts in Western and Muslim countries and

problems of social integration. Some of the sessions examined the violence in Palestinian communities, and a special focus was given to providing teachers with a variety of ways to help young children process their trauma. Several of the speakers addressed this issue. Participants came from Bosnia, Egypt, Gaza, Italy, Pakistan, the United Kingdom and the United States.

Input from WFMH included presentations by the Federation's former president, Ahmed El Azayem, M.D., and by Dr. Leila Dane of the Institute for Victims of Trauma (a member organization) on conflict resolution and programs to prevent conflict. Dr. Dane presented a comprehensive tool for mental health professionals working in wartime or post-war situations, the American Psychological Association/ Canadian Psychological Association *Ethnopolitical Warfare Initiative Curriculum*. (This is available on a number of Internet web sites, including that of the EPW Initiative at cpa.ca/epw/epw and Psychologists for Social Responsibility at www.psysr.org).

Syed Arshad Husain, M.D., head of the International Center for Psychosocial Trauma, University of Missouri (a WFMH Collaborating Center) spoke

from his long experience in developing culturally-based interventions for traumatized children, and about managing grief and loss.

Cairo Conference on Care of Handicapped People

The next meeting in which the Eastern Mediterranean Regional Council of WFMH will collaborate is the *First Pan Arab African Conference for the Care and Rehabilitation of the Handicapped*. WFMH Regional Vice President Ahmed El Azayem is Vice President of the conference, which will take place at the Cairo Meridien Hotel, 1-3 October 2003. The deadline for the call for abstracts is 31 August 2003.

Conference Secretariat:

Medical Design Center
(Dr. Wagdy Ishak)
P.O.Box 106 Panorama October
11811 Cairo, Egypt
Tel/fax: 202 414 8089
(also 202 761 4974)
Email: medicaldesign@menanet.net
(also fekry_younes@yahoo.com)

Mental Health Europe

Mental Health Europe (MHE)

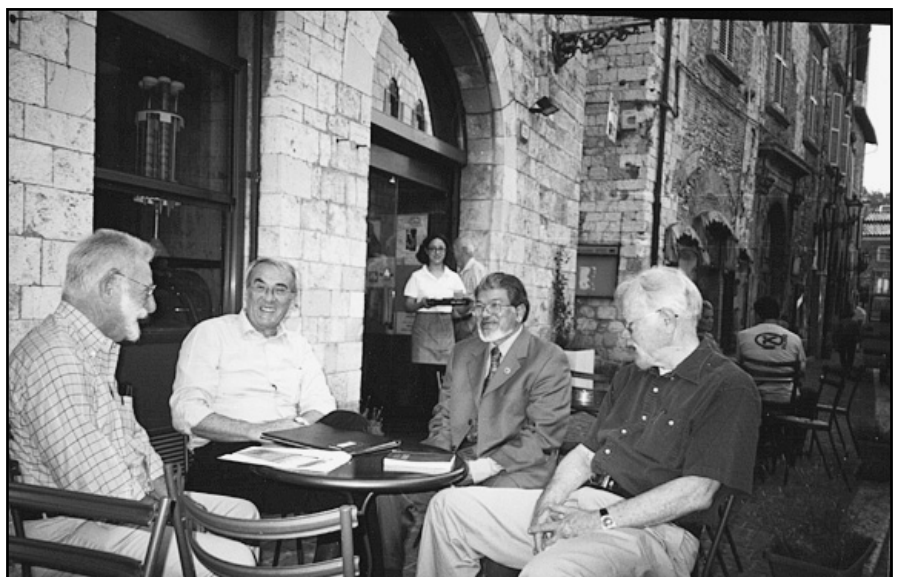
will hold its annual General Assembly in Paris on 20 October.
Tel: 32 2 280 04 68
Fax: 32 2 280 16 04
Email: info@mhe-sme.org

The 2nd Citizens' Mental Health

Forum will be held in Paris City Hall on 21-22 October. It is organized by a group of French associations in co-operation with MHE.

Contact Advocacy France:

Tel/fax: 33 231 94 70 25
Email: advocacy-caen@wanadoo.fr



Left to Right: Conference participants Ronald Wintrob, Goffredo Bartocci, Syed Arshad Husain and Wayne Anderson in Narni, Italy.

WFMH HOSTS INTERNATIONAL PSYCHIATRISTS AT APA FORUM

The World Federation for Mental Health took the first step in a new outreach initiative to attract more mental health professionals to its membership by hosting an "International Psychiatry and Mental Health" Forum and Reception during the annual conference of the American Psychiatric Association (APA) in May. This year's meeting in San Francisco, California, was one of the largest ever held by the APA, and more than 7,500 of the participants came from countries other than the United States.

WFMH was able to schedule an Allied Group Meeting during the conference through the assistance and support of a number of past and present leaders of the APA, including its former Medical Director Dr. Melvin Sabshin (a past WFMH board member and Regional Vice-President), Ellen Mercer (who previously directed the APA's International Affairs Office), and Dr. Rod Munoz and Dr. Bob Pasnau (both of whom have long supported the APA's engagement in

international psychiatry). Representatives of national psychiatric associations from countries around the world were invited to attend the Forum, to meet WFMH President L. Patt Franciosi and Secretary-General/CEO Preston Garrison, receive an update on WFMH's activities, and to share information about the status of mental health in their own countries and regions.

The forum attracted representatives from a number of countries, including the presidents of the national psychiatric associations in Canada, Greece, Ghana, Kenya and Norway. Dr. Marcia Kraft Goin, who assumed the presidency of the APA at the annual conference, was also in attendance, along with Dr. A. L. Halpren and other APA international psychiatry supporters. Dr. Franciosi, board member Richard Studer, volunteer Mildred Reynolds and Preston Garrison represented WFMH. Ellen Mercer, who chaired and helped to organize the event for WFMH, was later honored for her work on behalf

of international psychiatry at a special reception held in her honor.

As Dr. Franciosi noted in her welcoming remarks, "WFMH has enjoyed and benefited from a long history of support and participation of members of the psychiatric profession, and from professionals working in other disciplines who recognize the need for a strong, well-organized, multi-disciplinary advocacy organization such as WFMH. Through this first step in what will be an ongoing outreach initiative to professionals working in mental health globally, we are working to increase WFMH's membership and to build strong and effective collaborations on such major issues as HIV/AIDS and mental health, child and adolescent mental health, and the increasingly damaging affects that war, violence, and trauma are having on the mental well-being of our fellow citizens worldwide."

The "International Psychiatry and Mental Health" Forum and Reception was supported through a general education grant from Pfizer Pharmaceuticals Group.



*Ellen Mercer (left) and
Patt Franciosi (right)
with guests at the reception
following the WFMH Forum
at the APA's San Francisco meeting.
APA Past President Rodrigo Munoz, M.D.,
is third from the right.*

DR. FLACHE RETIRES AS WFMH GENEVA UN REPRESENTATIVE

Stanislas ("Stan") Flache, M.D., since 1984 the Federation's Senior Representative to the United Nations' World Health Organization and other Geneva-based units of the United Nations, has announced his retirement from that important post. He was appointed to the position by the 1983-1985 WFMH President, Dr. Estafania Aldaba-Lim of Manila. His abilities were soon recognized in the organization and he was chosen as WFMH President-Elect for the 1987-1989 term. He became President during the Auckland WFMH World Congress in 1989 and held that office until 1991.

Dr. Flache, a French citizen resident in Geneva, was trained in both medicine and public health. He graduated in medicine from Montpellier and in later career, under WHO auspices, took post-graduate training at Harvard. Beginning as a medical officer with the UN Relief and Rehabilitation Agency in Europe after World War II, he became Director of Health for the UN Relief and Works Agency in the Middle East where he was concerned with Arab refugees in Jordan, Syria, Lebanon and Gaza. He devoted the bulk of his professional career to WHO, serving as WHO Chief Medical Advisor to UNICEF headquarters, New York, and Director of Health for the WHO-Western Pacific Region in Manila where Dr. Aldaba-Lim came to know him.



Stanislas ("Stan") Flache, M.D.

In 1977 his work was recognized by his elevation to the position of WHO Assistant Director General which he held until his retirement in 1981. In that role he was responsible for several divisions concerned with biomedical information as well as for WHO offices outside of Geneva.

In his WFMH capacity, through his continuing personal relationships with UN leaders as well as his dedication and energy, he greatly strengthened our ties to WHO. He was particularly active in regard to the human rights of patients, espe-

cially those detained in mental hospitals against their will. He was also an active consultant in the development of the precursor of Mental Health Europe, then known as the European Regional Council of WFMH.

I value my long association with Stan, both as a key colleague in furthering the mission of the Federation, and as a human being tempered by severely stressful life experience. As an adolescent he managed to escape from Nazi-occupied Poland, losing a family whose precise fate he never discovered. By dint of his own efforts and talent he was able to become a French citizen and gain admission to university to study medicine at Montpellier. These experiences helped form his special empathy for oppressed persons and contributed to his work as a physician, a global public health administrator, and a volunteer with our world-wide, multi-national and multi-cultural, non-governmental organization. It has been a privilege to share with him a vision of what WFMH might accomplish.

Stan did steadfast work for the Federation, and I hope that he will long continue his association with it in an advisory capacity. I know we can count on his wisdom and continued interest.

Eugene B. Brody, M.D.

*WFMH Senior Consultant
Past President (1981-1983)
Past Secretary General
(1983-1999)*

Message from the President

Dear Friends,

One of the great privileges of being WFMH President is receiving mail from around the world expressing appreciation for the support WFMH provides for national and local advocacy efforts and the educational materials we distribute throughout our global network.

Sometimes it is hard to comprehend the difference WFMH makes in the lives of people in so many countries without these messages. For example, this week I received a letter from a mental health nurse at the Zimba Mission Hospital in Zambia. Joyce Haakalake wrote to tell us of her success in organizing a full day of activities for last year's World Mental Health Day including a march past the local Council Chambers, a program of speakers, and local entertainment which ended with the singing of the National Anthem of Zambia and a prayer.

Mrs. Haakalake has asked that we not forget her and please remember to send her materials for this year's World Mental Health Day. She states "this year I hope to do even better than last year." I was very touched by her letter and enthusiasm. She is one of those special people who works very hard, using the resources at hand, to make a difference in the lives of others.

A mental health nurse in Zambia, a consumer of mental health services in Japan, a family member in Australia, a psychiatrist



from Egypt, and concerned citizens all over the world. These are the people who are members of the World Federation for Mental Health's family, willing to dedicate their time, talents and caring to make the world in which

we live, in some small way, healthier for all.

We have another important opportunity this year to focus our efforts on a major mental health concern. This year's World Mental Health Day topic is "Emotional & Behavioural Disorders of Children and Adolescents." The materials for this year's campaign illustrate very clearly that we are failing to meet the mental health needs of the children in our global society. It is time that we end the stigma and discrimination attached to mental illnesses and that we give all children the opportunity to reach their full potential. I know that many of you will be participating in World Mental Health Day activities. Please let me know what you are doing, and make sure your national government knows that you expect children's mental health to be included in its national health policies.

L. Patt Franciosi, PhD
President

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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Address

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



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