



THE WORLD FEDERATION FOR MENTAL HEALTH NEWSLETTER

ISSUE 3 - 2005

OSLO CONFERENCE - CALL FOR ABSTRACTS

The Fourth World Conference on the Promotion of Mental Health and Prevention of Mental and Behavioral Disorders will take place in Oslo, Norway, on 11-13 October 2006. The deadline for the submission of abstracts is 31 March 2006.

Information is available on the conference web site, www.worldconference2006.no, and includes electronic forms for abstract submission and registration. The early bird fee of 2,400 Norwegian kroner is available until 15 May. The regular registration fee, NOK 2,800, is available until 31 July. After that date a late registration fee of NOK 3,300 will be charged.

The theme of the conference is "Developing Resilience and Strength Across the Life Span." The main dimension of the program, as in the three previous conferences, focuses on research; effective programs and principles; knowledge exchange and effective implementation; national policies, organization, advocacy and coalition-building; and training a competent workforce.

The topics linked to the main dimension have been broadened for 2006 to cover a greater number of issues. These include:

Enhancing Resilience and Strengths Across the Life Span

- Parent education during the preschool years
- Promoting mental health in schools
- Promoting mental health at work
- Supporting mentally healthy ageing

Resilience and Prevention of Mental Disorders

- Developing resilience against depression and suicide
- Prevention of anxiety disorders
- Reducing aggression and harmful substance use
- Addressing groups at risk for mental disorders

Enhancing Resilience in Communities and Reducing Major Stressors

- Mental health and human rights
- Mental health and physical health
- Organizational models of prevention and promotion in communities
- Promotion and prevention in low- and middle-income countries

The organizers are the World Federation for Mental Health, The Clifford Beers Foundation, The Carter Center, and the Norwegian NGO Voksne for Barn. WFMH Immediate Past President L. Patt Franciosi, Ph.D., heads the Program Committee, and Randi Talseth, chief executive of Voksne for Barn, leads the Host Organizing Committee. For information, contact: worldconference@vfb.no



DR. SARACENO KEYNOTES WMH DAY SYMPOSIUM

Dr. Benedetto Saraceno, Director of the Department of Mental Health and Substance Abuse at the World Health Organization, presented the keynote address, Mental and Physical Health Across the Life Span, at the 2005 World Mental Health Day Symposium on October 11th in Washington, D.C. WFMH and the Pan American Health Organization (PAHO) organized the event, which was held at PAHO headquarters. It was hosted by the Director of PAHO, Dr. Mitra Roses Periago, and Dr. Jose Miguel Caldas de Almeida, PAHO's Chief, Mental Health and Specialized Program Unit.

Presentations by two panelists followed Dr. Saraceno's keynote speech. Dr. Maryland Pao, Deputy Clinical Director for the Intramural Research Program at the U.S. National Institute of Mental Health, provided an overview of "Mental and Physical Health for Children and Adolescents" and Dr. Thomas Wise, Medical Director of Behavioral Services at INOVA Health Systems in Falls Church, Virginia, discussed "Mental and Physical Health of Young Adults, Adults and in Old Age."

Dr. John Copeland, WFMH President-Elect, gave a brief history of World Mental Health Day. Preston J. Garrison, the Federation's Secretary-General and CEO, recognized the sponsors of the 2005 campaign for making the preparation and distribution of over 4,000 campaign packets possible – AstraZeneca, Bristol-Myers Squibb, Eli Lilly, and Otsuka America. A special WFMH "Certificate of Appreciation" was presented to Dr. Caldas de Almeida in recognition of his contributions to improving mental health services in the WHO Americas Region. Co-sponsors of the Washington symposium and reception were, in addition to the campaign sponsors, the American Psychiatric Association, the American Psychological Association, the Institute for Victims of Trauma, the National Mental Health Association, Organon, the National Association of Social Workers, and the Counseling Association of the District of Columbia.

WFMH ELECTS NEW BOARD OF DIRECTORS

The World Federation for Mental Health is pleased to announce the results of its biennial election of officers and directors. The WFMH Member Assembly, meeting in Cairo, Egypt on September 7, 2005, ratified the slate submitted by the Nominating Committee. The twenty-three member Board of Directors will serve for a two-year term ending at the August 2007 World Mental Health Congress in Hong Kong.

Mrs. Pirkko Lahti, 2001 – 2003 WFMH President and Executive Director of the Finnish Association for Mental Health, chaired the 2005 Nominating Committee.

The 2005-2007 Officers for the WFMH Board of Directors are:

President, Mrs. Shona Sturgeon (South Africa)
Immediate Past President, L. Patt Franciosi, PhD (USA)
President-elect, John Copeland, MD (United Kingdom)
Honorary Secretary, Mr. Tony Fowke, AM (Australia)

Edward Pennington (Canada) was re-elected to the position of Treasurer. Mr. Pennington had a sudden setback in his treatment for cancer and died on September 23. The position of Treasurer will remain vacant until filled by the Board of Directors.

Elected to the position of Regional Vice-President for each of WFMH's nine geographical regions were:

Africa — Dr. Felicien Ntone-Enyime (Cameroon)
Eastern Mediterranean — Professor Haroon Chaudhry, MD (Pakistan)
Europe – Mr. Claude Deutsch (France)
Mexico, Central America – Dra. Mercedes Rivas-Torres (Costa Rica)
North America & Caribbean – Mr. Richard Studer (USA)
Oceania – Dr. Peter McGeorge (New Zealand)
South America — Professor Roger Montenegro, MD (Argentina)
Southeast Asia – Dr. Edgardo Tolentino (The Philippines)
Western Pacific – Miss Deborah Wan (Hong Kong)

Directors-at-Large elected to the Board of Directors were:

Professor Edgard Belfort (Venezuela)
Mr. Brian Howard (Ireland)
Mrs. Bjorg Njaa (Norway)
Dr. Katarzyna Prot-Klinger (Poland)
Mr. Michael Faenza (USA)
Mr. William MacPhee (Canada)
Professor Shridhar Sharma (India)
Professor Brian Robertson (South Africa)
Dr. Wei-Tsuen Soong (Taiwan)

EDWARD PENNINGTON



Edward Pennington served on the WFMH Board from 1999 until his death on 23 September. Following two terms as WFMH Regional Vice President for North America, he became Treasurer in 2003. He retired that year as General Director of the Canadian Mental Health Association. The Federation benefited from his broad experience in Canadian health matters, which flowed into a practical approach to international health concerns.

Ed took a particular interest in the need to improve knowledge of mental health issues in sub-Saharan Africa, and to build up mental health associations there that supported consumer involvement. He was instrumental in securing a three-year grant from the Canadian International Agency for Development late in 1999 to strengthen the WFMH African Regional Council and three of its key members, the Mental Health Association of Zambia, the Zimbabwe National Association for Mental Health, and the South African Federation for Mental Health. He maintained close links with the leaders of these four organizations, and helped them with the reporting requirements of the grant.

At home in Canada, Ed had been executive director of Social Planning Councils in Niagara Falls, Hamilton and Toronto between 1966 and 1987 before taking up the leadership of the Canadian Mental Health Association. He was Co-Chair of the Executive Board for the Health Charities Council of Canada in 2002-2003; a member of the Legal and Regulatory Joint Table of the Voluntary Sector Initiative of Canada; and Treasurer of the National Voluntary Organizations of Canada. He was also a member of the organizing committee for WFMH's 2001 World Congress in Vancouver. He was a good friend of the Federation, and will be sadly missed.

FEAFES RECEIVES INAUGURAL RICHARD C. HUNTER WMH DAY AWARD

The Spanish Confederation of Associations of Families and People with Mental Illness (FEAFES) was awarded the inaugural Richard C. Hunter World Mental Health Day Award of Excellence, in recognition of its 2004 campaign. The award was announced during the September 2005 WFMH World Congress in Cairo, Egypt. The Federation's Board of Directors created the award in memory of Richard C. Hunter (1915-2004), former Deputy Secretary General, who is credited with establishing World Mental Health Day as a global awareness campaign.

FEAFES is a confederation of associations in Spain working to promote improved policies and services for people with mental illnesses, and provide support to families that have members with a mental health problem. The 178 member organizations represent 32,000 families and individuals.

The 2004 World Mental Health Day in Spain was organized around the theme, "Salud Fisica y Salud Mental: Trastornos concurrentes." Part of the FEAFES campaign involved bringing public and media attention to the possible implementation by the Spanish government of a restriction on second generation medications that FEAFES believed would be detrimental to people with mental illness. Activities around the country promoted public education about mental health. Media sessions were also organized and a guide for journalists on how to properly address mental health-related topics was widely distributed. Numerous representatives of local governments and health departments participated as speakers in public debates and in some cases, as in Galicia, they signed agreements to combat discrimination and improve services. In Andalucia, 2005 was designated as the "Andalucia Year for Mental Health."

According to FEAFES' leaders, summarizing their 2004 World Mental Health Day campaign, "In general, all of the actions were very successful, but we are especially proud of our lobbying against the antipsychotic medication restriction policy, which has finally been reconsidered."

The Richard C. Hunter World Mental Health Day Award of Excellence will be given annually to an organization that demonstrates a high level of quality in the planning and implementation of its World Mental Health Day campaign. To be eligible for consideration, the WMHDay campaign must address the annual campaign theme selected by the World Federation for Mental Health. For further information on the Award, please contact Deborah Maguire, WMHDay project coordinator, at dmaguire@wfmh.com.

NEW WORLD HEALTH ORGANIZATION PUBLICATIONS

The World Health Organization recently published *Atlas: Child and Mental Health Resources. Global Concerns: Implications for the Future*. Swiss francs 30; US\$ 27 (in developing countries, Swiss francs 15; US\$ 13.50). Order no. 11500644. This new publication, like the other ATLAS projects, is a systematic effort to collect information from countries on existing services and resources. The areas covered include rights of children and adolescents; policy and programs; information systems; service system gaps; barriers to care; training for care; finances; and availability and use of medication. The purposes of the report are to stimulate additional data gathering and to encourage the development of needed child and adolescent mental health policy, services and training.

WHO has also published a report from the WHO European Ministerial Conference held in Helsinki in January 2005,

Mental health: facing the challenges, building solutions. Swiss francs 50; US\$45 (in developing countries, Swiss francs 35; US\$31.50). Order no: 13400055. The conference adopted a Mental Health Declaration and Action Plan for Europe, setting a course for mental health policy in the next 5-10 years. The book includes an examination of the current situation in the region, and examples of initiatives under way in various areas of work.

For further information about both publications contact WHO Press: publications@who.int or go to the web site www.who.int/bookorders

BRIEF REPORTS FROM WFMH

World Mental Health Day 2006

For World Mental Health Day 2006 (10 October) the international theme for WFMH's annual campaign will be serious mental illness and suicide. According to the World Health Organization, "suicides represent 1.4% of the Global Burden of Disease, but the losses extend much further. In the Western Pacific Region they account for 2.5% of all economic losses due to diseases. In most European countries, the number of suicides is larger than annual traffic fatalities. In 2001 the yearly global toll from suicide exceeded the number of deaths by homicide (500,000) and war (230,000)...Rates tend to increase with age, but there has recently been an alarming increase in suicidal people aged 15 to 25 years, worldwide."

Contener Foundation Conference, Argentina

Immediate Past President L. Patt Franciosi, Ph.D., and Secretary-General and CEO Preston J. Garrison attended a conference organized by the Contener Foundation, headed by Board member Roger Montenegro, in Argentina on 5-7 October. While in Buenos Aires they also visited four hospitals, met the city's Director of Mental Health Services, and participated in a World Mental Health Day Forum sponsored by WFMH Voting Member Organization, the Argentina Association of Mental Health.

Public Awareness Campaign on Managing Metabolic Issues

Following on from WFMH's September 2004 meeting of international experts on metabolic issues in the treatment of mental illnesses, and the article resulting from the meeting (Journal of Clinical Psychiatry, June 2005 issue), WFMH will prepare "Call to Action" campaign packets aimed at primary care practitioners, mental health associations, consumer/patient organizations, family/caregiver organizations, and mental health professionals. A special set of materials will be developed for outreach to global media outlets. The project is supported by a grant from Bristol-Myers Squibb.

Mentally Healthy Cities Conference, Taipei

WFMH President Shona Sturgeon of South Africa delivered a paper on “Promoting Mentally Healthy Cities” at the Second Annual Taipei International Healthy Cities Conference on 29-30 October. “I believe that mental health has a very important place within the Healthy City initiative,” she said, “and I was delighted to be able to make a contribution to this conference.” While in Taiwan she also attended an exhibition organized by the Mental Health Association, spoke to the psychiatric staff of the Taipei Medical University, and was the guest of honor at a dinner attended by many leaders in the mental health field. Those invited included past presidents of the Mental Health Association, and Professor Wei Tsuen Soong of the National University of Taiwan, newly elected WFMH Board member-at-large. Mrs. Sturgeon expressed her warm thanks for the hospitality and friendliness experienced everywhere throughout her stay, and particularly mentioned the excellent arrangements made by former WFMH Board member Dr. Chueh Chang.

“Breaking Through Barriers” Initiative

WFMH will spearhead an innovative, long-term international public awareness campaign supported by professionals and patient advocacy groups to provide the most up-to-date information on depression, resources and research to patients, families, and health care practitioners. The World Health Organization recently categorized depression as one of the most disabling diseases, and estimates that 75% of people who experience it never receive any treatment. The project is an outcome of the “Depression: The Painful Truth” survey in Brazil, Canada, Mexico, Germany and France. Patt Franciosi attended the launch of the new project in Amsterdam on 25 October 2005 and took part in a media seminar on the survey. Preston J. Garrison participated in a media seminar in Los Cabos, Mexico, on the results of the Mexican section of the survey. “Breaking Through Barriers” is sponsored by Eli Lilly and Company and Boehringer Ingelheim.

Dr. Franciosi Addresses CPHVA Conference in the UK

Patt Franciosi presented the Nick Robin Memorial Lecture on the topic “Women’s mental health and well being: a global perspective” at the Annual Conference of the Community Practitioners’ and Health Visitors’ Association held in Bournemouth, England, on 10-12 November. The meeting was attended by over 1,000 community health practitioners and visitors from throughout the United Kingdom. In the conclusion of her address, Dr. Franciosi outlined the continuing challenges to assuring good physical and mental health for women in today’s world: “What women want is health for themselves and their families, a sense of security and to be able to live their lives with dignity. What a world this would be if we could help all women achieve these goals.”

Professor Tolani Asuni Visits WFMH Senior Consultant Eugene Brody, MD

Professor Tolani Asuni of Nigeria, former WFMH Regional Vice President for Africa, visited WFMH Senior Consultant Professor Eugene B. Brody in Baltimore, Maryland, USA in October. Professor Asuni was affiliated with the university of Lagos, and was a former president of both the Association of Psychiatrists in Nigeria and the Association of Psychiatrists in Africa. He later became director of the UN Social Defence Research Institute in Rome. In his discussions with Professor Brody he placed particular emphasis on the importance of the Federation taking strong stands on such socially significant issues as racism in relation to mental health.



Published by the World Federation for Mental Health for its members

WFMH SECRETARIAT

Preston J. Garrison
Secretary General and CEO
2001 North Beauregard St., Suite 950
Alexandria, VA 22311 USA
Tel: 703 838 7525,
Fax: 703 519 7648
Email: info@wfmh.com

Publications Office

Editor: Elena L. Berger, D.Phil.
Consultant: Prof. Eugene B. Brody, M.D.
P.O. Box 6815
Baltimore, MD 21285-6815, USA
Tel: 410 938 3180,
Fax: 410 938 3183
Email: eberger@wfmh.com