



# WORLD FEDERATION FOR MENTAL HEALTH

## Fédération Mondiale pour la Santé Mentale

### NEWSLETTER

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## PLANNING PHASE BEGINS FOR WFMH AFRICA INITIATIVE

**W**FMH has received a grant from the Ford Foundation to undertake the planning process for a WFMH Africa Initiative, including organizing an *All Africa Conference on the Mental Health Consequences of HIV/AIDS for People Living with AIDS, their Families and Carers* to be held in 2008.

During the planning process WFMH will work in collaboration with its member organizations and key volunteer leadership in Africa to design a major initiative focused specifically on addressing the mental health consequences of HIV/AIDS for carers of people living with the illness and their families.

As part of the project's initial phase, WFMH will convene a two-day planning meeting in Cape Town, South Africa, in the last quarter of 2007 during which the major goals and elements of the Initiative will be refined and finalized, and the design of the All Africa Conference will be completed. The participants in this meeting will include members of the WFMH Board from Africa, other key opinion leaders from governmental and non-governmental sectors, and international and regional experts in mental health and HIV/AIDS.

The principal objectives of this first phase also include preparation of a resource development plan for culti-

vating funding for the overall Initiative, and for its continued guidance and leadership.

Announcing plans for the start of the WFMH Africa Initiative, President Shona Sturgeon said, "In developing countries, it is indeed true that the poor are trapped in political, socio-economic issues and it is for this sector of the population that the proposed initiative will attempt to address a holistic service delivery strategy — especially in regards to mental health and HIV/AIDS interventions. The proposed initiative and resulting strategies will aim to help ameliorate the impact of depression, anxiety and stress on the course of HIV/AIDS, and on people living with AIDS, their families and caregivers. Ultimately, the initiative aims to make possible increased community-based support services to help caregivers and their families maintain a more healthy state of mental and physical well-being.

This initiative and its primary elements focus on a major, yet inadequately addressed, component of the fight against the epidemic of HIV/AIDS. It responds to and supports one of the strategies included in the Regional Strategy for Mental Health in Africa, 2000 – 2010 (WHO Regional Office for Africa): *To undertake community-based psychosocial rehabilitation interventions, targeting vulnerable and high-risk groups, especially dis-*

*placed persons, refugees, victims of landmines, health workers, and people with chronic and neurological conditions as well as people living with HIV/AIDS.*

It is an area for which the World Federation for Mental Health and its extensive network of national and grassroots organizations in the mental health sector in Africa are ideally suited to take leadership. This planning grant allows the Federation to begin the implementation of the *WFMH Africa Initiative on the Mental Health Consequences of HIV/AIDS for People Living with AIDS, their Families and Carers* as the first step toward realizing this critical opportunity."

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## KEY ORGANIZATIONS CONVENE LEADERSHIP FORUM

Five international mental health organizations with membership representing more than 100 countries met in Leuven, Belgium, on 2 – 4 July for the first Global Mental Health Advocacy Leadership Forum. The participating organizations were the European Federation of Associations of Families of People with Mental Illness (EUFAMI), the Global Alliance of Mental Illness Advocacy Networks (GAMIAN-Europe), Mental Health Europe (MHE), the World Federation for Mental Health (WFMH), and the World Fellowship for Schizophrenia and Allied Disorders (WFSAD).

The Forum was organized by the World Federation for Mental Health, and funded through an unrestricted educational grant from Eli Lilly and Company.

WFMH President Shona Sturgeon served as the convener for the meeting which was held at the Secretariat of EUFAMI.

The primary goal of the Forum was to provide the first formal opportunity for these organizations to build relationships and mutual understanding, explore a range of issues that can be effectively addressed through collaboration, and establish a basic procedure for sharing of information.

Representing the organizations were: EUFAMI, Kevin Jones (Secretary General) and Inger Nilsson (President); GAMIAN-Europe, Raluca Nica (Immediate Past President) and Yoram Cohen (Vice-President); Mental Health Europe, Malgorzata Kmita (President) and Mary van Dievel (Director); WFSAD, Dale Johnson (President) and Trish Ruebottom (Executive Director); and WFMH, Shona Sturgeon (President) and Preston Garrison (Secretary General/CEO).

These leading mental health NGOs recognize the importance of developing a more united voice to promote effective action to address important issues and to advance mental health as a global health priority. This leadership summit was a beginning effort to strengthen the working relationship



Standing, left to right: *Kevin Jones, Inger Nilsson, Mary van Dievel, Raluca Nica, Jane Gilbert, Dale Johnson*

Seated, left to right: *Preston Garrison, Trish Ruebottom, Yoram Cohen, Malgorzata Kmita, Shona Sturgeon*

among the organizations and to seek possible opportunities for increased communication, mutual support, and collaboration.

The participants proposed a 5-point plan of action through which to develop and sustain their collaborative efforts:

- To establish a mechanism for regular inter-organization communication and mutual support
- To work together in developing strategies for building a united global voice for mental health advocacy, promotion, and services
- To explore the development and adoption of jointly prepared position statements on selected major issues affecting the mental health sector
- To work with the World Health Organization (WHO) to promote a higher WHO priority for mental health and mental disorders
- To make the Global Mental Health Advocacy Leadership Forum an annual gathering

### WFMH's Online Directory Project

The Federation is currently redesigning its web site, and plans to include an international online directory of mental health organizations engaged in advocacy, together with a list of consumers' organizations, and organizations for caregivers, family members, consumers and friends. The project does not cover professional organizations or direct service providers.

We would like to gather information from members, especially for local organizations. If you wish to submit an organization's name and contact details (postal address, phone and fax numbers, email address and web site) please send the information to Elena Berger (eberger@wfmh.com) — we welcome your help.

## NEW WFMH BOARD OF DIRECTORS TAKES OFFICE AT HONG KONG CONGRESS

**P**rofessor **John Copeland** will take office as President of WFMH at the Members' Assembly (20 August) during the World Mental Health Congress in Hong Kong. Professor Copeland has previously served



*John Copeland (U.K.)*

terms as President Elect, Treasurer and Executive Committee member, and is the current chair of the WFMH Mental Health Disaster Response Initiative. He has had a distinguished career in the psychiatry of older people and is affiliated with the Section on Old Age Psychiatry in the Psychiatry Department of the University of Liverpool. He lives in Merseyside, U.K.

Voting by WFMH member organizations for the new Board took place earlier this year under a revised system designed to open up the nominating procedure. The new President Elect is **Anthony (Tony) Fowke, AM**, a representative of mental health carers in Australia. While he has retired from active practice as a lawyer in Perth, Western Australia, he sits on the Mental Health Review Board and provides pro bono advice on mental health issues. He is the current President of Mental Health Carers Arafmi Australia (MHCAA), and a member of the National Mental Health Consumer and Carer Forum. Mr. Fowke has also been involved on the boards of various NGOs at the state and federal levels. He was the Honorary Secretary of the 2005-2007 WFMH Board of

Directors, and formerly served as Regional Vice-President for the Oceania Region. He was awarded the Order of Australia for his efforts on behalf of people with mental illnesses and those who care for them.

### Other Executive Committee Members

**Shona Sturgeon** is Senior Lecturer in the Department of Social Development at the University of Cape Town, South Africa, and becomes Immediate Past President after serving as President from 2005 to 2007. **Charles Ray** will continue as Treasurer. He was elected in 2006 to complete the unexpired term of the late Edward Pennington. Mr. Ray is President of CGR & Associates LLC and a principal in the firm Criterion Health. Previously he was President and CEO of the U.S. National Council for Community Behavioral Healthcare (1988-2003).

**Brian Howard**, WFMH Corporate Secretary, is Chief Executive Officer of Mental Health Ireland and a Board member of Mental Health Europe.

**Patt Franciosi** has been elected to a newly created position as Vice President for Program Development. She has completed terms as WFMH President and Immediate Past President, during which she undertook numerous special projects for the Federation.

**Professor Shridhar Sharma** was elected to a newly created position of Vice President for Constituency Devel-



*Shridhar Sharma (India)*

opment, in which he will help to coordinate the work of the 7 Regional Vice-Presidents and the cultivation of membership. He is an Emeritus Professor of the National Academy of Medical Sciences, India; Past President of the World Association of Social Psychiatry; and former Director General of Health Services in the Government of India's Ministry of Health.

### Regional Vice-Presidents

*Africa:* **Felicien Ntone-Enyime** is a psychiatrist and Senior Lecturer in the Faculty of Medicine at Yaoundé University, Cameroon. He was formerly the National Director of Mental Health for the Government of Cameroon.

*Asia-Pacific:* **Deborah Wan** is Chief Executive Officer of New Life Psychiatric Rehabilitation Association, a major provider of community-based rehabilitation services in Hong Kong SAR, China.

*Eastern Mediterranean:* **Professor Haroon Chaudhry** is Honorary Executive Director of Fountain House, Lahore, Pakistan. He is also Professor and Head of the Psychiatry Department at Fatima Jinnah Medical College/Sir Ganga Ram Hospital in Lahore.

*Europe:* **Dr. Helen Millar** is a community psychiatrist with the National Health Service in Scotland, specializing in work with young adults who experience severe, persistent mental illnesses. She has developed an integrated program for patient care, with health screening and healthy lifestyle interventions, that was adopted in the European Union in April 2007.

*Latin America:* **Professor Roger Montenegro** is President of the Contener Foundation, which promotes

*New WFMH Board (continued from page 3)*

the involvement of consumers and family members in mental health advocacy and education. He is a member of the WHO Expert Advisory Panel on Mental Health, and former President of the Latin American Psychiatric Association.

*North America:* **Richard Studer** has had a forty-year career in the business world of mental health and the pharmaceutical industry. He has also served on the Board of Directors of the Anxiety Association of America, the Depression and Bipolar Support Alliance, and the U.S. National Mental Health Association.

*Oceania:* **Professor Helen Herrman** is the Director of Academic Programs at the Australian International Health



*Helen Herrman (Australia)*

Institute and Professor in Public Health and Psychiatry at the University of Melbourne. She is Secretary for Publications and a member of the Executive Committee of the World Psychiatric Association. She has been actively involved in the series of World Conferences on the Promotion of Mental Health and Prevention of Mental and Behavioral Disorders, and will co-chair the Scientific Committee of the Fifth Conference in Melbourne (10-12 September 2008).

#### **Directors from the Regions**

*Africa:* **Sylvester Katonka** is a consumer, and founder and president of the Mental Health Users Network of

Zambia. He was diagnosed with depression in 1996, and became engaged in advocacy for the human rights of consumers two years later.

**Elizabeth Matare** is Executive Director of the Zimbabwe National Association for Mental Health. She is Vice-Chair of the Zimbabwe National Association of Societies for the Handicapped. **Brian Robertson** is Professor Emeritus in Psychiatry and Mental Health at Groote Schuur Hospital, University of Cape Town, South Africa. He is a specialist in child psychiatry and recently established the African Association for Child and Adolescent Mental Health.

*Asia-Pacific Region:* **Wei-Tsuen Soong** is the superintendent of the St. Joseph Hospital in Yunlin, Taiwan, and a part-time Associate Professor of Psychiatry at the National Taiwan University. He serves on a number of government committees and is the Immediate Past President of the Asian Society for Child and Adolescent Psychiatry and Allied Professions.

*Europe:* **George Christodoulou** is Professor of Psychiatry at the University of Athens, Greece. He is President of the Greek Society of Preventive Psychiatry, and the recently established Psychiatric Association of Eastern Europe and the Balkans.

**Raluca B. Nica** is Executive Director of the Romanian League for Mental Health and Immediate Past President of GAMIAN-Europe. She is also Romanian country manager for a project to strengthen community health services in South Eastern Europe.

*Latin America:* **Gabriela Camara** is Director of Voz Pro Salud Mental DF, a national mental health NGO headquartered in Mexico City that provides support and advocacy throughout Mexico for families with members experiencing a mental illness.

**Mercedes Rivas-Torres** is the Chief of Psychiatry at the Biblical Clinic Hospital in San José, Costa Rica. She is also Professor and Chair of Psychiatry for General Doctors at the Independent University of Central America.

## **Activities at the United Nations**

### **New York**

In March WFMH UN Representatives participated in the 51st Session of the UN Commission on the Status of Women (CSW, 26 February - 9 March 2007) in New York. The Federation's UN Representatives have been actively involved with this important UN Commission since 1992. The CSW priority theme this year, "*The elimination of all forms of discrimination and violence against the girl child*," is of particular importance to the mission and members of WFMH. Our organization, as a member of the NGO Committee on Mental Health, joined other NGOs in various advocacy efforts to persuade the participating governments to include mental health in the proceedings and in the final agreed conclusions of the Commission. A statement submitted under the auspices of the member organizations of the Committee was accepted as part of the official outcome documents. The statement addresses mental health as it relates to the central theme of the Commission and is available on the CSW website in the official languages of the UN.

### **Activities in the CSW Session**

WFMH sponsored a side event panel organized by its Main Representative, Nancy Wallace, on "Violence and the Mental Health Consequences for the Girl Child" (Tuesday, 27 March). The international workshop explored the impact of various types of violence on girls, ranging from violence against the individual to the consequences of war.

Nancy Wallace joined with former WFMH Board member Prof. Chueh Chang to arrange another WFMH-sponsored panel on "Building a Mentally Healthy Environment to Promote Gender Equity for Girls" (Monday, 5 March). This panel focused on the impact of discrimination and social environment on girls, with particular attention to Asian countries. WFMH UN Representative Ricki Kantrowitz was the moderator.

*United Nations (continued from page 4)*

Prof. Kantrowitz also organized and moderated a panel under the auspices of the NGO Committee for Mental Health on "Mental Health Implications of Violence and Discrimination Against the Girl-Child: Prevention and Interventions" (Wednesday, 7 March). The panel reviewed the psychological consequences of violence and discrimination against girls, the development of effective interventions, and the importance of recognizing mental health as a critical dimension in successful strategies for combating and eliminating all forms of violence against women of all ages.

In addition, as co-convenor of the NGO Committee's Working Group on Gender Perspectives, Prof. Kantrowitz helped to organize three caucuses (open meetings) about advocating for mental health issues with the government delegations attending the CSW.

### Youth Delegation

In special recognition of this year's theme, the CSW encouraged NGO delegations to include youth in their membership. The WFMH delegation included six students sponsored by Dr. Nancy Dubrow of the Chicago School of Professional Psychology, and a teenager from California sponsored by Ricki Kantrowitz. She later wrote the following report:

*My name is Samantha Steindel-Cymer. I'm thirteen years old and live in Los Angeles, California. I was invited to attend the CSW by Ricki Kantrowitz, with the approval of Nancy Wallace. Before I attended the Commission, I felt I was sensitive to mental health issues due to the fact that my mother is a clinical psychologist in private practice. However, because of the influence of the Commission, I realized how truly limited my world awareness was regarding psychological issues.*

*I was present at WFMH sessions, at a girls' caucus, and other discussion groups. I had the opportunity to meet girls who had been trafficked, abused, undergone female genital mutilation, were deprived of educational and*

*health benefits, and learned about many more issues.*

*Because of this exposure to the United Nations, my awareness of improving mental health for people within my own community and the world beyond has broadened significantly. I feel compelled to spread and share this knowledge with organizations in my area. Using this newfound insight, I can be more empathetic towards the world around me, and in my small way try to make a difference.*

### Website References:

#### UN Commission on the Status of Women

<http://www.un.org/womenwatch/daw/csw/51sess.htm>

#### CSW NGO Statements E/CN.6/2007/NGO/16

<http://www.un.org/womenwatch/daw/csw/csw51/OfficialDocuments.html>

#### Geneva

In June WFMH partnered with nine other NGOs, under the auspices of the UN NGO Committee on Mental Health, to participate in the First Session of the Global Platform for Disaster Reduction held in Geneva by the UN International Strategies for Disaster Reduction (ISDR). The ISDR is a UN office based in Geneva, and the Global Platform has been established as the main UN consultative forum on disaster risk reduction at the global level. It brings together a wide range of actors in the various sectors of development and humanitarian work, and also in environmental and scientific fields, with the aim of expanding the political space dedicated by governments to disaster risk reduction. The Platform, as a global forum, advocates for effective and timely action by nations, communities and all stakeholders and partners to mitigate risk and manage vulnerabilities in order to reduce the impact of natural disasters such as earthquakes, hurricanes, tsunamis and floods.

The goal of the NGOs' participation was to ensure the integration of mental

health and psychosocial issues into the disaster risk reduction agenda and the discussions on implementation of the Hyogo Framework for Action. The Hyogo Framework was drafted during the January 2005 World Conference on Disaster Reduction convened by the UN General Assembly and attended by 168 governments in Japan. The conference developed guidelines for global efforts in the decade 2005-2015 to reduce vulnerabilities arising from natural disasters. It followed an earlier decade-long strategy produced at a conference in Yokohama in 1994.

During the June session in Geneva, the partners from the NGO Committee on Mental Health organized a side event, issued a formal statement and provided recommendations for the final summary report. The side panel included important presentations by Margareta Wahlström, Assistant Secretary-General for Humanitarian Affairs and Deputy Emergency Relief Coordinator, Office for the Coordination of Humanitarian Affairs, and Mark Van Ommeren, World Health Organization (WHO), Department of Mental Health and Substance Abuse. A detailed report on the side event and the statement can be found on the Global Platform website. Dr. Judy Kuriansky, UN Main Representative of the International Association of Applied Psychology, represented the partner organizations at the meeting. Though not able to travel to Geneva, WFMH UN Main Representative Nancy Wallace was involved in all aspects of the planning and development of the effort.

### Website References:

#### International Strategies for Disaster Reduction

<http://www.unisdr.org/>

#### First Session of the Global Platform for Disaster Risk Reduction 5-7 June 2007, Geneva

[http://www.preventionweb.net/globalplatform/first-session/docs/Others\\_submitted\\_Statements/NGO\\_Mental\\_model\\_Statement.pdf](http://www.preventionweb.net/globalplatform/first-session/docs/Others_submitted_Statements/NGO_Mental_model_Statement.pdf)

## WFMH Conference in Minneapolis

The World Federation for Mental Health (WFMH) will hold a conference on *Transcultural Mental Health in a Changing World: Building a Global Response* on 29 - 31 October 2007 in Minneapolis, Minnesota, USA. Minneapolis was chosen as the venue because of the extraordinary multicultural population and services offered in that region of the United States. The host committee in Minneapolis reflects the population and the services offered. The conference is intended for anyone who is involved in mental health services, policy, advocacy or education who has an interest in gaining wider understanding of the impact of culture on personal attitudes and professional experience.

The conference program is designed to provide a global perspective on transcultural mental health, while offering opportunities to gain new information about public policy and skills in service delivery, consumer and caregiver advocacy, and educational initiatives. Distinguished plenary speakers will include Professor Ronald Wintrob of Brown University, Providence, Rhode Island; Dr. Manana Sharashidze, President of the Mental Health Association of the Republic of Georgia; and Professor Mario Hernandez of the Mental Health Institute at the University of South Florida. In addition, Dr. H. Westley Clark, Director of the U.S. Center for Substance Abuse Treatment and Professor

Abd Malak of Multicultural Mental Health Australia will speak about their innovative programs.

Mental health professionals from all disciplines, health and mental health advocates and educators, caregivers and family members, consumers/ service users and policy makers are invited to attend and encouraged to submit abstracts for presentations during the conference's symposia breakout sessions, or for poster presentations. There will also be lunchtime information tables for distribution of materials.

Abstracts for the presentation of papers will be accepted until all slots are filled. The conference registration fee is \$250.00 and \$200.00 for WFMH members. This fee includes all conference materials, the opening reception, a banquet, and two lunches. There are also discounted fees for consumers, family members and students, and the possibility of a single-day registration. The conference will be held at the Marriott City Center, 30 South Seventh Street, Minneapolis, MN 55402 where WFMH has secured a discounted hotel rate of \$139 per room (plus tax) for a single, double, triple, or quad room. It is anticipated that the conference will be eligible for 16 hours of continuing education units. For information on abstract submission and registration, visit the WFMH website at [www.wfmh.org](http://www.wfmh.org) or contact Ellen Mercer at [emercer@wfmh.com](mailto:emercer@wfmh.com).

## Are You a WFMH Member?

This number of the Newsletter is going to many friends of the Federation. If you wish to continue receiving it please be sure that your membership is up-to-date. If you are not yet a member, join us now! We need you and you need an NGO (non-governmental organization) accredited as a mental health consultant at the U.N. Fees for individual membership: developed countries, \$35; OECD developing countries, \$15; life member \$500; and library \$35 (U.S.). Your inquiries or check should go to: WFMH, 6564 Loisdale Court, Suite 301, Springfield, Virginia 22150-1812, USA.

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### World Mental Health Day 10 October 2007

The theme for World Mental Health Day this year is "Mental Health in a Changing World: The Impact of Culture and Diversity." The packet of information is available for the first time on a CD in English, Spanish, French, Russian, Chinese and Japanese. To obtain a copy, please contact the Project Manager, Deborah Maguire ([dmaguire@wfmh.com](mailto:dmaguire@wfmh.com)), and provide a full postal address. The material is also available for download from the WFMH web site ([www.wfmh.org](http://www.wfmh.org)).



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