



WORLD FEDERATION FOR MENTAL HEALTH

Fédération Mondiale pour la Santé Mentale

NEWSLETTER

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THE LANCET SERIES ON GLOBAL MENTAL HEALTH CALLS FOR ADVOCACY AND ACTION

THE LANCET SERIES ON GLOBAL MENTAL HEALTH was officially launched on September 3, 2007, at a forum held at King's College London's Waterloo Campus. Dr. Vikram Patel, co-editor of the series, presented a preview at a plenary session of the WFMH World Mental Health Congress in Hong Kong (August 19 – 23) prior to the official launch event.

The Lancet Series on Global Mental Health comprises six articles documenting the evidence base for global mental health, with a focus on low- and middle-income countries. It culminates with a strident call for action to the global health community to scale up services for mental disorders in these countries. The Series was developed by an international group of mental health and public health experts, representing academic, policy and society perspectives.

In the first five review articles, the Series provides the information and evidence base for global action on mental health. These reviews demonstrate the high burden of mental disorders, the links and interrelationships between mental disorders and other health conditions, and the relevance of mental health for the achievement of the UN's Millennium Development Goals. The massive needs are juxtaposed with scarcity of resources for mental health along with their inequitable distribution and inefficient utilization.

Evidence for the effectiveness of interventions for treatment and prevention of mental disorders in low- and middle-income countries is reviewed, demonstrating the encouraging



Vikram Patel at the WFMH Congress in Hong Kong

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WFMH Conference on Transcultural Mental Health

Approximately 300 people attended the WFMH Conference on Transcultural Mental Health in a Changing World: Building a Global Response, held in Minneapolis, Minnesota, October 29-31, 2007. Minneapolis was chosen as the venue because of the rich diversity of population and services in the region, and the conference certainly benefitted from that diversity. While a large number of participants came from the United States, other attendees came from as far away as the United Kingdom, Pakistan, India, Japan, Australia, and Yemen. The success of the conference serves to set the stage for the future activities of WFMH's Transcultural Mental Health Initiative.

Conference participants were greeted at the opening session by a Ghanaian master drummer and dance instructor, Francis Kofi, and his troupe of dancers and drummers, who received a standing ovation from the audience. The program combined plenary sessions and concurrent sessions together with social events to facilitate networking opportunities. Professor John Copeland, WFMH President, traveled from the United Kingdom to take part, and welcomed participants at various events throughout the conference.

At the opening plenary Ronald Winthrop, M.D., spoke on *The Role of Transcultural Mental Health in the Global*



H. Westley Clark, M.D., Director,
U.S. Center for Substance Abuse Treatment

Mental Health Movement with a response from James Jaranson, M.D. In other plenaries Assistant Professor Abd Malak spoke on the topic of *Governmental Policy Initiatives for Transcultural Mental Health: Multicultural Mental Health Australia*; Mario Hernandez, Ph.D., described *Promoting and Supporting Culturally Appropriate Children's Mental Health Services*; and H. Westley Clark, M.D., J.D., MPH, CAS, FASAM, Director of the U.S. Center for Substance Abuse Treatment, addressed the *Cultural Aspects and Impact of Alcohol and Substance Abuse and Addiction*. Two other plenary sessions brought together experts on Consumer Issues (Susan Bergeson, President of the

Depression and Bipolar Support Alliance), Caregiver Support (Gabriela Camara C., MA), and Cultural Competence in Clinical Practice (Fred Jacobsen, M.D., and Lillian Comas-Diaz, Ph.D.).

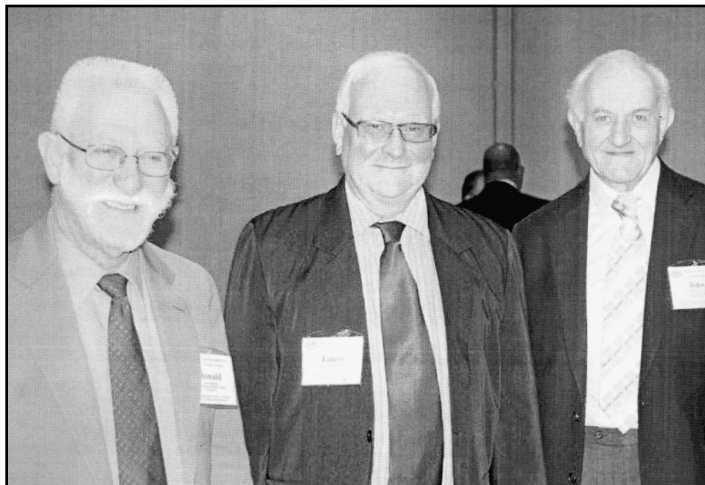
On the final day there were plenaries on best practices in *Culturally Appropriate Mental Health Services for Latinos* (Henry Acosta); and on *Capacity-Building Methods for Providers of Mental Health to Survivors of Psychological Trauma in Low Resource Countries* (Dr. David Johnson, et al, from the Center for Victims of Torture). Another session examined the *Culture of Wellness, Self Responsibility and Mutual Support – Can It Grow in Japanese Culture?* (Jeanie Whitecraft, M.Ed, CAC, CCS and Eri Kuno, Ph.D.).

A multitude of excellent speakers presented at the concurrent sessions on far-reaching topics related to special populations (Latinos, Africans, Asians, Arabic/Middle Eastern clients, Haitians, Gay/Lesbian/Bisexual/Transgender clients); prevention and promotion; advocacy; transcultural mental health; issues of refugees and immigrants; the mental health effects of trauma; building a culturally competent workforce; community mental health programs; mind/body connection and spirituality; children and families; high needs and low resources; cognitive and brain disorders; treatment of depression; and student/youth mental health.

To lighten the experience, there were performances by Ying Zhang, a renowned composer and musician from Mainland China at the reception, and guitarist/vocalist/multi-instrumentalist Greg Herriges at the banquet.

This was the first conference of its kind arranged by WFMH in the United States, and the evaluations were gratifying. A more complete report of the conference will be placed on the WFMH website at the start of 2008, together with as many of the plenary sessions as possible. Any requests for further information can be sent to Ellen Mercer at emercer@wfmh.com.

Ronald Winthrop
(left), who gave the
opening
plenary, with
James Jaranson
and WFMH
President
John Copeland



FROM MARGINS TO MAINSTREAM

MELBOURNE, 10–12 SEPTEMBER 2008

The Fifth World Conference on the Promotion of Mental Health and Prevention of Mental and Behavioural Disorders will take place in Melbourne, Australia, on 10–12 September 2008. The partners who founded the conference series are the World Federation for Mental Health, The Carter Center Mental Health Program and The Clifford Beers Foundation of the United Kingdom. They are joined for the 2008 conference by VicHealth (The Victorian Health Foundation) in Melbourne, which is leading the Host Conference Planning Committee. Irene Verins is the focal point for VicHealth's conference team (iverins@vichealth.vic.gov.au). The team includes Lyn Walker and Kenton Miller. Professor Rob Moodie and Professor Helen Herrman from the University of Melbourne head the International Scientific Committee. The venue is the Melbourne Convention Centre, well known for its excellent facilities.

The theme "From Margins to Mainstream" was chosen to indicate that promotion and prevention have moved out of the margins of the public health agenda to become firmly established in the mainstream research, policy and practice arenas of various disciplines.

Abstract Submission Deadline

The abstract submission deadline is coming up fast—18 February 2008. Abstracts must be submitted online, and the complete instructions are in the Call for Papers available on the conference website, www.margins2mainstream.com.

Abstracts are required for the seminar sessions that will each have four presenters, and also for workshops of 40 minutes for specialist groups, and for the poster sessions. The International Scientific Committee invites presenters to join together to submit a complete seminar session around

an agreed theme/determinant. Notification of acceptance will be sent out by 4 April.

Conference Framework

The framework of the 2008 conference will be built around four determinants—social participation, violence, discrimination and poverty, and five methodologies—research and evaluation; advocacy; coalition building; program design and implementation; and building the capacity of workforces, communities and organizations. The organizers would like to see abstracts that link one of the four determinants to one of the methodologies/strategies (the Call for Papers provides information about this).

Charter

Additionally, the structure of the conference will be built around producing a **Charter for Mental Health Promotion and Prevention of Disorders** which will reflect core principles recommended by plenary speakers and those who submit abstracts. A working group will guide and monitor the Charter development process and the program will include daily sessions at which the Charter's content will be advanced. The planners intend that

preparation of the outcome document will provide momentum not just to the conference but to the growth of alliances afterwards.

Early Bird Registration

The closing date for Early Bird Registration (AUS\$480; approx. US\$442 at the end-October exchange rate) is 28 May 2008. All speakers must register by that date in order to be included in the program. Regular registration (AUS\$600; approx. US\$552 at the end-October exchange rate) closes on 15 July. Late registration will be charged from 16 July to 9 September. The registration fee includes the cost of the conference dinner on 10 September.

The Melbourne event carries forward a series that began at the Carter Center, Atlanta, USA in 2000, and continued with conferences in London (2002) where The Clifford Beers Foundation was the host organization, Auckland (2004) with the Mental Health Foundation of New Zealand, and Oslo (2006) with Voksne for Barn, a Norwegian NGO.

The Global Consortium for Promotion and Prevention on Mental Health will meet on 9 September in Melbourne in conjunction with the conference, and the WFMH Board will also meet in Melbourne that week. A number of groups and networks are currently planning side activities to take advantage of their members' presence at the conference.



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Reflections on the 2007 World Congress in Hong Kong

Six years of planning by energetic Organizing and Program Committees created a vibrant WFMH Mental Health Congress in Hong Kong SAR (19-23 August 2007). True to the Congress theme, "Impact of Culture on Mental Health: East Meets West," they brought together many Chinese perspectives not just from the immediate region, but from places such as Australia, New Zealand, Hawaii, Canada and the United States where there are large Chinese communities with varied multicultural backgrounds. The diversity of these Chinese populations made a remarkable contribution to the program. Alongside the presentations on the impact of culture were many others from a cadre of distinguished Eastern and Western speakers on topics of current interest in mental health. Plenary sessions had English/Cantonese translation, and certain other sessions were in Cantonese only.

The participants numbered 869 and came from 52 countries. Of that total 658 were from Asia, including 414 from Hong Kong and 110 from mainland China. There were 86 people from North America and 48 from Europe. There were also, remarkably, 250 staff on site, including personnel from the host organizations and a small army of students from the Hong Kong Polytechnic University who were much in evidence as they helped people to find their way around the campus. With such a high ratio of staff to registrants it was no wonder that this was a particularly well-run meeting.

Conference Organizers

The three organizations hosting the conference with WFMH were the New Life Psychiatric Rehabilitation Association, the Mental Health Association of



From left to right: *Professor Ki-yan Mak, Co-Chair, Organizing Committee for the 2007 Congress; Dr. York Chow, SBS, JP, Secretary for Food and Health, Hong Kong SAR, China; Mrs. Shona Sturgeon, President of WFMH; Ms. Deborah L. Y. Wan, Co-Chair, Organizing Committee for the 2007 Congress; Mr. Anthony Nightingale, Chairman of MINDSET / Managing Director of Jardine Matheson Limited*

Hong Kong and the Hong Kong College of Psychiatrists. The co-hosts were the Hong Kong Polytechnic University and MINDSET, a mental health charity of the Jardine Matheson Group.

The Program Committee was led by Dr. Wah-fat CHAN and the Organizing Committee was jointly headed by Professor Ki-yan MAK and Ms. Deborah WAN, Executive Director of the New Life Psychiatric Rehabilitation Centre in Hong Kong. They dedicated their own hard work and the conference itself to the memory of Dr. Raymond WU, who chaired the Organizing Committee until his death in 2006.

The Patrons of the Congress were the Honorable Donald TSANG Yam-Kuen, Chief Executive of the Hong Kong Special Administrative Region, China, and Mr. Pu-fang DENG, President of the China Disabled Persons' Federation.

Special Lectures and Symposia

During the Congress WFMH presented four special lectures. The first was an introduction to the *Lancet Series on*

Global Mental Health by Dr. Vikram Patel (see page 1 for details). The Margaret Mead lecture was given by Dr. José Bertelote of the World Health Organization, who spoke on cultural aspects of mental illness and suicide. The George Albee Primary Prevention Memorial Lecture was given by Professor William Beardslee of Harvard Medical School on preventive interventions for families where a parent has a mental illness. The Mary Hemingway-Rees Lecture was delivered by Professor Juan E. Mezzich, President of the World Psychiatric Association, on culture, positive health and psychiatry for individuals.

The Federation also included a series of symposia in the program on ADHD, Depression Awareness, Understanding Schizophrenia in Young Adults, and Caregiver Perspectives on Mental Illness and Wellness. These presentations reflected recent work by WFMH in campaigns, surveys and publications.

Leading consumers present included Janet Meagher and Gillian Church (Australia), Flavio Prata (Italy), Ken Udagawa (Japan), Janet Paleo and Anna Gray (USA), and Caroline Fei-yeng Wok from Canada, who was a featured speaker. A group of consumers from the USA attended with support from the U.S. Center for Mental Health Services.

During the conference, the Richard C. Hunter Award honoring outstanding local or regional World Mental Health Day projects was presented to the Agrawal Psychiatric Center, Kota, India, for 2005, and to the Administration for Mental Health and Social Services in the Ministry of Health, Saudi Arabia, for 2006.

Breaking Through Barriers – the Mind-Body Connection and the Management of Depression

A recent survey on how far general practitioners (GPs) and their patients understand the link between depression and painful physical conditions was released at the European regional meeting of the World Organization of Family Doctors in Paris on 18 October. The survey was jointly commissioned by that organization and WFMH.

Among the physicians surveyed, 85% believed that understanding the mind-body connection helps doctors reach a diagnosis more quickly. However, only 70% were currently probing for painful physical symptoms as part of a depression diagnosis. The survey showed that patients whose doctors initiated a discussion about the emotional and physical symptoms of depression saw a positive impact on depression management and recovery. Over 80% of the people who discussed the link with their physicians understood how their treatment would work, and believed that treating both emotional and physical symptoms would help them to recover more quickly.

People who already had an understanding of the mind-body link discussed their symptoms earlier with their physicians, although they did not do so promptly. They waited on average 90 weeks to do it, compared with 148 weeks for those who did not understand the link. Of those who understood the mind-body connection, 73% discussed the connection with their GPs, whereas only 53% of those who did not understand the connection discussed physical and emotional symptoms with their GPs.

Dr. Gabriel Ivbijaro, Chairman of the World Organization of Family Doctors Working Party on Mental Health, said that “treatment of depression should address the full range of emotional and painful physical symptoms. . . . We call on doctors to probe these patients for their symptoms and therefore help people to break their silence.”

Preston Garrison, Secretary General and CEO of WFMH, commented: “The WHO estimates that depression will rank second only to heart disease by 2020 in terms of global disability, so we urgently call on groups representing people with depression to embrace the mind-body connection and encourage others to break the silence and reduce needless suffering.”

The Mind-Body Connection Survey was conducted online between 12 July and August 20, 2007, by Harris Interactive in France, Germany, Mexico, Brazil and Australia. The company contacted 252 adults under the care of a physician and with at least one prescription treatment for depression in the previous year. Harris Interactive also surveyed 501 GPs in active practice, with 3 to 20 years experience, and seeing at least 5 patients for depression per month. The survey is part of WFMH’s Breaking Through Barriers depression awareness campaign, a public education initiative designed to improve standards of care for depression. Eli Lilly and Company and Boehringer Ingelheim collaborated in the survey and are co-sponsors of the campaign.

Meeting in Hong Kong on Mental Health Support after Disasters

Before the WFMH Hong Kong Congress John Copeland, incoming WFMH President (2007-2009), chaired a pre-conference meeting on 19 August on measures to support mental health after disasters. He drew particular attention in his introduction to the release of *Guidelines on Mental Health and Psychosocial Support in Emergency Settings* by the UN’s Inter Agency Standing Committee (available at www.humanitarianinfo.org/iasc/content/product). These guidelines reflect the input of 27 UN agencies and many NGOs that work on relief efforts, and they are designed to set a new standard for mental health work after disasters. Professor Copeland noted the importance of having mental health included by the leading UN agencies in a comprehensive response to emergencies.

Dr. Tapas Ray of the Indian NGO SEVAC described relief measures in the Andaman and Nicobar Islands after the tsunami on 26 December 2004; Professor Haroon Rashid Chaudhry, a WFMH Board member, reported on the Pakistan earthquake on 8 October 2005; and Dr. Felicien Ntone-Enyime, also a WFMH Board member, gave a graphic description of recovery efforts after a Kenyan plane crashed in Cameroon on 5 May 2007.

Recommendations from the World Psychiatric Association were presented by Professor George Christodoulou, Chair of the World Psychiatric Association’s Institutional Program on Disasters and Mental Health. At the end of his comprehensive overview he described recent work with psychiatric professionals in Israel, Lebanon and Palestine on the psychosocial effects of war.

Many of the audience members had front-line experience of disaster relief work, including several who had worked in Aceh, Indonesia, after the tsunami. Their insights contributed greatly to the discussion at the end of the meeting. (For a report on this session see the redesigned WFMH web site at www.wfmh.org after 1 January.)

Lancet Series on Global Mental Health
(continued from page 1)

evidence for low-cost treatments for some mental disorders. The current state of mental health systems in countries is presented, showing that in most countries mental health services are woefully inadequate to meet the needs of populations. The Series then systematically examines seven barriers to improving services.

Scaling Up Services

The evidence presented in the five review articles is utilized to make a call to scale up services for mental disorders in all countries, but especially in low- and middle-income countries. This scaling up should be based on a basic, evidence-based package of services for core mental health disorders, to be delivered while ensuring human rights for service users and their families. Estimates of likely financial resources necessary for scaling up are provided: just \$2 per person per year in low-income countries and \$3-4 in lower-middle-income countries — a modest investment compared to scaling-up costs for other major contributors to the global disease burden. Indicators to monitor progress are suggested and research priorities to assist scaling up are identified.

Call to Action

The Series concludes that the evidence and solutions for global mental health needs are at hand. What is required

now – and what has always seemed in short supply in regard to mental health — is the political will, concerted and collaborative action by a range of global health stakeholders, and the resources to implement them! The time for action is now!

The Board of Directors of WFMH, at its August 21st meeting in Hong Kong, voiced its strong commitment to support the objectives and “Call to Action” stemming from The Lancet Series on Global Mental Health, and to consider specific program and advocacy strategies in 2008 and beyond intended to promote realization of the recommendations and action steps outlined by the authors of the Series.

The 2008 World Mental Health Day theme, “Advocacy for Global Mental Health,” has been selected, in part, to mobilize the hundreds of grassroots mental health organizations that participate in World Mental Health Day to plan and carry out awareness and advocacy events that will support attainment of The Lancet Series’ “Call to Action” in their own communities and countries.

Shona Sturgeon (WFMH 2005-07 President), Dr. John Copeland (WFMH 2007-09 President), and Professor Helen Herrman (WFMH 2007-09 Oceania Regional Vice-President) served on the Core Steering Group that developed The Lancet Series on Global Mental Health under the leadership of Dr. Vikram Patel, Professor Martin Prince, and Professor Graham Thornicroft.

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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To access detailed information about the Lancet Series on Global Mental Health, visit the following websites:

www.thelancet.com/online/focus/mental_health

www.wfmh.org/RecoveryFocusedInterventions

Lack of Mental Health Research

WHO and the Global Forum for Health Research have published a report on the status of mental health research in 114 low- and middle-income countries. It provides information on the lack of an adequate mental health research structure in most of these countries.

The report, “Research capacity for mental health in low- and middle-income countries: Results of a mapping project,” can be downloaded in PDF form (164 pages) from the Global Forum’s web site (www.globalforumhealth.org) and free print copies can also be ordered from the publications section of the web site.



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