



WORLD FEDERATION FOR MENTAL HEALTH

Fédération Mondiale pour la Santé Mentale

NEWSLETTER

6564 Loisdale Court, Suite 301 / Springfield, Virginia 22150-1812 USA Tel: +1 703 313 8680 Fax: +1 703 313 8683

MENTAL HEALTH CONSEQUENCES OF HIV/AIDS IN AFRICA

Poor access to mental health care for people infected and affected by HIV combined with poor access to HIV prevention, care and treatment for people with mental health needs were key themes discussed at a World Federation for Mental Health Experts Forum convened in Cape Town, South Africa (29-31 January 2008). The meeting heard how service gaps can lead to undue suffering through poor uptake of, and adherence to, HIV prevention, treatment and AIDS care programs.

The forum of twenty-three leaders from different specialties within the AIDS and mental health fields and representing seven Sub-Saharan Africa countries, India, and the United States, explored mental health needs for all aspects of the AIDS response. Particular attention was focused on the needs of carers, people living with HIV and vulnerable children — groups identified as often experiencing the most significant mental health challenges as a result of AIDS.

The Cape Town Forum was convened thanks in part to the advocacy of WFMH national member organizations, including the Zimbabwe National Association for Mental Health, which has continually pushed to raise awareness of the need for increased mental health support services for caregivers of people living with HIV and AIDS and of children who are orphaned when their parents die of AIDS.

In a keynote presentation to the meeting Dr. Frank Njenga, President of the African Association of Psychiatrists and Allied Professions (AAPAP),

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Participants at the WFMH Africa Initiative's International Experts Forum on the mental health consequences of HIV/AIDS, Cape Town, South Africa, 29-31 January 2008.

PRESIDENT'S ANNOUNCEMENT

Mental Health and Psychosocial Support in Emergency Settings

LONDON, 28-29 AUGUST 2008

The World Federation for Mental Health will convene an *International Forum on Mental Health and Psychosocial Support (MHPSS) in Emergency Settings* on 28-29 August at the King's College Waterloo campus in London, UK.

This event will be a follow-up to the Forum on the mental health consequences of natural and manmade disasters held before the August 2007 WFMH Congress in Hong Kong. The 2008 Forum is co-sponsored by the World Health Organization (WHO) and by the WFMH Collaborating Centre on International Mental Health at the Institute of Psychiatry, King's College, London.

In announcing plans for the meeting, WFMH President Professor John Copeland, Chair of the WFMH Disaster Support Initiative, stated: "The Federation, whose organizational members are often involved in the response to disasters, is deeply concerned about the many problems involved. The publication of the Inter-Agency Standing Committee (IASC) ***Guidelines on Mental Health and Psychosocial Support in Emergency Settings*** is a historic step from which to move forward. The Forum will widen the debate on how best MHPSS can be coordinated and delivered. A feature of the Forum will be the time provided for discussion

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*HIV/AIDS in Africa**(continued from page 1)*

offered an overview of the status of mental health in Africa. He emphasized that the trauma of AIDS experienced by individuals, families and communities has significantly increased the need for an urgent scale-up of comprehensive mental health services that work in collaboration with national and local AIDS programs.

Andy Seale, UNAIDS Senior Advocacy Adviser, East and Southern Africa Region, presented key principles and priorities that guide national AIDS responses. He said: "The relationship between HIV, mental health and the pursuit of well-being is multi-layered and offers many opportunities for strengthening, scale-up and increased collaboration. Many aspects of HIV-related mental health needs have been addressed at the community level for years. However local needs - particularly of people living with HIV and those with an increased care burden - are often inadequately addressed, and programs remain under-resourced and could benefit from increased international support and advocacy."

In conclusion, the Forum, which was supported by the Ford Foundation, agreed to move forward in developing an Africa-wide Initiative to address the complex and multiple interactions between mental health and AIDS through a focus on community-level mobilization. The Initiative will seek to generate further interest at the conference of the Association of African Psychiatrists and Allied Professions to be held in Ghana in June 2008, compile an online directory of joint HIV and mental health resources, develop a series of policy papers and information packet for key workers, and convene a partners' conference in 2009.

For further information, see the World Federation for Mental Health web site for a special section on the WFMH Africa Initiative at www.wfmh.org or email to pgarrison@wfmh.com.

WFMH Participates in Meeting on Partnerships in the Pacific

**25-26 February 2008,
Wellington, New Zealand**

The World Health Organization Pacific Islands Mental Health Network (PIMHnet) has been established to overcome some of the challenges Pacific Island countries face in the area of mental health. It was launched during the Pacific Islands Meeting of Health Ministers in Vanuatu in 2007. The February meeting in Wellington was jointly hosted by the WHO and the New Zealand Ministry of Health and was attended by several key sector groups from Australia, New Zealand, Singapore and Hong Kong, including the professional colleges of psychiatry and general practice. Also present were non-government health and social service providers from all over the Pacific, and representatives of the WFMH, WFSAD and other global NGOs.

The meeting brought together NGOs and other partners to discuss a co-ordinated strategic approach to improving mental health in the countries of the region. Non-governmental organizations (NGOs) in the Pacific region provide a significant level of mental health services and can greatly assist the governments represented in PIMHnet. However, it is not uncommon at present that NGOs are isolated from one another and from the mental health services being provided by the health care system. Some NGOs, not yet involved in providing mental health services, have expressed interest in being more active in the mental health area.

The objectives of the meeting were: 1) to promote networking of mental health-related NGOs and other partners by sharing information and discussing the potential to align work programmes; 2) to improve mental health services by maximizing use of NGOs' services and resources in harmony with international best practices and WHO recommendations; and 3) to strengthen the links between NGOs and formal mental health services.

Many island nations have very few resources and often no specialist mental health resources. Each nation has its own multiple challenges and each organisation is contributing in its own way through one or more public health initiatives, education and training, workforce development or mental health service delivery. Many of the organisations were previously unaware of the nature of the Federation's work and membership, and links with the information, support and networks it offers were seen as a welcome possibility.

PIMHnet currently has 17 member countries, each with an officially appointed focal point: American Samoa, Australia, Commonwealth of the Northern Mariana Islands, Cook Islands, Federated States of Micronesia, Fiji, Kiribati, Marshall Islands, Nauru, New Zealand, Niue, Palau, Papua New Guinea, Samoa, Tokelau, Tonga and Vanuatu.

Helen Herrman

*WFMH Regional Vice-President
Oceania*

MEMBER CONTACTS

Please remember to send your "**Change of Address**" for the newsletter when you move to a new location.

Also, if we do not have an email address for you, we encourage you to send it to Betty Jones at the Secretariat (bjones@wfmh.com). The Federation's new MemberClicks system permits us to be in touch with members more often through email messages.

Updates about programs and publications can be found on the expanded WFMH web site (www.wfmh.org).

*Announcement from WFMH's President
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from the floor. Individuals and organizations concerned in mental health response to disaster situations are urged to participate and express their views - especially organizations that deliver humanitarian care during disaster and emergency situations, and grassroots non-governmental organizations that often are faced with providing ongoing mental health services following disasters in their communities or regions."

Confirmed speakers for the Forum include Dr. Mark van Ommeren, WHO Department of Mental Health and Substance Abuse and co-chair of the IASC Working Group, who will present the IASC Guidelines and discuss their implementation for planning disaster relief. Dr. Lynne Jones, Senior Advisor in Mental Health, International Medical Corps, and Dr. Nancy Baron, Global Psycho-Social Initiatives (GPSI) in Nairobi, Kenya, will discuss training issues. Dr Michael Wessells, also a co-chair of the IASC Working Group, will discuss forming MHPSS networks, while Professor Derrick Silove will present the WFMH Disaster Response Science Panel's views on how to increase the evidence base for interventions. Additional presenters will be announced through the WFMH web site (www.wfmh.org).

An important component of the Forum will be parallel interactive workshops and discussion sessions addressing issues such as developing the evidence base to inform mental health responses in emergency settings; developing training strategies around the IASC Guidelines; building collaboration among mental health organizations and humanitarian agencies; and creating funding strategies to support grassroots mental health NGOs that provide ongoing mental health and psychosocial support services in the aftermath of major disaster situations. The Forum will produce an edited report of views and discuss the possibility of future meetings.

Until 16 June the Early Bird registration fee for the Forum is £250 (British pounds), £160 for people from middle-income countries, and £80 for low-income countries and students. After 16 June the rates are £350, £200 and £100 respectively. Employees of grassroots mental health NGOs may apply for reduced fees by contacting WFMH at pgarrison@wfmh.com. See the WFMH web site (www.wfmh.org) for registration and accommodation information (for questions, contact: imh@iop.kcl.ac.uk). Reasonable ensuite accommodation is available at the KCL Stamford Street Apartments beside the conference venue.

The WFMH Forum on Mental Health and Psychosocial Support in Emergency Settings will follow the Institute of Psychiatry's International Mental Health Conference, 26–27 August, at the same venue. Information can be found at www.iop.kcl.ac.uk (go to "Events" and "August 2008"). The theme of the 2008 IOP conference is **"Mental Health for All - Young and Old."**

INTERN FOR AFRICA INITIATIVE PROJECT

Gemma Griffin, a resident of New Zealand, is spending four months in Washington, DC, as an intern at the WFMH Secretariat. Gemma has an LLB degree from the College of Law at the University of Canterbury in Christchurch, New Zealand. She is currently pursuing studies in a joint Arts and Health Sciences program through Massey University.

She has worked as a Consumer Advisor for the Regional Forensic Psychiatric Service/Clinical Governance Resource Unit in the Specialist Mental Health Service of the Canterbury District Health Board. Her primary interests are in advocacy and stigma/discrimination reduction strategies and initiatives. While at WFMH she will provide support for the planning phase of the Africa Initiative, and will also be involved with the Federation's exhibits at major mental health conferences.

WFMH RELEASES

MENTAL ILLNESS AND SUICIDE MONOGRAPH

WFMH has released a monograph summarizing the discussions, key messages and recommendations from its International Experts Forum on **"Building Awareness – Reducing Risk: Mental Illness and Suicide"** held on 30-31 March 2006 in Dulles, Virginia.

WFMH brought together a group of international experts from the areas of mental health and suicide treatment/prevention for a roundtable discussion on mental illness, suicide, and suicide prevention. Discussions focused on three major areas – the global perspective of mental illness and suicide, the relationship between mental illness and suicide, and the epidemiology of suicide in regions around the world. The experts subsequently formulated key messages to guide the development of the 2006 World Mental Health Day global awareness campaign that focused on mental illness and suicide.

The monograph has been published primarily to inform the large grassroots mental health advocacy, educational, consumer/caregiver, and service constituencies represented by WFMH's membership. It will also be of value to national and international organizations working in the area of suicide prevention, and to policy makers in the area of mental health, public health and suicide.

The International Experts Forum was supported by Eli Lilly and Company through its 2006 World Mental Health Day grant. A grant from the Charles E. Kubly Foundation supported the publication of the monograph. Copies are available by contacting WFMH at info@wfmh.com.

ADVOCACY IS THE THEME FOR WORLD MENTAL HEALTH DAY 10 OCTOBER 2008

WFMH's 2008 World Mental Health Day campaign theme is "Making Mental Health A Global Priority – Scaling Up Services Through Citizen Advocacy and Action." The campaign will highlight the messages contained in The Lancet Series released in September 2007 about the urgent need for improved mental health care, particularly in low- and middle-income countries. It also focuses on core values of the Federation in its sixtieth anniversary year. Mental health is an international concern; people are affected by mental disorders in all cultures and at all stages of the life span.

This year's campaign will encourage renewed attention to the need for well-informed mental health public policy advocacy to address:

- the existing gaps in mental health services
- persistent stigma and discrimination, a barrier to accessing services
- inequitable levels of funding by most governments for mental health services and wellness promotion; and

- the need to integrate mental health more fully into the general public health system.

The World Mental Health Day campaign materials will be available in English, Spanish, French, Russian, Chinese, Japanese and Arabic on the WFMH web site at the end of June (www.wfmh.org). To obtain a CD-ROM of the material in these languages, also available at the end of June, or for further information, please send an email or fax to:

Deborah Maguire, Director
Mental Health Awareness and
Information Services
World Federation for Mental Health
6564 Loisdale Court
Suite 301
Springfield, VA 22150-1812
USA
Email: dmaguire@wfmh.com
Fax: 1 703 313 8683

Dr. Bertolote Retires from WHO

WFMH salutes José Manoel

Bertolote, M.D., who retired at the end of March after eighteen and a half years of service in the World Health Organization's Department of Mental Health and Substance Abuse. He was the Coordinator,



*Dr. José Manoel
Bertolote, M.D.*

Management of Mental and Brain Disorders, and served as WFMH's official contact in the Department for some 12 years.

Dr. Bertolote came to WHO from Brazil, where he had been Coordinator for Mental Health in the State of Rio Grande do Sul, and also taught at the Federal University of

Rio Grande do Sul in Porto Alegre. At WHO he engaged in a number of initiatives that have had a long-term impact. He has been a strong supporter of psychiatric reform, advocating community care rather than custodial care, and steadily carrying forward this concept as opportunities arose (notably as an author and editor of the influential World Health Report 2001 on Mental Health). He developed the basic WHO policy and technical documents for the important area of psychosocial rehabilitation.

He played an instrumental role in establishing the WHO Program on Suicide Prevention, which has helped to mobilize national suicide prevention strategies in many countries around the world.

Dr. Bertolote also developed the first formal contacts between WHO and associations of users of mental health care services and their families. This attention to the views of

consumers/users of services and their family members contributed to a change of attitude that was highly important.

WFMH has appreciated his help over many years. Most recently he participated in a WFMH Expert Meeting on Suicide Prevention in 2006, delivered the Margaret Mead Lecture at the WFMH World Congress in Hong Kong in 2007 (on cultural aspects of mental illness and suicide), and contributed new material for the 2008 publication of a monograph based on the 2006 expert meeting.

In Dr. Bertolote's view, organizations such as WFMH have a major role in promoting improved care for people with mental disorders, both by pressing those in authority for needed changes and respect for fundamental rights, and by "making audible the otherwise muffled voices of those who sometimes suffer in silence (consumers and families)."

Australia's Diversity Health Institute Collaboration with WFMH

WFMH recently signed a Memorandum of Agreement (MOU) with the Diversity Health Institute of Australia (DHI) on the occasion of the Diversity in Health Conference 2008 held in Sydney, Australia, on March 10-12, 2008. Immediate Past President Shona Sturgeon signed the MOU on behalf of WFMH while Professor Steven Boyages, Chief Executive of the Sydney West Area Health Service, signed on behalf of the DHI. The Diversity Health Institute is a consortium of public health organizations that work together to improve the health and wellbeing of Australia's culturally and linguistically diverse (CALD) community. The DHI is based in the Sydney West Area Health Service but it is comprised of units with a statewide, national and international focus. It is funded from a variety of sources including New South Wales Health and the Commonwealth Department of Health and Ageing.

In the MOU, both WFMH and DHI agree to work together towards the following aims:

- Increasing public awareness and understanding of mental health issues
- Promoting improved attitudes towards mental health and mental disorders
- Promoting better mental health within the community and prevention of mental disorders
- Undertaking research to improve the care, treatment and recovery of people with mental disorders
- Developing education and training opportunities for mental health service providers

The organizations will share access to resources; provide links through their respective web sites; organize training programs, work-

shops, or conferences; seek opportunities for formal collaboration on projects of mutual interest; and work jointly to promote the annual World Mental Health Day global awareness campaign. WFMH is enthusiastic about this collaborative effort and believes that it will serve as a model for linkages with other organizations.

DHI Services

The Diversity Health Institute's many services include Multicultural Mental Health Australia; the Transcultural Mental Health Center; a Clearinghouse and Research Laboratory; the Global Health Institute; Workforce Development, Education and Training Networks. For additional information, visit the DHI web site at www.dhi.gov.au. Among many other valuable materials, there is a series of mental health fact sheets that can be downloaded in the following languages: Amharic, Arabic, Assyrian, Simplified Chinese, Croatian, Dari, Dinka, English, Khmer, Farsi, Greek, Italian, Korean, Macedonian, Polish, Russian, Ser-

bian, Spanish, Swahili, Turkish and Vietnamese.

The Diversity in Health Conference 2008 attracted approximately 1,000 participants. It focused on "Strengths and Sustainable Solutions," with presentations that highlighted innovative national and international research, practices, programs and partnerships involving health management systems, providers, governments, legal systems, social service agencies and community organizations. In addition, the long-term health care requirements of diverse populations were highlighted, as well as the needs of carers and consumers and best practices to meet these needs. Keynote speakers included Anthony J. Marsella, Ph.D.; Professor Glen Maberly; Dr. Frances Hughes; Thomas Bornemann, Ed.D.; Professor Diego De Leo; and Shona Sturgeon. The conference provided ample time for networking and discussion during breaks, lunches, and a gala dinner at the Parliament Building in Sydney.



Professor Abd Malak witnesses the signatures of Professor Steven Boyages and WFMH Immediate Past President Shona Sturgeon.

Fifth World Conference on the Promotion of Mental Health and Prevention of Mental and Behavioral Disorders

www.margins2mainstream.com

**Melbourne, Australia,
10-12 September 2008**

Program development is in its final stages. A large number of abstracts were submitted by the deadline, and selection was completed at the end of April. Posters will be considered until 20 May (use the form on the conference web site).

Early Bird registration (Australian \$480) closes on 28 May. Full registration is then A\$600 until 15 July, and A\$696 until 9 September. There are special rates for people who register in a group of at least 10, and for students. There is also a day rate (for the various registration rates, please see the web site). The full registration fee includes a welcome reception on the evening of 10 September at the Ian Potter Center, which houses Victoria's foremost collection of Australian art.

Hotels at various price points are listed on the web site. To obtain the rates quoted, bookings must be made via the registration form. The hotel rates are offered until 11 August, after which bookings are subject to room availability.

The web site has information about pre- and post-conference tours, and some tours have been arranged during the conference for accompanying persons. The web site for the host organization, VicHealth, can be found at www.vichealth.vic.gov.au. WFMH is one of the organizing partners.

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.

Tel: +1 703 313 8680, ext. 201.

Fax: +1 703 313 8683

Email: info@wfmh.com

Web site: www.wfmh.org

Name and Preferred Title

Postal Address

Email Address

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Editor: Elena L. Berger, D. Phil.

Editorial Office:

Sheppard and Enoch Pratt Hospital

P.O. Box 6815

Baltimore, Maryland 21285-6815

Telephone 410-938-3180

FAX: 410-938-3183

Email: eberger@wfmh.com

Web site: www.wfmh.org

PUBLICATIONS

Families as Partners in Mental Health Care: A Guidebook for Implementing Family Work. World Fellowship for Schizophrenia, Toronto, 2007. Eds. Diane Froggatt, B.Mus., B.Ed; Gráinne Fadden, Ph.D.; Dale L. Johnson, Ph.D.; Margaret Leggatt, Ph.D. B.App.Sc. (O.T.); Radha Shankar, M.D. This guidebook is for anyone involved in the care of people with serious mental illness: psychiatrists, psychologists, social workers, nurses, as well as policy makers, service managers, families/carers and people with mental health problems. Email to: Info@world-schizophrenia.org or telephone +416-961-2855.

The Day the Mountains Moved: International Perspectives on Handling Psycho-Trauma. The Pakistan Earthquake 2005. Edited by Unaiza Niaz. Sama Editorial & Publishing Services, Pakistan. 2007. The book brings together articles by international experts on disasters, including mem-

bers of the World Psychiatric Association Section on Disaster Mental Health. Further information can be obtained from the Institute of Psychotrauma of Pakistan. Email to: ipt-pak@gmail.com.

"From Exclusion to Inclusion – The Way Forward to Promoting Social Inclusion of People with Mental Health Problems." Mental Health Europe, 2008. This report addresses the situation with regard to social inclusion for people with mental health problems in 27 Member States of the European Union. Obstacles to full participation as citizens are described, and suggestions for developing national strategies and policy coordination are provided. The report can be downloaded from the MHE web site (www.mhe-sme.org). For further information, please contact the MHE Secretariat: email info@mhe-sme.org; tel. 32 2 280 04 68; fax 32 2 280 16 04.

