

WORLD FEDERATION FOR MENTAL HEALTH



ANNUAL REPORT 2004

To heighten public awareness about the importance of mental health, to gain understanding and improve attitudes about mental disorders

- ❑ The Federation's major annual public education project is World Mental Health Day. The Day, observed on 10 October, marks the start of a year-long educational program adopted by organizations in many countries. The theme selected by the WFMH Board for 2004-05 was ***"The Relationship Between Physical and Mental Health: Co-occurring Disorders."*** The Secretariat gathered relevant material into a campaign packet that was distributed free of charge to a large network of international organizers. The material was also posted on the Internet (www.wfmh.org and www.wmhday.net). WFMH's Secretary-General and CEO Preston J. Garrison attended the program's launch events in Stockholm, including a media seminar on the value of wellness programs (diet, exercise, behavioral interventions) for people with mental illness. WFMH President Elect Shona Sturgeon (South Africa) attended events in India sponsored by WFMH member organization SEVAC.
- ❑ The WFMH Secretariat received news of World Mental Health Day events from organizations in Australia, Austria, Azerbaijan, Belgium, Croatia, Cyprus, Czech Republic, Egypt, Finland, Greece, India, Iran, Ireland, Italy, Lebanon, Malaysia, Malawi, Mauritius, Mexico, Netherlands, Norway, Pakistan, Palau, Poland, Slovak Republic, Spain, Sweden, Taiwan, Tanzania, UK, USA, Yemen and Zambia.
- ❑ In May WFMH hosted its Second International Psychiatry and Mental Health Forum at the American Psychiatric Association's annual conference in New York. The presidents of national psychiatric associations and other international mental health leaders were invited.
- ❑ WFMH President Elect Shona Sturgeon represented WFMH and spoke at the First African Regional Congress of the World Association for Social Psychiatry in Johannesburg, South Africa. She and Professor Brian Robertson also presented poster sessions at the Congress.
- ❑ Outreach activities held in Kobe, Japan, in October were attended by WFMH President L. Patt Franciosi, Secretary General/CEO Preston J. Garrison, Board members Janet Meagher from Australia and Chueh Chang from Taiwan, and Federation leaders from Japan including Kunihiko Asai, Kazuyoshi Yamamoto and Shimpei Inoue. WFMH presented a symposium at the World Congress of the World Association of Social Psychiatry in Kobe on *"The Role of Citizen Advocacy and Public Awareness in Reducing Stigma and Discrimination Around Mental and Behavioral Disorders."* A media seminar was arranged for twenty-four journalists and editors from major newspapers and other publications, focusing on the reduction of stigma and discrimination.
- ❑ In November Dr. Franciosi spoke at the opening session of the Latin American Psychiatry Association's Congress in Punta Del Este, Uruguay, and met with WFMH Board members from Brazil and Uruguay. She participated in the launch of a new national suicide prevention program in Montevideo.

To promote mental health and prevent mental disorders

- ❑ WFMH was an organizer of the Third World Conference on the Promotion of Mental Health and Prevention of Mental and Behavioral Disorders with its partners, The Clifford Beers Foundation of the UK and the Mental Health Foundation of New Zealand, working in collaboration with The Carter Center. The World Health Organization was a co-sponsor. The meeting on 11-13 September 2004 in Auckland, New Zealand, focused on public health policies for mental health and was attended by some 350 people. Speakers included leaders in the field from Australia, The Netherlands, New Zealand, the UK and the USA.
- ❑ In connection with the growth of the conference series, WFMH is involved in the establishment of the Global Consortium for the Advancement of Promotion and Prevention in Mental Health. The Consortium aims to foster collaboration among a group of interested organizations in the intervals between conferences. In 2004 WFMH was

awarded a one-year contract from the US Center for Mental Health Services to provide secretariat support for the Consortium.

- ❑ At the end of 2004, the Proceedings of the Second World Conference on the Promotion of Mental Health and Prevention of Mental and Behavioral Disorders (London, 2002) were published. WFMH provided editorial supervision for this project, which was supported by the US Center for Mental Health Services.
- ❑ In a project with the World Health Organization, WFMH obtained submissions describing fifty-nine mental health promotion projects from contacts in its network around the world. Thirty-five promotion projects were selected for a WFMH-WHO joint publication, ***Mental Health Promotion: Case Studies from Countries***. The book was released at the Auckland conference, where WFMH gave awards of distinction to five of the projects:
 - The Icelandic Mental Health Promotion Project
 - Mind Out: The development and evaluation of a mental health promotion program for post-primary schools in Ireland
 - Meeting of the Minds: A library program for older people in Auckland, New Zealand
 - The Perinatal Mental Health Project: A women's mental health program in Cape Town, South Africa
 - Public Awareness Training Program: Interpersonal relations and psychosocial well-being in Kocaeli, Turkey

To improve the care, treatment and recovery of people with mental disorders

- ❑ The Federation continued a campaign that started in 2003 to draw attention to the impact of Attention Deficit Hyperactivity Disorder (ADHD) on children and their families. It included a focus on the effects of stigma and discrimination on children in early age groups. In August 2004, WFMH released the results of an international survey of some 900 parents with children affected by the disorder. Parents from nine countries (Australia, Canada, Germany, Italy, Mexico, The Netherlands, Spain, the UK and the USA) participated. Among other things, the survey showed wide international variability in the time needed to obtain a diagnosis. The survey results were released at a media event in Berlin, Germany on 24 August to coincide with the 16th World Congress of the International Association for Child and Adult Psychiatry and Allied Professions (IACAPAP). A special media seminar held in Madrid, Spain, in October 2004 highlighted the results of the survey in Spain. The results of the international survey were made available in a printed report and on the WFMH web site (www.wfmh.org).
- ❑ The WFMH joined with seventeen pan-European and national mental health advocacy groups to participate in INFORMED (International Network for Mental Health Education). As its first activity, INFORMED produced and published *Discover the Road Ahead*, a comprehensive and user-friendly handbook for people affected by schizophrenia. The handbook was released on 9 October at the 17th Annual Meeting of the European College of Neuropharmacology (ECNP) in Stockholm, Sweden.
- ❑ WFMH convened an international panel of experts in Vienna, Austria, on 28-30 September to explore matters relating to how metabolic issues in people with mental illness should be identified and monitored. Current guidelines for treatment in the general population were reviewed, the increased risk in people with mental illness was recognized, and recommendations were made for the management of metabolic/cardiovascular issues in this group. The panel included family and consumer representatives. The recommendations and call to action resulting from the meeting will be published in *The Journal of Clinical Psychiatry* in mid-2005.

At the United Nations

- ❑ UN Secretary General Kofi Annan released a message in October for World Mental Health Day.
- ❑ At UN headquarters in New York WFMH's Main Representative, Ms. Nancy Wallace, chaired the NGO Committee on Mental Health.
- ❑ The Federation's volunteer representatives at the UN participated in the 48th session of the UN Commission on the Status of Women (1-12 March 2004). The themes of the session were: 1) the role of men and boys in achieving gender equality; and 2) women's equal participation in conflict prevention, management and conflict resolution and in post-conflict peace building. During the session Ms. Wallace chaired a panel that included Secretary General/CEO Preston

Garrison, Board member Prof. Chueh Chang, and Prof. Donna Stewart, head of the University Health Network Women's Health Program at the University of Toronto (a WFMH Collaborating Center).

- ❑ The NGO Committee on Mental Health arranged a meeting on emerging complex emergencies addressed by Jan Egelund, UN Under-Secretary-General for Humanitarian Affairs, the UN's emergency relief coordinator.
- ❑ In Geneva, WFMH was represented at the UN offices and the World Health Organization by Ms. Myrna Lachenal and Stan Flache, MD.

Statement of Functional Expenses 2004

<u>Program Services</u> (76.4%)	
Advocacy & Education	\$118,098
Communications	\$ 74,750
Promotion & Prevention	\$ 82,314
World Mental Health Day	\$110,506
Membership	\$ 22,459

Total Program Services \$408,127

Supporting Services (23.6%)

General & Administration	\$114,071
Fundraising	\$ 11,830

Total Supporting Services \$125,901

TOTAL EXPENSES \$534,028

PENAN & SCOTT, P.C.

Certified Public Accountants and Financial Consultants

INDEPENDENT AUDITORS' REPORT

To the Board of Directors of the World Federation for Mental Health

We have audited the accompanying statement of the financial position of the World Federation for Mental Health ("the Federation") (a nonprofit organization) as of December 31, 2004, and the related statements of activities, functional expenses and cash flows for the year then ended.

These financial statements are the responsibility of the Federation's management. Our responsibility is to express an opinion on these financial statements based on our audit.

The prior year summarized comparative information has been derived from the Federation's 2003 financial statements, which were audited by us, and in the report dated March 17, 2004, we expressed an unqualified opinion on those financial statements.

We conducted our audit in accordance with U.S. generally accepted auditing standards. Those standards require that we plan and perform the audit to obtain reasonable assurance about whether the financial statements are free of material misstatement. An audit includes examining, on a test basis, evidence supporting the amounts and disclosures in the financial statements. An audit also includes assessing the accounting principles used and significant estimates made by management, as well as evaluating the overall financial statement presentation. We believe that our audit provides a reasonable basis for our opinion.

In our opinion, the 2004 financial statements referred to above present fairly, in all material respects, the financial position of the Federation as of December 31, 2004, and the changes in its net assets and its cash flows for the year ended in conformity with U.S. generally accepted accounting principles.

/s/ **Penan & Scott, P.C.**

Rockville, MD
August 25, 2005

Voting Member Organizations 2004

Asociacion Argentina de Profesionales de la Salud Mentale
Federacion Argentina de Camaras y Assn Psiquiatricas
Mental Health Council of Australia
Mental Health Foundation of Australia
Pro Mente Austria
Flemish Mental Health Association – VVOG, Belgium
Canadian Mental Health Association – National Office
Canadian Psychological Association
The College of Registered Psychiatric Nurses of Canada
SIND – Danish Association for Mental Health
Finnish Association for Mental Health
Ligue Francaise pour la Santé Mentale
Advocacy France
Georgian Association for Mental Health
Center for Mental Health, Greece
Hong Kong Guild of Hypnotherapists & Psychotherapists
Mental Health Association of Hong Kong
New Life Psychiatric Rehabilitation Association, Hong Kong
Richmond Fellowship of Hong Kong
Hungarian Psychiatric Association
Icelandic Mental Health Alliance
GEDHJALP, Iceland
SEVAC, India
Indian Psychiatric Society
Mental Health Ireland
The Israel Psychiatric Association
Responsible IseRDIP, Italy
Asai Hospital, Japan
Japanese Association of Psychiatric Hospitals
Japanese Federation for Mental Health & Welfare
The Korea Christian Mental Health Institute
Malaysian Mental Health Association
Asociacion Mexicana de Psicoterapia Psicoanalitica AC
COMECTA, Mexico
International Federation of Psychoanalytic Societies, Mexico
Sociedad Psicoanalitica de Mexico
Mental Health Foundation of New Zealand
Organisasjonen Voksne for Barn, Norway
Norwegian Council for Mental Health
Lahore Mental Health Association, Fountain House, Pakistan
Philippine Mental Health Association
Coalition for Mental Health, Poland
Portuguese Association for Mental Health
South African Federation for Mental Health
Asociacion Espanola de Neuropsiquiatria, Spain
International Association of Applied Psychology, Spain
Swedish National Association for Mental Health
Pro Mente Sana, Swiss Foundation
Mental Health Association in Taiwan
Occupational Therapy Association of the ROC
Taiwan Association of Clinical Psychology
MIND, The Mental Health Charity, United Kingdom
American Psychiatric Association, USA
American Psychoanalytic Association, USA
American Psychological Association, USA
Caribbean Federation for Mental Health, USA
Compeer, Inc., USA
GAMIAN, USA
Institute for Victims of Trauma, USA
International Council of Psychologists, USA
International Society for Adolescent Psychiatry, USA
National Mental Health Association, USA
National Psychological Association for Psychoanalysis, USA
Obsessive Compulsive Foundation, USA
Postpartum Support International, USA
The Madness Group, USA

In February 2004, WFMH lost one of its strongest advocates and, since 1983, its Deputy Secretary General, with the death of Richard C. Hunter. Dick Hunter spent more than 55 years of his life working as an advocate and leader in the voluntary mental health movement. From his work in psychiatric hospitals during World War II, to his leadership with the National Mental Health Foundation, the SE Pennsylvania Mental Health Association, the National Mental Health Association/US, and the World Federation for Mental Health, Dick made invaluable contributions to the field of mental health advocacy and awareness. In 1992, he initiated WFMH's global mental health awareness program, **World Mental Health Day**. In April 2004, the WFMH Board of Directors established the Richard C. Hunter World Mental Health Day Award of Excellence to honor his stellar career in the voluntary mental health field.

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