CLM/WPS
Career, Leadership and Mentorship Program

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Global Mental Health & Psychiatry Newsletter

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Dear Colleagues and Friends,

Welcome to the Winter 2019 issue of our publication…!

Professor David Ndetei and his colleague, Dr Frida Kameti provide an encouraging report about Africa's science journalists taking an interest in mental health. Prof Fernando Lolas challenges our profession with his innovative concept of Psychiatry's *priority settings as a community of practice*. Dr. Mansoor Malik and Dr. Suneeta Kumari introduce us to a rapidly evolving area of research, *Microbiota and Depression* (an implicit brain/gastrointestinal system feedback loop with interesting correlations to nutrition, fitness, health, and wellbeing).

Doctors Kyle Gray and John Chaves offer the reader a magnificent rendition of our spirited *WPS/CLM 2nd Mind Games*. Saint Elizabeth's Hospital invincible team won the coveted champions trophy for the second year in a row.

Professor Roy Kallivayalil's and his Indian colleagues' appeal for high priority for *youth mental health* resonates very well with both the subject of the European Ministerial conference (London), described by Dr Gregg Lydall, and the substance of the II International Mental Health Congress (Moscow), presented to us by Natalya Treushnikova (challenging policymakers across the world to *make mental health a top priority* in their health policy initiatives).

This issue concludes with an inspiring discussion of the *Universal Health and Mental Health for All* Congress that Professor Gabriel Ivbijaro (London) and the *World Dignity Project* organized in Malta. That Congress will convene again in Lille, France in December 2019. Institutions, organizations, and individuals who were recognized in Malta, as *Mental Health Champions,* were invited to present their innovative work at the upcoming Lille Congress.

Sincerely,

Eliot SOREL MD

Judges, Planning team, St Elizabeth's Hospital team champions, December 2018

CELEBRATING
11 CLM YEARS
2008–2019

Global Mental Health & Psychiatry Newsletter

Eliot Sorel, MD, Editor-in-Chief, CLM Founder

Volume V, No. 1 • Winter 2019

TABLE OF CONTENTS

GLOBAL MENTAL HEALTH & PSYCHIATRY NEWSLETTER:

Introduction 1
Eliot Sorel, MD, Editor-in-Chief, CLM Founder

AFRICA ZONE:

The African Conference Of Science Journalists - 2018 Takes Interest In Mental Health. 3
Frida Kameti, PhD and Prof. David M. Ndetei, DSc

the AMERICAS ZONE:

Priority-Setting: A Challenge For Psychiatry As A Community Of Practice: 4
Fernando Lolas, MD

Link Between Gut Microbiota and Depression 5
Mansoor Malik, MD, MBA, FAPA and Suneeta Kumari, MD

Saint Elizabeth's Repeats as 2nd WPS CLM Mind Games Champs!. 6
Kyle Gray, MD, MA and John Chaves, MD

ASIA/PACIFIC ZONE:

Give priority to mental health of youth:
World Mental Health Day Observance in Kerala, India 7
Prof. Roy Abraham Kallivayalil, MD

EUROPE ZONE:

Global Ministerial Mental Health Summit: an "old" ECP's perspective 8
Greg Lydall, Consultant Psychiatrist, HSC

II International Mental Congress: Mental Health and Education 10
Natalya Treushnikova, President, UMH

Congress Report
Universal Health And Mental Health Coverage For All: Connecting People And Sharing Perspectives 11
Gabriel Ivbijaro, MBE, JP, MBBS, FRCGP, FWACPsych, MMedSci, MA, IDFAPA

Washington Psychiatric Society

CLM

CAREER • LEADERSHIP • MENTORSHIP

Career, Leadership and Mentorship (CLM) is a program of the **Washington Psychiatric Society** for Residents Members and Early Career Psychiatrists.

Founded by Eliot Sorel, MD, with the generous support of the Washington Psychiatric Society, the Area 3 Council, and the American Psychiatric Association. Started in 2008, CLM generates educational, research, leadership and mentoring opportunities for our young colleagues to enhance the career development and leadership skills of the next generation of health leaders.

Washington Psychiatric Society

THE AFRICAN CONFERENCE OF SCIENCE JOURNALISTS - 2018 TAKES INTEREST IN MENTAL HEALTH

Frida Kameti

David M. Ndetei

Frida Kameti, PhD
Africa Mental Health Research and Training Foundation
&
Prof. David M. Ndetei, DSc, MD
University of Nairobi/ Africa Mental Health Research and Training Foundation

The African conference of Science Journalists 2018 took place in Nairobi Kenya in December 2018. It drew journalists from all over the African continent. This conference was hosted by the Media for Environment, Science, Health, and Agriculture (MESHA). It was co- funded by International Development Research Centre (IDRC) and Centre de recherché, pour le dévelopement international (CRDI, Canada). The organizers took a keen interest in reports on mental health research and practice.

The following are excerpts on the interaction of the journalists and Africa Mental Health Research and Training Foundation (AMHRTF) when they visited the foundation on December 13th, 2018;

AMHTRF challenged journalists to create awareness on mental illness in a bid to mobilize efforts in destigmatizing mental health disorders. Prof David Ndetei emphasized on the important role they can play in creating awareness to minimize the stigma associated with mental health illnesses and to listen to those with mental illness and their families without judgment. He highlighted that mental illness and in particular depression, anxiety, substance and alcohol use/abuse and psychosis were common in children, adolescents and adults. He pointed out that, the World Health Organization (WHO) has indicated that half of mental illness begins by the age of 14, but most cases go undetected and untreated and that mental disorders are amongst leading causes of disease burden while suicide is the second cause of death among 15-29 year olds.

Dr. Frida Kameti, a Clinical psychologists based at AMHRTF gave them a breakdown of the mental health activities undertaken by the foundation to demonstrate that these conditions do indeed exist in Kenya and that most can be managed using evidence based interventions and also using the resources (human, financial and infrastructure) that we already have by retraining, supervising and supporting them. These human resources range from informal sector (traditional healers, faith healers, community volunteer workers) to the formal sector (nurses, clinical officers, psychologists) to also include family, community members and workmates, all of whom are to be found at the community health level where the need is most. They can be integrated into the existing health system without creating a parallel service and using the currently available infrastructure. However, this kind of approach which we have demonstrated its feasibility needs thinking outside the box. Dr. Kameti further emphasized the following, "There is need to introduce mental health in our school curriculum while employers should strive to introduce workplace policies on how the diseases are managed similar to what we did with HIV/Aids. No employee should be penalized or discriminated for suffering from mental illness and even insurance companies should consider increasing the amount of money allocated to mental health cover".

Dr. Frida Kameti talking to the journalists

Thereafter, there was open dialogue question and answer sessions that lasted the whole day. They filed a report in their bulletin on that visit. The fact that these journalist were able to engage the foundation on mental health for a full working day is testimony that journalists have an interest in mental health. They are indeed critical partners.

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PRIORITY-SETTING: A CHALLENGE FOR PSYCHIATRY AS A COMMUNITY OF PRACTICE:

Fernando Lolas

Fernando Lolas, MD[1]
University of Chile

Since its introduction to the corpus of medicine, psychiatry is considered a medical specialty. It can also be considered a border discipline between medicine and the social sciences; a "specialized profession" (1).

What is evident is that what we call psychiatry is a broad community of practice: practitioners may belong to different traditions of thought, have different training histories, and pursue divergent goals. But they are united by common goals: in the case of psychiatry, mental wellbeing, quality of emotional life, and satisfaction of basic needs of support and assertiveness. Several technologies derived from different disciplines are applied. Different epistemologies, frames of reference, and technological means pose the challenge of integration and harmonization in order to produce *results* and *outcomes* in line with expectations and hopes.

Psychiatry is said to be important for the construction of individual and collective health; this assertion must consider that health is a valoric concept. Not only absence of disease or illness. But also balance, fulfillment, homeostasis.

Health is neutrality (Latin "*neutralitas*") in the context of culture, tradition and custom. A valid approach is one defined by a professional group, considering competing interests in society. Mental health does not exclusively fall within the domain of psychiatry. But psychiatry, as a community of practice supported by diverse epistemologies and discourses, may offer a good starting point for a multidisciplinary dialogue.

The future will bring about profound changes in the professions. Many routines will need revision. Professional power will be based on criteria different from the ones prevailing now. Even the need for some professions will be questioned.

There is one task where psychiatry, irrespective of its numerous theoretical foundations, should be fundamental: **priority-setting**. Psychiatrists must gain a place in discussions about social interests and about their relative importance for attaining well-being. This task, akin to advocacy but wider, must be considered in future reflections about the profession. It is not only a technical, but rather a moral imperative (2).

1 Professor of Psychiatry and Director of the Interdisciplinary Center for Bioethics, University of Chile. Secretary-General, World Association of Social Psychiatry. International Distinguished Fellow, American Psychiatric Association. Former President, Chilean Society of Neurology, Neurosurgery and Psychiatry.

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Mansoor Malik

Link Between Gut Microbiota and Depression

Mansoor Malik, MD, MBA, FAPA, President, Washington Psychiatric Society, Professor and Director of Psychiatry Residency Program, Department of Psychiatry and Behavioral Sciences, Howard University Hospital

Suneeta Kumari, MD

There is a growing awareness and interest that gut microbiota can play a crucial role in maintaining homeostasis in health and contribute to the pathogenesis of variety of diseases including disorders of CNS. Several studies have shown role of gut microbiota to influence gut-brain communication in health and disease (Dinan, 2013, Stantan 2017).

Understanding gut-brain axis

The gut- brain axis is a bidirectional communication system through which the brain modulates/ regulates GI function. In this process several neural, endocrine, and immunological mechanisms play important/ essential role. The intestinal microbiota impacts the GI physiology, including the development and function of enteric nervous system- Also known as second brain- It controls the GI function independently. The enteric system of GI is composed of myenteric and submucosal plexus. Interestingly, recent research findings suggest a potential link/ involvement of these structures in neurodegerative disorders-for instance-Characteristic Lewy bodies, pathological hallmarks of Parkinson's disease, were found in intestinal biopsies of patients with Parkinson's disease (Lebouvier 2009).

There is increasing evidence that the immune system, inflammation and mucosal barrier function are involved in the pathogenesis of some psychiatric diseases. For instance-Depression, "leaky gut" has been suggested to play a pathogenic role- This assumption was based on findings of altered intestinal permeability in patients with their first degree relatives (Maes M. Kubera 2008)

Gut Microbiota and Depression

Animal research has long suggested that depression changes the composition of gut microbiota (Park AJ Collins 2013). These data have now been validated in patient with depression. Recent study (Naseribafrouei 2014) examined the composition of fecal microbiota in 46 patients with depression and 30 healthy controls. This study reported significant differences with increased population of Bacteriodetes, Proteobacteria, Antinibacteria and decreased population of Frimicutes in patients with depression. Other evidence that might suggest role of gut microbiota in the pathogenesis of depression is from studies that have shown certain probiotics can alleviate depressive symptoms in rodent models.

A variety of strategies have been used to study the impact of the microbiota on brain function and these include antibiotic use, probiotic treatments, fecal microbiota transplantation, gastrointestinal infection studies, and germ-free studies. All of these approaches provide evidence to support the view that the microbiota can influence brain chemistry and consequently behavior (Dinan 2013).

Additionally, research from animal demonstrate that there is a distinct perturbation of the composition of gut microbiota in animal models of depression and chronic stress. This has direct implications for the development of psychobiotic-based therapeutic strategies for psychiatric disorders. Moreover, given that affective co-morbidities, such as major depression and anxiety states, are common in patients presenting with irritable bowel syndrome (IBS), it may have implications for functional bowel disorders as well.

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Saint Elizabeth's Repeats as 2nd WPS CLM Mind Games Champs!

Kyle Gray

John Chaves

Kyle Gray, MD, MA, National Capital Consortium, Psychiatry WPS RFM representative, CLM Mind Games Co-Coordinator

John Chaves, MD, CLM Mind Games Co-Coordinator, APA Communications Council

Call them the comeback kids. Saint Elizabeth's residents sure know how to make the Washington Psychiatric Society Career, Leadership and Mentorship Mind Games tournament exciting. For the second year in the row, they found themselves trailing most of the game only to come up clutch in the final round and take back home the famous (or infamous?) CLM Mind Games Brain Trophy. If you attended the event both years it's been around you might have thought you were experiencing déjà vu – but for an event that is so imbued with collegiality, festivity and competitive fun, it might just be an experience you welcome year after year.

The tournament was again held in early December just before the WPS holiday party, which makes for an especially jovial atmosphere for an event that tests the wits of psychiatric residents from the DC area. Testing those wits this year was another fantastic panel of judges: Dr. Janice Hutchinson, Dr. Constance Dunlap and Dr. Danielle Hairston. Dr. Roger Peele also generously contributed questions and helped advise the judging panel this year. The contestants shined during the more "bread-and-butter" categories like "MDD" and "ECT" but were stumped by many of the questions that honed in on their history of psychiatry and the APA knowledge – an observation of which Host and CLM Founder, Dr. Eliot Sorel, made sure the educators in the audience were taking note. Our education started that night as we were treated to an insider's history of visionaries like Dr. Chester Pierce who is better known for his coining of the term "microaggression"[1] and being a founder of Black Psychiatrists of America, but was also recognized for being the first black player on the Harvard football team.

While Saint Elizabeth's again took home the trophy for their correct answer to the final question, "in a recent study, authors found this blood test may predict conversion to bipolar disorder in patients with major depressive disorder" (serum uric acid)[2], the George Washington crew wins the team spirit prize for sporting matching "George Washington Mind Games Team" sweaters. Their team name "The OGs" (short for "Original Georges") also earned a chuckle, as did Walter Reed's team name "Team 'Merica". Accordingly, the event was called "tons for fun" by Walter Reed's Captain, Dr. Michael Sullivan. Saint Elizabeth's Team Captain, Dr. Faisal Akram echoed these sentiments, calling it "a wonderful event, held in high spirits and healthy competition".

This year, teams also appreciated the new buzzer system this year as well as the fact that no teams were cut after the first round, which contributed to the collegial atmosphere. Looking ahead to next year, the CLM MindGames organizing team hopes introduce another piece of technology: a gameboard projected onto a screen for the teams and audience to view. We also hope Georgetown will join us again next year to make all five DC area residencies represented. We appreciate all the enthusiasm for this event and will work to see it continue to improve and grow!

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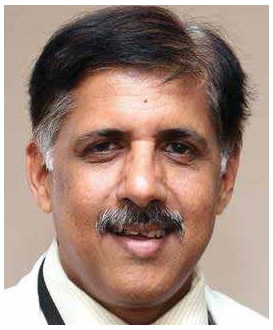
Give priority to mental health of youth:

World Mental Health Day Observance in Kerala, India



Roy Abraham Kallivayalil

Prof. Roy Abraham Kallivayalil, MD
President, World Association of Social Psychiatry
Professor & Head, Dept of Psychiatry
Pushpagiri Institute of Medical Sciences, Tiruvalla, Kerala, Indi

It is high time the government, social organisations and the medical fraternity gave top priority for the mental health of the young generation who are the future, former Director General of Police Jacob Punnoose has said. Mr. Punnoose was inaugurating the World Mental Health Day[1] observance, jointly organised by the World Association of Social Psychiatry and the Psychiatry Department at Pushpagiri Medical College (PMC) in Thiruvalla on Wednesday. The theme of this year's World Mental Health Day, "Young people and mental health in a changing world", is very much a relevant topic in the modern times, he said.

Presiding over the function, Roy Abraham Kallivayalil, secretary general of Word Psychiatric Association and President of WASP, said there was a growing need for supporting the young generation to build mental health resilience in order to cope with the challenges of the modern world[2].

P.T. Thomas, Medical Director of Pushpagiri Medical College Hospital; R.N.Sharma, head of the department of General Medicine; T.P. Thankappan, PMC principal, and Joyce Geo also spoke.

Prof Roy Abraham Kallivayalil
President, World Association of Social Psychiatry

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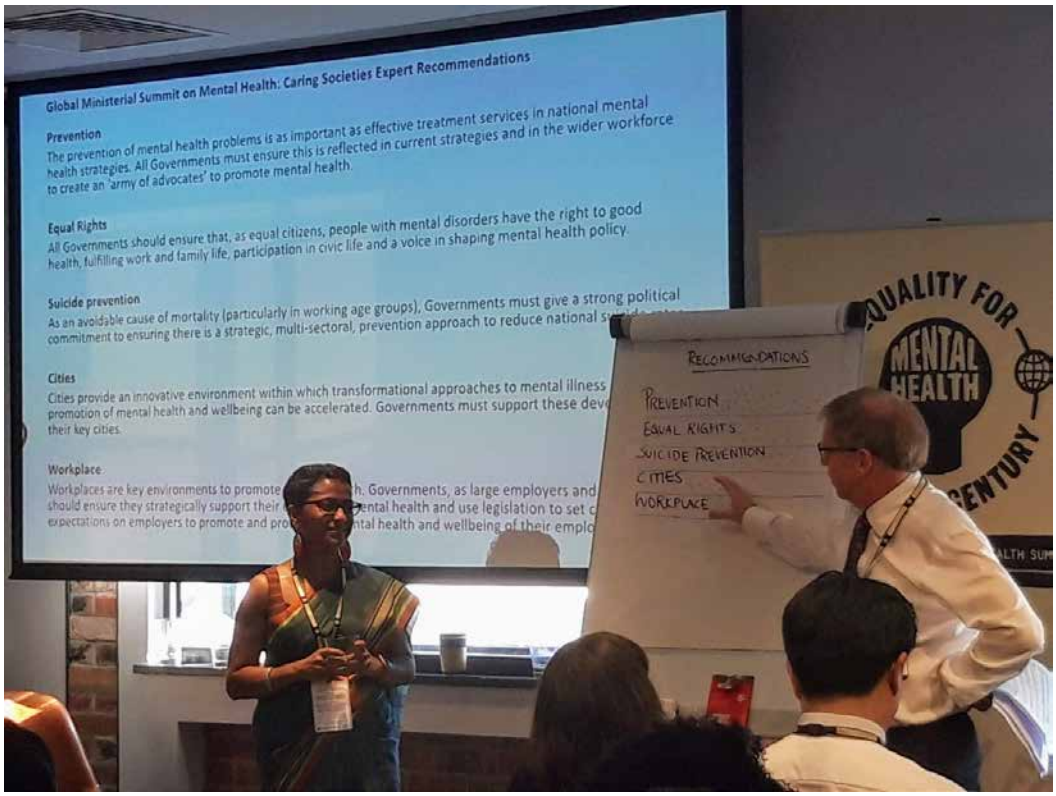
Global Ministerial Mental Health Summit: an "old" ECP's perspective

Greg Lydall

By Dr. Greg Lydall, Consultant Psychiatrist, HSC Guernsey, University College London, and co-founder the Thrive Foundation (thrive.gg) and Thrive2020.org (greg@thrive.gg)



I was privileged to receive an invitation to the first Global Ministerial Mental Health Summit, in London on 9-10 October 2018. I was invited because of my work as a young (at heart) psychiatrist who co-founded the Thrive Foundation (www.thrive.gg) which aims to inspire an island to optimal mental health, across the life course, as a blueprint of "what works" for global mental health.

The aim of the Summit was to develop a "global declaration committing to political leadership on mental health" by bringing together experts by experience and carers, political leaders, innovators, policy makers and civil society from across the world, to: "build momentum on global mental health issues such as early intervention, public health, research, tackling stigma, and promoting access to evidence-based services."

I got to meet a few heroes like Lancet Editor Richard Horton, Prof Vikram Patel and celebrity and mindfulness supporter, Ruby Wax. Even the Duke and Duchess of Cambridge visited, being photographed on the "Friendship Bench" based on the seminal work of Dr Dixon Chibanda from Zimbabwe (Chibanda et al, 2015).

Day one of the Summit hosted six workshops to show global innovations and to agree consensus statements to be delivered to Health Ministers. These work streams were:

- Children, Young People and the Now Generation
- Caring Societies: creating the conditions for inclusion, prevention and wellbeing
- The Economics/Mental Health Finance
- A Just Society: tackling stigma and discrimination, creating inclusive societies
- Mental Health Services around the World
- Research and the Future of Mental Health

I was part of the Caring Societies work stream which developed five recommendations (see picture) based on Prevention, Equal Rights, Suicide Prevention, and the role of Cities and Workplaces as environments for innovative and transformational approaches to mental health.

Day two of the Summit saw the launch of the landmark Lancet Commission on Global Mental Health and Sustainable Development. This Commission is an excellent synthesis of knowledge of how to promote mental wellbeing, prevent mental health problems and enable recovery. It outlines a blueprint for action on mental health to help achieve the UN's Sustainable Development Goals (SDGs). The Commission warned that without global action on mental health, including investment, the SDGs cannot be met.

The Commissioners argued that "mental health is relevant to all the SDGs and requires a coordinated response from all sectors to promote mental health, prevent mental ill-health, and provide care across the life-course."

Impressively, within two days, the Summit came up with a Global Declaration on Achieving Equality for Mental Health and a list of 22 Recommendations to Ministers for achieving equality for mental health. These were based on Human Rights, adequate resourcing, service user representation, integration of physical and mental health services under Universal Health Coverage, and early life health promotion. Many Ministers were invited to declare publicly their governments' commitment to improving mental health. Many Ministers bravely stood up for mental health and these videos can be viewed on the Summit web page (http://www.globalmentalhealthcommission.org/).

As an "older" Early Career Psychiatrist (ECP) it was heartening to be part of such a diverse and passionate group of attendees all aligned with one purpose – to improve global mental health.

My takeaways are:

1. There is a growing global awareness of the need to tackle mental ill health
2. Sharing human stories and experience can be powerful lobbying mechanisms
3. Innovations and successes can be shared in both directions – the Friendship Bench is but one example
4. Co-ordinated action is needed
5. Developing future mental health leadership is crucial

Could this be the start of a global movement to prioritize mental health for the benefit of all? I truly hope so.

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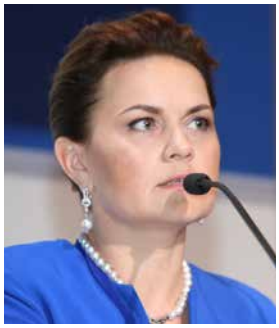
II INTERNATIONAL MENTAL CONGRESS: MENTAL HEALTH AND EDUCATION



Natalya Treushnikova

By Natalya Treushnikova
President Union for Mental Health
RUSSIA

The II Congress on Mental Health: Meeting the Needs of the XXI Century was held on 5-7 October 2018 in Moscow. The Congress was aimed at fostering an educational environment that promotes and preserves the mental health and well-being of all peoples, through discussions about educational content and methodologies, with interdisciplinary, multi-sectoral and multi-stakeholder interaction, contribution and cooperation. "This aim is consistent with the United Nations Agenda 2030 for Sustainable Development, adopted by the 193-member countries of the United Nations that outlines …Goal 4 calling for "Quality Education" and target 3.4 calling for the "promotion of mental health and well-being"[1].

The Congress was organized by the Union for Mental Health of Russia, the Russian Society of Psychiatrists, the Russian Psychological Society, the Russian Professional Psychotherapeutic League and was co-sponsored by the major global professional organizations including the World Psychiatric Association (WPA), the World Association of Social Psychiatry (WASP), the World Association for Psychosocial Rehabilitation (WAPR), the World Council for Psychotherapy (WCP), the European Psychiatric Association (EPA), the Action for Mental Health (AMH), the International Social Security Association (ISSA), the International Association of Applied Psychology, the International Association of Gerontology and Geriatrics - ER (Clinical Section), the Autism Europe, the International Society for Logotherapy and Existential Analysis, and the World Association for Dynamic Psychiatry (WADP).

The Congress brought together representatives of 44 countries for a total of 1,500 attendees. Attendees included leaders, specialists and representatives of organizations in diverse fields, including the healthcare system, labor protection, social protection, science and education, culture and art, physical culture and sports, economics and law, governments, non-profit organizations, enterprises, and media.

The Program was presented by over forty scientific, social & cultural events including six international conferences, the II National Awards Ceremony «Harmony» to honor the excellence of professionals in mental health, the Moscow Mental Health EXPO 2018, the IV All-Russia Festival of Rehabilitation Programs for People with Special Mental Health Needs, and the II Film Festival "Docu-MENTAL".

The Congress resulted in development of two final documents designed for local and international use accordingly. The Draft Strategy for Mental Health in the Russian Federation for 2019-2025 was accepted by the Russian attendees. The first hearings of the draft strategy were held on October 10, 2018, the World Mental Health Day, at the Public Chamber of the Russian Federation.

The Congress has launched also the International Declaration "Mental Health and Education". The declaration discusses topical issues of education in the field of mental health, scientific and practical achievements of the educational process in the system of professional training, prevention of mental disorders and promotion of mental health values, a treatment and rehabilitation process taking into account the cultural and socio-economic characteristics of countries and addressed to international and national professional communities.

An important result of the Congress was also the publication of a collection of scientific papers, which presented experience in the field of mental health in various academic disciplines, including general medicine, psychiatry, psychotherapy, psychology, sociology, pedagogy, law, economics, sports, and arts.

In the welcome address, Prof. Norman Sartorius, the Chairman of the International Organizing Committee has noted that the Congress' success "depends on the extent to which it will open the door to a continuing examination of the issues combined with a willingness to change whenever and whatever is necessary to improve mental health of those with mental illness and of the population at large".[2] The Congress has become an ongoing interdisciplinary and intersectoral dialogue platform to discuss the ways of improving mental health at a global scale (http://www.mental-health-congress.ru/en/). Next edition will be held on 26-29 June, 2020 in Moscow.

*The Congress was held under the patronage of the Ministries of Health, Education, Labor and Social Protection, Sport of the Russian Federation.

END NOTES

(1) Judy Kuriansky. Mental Health and Education: Expert Opinion Statement// II Congress on Mental Health: Meeting the Needs of the XXI Century Book 2018. P.30

CONGRESS REPORT UNIVERSAL HEALTH AND MENTAL HEALTH COVERAGE FOR ALL: CONNECTING PEOPLE AND SHARING PERSPECTIVES

Malta, 12– 14 December 2018

Gabriel Ivbijaro

Professor Gabriel Ivbijaro, MBE, JP, MBBS, FRCGP, FWACPsych, MMedSci, MA, IDFAPA,
Joint Congress President
Chair APA Global Mental Health Caucus, Chair The World Dignity Project,
NOVA University Lisbon Portugal & Wood Street Health Centre
London UK

Let me start by wishing you all a Happy New Year.

We have achieved so much together over the last 12 months and I want to that each of you for your collaboration.

I will focus on the recently concluded congress that took place in Malta, organised by The World Dignity Project which brought together a range of important partners including the WPA, Wonca, WFMH, WASP, Lille Metropole, the Maltese Association of Psychiatric Nurses and the Malta Association of Psychiatry and a whole range of other stakeholders including iFRED. Our friends and partners in Malta were very helpful and we extend out thanks to Dr Anton Grech, Dr John Cachia Mental Health Commissioner for Malta, Dr Rachel Taylor-East, Dr Alexei Sammut and the other local people who supported the Host Organising Committee.

Mrs Dévora Kestel, the incoming Director of the Department of Mental Health and Substance Abuse (MSD) at the WHO Geneva send a video message and reaffirmed her commitment to help us to improve access to mental health globally.

The standard of science was high with a range of global Plenary speakers including Prof Michelle Riba Past President APA & Chair of Scientific Committee, Prof Helen Herrman WPA President, Prof Amanda Howe Wonca Immediate Past President, Prof Alberto Trimboli WFMH President, Dr Anton Grech Chairman Malta Mental Health Services, Dr John Cachia Malta Commissioner for Mental Health, Prof Shekhar Saxena the outgoing Director of the Department of Mental Health and Substance Abuse (MSD) at the WHO Geneva, Prof Norman Sartorius President Association for Mental Health Improvement, Prof Chris Dowrick Chair Wonca Working Party on Mental Health, Ms Claire Brooks President ModelPeople, Dr Alex Sammut University of Malta, Prof Eliot Sorel George Washington University USA, Prof Roy Kallilayivalil President WASP, Professor John Oldham Past President APA, Prof Rahn Bailey Chairman of Department of Psychiatry Wake Forest Baptist Medical Center USA, Prof Jean-Luc Roelandt Director WHO Collaborating Centre Lille France, Dr Afzal Javed President-Elect WPA and Mrs Raghnia Chabane Président CLSM (Conseil intercommunal de santé, santé mentale et citoyenneté), elected representative and Deputy Mayor Lille Metropole France. In additon to the excellent line up of Plenary Speakers there was a range of workshops and parallel symposia that people found very thought provoking, stimulating and instructive.

The two highlights for me were The Malta Mental Health Declaration 2018 and the Mental Health Champions awards.

MENTAL HEALTH CHAMPIONS AWARDS

The Mental Health Champions awards were decvided by a global vote, short-listed nominees came from all over the globe and voting was very close.

This years winners are:

<u>Non–Governmental Organisations and Charities</u>

(alphabetical order)

- Association Francophone Pour Les Malades Mentaux
- Rock to Recovery
- Wellbeing Enterprises
- World Federation for Mental Health

<u>Academic and Educational Institutions</u>

(alphabetical order)

- Department of Health University of Malta
- Mental Health and Family Community Medical Intern ship, Medical School of Federal University of Rio de Janeiro
- World Organisation of Family Doctors (Wonca)
- World Psychiatric Association

Individuals

- Dinesh Bhugra
- Vikram Patel
- Natalia Petrova
- Eliot Sorel

Congratulations to all the winners. We look forward to hearing them speak at the Lille Congress: Dignity and equality in mental health for a global citizenship.

THE MALTA MENTAL HEALTH DECLARATION 2018

http://theworlddignityproject.org/

- We call on governments at all levels to ensure that mental health is included in their policies and strategies for universal health coverage, and that people with mental illness and their families are included in the design and implementation of these policies and strategies.
- We call on governments at all levels to ensure that Public policies and laws to support universal health coverage mandate parity of esteem between mental and physical health in consultation with mental health service, users, their families and the professionals who work with them.
- We call on governments at all levels to ensure that there is parity of funding to support promotion of mental health and the prevention and management of mental illness. We urge the United Nations, the WHO and the World Bank to continue their collaboration to ensure parity of funding for mental and physical health.
- We support and advocate for collaboration between primary care, secondary care, social care, mental health services users and their families, carers & communities, society, governments and NGO's, as a tools to accelerate the delivery of universal health coverage.
- We call on institutions involved in the training of health and social care professionals to make adequate training in mental health mandatory across the world.
  To see the whole declaration and sign up to show your support use the following link:

http://theworlddignityproject.org/maltadeclaration/

SAVE THE DATE!

Mark your calendars for these upcoming events:

MAY, 2019	**American Psychiatric Association (APA)** May, 2019 • Location: San Francisco
WED. - SUN. AUG. 21-24, 2019	**World Psychiatric Association (WPA)** August 21-24, 2019 • Location: Lisbon, Portugal
THU. - SUN. OCT. 3-6, 2019	**Institute on Psychiatric Services APA** October 3-6, 2019 • Location: New York City
FRI. - MON. OCT. 25-28, 2019	**World Association of Social Psychiatry (WASP)** October 25-28, 2019 • Location: Bucharest Romania
WED. - FRI. DEC. 11-13, 2019	**Universal Health And Mental Health COVERAGE FOR ALL CONGRESS** December 11-13, 2019 • Location: Lille, France

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