



GMHP REVIEW

Global Mental Health & Psychiatry Review, Vol. 1 No. 1, Winter 2020

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Volume 1, No.1
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Global Mental Health & Psychiatry Review, Vol. 1 No. 1, Winter 2020

Eliot Sorel, MD, Editor-in-Chief

Engaging Residents Fellow Members, and Early Career Psychiatrists, Locally, Nationally and Globally



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Colleagues and Friends,

Welcome to Volume 1, Number 1 of the *Global Mental Health and Psychiatry Review (GMHPR)*. The Review will be published three times a year, in the winter, spring/summer, and autumn issues each year. We welcome brief scientific contributions from Early Career Psychiatrists, Residents Fellow Members and their mentors worldwide.

We welcome submissions of new research, innovative initiatives on global mental health/psychiatry, primary care, and public health education/training, health systems and services performance, health/mental health policies, and advocacy.

We are most pleased to share with you, in this first GMHPR issue, stellar contributions from across the world and to also present to you highlights of the spirited, Washington Psychiatric Society's 3rd Career, Leadership, and Mentorship (CLM) *Mind Games* competition.

We look forward to our continued robust collaboration.

Eliot Sorel, MD DLFAPA



Left to right: CLM Judges, Doctors Roger Peele, Constance E. Dunlap, Cynthia Turner-Graham; 2019 CLM Champions Doctors Greg Ross, Dan Maass, Jeremy Chaikind, Georgetown University; CLM Conveners, Doctors Eliot Sorel, Mani Yavi, Esther Bilenkis; APA CEO & Medical Director, Dr. Saul Levin.



**CELEBRATING
12 CLM YEARS
2008-2020**

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GMHP REVIEW

The Review originally started, in 2014, as the Career Leadership and Mentorship (CLM) Newsletter of the Washington Psychiatric Society for Residents Fellow Members and Early Career Psychiatrists.

CLM was 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.



David M. Ndeti

KENYAN GUIDANCE, COUNSELLING & PSYCHOLOGICAL ASSOCIATION



By

Prof. Micah C. Chepchieng, *Kenyan Guidance, Counselling & Psychological Association, Egerton, Kenya*

Dr. Adeli, *Moi University*

Prof. David M. Ndeti, *University of Nairobi/ Africa Mental Health Research and Training Foundation*

The Kenyan Guidance, Counselling and Psychological Association (KGCPA) was founded in 2010 by like-minded scholars. It is registered under Section 10 of the Societies Act of Kenya, in accordance with the Societies Rules of 1968 (Rule 4) and currently has 305 registered members drawn from public and private universities, colleges, schools, Non Governmental organizations, and the public sector. Our vision is to be the Premier Professional Association for the enhancement and promotion of mental health, human wellness and dignity in Kenya and beyond. The mission of KGCPA is to enhance the quality of Guidance, Counseling and Psychological services through continuing education, training, licensure, and setting of professional standards, supervision, research, advocacy and partnership within a diverse global context. KGCPA is anchored on the following core values: Quality services, Professionalism, Teamwork, Adherence to ethics, Social justice, Transparency and Accountability.

All Professional counselors, psychiatrists and psychologists holding Bachelors, Masters and PhD degrees are eligible to register as members of the Association as professionals, associates or student members. The Association seeks to network and establish collaborations and linkages with other international guidance, counseling and psychological associations in Africa and beyond.

The association also publishes an annual peer reviewed journal-The Kenyan Journal of Guidance, Counselling and Psychology (KJGCP) with the current one being volume 8 of 2019. It also holds Annual General Meetings where members are able to interact and share ideas with like-minded people and grow their knowledge among their peers.

Since 2010 the association has been organizing conferences for its members and all other stakeholders. It has so far successfully organized four national and two international conferences with participants drawn from USA, Mozambique, Uganda, Nigeria and Kenya. In three consecutive years since 2017 the association's conference theme has been on mental health. Kenya has witnessed a rise in homicide, suicide and depression cases even in institutions of learning. The prevalence of mental health problems in Kenya is therefore alarming. It is estimated that up to 25% of outpatients and up to 40% of in-patients in health facilities suffer from mental conditions



(KNCHR: 2011)¹. As such, patients attending health care facilities have psychological problems co-existing with physical problems. It is on this ground that the Kenya Mental Health Policy 2015-2030², whose major goal is attainment of the highest standard of mental health in Kenya was put in place. It calls for a multi-disciplinary and inter-sectoral approaches in particular, education, counseling and psychology which are now recognized as effective methods for changing risky health behaviors.

Our key note speaker for the 2018 and 2019 was Prof. David M. Ndeti. He has convincingly argued that all mental health professionals should come together to find how best they can support one another for the common good of people with mental disorders and for promotion of mental health wellbeing. The last meeting was supported by and held at Chuka University³. It was graced with the attendance of the Vice Chancellor (Prof. E.N. Njoka) and top management of the University (front row). Prof. Ndeti is first from the left in the above photograph. Next to him is Prof. Manu Vice Chancellor of Bugema University, Uganda. The Vice Chancellor of Chuka University is third from the right on the front row.

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- 3 <https://www.chuka.ac.ke>



Fernando Lolas

Human Enhancement: A Bioethical Challenge for The Integration of Human Sciences and Psychiatry



Prof. Fernando Lolas, MD

*Psychiatric Clinic and Interdisciplinary Center for Studies in Bioethics,
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What does enhancement mean? How natural or artificial are human capabilities in cognitive, emotional, and moral domains? What is *new* in new developments on neurobehavioral enhancement, genomics editing, brain doping, and cyborg physiology?

These topics were discussed during the 25. Meeting of the Viktor von Weizsäcker Gesellschaft, a forum for human sciences that gathers experts from such diverse fields as philosophy, medicine, social science, and aesthetics. The meeting in Munich was organized around the topic “Der optimierte Mensch” (Optimization of humankind) and included presentations on new developments in the fields of neuroenhancement (“brain doping”), robotics, genomics, and philosophy.

As an interested observer of these developments, bearing a direct relationship with our work in bioethics, I contributed to a symposium dealing with the contributions of anthropological medicine to the enhancement of human capabilities. I reviewed the history of the so-called Heidelberg School which I had opportunity to know first-hand during my studies and research in Heidelberg, stressing the seminal notion of “bipersonality”. This concept was developed and empirically supported by my professor, Paul Christian, who used it to stress the fact, now retaken by the stream of person-centered medicine, that the notion of perfection is attainable only in the context of societal structures. These are subject to change throughout history but the fact remains that any notion of wellness, well-being, and health is anchored on the social construction of the human self and, like the poet, John Donne said, “no man is an island”. In this context, I mentioned the recent 23rd Congress of the World Association for Social Psychiatry, held in Bucharest, with its overarching theme “social determinants of health”. Although this formulation may seem rather obvious and imply

causation when there may exist only meaningful associations to be elucidated, its association with basic tenets of the psychosomatic and anthropological tradition of German medicine needs further exploration and debate.

The contribution of psychiatry and the social sciences extend beyond the usual consideration of neuroenhancement brought about by pharmacological or physiological means and should provide a framework for integrating approaches to human health finding expression at the clinical, research, and administrative levels. This is the essence of our concept of “ethical sustainability”, complementing and expanding the usual formulation of sustainability and considering both biological and cultural factors in health and disease. What is needed is a “hybrid epistemic culture” for the health professions, represented by the bioethical discourse.

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Vincenzo Di Nicola

CASP Scientific Contributions to 23rd WASP World Congress of Social Psychiatry

Bucharest, Romania, October 25-28, 2019



Vincenzo Di Nicola, MPhil, MD, PhD, FRCPC, DFAPA
President, CASP/ACPS and President-Elect, WASP
Professor of Psychiatry, University of Montreal



Manon Charbonneau



K. Sonu Gaind

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K. Sonu Gaind, MD, FRCPC, DFCPA, FAPA
CASP/ACPS Presidential Advisor
Associate Professor of Psychiatry, University of Toronto

The 2019 WASP World Congress of Social Psychiatry in Bucharest, Romania not only marked the Canadian Association of Social Psychiatry's (CASP)'s official welcome to the WASP family, it also provided a forum for significant scientific contributions from Canadian psychiatrists and mental health professionals to enhance the World Congress scientific programme.

In addition to half a dozen Canadian psychiatrists (Drs. Charbonneau, Di Nicola, Gaind, Marussi, Tempier, and Tranulis) involved in various parts of the program, the congress heard from Ms. Louise Bradley, President and CEO of the Mental Health Commission of Canada, and Dr. Manon Charbonneau gave a talk on behalf of Ms. Mary Deacon about the Bell Mental Health initiative. Canadian involvement included presenting or chairing over a dozen sessions, including plenaries, workshops, free papers and half a dozen symposia.

Highlights included a symposium on "Canadian Perspectives on Social Psychiatry: From Stigma Reduction to Intimate Partner Violence to Multiculturalism," chaired by Drs. Vincenzo Di Nicola and Manon Charbonneau. Dr. Di Nicola spoke eloquently on the history and a vision for the future of Social Psychiatry.¹ Dr. Manon Charbonneau spoke on stigma/discrimination as she shared her lived experience of mental disorder,

and described her experience as a friend and ambassador 2019 of Bell Let's Talk (a Canadian Mental Health Initiative chaired by Mary Deacon and supported by the work of Professor Heather Stuart, the Bell Canada Chair in Mental Health and Anti-stigma Research at Queen's University). Dr. Charbonneau described how she went through self-stigma, as described by Prof. Patrick Corrigan, and going through a hierarchy of disclosure strategies from secrecy, then selective disclosure to broadcasting and strategies for change.² Dr. Marussi provided insights on the difficult and all too often overlooked topic of intimate partner violence, and Dr. Tranulis gave a Canadian perspective on multiculturalism and mental health.

This well-attended symposium followed a historic gathering of social psychiatrists from 5 continents (Africa, Asia, Europe, North and South America) for a groundbreaking symposium initiated by CASP on "Defining Social Psychiatry in the 21st Century: A World Perspective" chaired by CASP President and WASP President-Elect Dr. Vincenzo Di Nicola (Canada) and WASP President Dr. Rachid Bennegadi (France).

Another rapidly evolving and controversial area worldwide is implementation of assisted dying policies in jurisdictions around the world. Canada has now had nearly 3 years of



CASP Scientific Contributions to 23rd WASP World Congress of Social Psychiatry

Bucharest, Romania, October 25-28, 2019



(Continued)

experience since assisted dying legislation and policies were introduced across the country. The Council of Canadian Academies (CCA) Expert Panel, on which Dr. Gaiind sat, was tasked with studying requests for Assisted Dying where mental illness is the sole underlying criterion, and tabled its expert report to Parliament in December 2018.³ Significant issues remain open for debate, research and interpretation of evidence.⁴ Participating in a symposium chaired by Dr. Eliot Sorel on Dying with Dignity: Global Perspectives, Dr. Gaiind spoke on the particular challenges regarding how mental illnesses are considered in assisted dying frameworks, asking the question, "What if there is no Goldilocks solution?"

The 2019 WASP Congress provided a wonderful opportunity for Canada and Canadian mental health professionals to interact with international colleagues. We look forward to continued and productive involvement with WASP, and to working on changing the structural disparities that exist worldwide at many levels in mental health around funding, research, prevention, education, and the workplace; and ensuring mental health is viewed and addressed as a public health priority and fundamental human right.⁵ And we were delighted to win the bid to bring the 25th WASP World Congress of Social Psychiatry to Montreal, Quebec in 2025, after what promises to be a meaningful and historic 24th WASP World Congress in Nara, Japan in 2022.

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Mani Yavi

3rd Career, Leadership, Mentorship Mind Games Contest

Mani Yavi, MD & Esther Bilenkis, MD



Esther Bilenkis

The 3rd annual *CLM Mind Games* that took place on Thursday, December 5th 2019 celebrated 70 years of the Washington Psychiatric Society's (WPS) tradition of excellence, 1949-2019, and recent decade of innovation and exciting professional development. The WPS CLM was initiated by Dr. Eliot Sorel in 2007, during Dr. Constance E. Dunlap's Presidency of the DC Chapter and was launched in January 2008 at St.

Elizabeth's Hospital by Doctors Roger Peele, Hussein Manji, Constance E. Dunlap, Mariam Razavi, Hind Benjelloun, Enrico Suardi, and Eliot Sorel. The *CLM Mind Games* one of our CLM Residents' "*brainchild*", proposed by Dr. Kyle Gray in 2017, has become one of the most anticipated events in the Washington Psychiatric Society. This year's CLM Mind Games offered a welcome opportunity to connect with fellow residents and senior psychiatrists outside of the hospital, and across our Washington DC area, furthering professional development of young psychiatric physicians in the DMV region.

The Annual Mind Games competition has become an instant classic ...or instant favorite, with residents from all five Washington D.C. psychiatry training programs (George Washington, Walter Reed, St. Elizabeth's Hospital, Howard, and Georgetown), coming together to test their collective knowledge. At this year's games, held again at the Colonnade, and moderated by Dr. Eliot Sorel, excitement was palpable,

with residents from different program going head to head in a jeopardy-style standoff between the teams. Audience members actively participated in supporting their prospective teams with George Washington University showcasing their creative side with a poster in support of their team! In addition, we were joined by some prominent psychiatrists in the field as judges - Dr. Constance E. Dunlap, Dr. Roger Peele, and Dr. Cynthia Turner-Graham. The game was close and exciting with the two-time defending champs from Saint Elizabeth's Hospital going into Final Jeopardy with the lead. But ultimately it was the gutsy bet by the Georgetown team well represented by Jeremy Chaikland, Greg Ross and Dan Maass, who put everything on the line and successfully doubled their points to take home the *CLM Mind Games Trophy*!

Mind Games is one of several annual events initiated by the CLM to offer professional development and networking opportunities between psychiatrists of the Washington Psychiatric Society at all stages of their career, especially for Residents Fellow Members and Early Career colleagues. Recently, another event, in collaboration with CLM Founder Dr. Eliot Sorel, was the workshop on *Healing the Healers* which focused on the important topic of physician burnout. Dr. Eliot Sorel has been an incredible advocate for professional development and his enthusiasm and creativity continues to inspire the next generation of psychiatrists participating in CLM. Being a part of the CLM and WPS has been a terrific experience in leadership and developing a collaborative spirit to enrich professional development and advocacy work to improve mental health care.



Yueqin Huang

Facing Mental Health Challenges in The 21st Century

Prof. Yueqin Huang, MD, MPH, PhD
Beijing, China

“Facing mental health challenges in the 21st Century” with a focus on China, was recently presented in the symposium chaired by Professor Vincenzo Di Nicola and Professor Rachid Bennegadi at the 23rd World Congress of Social Psychiatry, Bucharest, October 25-28, 2019.

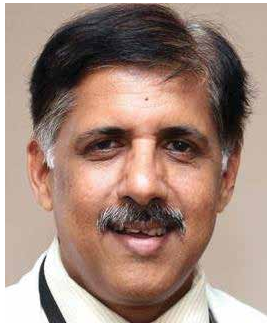
Professor Huang reported the results of China Mental Health Survey (CMHS), the first nationally representative community-based survey on prevalence and service utilization of mental disorders launched in China. The objectives of CMHS were to investigate the prevalence of mood disorders, anxiety disorders, substance use disorders, schizophrenia and other psychotic disorders, and dementia; to obtain data about service uses of individuals with mental disorders in China; and to analyse the social and psychological risk factors of mental disorders. CMHS was a cross-sectional survey covered community residents of Chinese nationality aged 18 years and over resident for at least 6 months over the past 12 months before the survey at sampled addresses in 31 provinces of China.

The strict procedures of integrated quality control ensured the best quality of Chinese data of mental disorders and mental health services in the survey. Highlights of the results were as follows: the weighted 12-month prevalence of any disorder excluding dementia was 9.32%. Regarding all 36 sub-class disorders, mood disorders were 4.06%, anxiety disorders were

4.98%, alcohol and drug use disorders were 1.94%, impulse-control disorder was 1.23%, eating disorders were 0.03%, schizophrenia and other psychotic disorders were 0.61%, and the prevalence of dementia for the population aged 65 years and older was 5.56%. A variety of psycho-social factors influenced the prevalence. The results of CMHS provides new scientific evidence for mental health in China, and may be catalytic future social psychiatric and for cross-cultural comparisons of this evidence globally, a shared 21st Century challenge.

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Roy Abraham Kallivayalil

The 23rd World Congress of Social Psychiatry, Bucharest Oct. 25-28, 2019

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



The Social Determinants of Health, Mental Health and Access to Care, the theme of our 23rd World Congress of Social Psychiatry, Bucharest Oct 25-28, 2019 was a grand, trans-disciplinary success with about 700 delegates from nearly 70 countries participating.

The largest delegations came from Romania-297, India-29, UK-25, Japan-23, Thailand-23, France-21, Australia-18, USA-17, Portugal- 17, Italy -16 and Germany-13. There were 441 scientific presentations including 12 plenary sessions, 53 symposia, 19 workshops, 97 free papers and 81 e-posters. The release of our official *World Social Psychiatry Journal* was a dream come true! Hearty congratulations to the Journal's Editorial Board and the editor in chief, Prof Debasish Basu db-sm2002@yahoo.com.

WASP Honorary Fellowships- the highest honour conferred by the Association- was presented to 31 eminent persons for their outstanding contributions to the field of Social Psychiatry. Besides, Early Career Psychiatrists Fellowships were awarded to 21 young colleagues across the world.

The Joshua Bierer, 1st Memorial Lecture, Presidential address, Yves Pelicier Award Lecture, Presidential Symposia, Social Determinants of Health/Mental Health thematic symposium were all among the congress highlights. Apart from a grand opening ceremony, we had a spirited cultural evening celebrating BUCOVINA, the Romania region where Dr Joshua Bierer, the WASP founder was born. Outgoing president handed over charge to the new President at the closing ceremony. The General Assembly has elected the following new EC.

1. President- Prof Rachid Bennegadi, France digaben@gmail.com
2. President Elect- Prof Vincenzo Di Nicola, Canada vincenzodinicola@gmail.com
3. Secretary General- Prof Rakesh Chadda, India drrakeshchadda@gmail.com



Photo Caption: WASP President Roy Kallivayalil and WASP Executive Committee honor former presidents, Professors Thomas Craig, Driss Moussaoui, Tsutomu Sakuta, Shridhar Sharma and Eliot Sorel at a special ceremony during Bucharest Congress on Oct 25, 2019.

4. Treasurer- Dr Andrew Molodynski, UK Andrew.Molodynski@oxfordhealth.nhs.uk

Our heartiest congratulations to them and we wish, they will take WASP to greater heights. Our Romanian colleagues led by Doina Cozman and Alexandru Paziuc ably assisted by Alina of our PCO has made the Congress an unforgettable event!

I am obliged to my fellow EC members Rachid Bennegadi, Fernando Lolas and Marianne Kastrup and my advisors Eliot Sorel and Tom Craig for their help and support at all times. My special thanks to our member societies and sections for their involvement.

Prof Roy Abraham Kallivayalil
Immediate Past President, World Association of Social Psychiatry

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Climate Change and Global Violence – Master Class at The WASP World Congress in Bucharest

Dr. Arun Enara

Chair, Early Career Psychiatry Section, WASP



Climate change and global violence are two issues of contemporary relevance that have plagued the world in the recent years. The role of the psychiatrist in tackling both climate change and global violence was a topic that was open to debate in the recent times^(1,2). Of importance are questions about the relationship of climate change and global violence to mental health issues and the role clarifications/boundaries on the involvement of a psychiatrist in tackling these two issues.

At the world congress of the World Association of Social Psychiatry (W.A.S.P) held in Bucharest, Romania from 25-28th October, 25 early career psychiatry fellowship award winners from around the world participated in a 2-hour master class on climate change and global violence. This session was part of the early career psychiatry fellowship program at the world congress and was chaired by Professor Norman Sartorius and Professor Eliot Sorel. As a part of the fellowship program, the 25 fellowship award winners were asked to write a brief essay prior to the event, on the impact of climate change and violence on mental health and their thoughts on the role of psychiatrists in tackling these two issues. The 25 essays were summarized by Dr Mirabella Bordic (U.S.A), Dr Mariana Pinto da Costa (Portugal), Dr Joseph Makega (Kenya) and Dr Arun Enara (India).

Most of the participants felt that there was a strong relationship between climate change and mental health issues and backed it up with evidence⁽³⁻⁵⁾.

Since the evidence/epidemiological statistics on the prevalence of behaviours associated with terrorism and its relationship with mental disorders in the general population were unavailable, the essays from early career psychiatrists echoed on the impact of violence arising in the interpersonal context and its impact on mental health. Although the majority of the group felt that there was a role for psychiatrists in tackling climate change and global violence, there were a few who felt that taking up social activism has the potential to blur professional boundaries and reminded the need to exercise caution while taking up such roles. Many early career psychiatrists were also of the opinion that the role should be left to an individual's interest and that the responsibility of a psychiatrist was no greater than any other citizen of the world.



The session generated interesting discussions among the group and offered insights into the potential future work that interested early career psychiatrists could take up. We are thankful for the guidance of Professor Norman Sartorius and Professor Eliot Sorel in organising this Master Class. We also wish to express our sincere gratitude to the then W.A.S.P President, Professor Roy Abraham Kallivayalil and the executive committee of W.A.S.P in bringing together these 25 early career psychiatrists from around the world.

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Mariana Pinto da Costa



Ioan-Costin Matei

EARLY CAREER PSYCHIATRISTS IMPRESSIONS FROM THE WASP 2019 CONGRESS IN BUCHAREST



George Alexandru Stercu

Mariana Pinto da Costa

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Institute of Biomedical Sciences Abel Salazar (ICBAS), University of Porto, Porto, Portugal

Ioan-Costin Matei

Psychiatrist at the Alexianer Hospital, Clinic for Psychotraumatology and Psychosomatic Medicine, Krefeld, Germany
Global Mental Health MSc Student, the University of Glasgow

George Alexandru Stercu

Psychiatrist: Prof. Dr. Alexandru Obregia Hospital, Bucharest, Romania
President: European Federation of Psychiatric Trainees

Access to care and the characteristics of the health workforce and their migratory movements are an important topic at the WASP 2019 in Bucharest

Costin Matei spoke about the challenges a forcibly displaced person (FDP) encounters when accessing mental health care in Germany. This presentation was part of the symposium about improving access to care with insights from around the world, which was chaired by Prof. Eliot Sorel and also included Arun Enara from India and Giulia Menculini from Italy. Access to mental health care is a problem psychiatric institutions face in developing countries and developed countries alike. Germany has welcomed more FDP than any other country in the EU. Sadly, according to a German study published in 2019 almost half of them are expected to develop a mental health disorder, with PTSD, depression and somatic symptom disorders being the most common (Nesterko et al, 2019). There are some steps that have been taken in the past few years that have eased access to mental health care. The most crucial ones are that basic needs are fulfilled, such as decent accommodation, a clear daily structure, food, ensuring residence status and a sense-giving occupation. Ensuring this aspect leads to less symptoms and less need for complex therapy. (DGPPN, Hauth et al, 2016).

Stigma and discrimination were also important subjects at the WASP Congress and were discussed in a number of symposiums and workshops, as well as in a plenary session held by Prof. N. Sartorius. Mariana Pinto da Costa, in a session on workforce migration of junior doctors, presented how trainees feel integrated differently in different countries in Europe, with some countries trainees facing discrimination from the locals (Pinto da Costa et al, 2017).

The Training across Europe Symposium organized by George Stercu, president of EFPT, and co-chaired by Ana Giurgiuca the participants learned about various programs ran by The European Federation of Psychiatric Trainees such as the Exchange Program,

the annual European Forum, and the Test Your Own Training application. Early career psychiatrists were encouraged to participate in the programs and join the 2020 EFPT Forum that will take place in Bucharest, Romania.

In the same symposium Anne Nobles presented the similarities and differences between training in various European countries (De Picker L, Nobels A. 2019) and Iryna Frankova spoke about the Psychotrauma Treatment in "Golden Hours" and how trainees' knowledge on this subject varies based on the various European training programs and exposure to forcibly displaced populations (Frankova et al 2017).

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Natalia Treushnikova

Child and Adolescent Mental Health in The XXI Century

Natalia Treushnikova

President of the Union for Mental Health of Russia



Statistics about the number of persons worldwide suffering from mental health disorders are at a shocking high. It is estimated that 1 in 4 people are affected by a mental disorder at some point in their lives, and depression, in particular, will be the leading cause of disability worldwide by 2030. At the Third UN High-level Meeting on Noncommunicable Diseases, it was stated that hundreds of millions of people suffer from mental, neurological and substance use disorders, including depression, alcohol dependence, anxiety disorders, bipolar disorder, schizophrenia and dementia. About 800 000 people each year commit suicide¹. A study published by the World Economic Forum and the Harvard School of Public Health demonstrates the global mental health costs (and their consequences), which will have risen to \$ 6 trillion by 2030 compared with \$ 2.5 trillion in 2010. These numbers exceed the corresponding economic expenses on cancer, diabetes and respiratory diseases altogether².

These statistics are even more distressing when related to children and youth. The majority of the world's population (about a quarter) are children and adolescents under the age of 15; about 40% are young people under the age of 25³. According to the WHO data, 10–20% of the population within these age categories suffer from mental disorders, half of which develop before the age of 14, and three quarters – before the age of 20⁴. About 10% of pregnant women and 13% of post-delivery women suffer from mental disorders. The latter group primarily suffer from a form of post-partum depression, which impairs functioning and can lead to suicidal thoughts in some cases. Such mothers' condition in turn can negatively affect the development of children⁵. More than a million children die each year due to premature birth complications, and many who survive suffer losses related to physical, cognitive, emotional, and behavioral development, which creates a significant

burden for their families and society⁶. Research has shown that 50% of mental disorders occur before the end of childhood⁷, with anxiety (6.9%) and attention deficit/hyperactivity disorder (ADHD) (8.2%) being most common⁸. 75% of mental disorders occur before the end of adolescence⁹. According to research, 1.3 million adolescents died in 2012 for reasons related to, among other things, these illnesses, including suicide and interpersonal violence¹⁰. In 80% of adolescents, insufficient physical activity was noted, which can be co-morbid with non-drug addictions (e.g., Internet addiction) and eating disorders. Additionally, a common cause of death for adolescent girls is suicide due to unwanted pregnancy and sexual abuse. Behavioral disorders that tend to develop in this stage of adolescence are usually associated with drug use, crime, antisocial behavior, interpersonal and family problems, and poor physical health¹¹. Adolescence is also a period where severe mental illnesses as schizophrenia and bipolar affective disorder can manifest.

These numbers indicate the crucial importance of preventive measures and rehabilitation services at the early stages of people's lives to preserve their mental health, develop their individual spiritual, physical, social and economic capabilities, which, in turn, are of primary value for the well-being and prosperity of any socio-economic system in modern society.

The III Congress on Mental Health: Meeting the Needs of the XXI Century, to be held on 26-28 June 2020 in Moscow, aims to create favorable conditions for preserving and enhancing the mental health and well-being of children and adolescents, necessary for the healthy development of families, communities and societies and the future of human civilization (<http://www.mental-health-congress.ru/en/>).

It is planned that at the upcoming Congress, the topic of child and adolescent mental health will be presented in several

Child and Adolescent Mental Health in The XXI Century

(Continued)

thematic areas, suggesting the existence of deep interrelations and cross-cutting elements and covering research in the field of primary prevention, treatment and rehabilitation for various target groups of children and adolescents; maternity protection; training medical and non-medical specialists and non-specialists; and regulatory conditions for the realization of children's rights to mental health.

The Congress invites all specialists in medical and non-medical fields and non-specialists concerned with mental health and well-being of children and adolescents to create a platform for the exchange of best experience based on interdisciplinary and inter-sectoral collaboration. This approach was highlighted by Professor Norman Sartorius, the honorable Chairman of the Congress' International Organizing Committee: "Congresses dealing with mental health are very rarely bringing together all the stakeholders of the promotion of mental health – the ministries of education, social welfare and health, the societies of professionals – psychologists, psychiatrists, educational specialists, patient and family organizations, as well as scientists and practitioners in the field of mental health from many countries. This alone should be a sufficient reason to join the congress: but there are three more – first, the focus of the congress in 2020 will be the promotion of mental health of children and adolescents whose mental health seems to have deteriorated in many countries; second, the congress also represents a step to respond to the United Nations inclusion of mental health among sustainable goals for all its members; and third, according to preliminary indications the congress will attract a highly respectable number of leading specialists involved in this field".

The Congress is honored to be co-sponsored by the leading global professional organizations including the World Psychiatric Association (WPA), the World Association of Social Psychiatry (WASP), the Association for the Improvement of Mental Health Programs (AMH), the World Council for Psychotherapy (WCP), the International Association of Child and Adolescent Psychiatry and Allied Professions (IACAPAP), the International College of Person Centered Medicine (ICPCM), the

International Association of Applied Psychology (IAAP), and the World Association for Dynamic Psychiatry (WADP), and supported by the Ministries of Health, Labor & Social Security, Education, Science & Higher Education, Sport and Culture of the Russian Federation.

I am deeply honored to welcome you to the *III Congress on Mental Health: Meeting the Needs of the XXI Century in Moscow!* I do believe that joint efforts of scientists and practitioners, the governments and society, with the use of interdisciplinary and intersectoral approaches, will help not only to discuss the medical and non-medical problems of child and adolescent mental health, but also to develop recommendations for their solution for the good of the world of tomorrow.



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SAVE THE DATE!

Mark your calendars for these upcoming events:

WED. - SUN. FEB. 19 - 23, 2020	American College of Psychiatrists ANNUAL MEETING FEB. 19 - 23, 2020 • Location: Fort Lauderdale, FL
SAT. - WED. APR. 25 - 29, 2020	American Psychiatric Association (APA) ANNUAL MEETING APR. 25 - 29, 2020 • Location: Philadelphia
MON. - FRI. JUN. 29 - JUL. 3, 2020	Royal College of Psychiatry INTERNATIONAL CONGRESS JUN. 29 - JUL. 3, 2020 • Location: Edinburgh, UK
THU. - SUN. JUL. 2 - 5, 2020	European Federation of PSYCHIATRIC TRAINEES FORUM JUL. 2 - 3, 2020 • Location: Bucharest, Romania
WED. - FRI. OCT. 14 - 17, 2020	World Psychiatric Association (WPA) CONGRESS OF PSYCHIATRY OCT. 14 - 17, 2020 • Location: Bangkok, Thailand



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