



ANNUAL REPORT 2015

World Federation for Mental Health
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WORLD FEDERATION FOR MENTAL HEALTH

2015-2017 WFMH Board of Directors, elected October 2015

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President-Elect	Larry Cimino (USA)
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WFMH Main UN Representatives 2015-2017

Nancy E. Wallace (USA), New York
Myrna Lachenal (Switzerland), Geneva

2015-2017 Senior Consultant:

Max Abbott (New Zealand)

2015-2017 Special Initiatives:

L. Patt Franciosi (USA), Chair, World Mental Health Day
John R.M. Copeland (UK), Chair, Great Push for Mental Health Initiative

2015-2017 United Nations Main Representatives:

Nancy E. Wallace (USA), New York
Myrna Lachenal (Switzerland), Geneva

WFMH Staff:

Elena Berger, Director, Programs and Government Relations
Deborah Maguire, Director for Administration

MESSAGE FROM THE PRESIDENT

Dear Friends,

In October 2015, at the WFMH World Congress in Cairo, I took over the presidency of the World Federation for Mental Health from George Christodoulou of Greece, and I look forward to working with you until 2017. It is my pleasure to send you this Annual Report summarizing activities in the past year.

Last year the Federation was involved in more conferences than usual—in France, Buenos Aires, Singapore and Egypt. The meeting in France was a collaboration with ten French partner organizations, while the other three conferences were arranged with energetic local host organizations, the Argentine Association for Mental Health, the Raffles College of Higher Education and Silver Ribbon (Singapore), and The Behman Hospital in Cairo. This improved our outreach, enabling us to extend the mental health agenda to new audiences. Brief notes of the meetings are contained in this Annual Report.

Our other major activity was preparing for World Mental Health Day on 10 October. The theme was “Dignity in Mental Health” and we highlighted it at all of the conferences as well as on the Day. We are extremely grateful to the writers who contributed material for the World Mental Health Day packet of information. We are also grateful to the translators who produced the material in Spanish, Japanese and Hindi. A grant from Lundbeck enabled us to do more on social media.

Our World Mental Health Day theme this year (2016) continues to draw attention to the need for dignity in mental health care: “Dignity in Mental Health – Psychological and Mental Health First Aid for All.” The material is on the WFMH website (www.wfmh.com) and we hope you will all join in activities to support public education about this important topic.

It is an honour to head the Federation, and I would like to thank you all for your interest in WFMH and your work for mental health.

Best wishes,



Gabriel Ivbijaro, MBE, JP

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GOVERNANCE

Professor George Christodoulou served as President of the World Federation for Mental Health until 18 October 2015. He held Executive Committee meetings by conference call on 23 February and 1 August 2015. The Executive Committee then met in Singapore on 2 October 2015, at the Federation's regional conference.

Professor Christodoulou's Board of Directors that served from 2013 to 2015 held its final meeting on 17 October 2015 at the WFMH World Congress held in Cairo, Egypt. Its term in office ended at the Federation's General Assembly on 18 October. At this General Assembly Professor Gabriel Ivbijaro began his term in office with a new Board of Directors. Professor Ivbijaro and the new Board will serve until the General Assembly at the World Congress in 2017.

WORLD MENTAL HEALTH DAY 2015

World Mental Health Day, which WFMH founded in 1992, contributes to international health education by highlighting a different aspect of mental health care each year. By providing material and ideas to institutions and organizing groups in a network extending to many countries, WFMH allows them to participate in a worldwide activity with access to resources they can use and adapt for their own educational events. This is especially important for groups in low-income countries where such material may not be readily available. The material is also used by government programs and in medical and nursing schools.

The World Mental Health Day theme for 2015 selected by the Board of the World Federation for Mental Health was "*Dignity in Mental Health*." The campaign was observed in many countries on 10 October and was noted by the World Health Organization, a UN agency. The Secretary General of the United Nations released a message to mark the Day. Material for the project was posted on the WFMH website at www.wfmh.org and included 19 articles written by mental health experts and consumers of mental health services in various parts of the world. The articles discussed what dignity means to people with mental disorders, and how attention to dignity in treatment and care makes an important difference to them, contributing to improved outcomes and recovery. The complete material was translated into Spanish, Japanese and Hindi.

ACTIVITIES AT THE UNITED NATIONS AND THE WORLD HEALTH ORGANIZATION

At the United Nations in New York

WFMH enlarged its team at the UN in 2015 and registered five volunteer representatives for the Economic and Social Council (ECOSOC) in addition to the President. These were Nancy E. Wallace (Main Representative); Juan E. Mezzich; Bette Levy; Janice Wood Wetzel; and Eva Bak. Nancy E. Wallace and Ricki Kantrowitz were registered as representatives to the UN Department of Public Information (DPI).

The New York representatives attended the 59th Session of the UN Commission on the Status of Women, 9-20 March 2015. The session provided the 20-year review of the UN Conference on Women in Beijing in 1995. (Two members of the current WFMH UN team had been at the Beijing conference.) WFMH organized a panel on 11 March in the parallel NGO program accompanying the official CSW Session. The topic was “Women’s Mental Health and the Global Sustainable Development Agenda.”

At the UN Office in Geneva

Myrna Lachenal was the Main Representative at UN Geneva, attending numerous sessions open to NGOs at the UN office, representing WFMH at other NGO meetings, and monitoring mental health activities at the World Health Organization.

Mental Health GAP (mhGAP) Forum at the World Health Organization

WFMH President Elect Gabriel Ivbijaro spoke about the World Mental Health Day theme “Dignity in Mental Health” at this annual WHO conference on 8-9 October 2015 in Geneva. The mhGAP program focuses on the gap between needs and services for mental health, particularly in low- and middle-income countries.

WFMH Support for Health in the UN Post-2015 Sustainable Development Goals

The World Federation for Mental Health joined with other Non-governmental Organizations in campaigning to have mental health included in the United Nations Post-2015 Sustainable Development Goals (SDGs). WFMH supported the targets and indicators for mental health proposed by the #FundamentalSDG movement, which were in line with objectives of the WHO Mental Health Action Plan.

A former President of WFMH, Professor John Copeland of the UK, read a statement from the Federation in Geneva on 22 May 2015 at the annual meeting of the WHO World Health Assembly. He urged the inclusion of mental health in Goal 3, the health section of the SDGs. He also drew attention to the large number of NGOs that had endorsed the Federation’s *Great Push for Mental Health* campaign, which

specifically asked for the inclusion of mental health and mental disorders in the SDGs.

Nancy Wallace, the Federation's Main Representative at the UN in New York, submitted a written statement in advance of the *2015 UN Economic and Social Council High-Level Segment* conference on 6-10 July at UN Headquarters in New York. The theme of the meeting was "Managing the transition from the Millennium Development Goals to the Sustainable Development goals: what will it take." Her statement was one of the few selected for oral presentation on 9 July during the civil society part of the meeting, enabling Ms. Wallace to address the assembled diplomats. Her presentation was translated into all of the official UN languages.

Because of the combined efforts of many NGOs, mental health is now mentioned in the outcome document of the post-2015 development agenda adopted at a UN Summit Meeting on 25-27 September 2015. Although the mentions are small, it is an advance that they are included at all (mental health was not included in the Millennium Development Goals). The mentions of mental health are at paragraph 26 of the "Declaration" section of the SDGs and at health goals 3.4 and 3.5.

WFMH CONFERENCES IN 2015

Unusually, WFMH held four conferences in 2015 in order to extend regional outreach. The main meeting was the WFMH World Congress in Cairo. Earlier the Federation sponsored an international conference in Lille, France, with a partner group of French psychiatric organizations. Regional congresses were also held in Argentina and Singapore.

The World Federation for Mental Health XXth World Congress Intercontinental City Stars Hotel, Cairo 16 -19 October 2015

The XXth World Congress of the World Federation of Mental Health (WFMH) was held at the Intercontinental City Stars hotel from the 16th to the 19th October 2015 under the auspices of the Egyptian ministers of Health and Tourism.

The WFMH Congress was co-sponsored by The Behman Hospital, the World Psychiatric Association, the World Association of Psychiatric Rehabilitation and the Royal College of Psychiatrists (UK). The organizers also expressed special appreciation to the Gouna Nursing Institute, the Ain-Shams Nursing Institute and the Egyptian Society for the Rights of the Mental Ill for their involvement.

The goal of the Congress was to provide high-quality information designed to improve mental health services. Mental health is relevant to all aspects of health care and development. Combining registrations from more than 30 regional and overseas countries with many local participants, there were more than 500

attendees. Participants' ages ranged from college students to renowned senior college professors.

The Congress opening speeches were given by Mrs. Jehan El Sadat and Dr. Ismael Serag El Din, prominent figures in Egyptian society who aimed to bridge the gap between misconception and reality regarding mental health.

Plenary talks were given by Professor George Christodoulou and Dr Nasser Loza, co-presidents of the Congress. In addition, a number of well-known figures in the mental health field helped highlight the goals of the Congress and promoted the concept of dignity and respect for people suffering from mental illness. Professor Mohammed Abou Saleh chaired the Scientific Committee and delivered a rich program. Professor Gabriel Ivbijaro, president elect of WFMH at the time, chaired the Organizing Committee.

The seminar pool focused on the conference theme "Mental Health in Times of Crisis," covering topics which included situations created by war, terrorism and revolutions, and the plight of refugees. The aim was to shed light on the multi-disciplinary role that mental health practitioners can play in such times.

What was notable about the conference was the diversity and strength of the scientific content, with multicultural discussions at the end of each seminar producing a wealth of information and knowledge.

The Congress included several seminars on child and adolescent psychiatry that were a major attraction for a number of regional mental health practitioners, due to its novelty in this part of the world.

A significant portion of the seminars focused on the patients and their carers. Their views were discussed individually, drawing attention to a frequently forgotten and crucial part of the treatment plan.

Addiction seminars were in no shortage as well, with some major speakers from overseas and a number of well-known regional names. They emphasized the advances reached in that field, using a number of comparative studies.

[IX Congreso Argentino de Salud Mental/II Congreso Regional de la World Federation for Mental Health](#)

[Panamericano Hotel, Buenos Aires, 26-28 August 2015](#)

The Ninth Congress of the Argentine Association of Mental Health, held jointly with the second WFMH Regional Congress in South America, took place on 26-28 August 2015 in Buenos Aires. This international conference was attended by people from 23 countries in addition to a large number of local participants. The languages of the Congress were Spanish and Portuguese.

The Congress was opened by Argentina's Minister of Health, Dr. Daniel Gollan. The National Director of Mental Health, Dr. Matilde Massa, also attended, and the Undersecretary for Policy, Regulation and Institutions at the Ministry of Health, Dr. Pablo Kohan. Before the opening ceremony Dr. Gollan and his colleagues met with the Board of the Argentina Association of Mental Health to discuss training in mental health and various issues involving mental health professionals. The AASM felt that the attendance of the government officials showed that mental health was moving higher in the country's consideration of health concerns.

WFMH Regional Congress, Singapore
Fairmont Hotel, 1-3 October 2015

The Regional Congress of WFMH in Singapore was opened on 1 October 2015 by the Minister of Health, Gan Kim Yong, who spoke about current initiatives to improve mental health care. He placed an emphasis on early intervention in treating mental health conditions, and improving the capacity of primary care to manage mental health clients. The Ministry intends to support community-based teams to provide more holistic treatment for clients closer to their homes. It hopes to partner with 120 General Practitioners by 2017 as part of the expanding network for community mental health services.

The Regional Congress was organized jointly by Raffles College of Higher Education and Silver Ribbon (Singapore). Porsche Poh, Director of Silver Ribbon (Singapore) and Dr. Monica Walet, Academic Director and Program Director of Postgraduate Studies at Raffles College, headed an energetic and very able planning team. Those attending the conference represented many mental health associations, government agencies, caregivers, grassroots organisations, schools and welfare organizations.

WFMH President George Christodoulou (Greece), President Elect Gabriel Ivbijaro (United Kingdom) and former President Deborah Wan (Hong Kong SAR, China) were among the speakers. WFMH Executive Committee members Helen Millar (Scotland), Mohammed Abou Saleh (United Kingdom), Juan Mezzich (USA), and Larry Cimino (USA) also took part in the program. The WFMH Main Representative at UN New York, Nancy Wallace, gave a presentation on the Federation's advocacy at the United Nations and the UN Sustainable Development Goals.

The WFMH Executive Committee held a three-hour meeting while in Singapore to discuss final arrangements for the World Congress in Cairo and various business matters. Among other matters it approved guidelines for two WFMH Scientific Sections, on Education and on Women's Mental Health. This was the last working meeting of the Executive Committee that was formed in 2013 at the start of George Christodoulou's presidency. A new Executive Committee took office at the World Congress in Cairo later in October.

WFMH International Congress with French Partner Organizations
“Mental Health for All – Connecting People and Sharing Experience”
Lille Grand Palais Convention Centre, Lille, France, 28-30 April 2015

WFMH co-sponsored this congress in partnership with ten French psychiatric organizations and with WONCA, The World Association of Family Doctors. The language of the meeting was English, with some sections in French. The conference program advocated for good practice in mental health care and supported the goals of the WHO Mental Health Action Plan. It recommended an integrated approach to mental health care and improvement of its delivery through primary care. It also noted the value of a “skills mix” in mental health interventions as a way of addressing staff shortages. A letter of encouragement was received from the President of France, François Hollande, as the program was prepared. The co-chairs of the Organizing Committee were Gabriel Ivbijaro and Pierre Thomas, while Renaud Jardri and Jeffrey Geller headed the Scientific Committee.

The participants were pleased with the science, the plenaries, the sharing of experience and the opportunity to meet other people who brought their differing perspectives to enrich day-to-day practice. Shekhar Saxena was there from the World Health Organization; Norman Sartorius from the Association for the Improvement of Mental Health Programmes; and Sir David Goldberg, the father of primary care mental health. A number of current Board members attended, including Larry Cimino, Porsche Poh, Robert Van Voren and Yoram Cohen, and four Past Presidents—John Copeland, Patt Franciosi, Shona Sturgeon and Deborah Wan. Deborah Maguire attended from the WFMH secretariat. Participants included professionals, service users, family members, carers, peers and students.

During the Lille conference an independent initiative, the World Dignity Project, was launched to carry forward the World Mental Health Day theme of dignity in mental health. The goal of the initiative is to recognize dignity as a fundamental right of people with mental disorders, and to encourage a change in attitudes towards them, leading to improvement in the delivery of services (see its website at <http://worlddignityproject.com/>).

HOFFMAN COMMITTEE REPORT

The Executive Committee of the World Federation for Mental Health took note of the Hoffman Committee’s report issued on 2 July 2015 in the United States. The Executive Committee and the Board discussed it in detail. Subsequently the Executive Committee produced a four-paragraph Position Statement against the involvement of psychologists in state-sponsored interrogations that involve torture; the statement was sent to the President of the American Psychological Association.

FINANCIAL REVIEW

In 2015 income totaled US\$60,791. In the same period expenses totaled US\$104,070. Part of a grant given in an earlier year helped to cover expenses in 2015. The financial results for 2015 were submitted to certified public accountants for an Independent Accountant's Review:

McGinty and Co., LLC
2108-B Gallows Road
Vienna, VA 22182

WFMH thanks the members and other supporters who made contributions during 2015, and is particularly grateful to a foundation that provided exceptional support and wishes to remain anonymous. Thanks also go to those who provided pro bono support, which was invaluable in helping to meet WFMH's goals.

VOTING MEMBER ORGANIZATIONS 2015

Advocacy Group for the Mentally Ill, Cyprus
American Association of Community Psychiatrists
American Psychiatric Association
American Psychological Association
Association for Community Mental Health Promotion, Turkey
Banjara Academy, India
Basic Needs US, Inc.
Caribbean Federation for Mental Health
Clubhouse International, USA
COMECTA-CREYC-SM-SAPTEL, Mexico
Edward Koch Foundation, Australia
Encontrar-Se, Portugal
Finnish Association for Mental Health
Hellenic Center for Mental Health and Research
Hellenic Psychiatric Association
Hong Kong Psychological Association
Indian Psychiatric Society
International Council of Psychologists, USA
ISeRDIP, Italy
Japanese Society for the Elimination of Barriers to Mental Health
Korean Association of Christian Mental Health Organizations
Ligue Française pour la Santé Mentale
Malaysian Mental Health Association
Mental Health America
Mental Health Association in Taiwan
Mental Health Association of Hong Kong
Mental Health Carers Arafmi Australia
Mental Health Foundation of Australia

Mental Health Foundation of New Zealand
Mental Health Ireland
Mental Illness Fellowship of Australia
MIND, UK
Multicultural Mental Health Association, Australia
National Psychological Association for Psychoanalysis, USA
New Life Psychiatric Rehabilitation Association, Hong Kong
PRO International, USA
Psychiatric Association for Eastern Europe & the Balkans
Richmond Fellowship of Hong Kong
Richmond Fellowship of Macau
Royal Australian & New Zealand College of Psychiatrists
Schizophrenia and Related Disorders Alliance of America
Schizophrenia Society of Canada
Serbian Psychiatric Association
SEVAC, India
Society for Preventive Psychiatry, Greece
South African Federation for Mental Health
Spanish Association of Neuropsychiatry
Spanish Psychological Association/COP
Syrian Association for Mental Health
Taiwan Public Health Association
The Hong Kong College of Mental Health Nursing
The Israeli Mental Health Association (ENOSH)
VIRTIS, Inc., USA
Voz Pro Salud Mental, Mexico

AFFILIATE MEMBER ORGANIZATIONS

Associação de Promoção da Saúde Mental A PONTE, Cape Verde
Asociación Colombiana de Personas con Esquizofrenia y sus Familias, Colombia
Asociación Cordobesa de Ayuda a la Persona Portadora de Esquizofrenia y su Familia (ACAPEF), Argentina
Asociación Metropolitana de Buenos Aires, Argentina
Association of Orphans and the Disabled (ASODI), Cameroon
British Psychological Society
Centre for Mental Health & Counseling, Nepal
Clinical Center for Integrated Treatment, Italy
Confederación Salud Mental Espana
Cordoba Academy for Training, Education and Development, Morocco
Dr. V.D. Meel Mental Health Welfare & Awareness Trust, India
Egyptian Society for the Rights of People with Mental Illness
Faast Coaching, Austria
Fundación para la Salud Mental Crecimiento Integral y Desarrollo Humano, Bolivia
IFOTES, Switzerland

INGENIUM ABP, Mexico
Instituto de Investigación en Psicología Clínica y Social, Mexico
Makshivim Net Ltd., Israel
Mental Health America of Southeast Florida
Mental Health Coordinating Council, Australia
Mental Health Foundation of Ghana, Australia
Registered Psychiatric Nurses Association of Saskatchewan, Canada
South African National Association of Practicing Psychologists
Starfish Family Services
Swets Information Services
Vancouver Public Library, Canada
WE Link, Vietnam
Wings Within, India
World Association of Dynamic Psychiatry, Germany

