



ANNUAL REPORT 2016

World Federation for Mental Health
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WORLD FEDERATION FOR MENTAL HEALTH

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MESSAGE FROM THE PRESIDENT

Dear friends,

Looking back for this Annual Report at the activities of the World Federation for Mental Health (WFMH) in 2016, I am particularly appreciative of the efforts for World Mental Health Day on 10 October on the theme “Psychological and Mental Health First Aid.” This highlighted two important programs, *Psychological First Aid* and *Mental Health First Aid*.

We aimed to provide more public knowledge about the World Health Organization’s program *Psychological First Aid*, which addresses care in disasters or emergency situations where mental health professionals are not available. WHO recommends that field workers include simple steps to provide psychosocial support in relief programs.

We also wanted our audience around the world to know more about Australia’s *Mental Health First Aid* movement, which has provided a practical introduction for the public about giving support to a person with mental illness. I hope that World Mental Health Day was able to spread knowledge about these two admirable programs.

We held two regional congresses in 2016, one in Australia and one in Argentina.

I thank Dulcie Bird and her team at the Dr. Edward Koch Foundation, who organized the regional conference in Cairns, Western Australia. The program combined sessions on worldwide issues with others focused on special topics important in Western Australia—the problems of isolated rural and indigenous communities and the risks of mental disorders and suicide in their special circumstances.

In Buenos Aires, Argentina, the congress was organized by the Argentine Association for Mental Health (AASM) led by Sylvia Raggi, Liliana Verónica Moneta, Gustavo Bertrán, Eduardo Grande, Alberto Trimboli, Juan Carlos Fantin and a large group of colleagues. WFMH is privileged to hold its Latin American congress in conjunction

with this vibrant annual conference. The languages of the twin conferences were Spanish and Portuguese.

Our volunteer United Nations Representatives have been very active and have sent us information about current interest in mental health issues at UN agencies. Details of the meetings they have attended are included in this report, and we thank them warmly for their time and commitment.

As always, I am grateful to the Federation's members, staff and Board for Directors for their hard work during 2016. They are at the heard of our organization.

Sincerely,

A handwritten signature in cursive script, appearing to read 'G. Ivbijaro', followed by a horizontal line.

Gabriel Ivbijaro, MBE, JP

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World Mental Health Day 2016

The Federation's flagship program, World Mental Health Day, was observed on 10 October 2016 on the theme "Dignity in Mental Health – Psychological and Mental Health First Aid for All." The program was established in 1992 as a way to provide public education about current mental health topics.

The theme for 2016 was selected by the WFMH Board of Directors to draw attention to the Australian course on mental health first aid that has spread internationally, and also to the World Health Organization guidelines on psychological first aid in emergency situations. Both offer ways for lay people to offer assistance to individuals experiencing mental health crises. Ordinary citizens and emergency workers can often provide help before specialized mental health care is available, and both programs also help to reduce stigma. WFMH arranged for experts and consumers to write 22 short articles on the theme, provided professional editing and layout, and placed the material on the Federation's website (www.wfmh.com). The package of articles was also sent directly by email attachment to those who had requested the service directly from the Federation's office. Translations were made into Spanish, Arabic and Hindi. World Mental Health Day was widely observed internationally on 10 October, but some organizations observed it on other dates in October that were more convenient locally.

The Secretary-General of the United Nations, Ban Ki-moon, issued a message for World Mental Health Day. Commenting on the value of psychological first aid for those who experience distress after a humanitarian crisis, he said "there are rarely any trained mental health professionals available.... However, it is perfectly possible to train first responders, such as police and fire officers, emergency health staff and humanitarian aid workers to provide 'psychological first aid' to people in need."

Conferences

Buenos Aires, Argentina, 24-26 August 2016

WFMH again joined with the Argentine Association for Mental Health (AASM) to present a twinned conference in Buenos Aires. This large meeting was attended by several thousand people, mainly from Latin American countries, and covered a comprehensive range of mental health topics. The languages of the conference were Spanish and Portuguese. It was the 10th Congress of the AASM and the 3rd Regional Congress of WFMH.

During the meeting WFMH President Gabriel Ivbijaro, WFMH Regional Vice President Hugo Cohen, and PAHO/WHO Unit Chief for Mental Health and Substance Abuse Dévora Kestel gave a well-attended presentation on reducing the use of institutions for care and expanding care in the community.

Cairns, Queensland, Australia, 17-19 October 2016

The regional conference in Cairns, Queensland, opened with a “Welcome to Country” from Gavin Singleton, a member of the Yirrganydji People of Queensland, followed by the resonant (and extraordinary) sound of a didgeridoo played by Gary Creek. The aboriginal welcome reminded the many foreign members of the audience that this part of north-east Australia includes not only major tourist attractions and modern cities but indigenous tribes, culturally distinct groups of Torres Strait Islanders, and remote inland areas with many isolated communities. The conference program combined sessions reflecting this unusual regional diversity with sessions on worldwide challenges. The first day’s program, for example, had tracks on refugees, gender identity, cultural clinical services, recovery, addiction, suicide and self-harm.

The conference was organized by WFMH in conjunction with the Dr. Edward Koch Foundation led by Director Dulcie Bird. It was held at the Cairns Conference Centre. Although the program ranged widely over current issues in mental health, the main theme was “Suicide & Self-harm Prevention,” a particular focus of the Foundation’s work.

The opening session launched this year's World Mental Health Day theme "Psychological and Mental Health First Aid for All" in the Cairns area, with speeches by WFMH President Gabriel Ivbijaro and Betty Kitchener, the Australian who founded the "Mental Health First Aid" movement. Betty Kitchener, who had experienced severe depression herself, developed a well-regarded training course to teach the general public how to recognize mental illness and support a person with a mental disorder or contemplating suicide until professional help could be provided. The course's combination of common sense and solid information was adopted widely in Australia, and then in many countries around the world.

United Nations Activities

World Health Organization, Geneva

WFMH UN Representatives in Geneva attended the 138th Session of the World Health Organization's Executive Board as observers.

UN New York

WFMH organized a panel on 8 February at the annual session of the UN Commission on Social Development on "The Importance of Addressing Mental Health in Social Development." The invited speaker was Akiko Ito, Chief of the UN Secretariat for the Convention on the Rights of Persons with Disabilities, and UN Focal Point on Disability. WFMH Main Representative Nancy Wallace was the facilitator, and WFMH UN Representative Janice Wood Wetzel, Former Dean of the Adelphi University School of Social Work, was the other speaker on the panel.

WFMH presented a panel on 16 March at the NGO Forum that accompanied the annual session of the UN Commission on the Status of Women. The priority theme of the Commission's Session was "Women's Empowerment and its Link to Sustainable Development." The WFMH panel addressed the topic "The Importance of Women's Mental Health in Sustainable Development." WFMH speakers also participated in another panel organized by Board Member Chueh Chang, on

“Empowering Women through Good Mental Health Promotion and Practices.”

WHO-French Ministry of Health Conference, 17 March 2016

The World Health Organization and the French Ministry of Health presented a one-day meeting in Paris on 17 March on “Mental Health in France and in the World: Perspectives and Innovations.” The opening session addressed the WHO Comprehensive Mental Health Action Plan and mental health policy in France. WFMH President Gabriel Ivbijaro chaired a session on mental health in the community and citizenship, which featured speakers from Chile, Belgium, Italy and France.

World Bank-WHO Conference, Washington DC, 13-14 April 2016

WFMH President Gabriel Ivbijaro was a panelist at the World Bank-WHO conference “Out of the Shadows: Making Mental Health a Global Priority” in Washington D.C. on 13-14 April 2016. The panel addressed “Engaging Communities, Engaging Governments: Taking Action for Mental Health.” The conference was also attended by WFMH Board member Soumitra Pathare; Julian Eaton, a WFMH UN representative; and staff member Elena Berger.

UN General Assembly Special Session on Drugs, New York, 19-21 April 2016

Nancy Wallace and Janice Wood Wetzel attended the UN General Assembly Special Section (UNGASS) on the World Drug Problem, 19-21 April 2016.

Inter-Agency Standing Committee (IASC) Meeting at the UN Office in Geneva, 27 April 2016

WFMH UN Representative Kelly O’Donnell attended the IASC meeting on 27 April on “Human Trafficking in Times of Crisis.” On 28 April he joined a follow-up IASC Reference Group meeting by phone.

WHO World Health Assembly, Geneva, 23-28 May 2016

WFMH's observers at the World Health Assembly were Myrna Lachenal, Ann Lindsay, Caroline Morton and Valerie de Saint-Luc Bichelmeier. The main item of interest to WFMH on the agenda was the Draft Global Action Plan on Violence. The plan focused on interpersonal violence affecting women and children, and recommended integrating mental health care with general health care.

WFMH submitted a statement of support for the Action Plan that was read into the meeting's record by UN Representative Ann Lindsay.

Text of the WFMH Statement to the WHO World Health Assembly:

Agenda item 12.3: Draft global plan of action on violence (document A69/9)

The Federation commends the authors of the draft global plan of action on violence, particularly against women and girls, and against children, for their comprehensive response to this difficult and often hidden issue in all societies. Interpersonal violence has a major impact on the lives of many women, girls and children. It can cause injuries, trauma, anxiety and depression.

The World Federation for Mental Health is particularly pleased to see that mental health care is integrated into the global plan's overall health response to this widespread societal problem. The mental health consequences of interpersonal violence are clearly acknowledged. Interpersonal violence seriously affects the health of women and girls, and violence against children can have an impact that lasts a lifetime.

The draft plan notes a great need not only for comprehensive health services for those affected by interpersonal violence, but also for preventive and educational programs that address such violence in society. Prevention of likely mental, emotional and behavioral disorders is a significant area.

The draft plan is attentive to research on the nature and prevention of interpersonal violence, and recommends the adoption of evidence-based programs to reduce and prevent its occurrence. The Federation is pleased

that the World Health Organization supports this through the Violence Prevention Alliance, a network of Member States, international agencies and civil society organizations.

The World Federation for Mental Health is a founding international partner in one of these organizations, the PreVAiL research network based in Canada. The growth of such research is strongly encouraged in national and international settings.

International Labour Office Annual Conference, Geneva, May-June 2016

The 105th Session of the ILO International Labour Conference took place in Geneva, on 30 May-11 June 2016. WFMH UN representatives Myrna Lachenal, Ann Lindsay, Kelly O'Donnell and Caroline Morton registered to attend parts of this meeting as observers.

UN Department of Public Information/NGO Annual Conference, "Education for Global Citizenship: Achieving the Sustainable Development Goals Together," South Korea, 30 May-1 June 2016

Kelly O'Donnell, WFMH UN Representative for the UN Department of Public Information (DPI), attended the annual DPI/NGO Conference which was held in Gyeongju, Republic of Korea. The theme was "Education for Global Citizenship: Achieving the Sustainable Development Goals Together." Some 3,000 people participated. Dr. O'Donnell made a number of contributions to the outcome document and also chaired a brief informal meeting of eight mental health professionals after the end of the conference.

ECOSOC Humanitarian Affairs Segment, 27-29 June 2016

Kelly O'Donnell attended the annual ECOSOC Humanitarian Affairs Segment in New York. WFMH was the only mental health organization participating although many humanitarian aid organizations were present. Dr. O'Donnell made several interventions during program sessions or side events to draw attention to mental health perspectives.

WHO Triennial Report, September 2016

WHO has created new online reporting forms for organizations “in official relations” to submit triennial reports about their recent activities with WHO, and their plans for collaboration for the following three years. WFMH submitted both forms in September 2016 and was informed early in 2017 that its status “in official relations” had been renewed for 2017-2019.

WHO Eastern Mediterranean Regional Office, Cairo, Egypt

WFMH observers at the annual meeting of the WHO Eastern Mediterranean Regional Office in Cairo on 3-4 October were Dr. Nasser Loza and Dr. Sherif Atallah of the Behman Hospital.

WHO mhGAP Forum, Geneva, 10 October

Mental Health GAP (mhGAP) is a special activity of the WHO Department of Mental Health and Substance Abuse designed to highlight the gap in resources between those available in high-income countries for mental health and those available in low-income countries. At the annual mhGAP Forum at WHO headquarters on 10 October, the program included a seminar on psychological first aid to mark World Mental Health Day. The presenter, Dr. Leslie Snider, had contributed an article on the subject to the WFMH World Mental Health Day package of material. WFMH President Gabriel Ivbijaro attended the Forum, as did three WFMH UN Representatives: Kelly O’Donnell, Myrna Lachenal, and Ann Lindsay.

CEDAW New York

Throughout the year Janice Wood Wetzel was active in US activities involving CEDAW (the Convention on the Elimination of All Forms of Discrimination Against Women). The US is the only industrialized nation that has not signed onto this Convention. American organizations

are engaging in advocacy about this, city by city. The UN CSW Committee is focusing on New York City for its advocacy on CEDAW.

Forward Planning for 2017

In the second half of 2016 preparations began for World Mental Health Day 2017 and other activities. The theme selected by the WFMH Board for World Mental Health Day 2017 is “Mental Health in the Workplace.”

Planning also began for conferences taking place in 2017. The successful collaboration with the Argentine Association for Mental Health continued, and soon after the joint conference in Buenos Aires, Argentina, ended in 2016 preparations began for the next joint conference to be held from 30 August to 1 September 2017 (the 11th Congress of the Argentine Association for Mental Health and the 4th Regional Congress of the World Federation for Mental Health).

Delhi, India: The biennial World Congress of the World Federation for Mental Health will be held in Delhi in early November 2017. Planning by Indian colleagues gathered momentum under a Host Committee headed by Sunil Mittal and N.K. Bohra. The chair of the local Scientific Committee was Professor Nimesh G. Desai.

2016 Financial Review

INCOME: US\$142,541.30

EXPENSE: US\$101,686.71

The World Federation for Mental Health would like to thank all of the donors, members and contributors to our campaign and mission for 2016.

AASM, Argentina
Edward Koch Foundation, Australia
Caring Foundation, India

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