



# GAMIAN- Europe NEWSLETTER

## 2014-1

## Foreword

by Pedro Montellano, President

At this year's Convention in Budapest, as it happens every two years, a new Board was elected. It is a very relevant moment, considering that it is a moment of discussion about the state of the organization and the alternative ways to move into the future. As it has been happening in the past years, the elected new Board was a combination of new and old members, a balance between experience and newness, continuity and innovation.

On the other hand a new elected Board is characterized by a very positive spirit and a renewed desire to contribute for the improvement of the organization at all levels.

This elected Board is very balanced in several aspects such as, the diversity of professional experiences and backgrounds, the geographic origin or the gender, factors that can contribute to an enrichment of the level of the debate and the improvement of the quality of the decisions.

Before introducing the new Board, I would like to thank, in a very special way, the former Vice-President, Flavio Prata, from ARETE, Italy, for his commitment and contribution during the last term.

I'm very confident that this new Board, working as a team, has all the characteristics and capacities to lead GAMIAN-Europe to a very flourishing period during the next two years.

I'm going to finish by saying that the new Board is very engaged to cooperate with all our members, sponsors, partners and other stakeholders that are committed to good mental health for patients.

The success of this new Board will depend on the way we all will work together, and that is the challenge we have to address, because that is what mental health patients expect from us.



## Board Composition 2015-2016

### Board of Directors

President: Pedro Montellano (Eutimia Portugal),

Past President: Dolores Gauci (Malta)

Vice-President: Yoram Cohen (ENOSH Israel)

Treasurer: Rebecca Müller (U&D Belgium),

Secretary General:

Katarina Nomidou (Sofpsi-N-Serron Greece)

### Members:

Bert Aben (VMDB Netherlands)

John Bowis (individual member United Kingdom)

Jacinta Hastings (individual member Ireland)

Patrick Jeannot (Solidarité Santé Mentale France)

Hilkka Kärkkäinen (individual member Finland),

Aušra Mikulskienė (Club13 & Co Lithuania)

Raluca Nica (LRSM Romania),

Håkan Wingren (Balans Sweden)

### Assistance

Paul Arteel, executive director

Christine Marking, EU Policy Advisor

Erik Van der Eycken, assistant

## A new College of Commissioners has taken office on November 1 for a period of 5 years.

In July, former Luxembourg Prime Minister Jean-Claude Juncker was accepted as President-elect of the new European Commission. He was put forward for this role by the European People's Party and supported by the other large Parliamentary factions. After his election, Mr Juncker started the process of putting together the next College of Commissioners.

### *How does it work?*

The Commission is composed of one national of each Member State and each of these Commissioners is in charge of a specific policy area. Candidate Commissioners are proposed by the individual Member States. After approval by the European Parliament, the new Commission are formally appointed and take office.

Before agreeing, the European Parliament evaluates the Commissioners-designate on the basis of their general competence, European commitment and personal independence by means of written questions and a three-hour hearing.

The new Commissioner for health is former Lithuanian health minister Vytenis Andriukaitis (centre left). Mr Andriukaitis is a cardiologist by training. He became a member of the Lithuanian Parliament in 1992.

In charge of social affairs is Belgian ex-MEP Marianne Thyssen (centre right).

GAMIAN-Europe has sent letters to both Commissioners, congratulating them on their appointment and underlining the importance for both Commissioners to take account of mental health when developing future policies and initiatives.

*For more information:*

[http://ec.europa.eu/about/juncker-commission/structure/index\\_en.htm](http://ec.europa.eu/about/juncker-commission/structure/index_en.htm)

[http://ec.europa.eu/about/juncker-commission/commissioners-designate/index\\_en.htm](http://ec.europa.eu/about/juncker-commission/commissioners-designate/index_en.htm)

## The Economist Events: The Global Crisis of Depression

November 25th, Kings Place, London

*An exclusive gathering of policymakers, mental health experts, employers and patient groups.*

More than 200 international policymakers, senior business leaders, academics, and patient advocates from 20 countries and 5 continents are convening in London on November 25 to discuss the urgent need for a global response to the increasing impact of depression.

The Conference entitled 'Global Crisis of Depression - The Low of the 21st Century' will discuss the global burden of depression, which now affects more than 350 million people and address the need for a global approach, aiming to tackle an issue that has become the leading cause of disability worldwide. In Europe, 1 in 10 employees have missed work due to depression.

Confirmed speakers include: Kofi Annan, Former Secretary General, United Nations and Chairman of the Kofi Annan Foundation; Norman Lamb MP, the UK's Minister of State for Care and Support; Nick Hækkerup, Denmark's Minister of Health; Beatrice Lorenzin, Minister of Health, Italy; Alastair Campbell, Communicator, Writer, Strategist; Francesca Colombo, Head of Health Division, OECD; David Haslam, Chair of NICE, and more.

To view the full speaker-line up and agenda, visit [www.depression.economist.com](http://www.depression.economist.com)

In the sequence of all the work that has been done in the area of Depression over the years, GAMIAN-Europe has joined this event as a Supporting Association <http://www.economistinsights.com/healthcare/event/global-crisis-depression/sponsor>

The Global Crisis of Depression is an invitation-only event with a limited number of places. Places are available only on a first-come, first-served basis and subject to approval. We recommend you apply for your place as soon as possible to avoid disappointment by emailing [emeaevents@economist.com](mailto:emeaevents@economist.com) or calling +44 207 576 8118, quoting code GAMIAN

## European Parliament Interest Group on Mental Health, Well-being and Brain Disorders re-established

The Interest Group on Mental Health, Well-being and Brain Disorders has been re-established and will hold its first meeting in the European Parliament on November 19.

Before the European elections, GAMIAN-Europe already approached the co-chairs of the Group, asking them if they would be willing to continue their work, if re-elected and all 5 MEPs agreed.

Unfortunately, Antonyia Parvanova MEP was not re-elected. She was the first MEP supporting the idea of an Interest Group in 2009, and GAMIAN-Europe would like to thank her again for her efforts and work on behalf of people with mental health problems.

Mrs Françoise Grossetête resigned from the Interest Group, due to other responsibilities; MEPs Nessa Childers (IRL – socialist group), Marian Harkin (IRL – liberal) and Jean Lambert (UK-greens) were willing to continue, and meanwhile, Cristian Silviu Busoi (RO-centre right) has joined the team of co-chairs as well.

GAMIAN-Europe will continue to coordinate the Interest Group, and has put forward a number of topics for future meetings, including community care, depression, mental health in children and adolescents and others.

**The Interest Group's first meeting in the new Parliament will address 'Mental health and societal integration – work and community'.** The Mental Health Index and accompanying White Paper (produced by the Economist Intelligence Unit), providing information on how mental health is being addressed in 30 European countries in a variety of areas will be presented, alongside the results of GAMIAN-Europe's survey on mental health in the work place. The draft agenda is available on our website.

For more information: Christine Marking, [cmarking@skynet.be](mailto:cmarking@skynet.be)

## New European Parliament

After the May European elections, the political balance in the European Parliament has remained unchanged, despite a rise in anti-European MEPs.

Of a total of 751 seats, the centre-right European People's Party (EPP) now has 221 seats (265 in the previous Parliament) and the Socialists and Democrats (S&D) 191 (previous Parliament: 184). The right-wing Conservatives and Reformist Group (ECR) has become the third largest faction, with 70 seats (44 previously), with the centrist liberal group, the Alliance of Liberals and Democrats for Europe in fourth place with 67 seats. The Green parties won 50 (previously 55) and the far-left Confederal Group of the European United Left 52 (previously 43) seats.

This Eurosceptic Direct Democracy Group (EFDD) brings together 48 MEPs; 52 MEPs are not attached to any formal political group.

At the first plenary session in July the composition and chairmanship of the various Parliamentary Committees was agreed, and first Committee meetings were held in July.

The most relevant Committee for GAMIAN-Europe is the Committee on Environment and Health (ENVI), which is chaired by Italian MEP Giovanni La Via (centre-right). The Social Affairs Committee (dealing with social exclusion, social protection, long term care issues) is chaired by Thomas Haendel (D - left wing).

GAMIAN-Europe has sent congratulatory letters and its election Manifesto to the elected MEPs, calling on them to support the European Parliament Interest Group on Mental Health, Well-being and Brain Disorders and to ensure that mental health is taken into consideration in EU policy development.

*For more information:*

<http://www.elections2014.eu/en>

## GAMIAN-Europe joins 'Healthy Workplaces Manage Stress' campaign

GAMIAN-Europe has accepted the invitation from the European Agency for Safety and Health at Work (EU-OSHA) to become an official partner of the 'Healthy Workplaces Manage Stress' campaign. This partnership is an international network of organisations and companies committed to providing safe and healthy workplaces.

Apart from supporting this important campaign this is an opportunity to boost GAMIAN-Europe's visibility, participate in relevant meetings and share good practice. Moreover, it will provide us with the possibility to call on this network of partners as well as on OSHA to ensure a stronger mental health dimension in working on issues relating to health and safety at work. GAMIAN-Europe has committed to give visibility to the campaign on its website and social media accounts, and will report on the campaign in its newsletters.

For more information: <https://www.healthy-workplaces.eu/en>



# New Member

## CORCK MENTAL HEALTH FOUNDATION & HOUSING ASSOCIATION



Cork Mental Health Association was founded in 1962 and celebrated its 50<sup>th</sup> year in existence last year. The organisation was established to advocate for those with mental health difficulties and has grown and developed over the years into the organisation we see today.

In October 2006 Cork Mental Health Association changed its name to Cork Mental Health Housing Association, which deals with all housing development and management matters. A new company, Cork Mental Health Foundation, was set up to address the education and fundraising business of the former Cork Mental Health Association.

Cork Mental Health Housing Association is a voluntary organisation, which actively supports and empowers persons with a mental illness through the promotion and provision of high quality housing services. Cork Mental Health Housing Association currently has 28 properties supporting over 110 residents. These properties vary from properties with 24 hour nursing care to independent living properties. Nursing staff is provided by the Health Service Executive and they also provide community support to our independent living facilities. We actively advocate on the residents behalf and strive for our residents to integrate into their local community.

Cork Mental Health Foundation is also a voluntary organization with the aim to promote positive mental health, to support people with mental illnesses and to create awareness and understanding of mental illness. Currently we run a number of projects within the post primary schools in Cork City and County with our Public Speaking Project, Mental Health Awareness

Workshops, Reflecting Through Art Project and Seminars happening annually.

Our Annual Seminar which is focused on Secondary school students has attracted 700 students annually. This years theme was ***“Our greatest glory is not in never falling, but in rising every time we fall.”*** Our speakers focused on a positive frame of mind and what can be achieved if you never give up and seek help. A picture of the audience for the event is attached and is one of the biggest of its kind in Ireland.

Recently we have extended our remit to cover primary schools in the development of a leaflet on mental health for 6<sup>th</sup> class students prior to their transition into secondary school. This has been very well received and schools are very much aware of the need for this support.

The Foundation also gives presentations, as requested, to community, voluntary and statutory groups in the area of mental health promotion. We also have a mind matters pack which has been developed for companies to distribute to their employees in order to assist anyone who is need of support.

Both Cork Mental Health Housing Association and Cork Mental Health Foundation are registered charities and rely heavily on our volunteers to support us in carrying out our work and we acknowledge their commitment and support in giving of their time so generously. The organization is run by a voluntary Board of Directors which is supported by a team of staff including a Development Manager, Development Officers and admin support.

The organization has its central office in the suburbs of Cork City but is supported locally by 8 local committees which are located throughout the City and County. These committees are run by volunteers and support the work of the organization in the local community through the organisation of various funding raising events and awareness raising events.

Cork Mental Health Foundation & Housing Association are committed to supporting those affected by mental health difficulties and continue to research new and innovative ways to create awareness within the community of mental health and what it means and to provide information on the available supports.

[www.corkmentalhealth.com/](http://www.corkmentalhealth.com/)

# News from our Members

## CYPRUS

### Advocacy Group for the Mentally Ill

A.G.M.I. promoted the WMHDay's 2014 message to the community through Music & Dance Performance / Event dedicated to the Day's Theme "Living with Schizophrenia"

The Performance was held with the participation of the Choir Angelic Voices Directed by Silva Makamian, Music Group Papamoseos, Cultural Association New Generation Voroklini, Digenis Voroklinis Dancing Group, took place on Sunday 11 May 2014 –at the - Theatre Hall – Community Council Voroklini. -Supported by the Community Council of Voroklini.

The event was held under the auspices of the Minister of Health, Philipos Patasali.



President of KI.PRO.DI.PS.A./A.G.M.I. called on participants to be carriers of the messages

Message from the President of W.F.M.H .Professor George Christodoulou was read by Deputy Professor of University of Cyprus, Psychiatrist Kyriakos Veresies  
 Message of the Minister of Health to the Event ,read by psychiatrist dr Louiza Veresie.

The invitation circulated of KIPRODIPSA / AGMI included also a Memorandum for the day's theme's and its different approaches to the issue, the person affected, family caregivers, transition from institutional care to community care, stigma prejudice social exclusion, children who have parent with mental health problem, etc. Mental health and well-being is important for the economy of Europe (WHO 2013)

## ISRAEL

### ENOSH

**36 years:** Enosh is celebrating 36 years since 1978 when families, social workers and volunteers founded the organization. Enosh is dedicated to the rehabilitation of mental-health patients in the community and enhancing the quality of life for the mentally ill and their families. Enosh is bringing a variety of services to 5,600 patients in its 53 branches.

**Fundraising:** Enosh is organizing every year a big show to raise money for the benefit of new initiatives. The event is organized as part of our mental health month with collaboration of the Health Ministry and with the participation of well-known artists who are doing it voluntary and this year with Shlomi Shabat an Israeli celeb and with Tsofia Grant (her brother is a patient), President of Enosh circle of friends.

**Initiative:** A new initiative for the last years is the Dialogue Project when 2-3 patients are presenting themselves to the public: who are they? What is mental health? What are their rights? How can Enosh support them? What are the choice of activities which they can use? etc. The second part of the meeting is dedicated to questions and answers. The Dialogue Project has become very popular and they are invited to all kind of congregations.

**Enosh 2022:** Enosh are decided to look into its future for the next 7 years, 2015-2022. We are gathering with representatives from all those who are in connection with Enosh including ministries, local authorities, academia, media and those who are active within Enosh like workers and volunteers and of course with representatives of patients and families. All of us together will decide what will be our forecast and our strategy.

**Baby:** Next March we will have the new baby, the 1st baby of GAMIAN-Europe. It was started at 2008 during the Convention in Jerusalem when Eva (Robert Kristof daughter) from Hungary met an Israeli guide at the night tour of Jerusalem. The couple continued to meet in Budapest and Jerusalem, last year they got married in Israel and now they are expecting their son at March 2015.

Enosh Web is : [www.enosh.org.il](http://www.enosh.org.il)

## CROATIA

### HUPS Association for Suicide Prevention

Our Association for Suicide Prevention, HUPS - Croatia, is working hard all year. This year we worked with women victims of war, domestic violence, raped women, women warriors, spouses of people with mental illnesses, primarily from PTSD related to wartime suffering.

Workshop topics are the most common state of crisis and communications in crisis.

## THE NETHERLANDS

### VMDB (Bipolar association)

Regional Seminar in Utrecht (VMDB -The Netherlands)

On Saturday 13 December 2014, a Regional Seminar, organized by the VMDB (Vereniging voor Manisch Depressieven en Betrokkenen = Dutch patient association bipolar disorder), will take place in Utrecht. All topics during this seminar will be related to "lifestyle". During the morning session, Dr. B. Bakker, psychiatrist, will give a lecture on this subject. In the afternoon, the film "Ver van Daan" will be screened. This is the story about the search of a man, Roderik, trying to find out the background of the bipolar disorder of his father and how the family relations can be re-established after being broken after the appearance of the illness of his father.

More details : [www.vmdb.nl](http://www.vmdb.nl)

## FINLAND

### Hilkka Kärkkäinen (Board member)

#### The OECD: Finland must make mental health services more widely accessible

According to an OECD report published today, there are significant regional differences in the availability of mental health services in Finland. Work needs to be done to improve this situation. In contrast, Finland receives praise for developments in some areas, including psychiatric outpatient treatment and e-healthcare services. Digital services are particularly effective in increasing access to mental health care services for patients in remote districts.

## THE NETHERLANDS

### ANOIKSIS

From its very foundation, aided by Ypsilon (Association for Families of Dutch patients), the name **Anoiksis** was chosen as a potential alternative name for schizophrenia. Our concern has always been to improve the public's perception of the condition, with or without a change in the name.

The name **Anoiksis** (Greek for spring), was chosen for its association with the flowers opening up with the onset of spring as a response to the elements of sun, wind and rain. In the same way a patient's brain is opened up to the stimulation of the environment. It was thought that in our condition the filtering and integration of such stimuli was not optimal. Thus the concept of an open mind – **Anoiksis** – was from the outset an attempt to campaign for a more accurate image of the condition.

In the course of 2013 the head office of **Anoiksis** was moved from the Gansstraat to the University Medical Centre, in Utrecht, a point central for all parts of the Netherlands. While the size of the office may have diminished, the prestige of the location makes up for that as we now have closer contacts with a sympathetic psychiatry department and a pioneering Hearing Voices Clinic.

At the same time there was a seat change in the campaigning mode of our association. The focus shifted from just changing the name to also providing better information – essential to accompany any name change if it is to have any beneficial impact. Ten people with schizophrenia were interviewed and the interviews were published, together with black and white portraits, as a hardback book "*Meer dan dat...*" ("*More than just that...*").

Furthermore, a working group of members (patients) was set up to collect personal accounts of their experiences. These were written up with some suggestions of how best to deal with such experiences. This was a fresh approach to psycho-education – no longer from on high, but from the grass roots upwards. The result was a beautifully illustrated booklet "*Psychosis? Me?*" ("*Psychosegevoelig?*"), which has proved helpful both to the writers and to the readers. It was written "for and by people who are susceptible to psychosis

We are now moving on to international distribution. The Dutch version was printed in a print run of 10,000, and most of those have already found homes. An online flip booklet was made of both the Dutch and the English version. The addition of online versions of both editions is particularly useful as, while postal charges are avoided, the potential access and readership is vastly improved. A further account of the origin of the booklet together with a hyperlink to it can be found by visiting:

<http://alexwyke.wordpress.com/2014/11/02/renaming-schizophrenia-pss/>

Now that the patients' voice has been assigned its rightful place, our further work consists of advising the professionals. In the Netherlands, patients organizations are now involved in the development, supplementing and up-dating of professional guidelines and the implementation of proper standards of care. This is taking place within the context of the established Diagnostic and Statistical Manual of Mental Disorders (DSM). At the same time the DSM is being critically assessed in other fora with regard to its suitability for purpose

## PORTUGAL

### ENCONTRAR-SE

World Mental Health Day  
VIII Anniversary of ENCONTRAR+SE  
Porto, 25 and 26 October 2014

As in previous years, based on the theme proposed by the World Federation for Mental Health (WFMH) for World Mental Health Day 2014 - "Living with Schizophrenia", the ENCONTRAR + SE - Association for the Promotion of Mental Health in partnership with the ECHR - Centre for Development Studies Human FEP / UCP - Faculty of Education and Psychology at the Catholic University Portuguese, and together with different partners, developed an ambitious program of Commemorations seeking cover under some priority areas of mental health and reach different audiences. There are many challenges facing us in the field of mental health. Some data from the Report of the first "National Epidemiological Study of Mental Health" leave no room for doubt: "Portugal has, in conjunction with Northern Ireland, a higher prevalence of psychiatric disorders in Europe"; "About 65% of people with a psychiatric disorder has no treatment" and "the time between the onset of psychiatric disorders and the moment you start treatment varies, in most cases, between one and four years."

The session was opened by the President of the Regional Centre of Catholic University, Prof. Manuel Afonso da Silva Pereira Vaz and Filipa Palha, President of ENCONTRAR+SE.

The first panel with the theme Living with Schizophrenia, had a presentation from Robin Murray, Professor Emeritus of Psychiatry, Institute of Psychiatry, Kings College, Coordinator of the Schizophrenia Commission, United Kingdom; a testimony by David Crepez-Keay, Mental Health Foundation, United Kingdom.

and the presentation of the perspective of the families by Bert Johnson, President of the European Federation of Associations of Families of People with Mental Illness (EUFAMI).

The second part of the morning was opened by Patt Franciosi, Coordinator of the World Day of Mental Health from World Federation for Mental Health (WFMH), EUA.

The next communication came from President elected of the WFMH, Gabriel Ivbijaro. Following this communication there was a presentation by Prof. Ricardo Gusmão, from the Institute of Public Health from Porto, which spoke about a project named ifight depression. After this communication there was a presentation about the "Decision making Mechanisms in OCD" by Prof. Ricardo Gusmão, from the Institute of Public Health from Porto, which spoke about a project named ifight depression. After this communication there was a presentation about the "Decision making Mechanisms in OCD" by Prof. Pedro Morgado, University of Minho. The morning was closed by the representative of the Portuguese Government, Prof. Cristina Ribeiro Gomes, who talked about "The importance of primary care in the promotion of mental health". In the afternoon tree workshops were done.

The following day there was the release of the Portuguese edition of the book "Ao nosso alcance. Pôr fim à crise na saúde mental", wrote by Rosalynn Carter, that was presented by Thomas Bornemann, Director of the Mental Health Program of the Carter Centre.

After this ceremony there were two communications, one from Kjell Magne Bondevik, former Prime Minister of Norway, winner of GAMIAN-Europe Personality Award and President and founder of the Oslo Center for Peace and Human Rights; and the other one from Gabriel Ivbijaro, Presidente da World Federation for Mental Health. These communications were followed by a period of discussion

### EUFAMI survey: Caring for carers of those living with schizophrenia

On 10 October - World Mental Health Day - the European Federation of Associations of Families of People with Mental Illness (EUFAMI), shared the first results of a major survey addressing carers of people living with schizophrenia at an event held in the European Parliament, hosted by Nessa Childers MEP.

EUFAMI's research has found that carers carry out their caring responsibilities as a part time job. The burden is huge, both emotionally and physically, and this is mainly due to the unpredictable and long-term nature of schizophrenia.

Apparently, some 10 million carers support their child or sibling with a serious mental health condition on a daily basis in the EU. This invaluable contribution, to individuals as well as to society and the economy as a whole is often taken for granted, and carers receive little support. For many carers the situation is not sustainable; policymakers should recognise the crucial role of carers and their contribution and put measures in place for practical and holistic support.

For more information: [www.eufami.org](http://www.eufami.org)

# Gamian Europe 2014 Convention

2014 GOOD PRACTICE AWARD



## Psychiatric cell Civic association KOLUMBUS

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The project started in September 2010.

The aims are to provide help to people with mental health problems in psychiatric hospitals. Before and after release from hospitals. To help them to connect to the normal life.

It is an additional project to our larger long term project Patient Trustees, in which users help patients in psychiatric hospitals. This project is in our Civic association KOLUMBUS from 2004. The aim of the project is to protect rights of mentally disabled in Czech Republic and to improve life of users.

The innovation of the project Psychiatric cell is that from 2013 it is the whole Czech Republic project. It is in cities like Brno or Olomouc and not only in Prague.

## GAMIAN-Europe Questionnaire on Social Inclusion & support

We would like to invite you to participate in this research project..

Online version on

[http://www.gamian.networxbelgium.be/ESP2/public/survey.php?name=Gamian\\_incl\\_eng\\_def](http://www.gamian.networxbelgium.be/ESP2/public/survey.php?name=Gamian_incl_eng_def)

The questionnaire is largely based on a research project created by a specific working group, sponsored by Roche.

Gamian is supported by GSK, Janssen, Shire and Lundbeck The 2014 Budapest convention was co-financed by Roche and TEVA ECNP, Lilly, Roche, Shire, Takeda and Otsuka offered financial support.

