



**CLM/WPS**

Career, Leadership  
and Mentorship Program

Newsletter  
Volume V, No. 2  
Spring/Summer 2019



## Global Mental Health & Psychiatry Newsletter

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



**Eliot Sorel, MD**

*Editor-in-Chief & CLM  
Founder*

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Dear Colleagues and Friends,

Welcome to the Spring/Summer 2019 issue of our publication...

We are most grateful to our colleagues, Professors David NDETEI, Fernando LOLAS, Vincenzo Di NICOLA, Yueqin HUANG, Roy KALLIVAYALIL, Gabriel IVBIJARO, Dr. Mariana Pinto da COSTA and her colleagues for their superb, thought provoking contributions to this issue.

We are very pleased to also mark in this issue a very special convergence of an anniversaries trifecta. They are the 175<sup>th</sup> of the American Psychiatric Association (APA), founded by Dr. Benjamin RUSH together with several other psychiatric hospitals superintendents in 1844; the 50<sup>th</sup> anniversary of the Black Psychiatrists of America (BPA), founded in 1969 by Dr. Chester PIERCE, Professor of Psychiatry and of Education at Harvard University, the first African-American Professor at Massachusetts General Hospital; and the 55<sup>th</sup> anniversary of the World Association of Social Psychiatry (WASP), founded by Dr. Joshua BIERER, a British psychiatrist of Romanian origin, in London, UK in 1964. Our APA will be celebrating its anniversary in San Francisco, this May; the BPA has already done so in Washington, DC earlier this spring with an excellent scientific program; and WASP will be celebrating its 55<sup>th</sup> anniversary during its 23<sup>rd</sup> World Congress with the theme *The Social Determinants of Health/Mental Health & Access to Care*, in Bucharest, Romania, October 25-28, 2019, accessible at [www.wasp2019bucharest.org](http://www.wasp2019bucharest.org).

At the APA, in San Francisco, this year we will also be marking another historic milestone. We will celebrate Dr. Altha Stewart, the first African-American President of the APA, for her superb leadership of our venerable organization during her presidential mandate, 2018-2019. Wish also to express my sincere gratitude and many thanks for having been invited and having participated in Dr. Stewart's APA/BPA reception that took place in Harlem, New York in May 2018 as she launched her historic APA presidency.

Sincerely,

Eliot SOREL MD



*Dr. Altha Stewart and Dr. Eliot Sorel  
BPA/APA Reception, Harlem, New York, May 2018  
Photo by Mary Kay Smith MD*



# Global Mental Health & Psychiatry Newsletter

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Washington Psychiatric Society

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### Career, Leadership and Mentorship (CLM)

is a program of the  
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CLM generates educational,  
research, leadership and  
mentoring opportunities for  
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to enhance the career  
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health leaders.



**Washington  
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David M. Ndeti

# A REPORT OF THE AMSUN MENTAL HEALTH AWARENESS DRIVE

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

## Introduction

AMSUN is the Association of Medical Students of the University of Nairobi. Started in 1963, the organization has been essential in creating a common platform for expression of issues affecting medical students. The organization has over 2600 registered students. The organization conducted a mental health awareness drive that culminated in a walk, and a symposium that was held on 10<sup>th</sup> April 2019. The objective of the symposium was to discuss mental issues that affect students under the theme “Let’s talk” These subthemes included: substance abuse, gambling, depression, suicide, anxiety disorders, burnout, teaching by humiliation, and social relationships.

Themed “Let’s Talk”, the symposium consisted of three different sessions that were attended by all medical students except level one students. There was a panel of experts. The experts included consultant psychologists, addiction specialists, mental health therapists, and students. The keynote speaker of the event was Professor Ndeti, the founding director of Africa Mental Health Foundation AMHF, and the chair of the Africa Division of the Royal College of Psychiatrists UK. The event was also graced by the Principal, and the Dean of students-the College of Health Sciences. The following themes were discussed and the contributions of each panelist are analyzed.

## Suicide

One of the panelists, a student, shared actual case studies of the suicide attempts among medical students and their causes. Exam failure, substance abuse, and failed social relationships were ranked top in causing suicidal ideations/attempts among medical students. To counter this issues, communication was identified as essential in early identification of students who are at risk of attempting suicide. Increasingly, seeking help through the university clinic can also help reduce suicidal cases.



*AMSUN members in the walk to sensitize the public*

## Anxiety

After defining anxiety, the panelist discussed the effects of anxiety including reduced social interactions and decreased performance in school work. The main cause of anxiety among medical students is exams and sufficient preparation can reduce anxiety. Moreover, help-seeking behavior was emphasized.

## Depression

One of the panelist shared a personal story on how depression affected him while he was in medical school. He noted that failing exams and being in solitude contributed to increased severity in depression and suicidal ideation. However, students were notified that help-seeking was important and nothing was worth dying for.

## Teaching by humiliation TBH

Teaching by humiliation meant that some lecturers used mocking and abusive language while teaching students, importantly in the



*Students at the symposium*

wards. Students lose their self-esteem in the process. Some have increased anxiety during exams and this may lead to poor performance. All discussions concurred that lecturers accused of TBH to be reported to the administration. However, the students were advised to pick the positives out of all situations as this will improve their coping mechanisms when they later graduate as doctors.

### **Substance use**

Medical students are not exempted in the use of drugs despite their knowledge of the side effects. Alcohol, bang, heroin, and cocaine are the frequently abused drugs. Besides, some students abuse medical prescription drugs such as Morphine and Diazepam. Those already addicted were advised to seek medical help through the university clinic. Importantly, the panelists advised students to say NO to any drugs.

### **Coping mechanisms**

Lastly, ways of coping within medical school were also discussed. These include

1. Formation of small groups that will help students share their concerns.
2. Continuous help seeking behavior
3. Communication among student groups and individuals.
4. Making good use of the university counseling services.

### **Conclusion**

The AMSUN proposed the formation of a Mental Health Club that will be permanent throughout medical school as opposed to occasional symposiums. The club will not only create awareness of mental health, but also follow up on students who need help.

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MBChB level IV student



# THE FUTURE OF PSYCHIATRY AS A PROFESSION



Fernando Lolas

**Prof. Fernando Lolas, MD<sup>1</sup>**  
*University of Chile, Santiago, Chile*  
([flolas@uchile.cl](mailto:flolas@uchile.cl))

Commenting on the Lancet Psychiatry's Commission report, Sartorius (2017) observes that this important document suffers from an important bias. It considers only literature published in English and addresses problems that may not be the only relevant ones in many regions of the world.

While many contend that psychiatry is just a medical specialty, there are reasons to believe that it may be considered a specialized profession instead (Lolas, 2010). The difference lies in the type of demands made by society and the type of responses from the group of experts. Since its very beginnings, psychiatry has had methods of approaching problems and strategies for solving them that are not always coincident with the ethos of the medical profession. Witness the example of the asylum, an institution turned into hospital but, carefully considered, entirely different in aims, scope, and outcomes. It may be true that the same orientation towards compassion and help is present, but the sociological structure, the social recognition, and the impact of the profession are discernible different. Psychiatry, as medicine, is a community of practice (Lolas, 2017), deeply influenced by cultural standards and language differences, so important in analyzing its final social aim (Lolas, 2010). Essentially, psychiatry deals with human flourishing. Its main challenges ahead are not technical, they are ethical.

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

Undoubtedly, research into the causes of mental illness, the effects of improved pharmaceutical interventions, the development of personalized diagnosis, among many technical developments, will shape the practice of the future. What will not change, however, is the need to fight stigma about mental derangement, to help people suffering from loneliness and stress, and to improve the "soft" components of that elusive construct termed "quality of life".

When reformulated as the science of human wellbeing and human flourishing, practitioners will find that, as said many decades ago, the traditional medical model is insufficient to mirror the actual activities of what is called psychiatry in the widest sense. It is medicine, but medicine of a kind that will never lose sight of the human dialogue that demands not only expertise but a form of prudence and practice that sets it apart from the westernized, technical model provided by a unilateral concept that reduces psychiatry to simply a branch of high-tech medicine.

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## The Canadian Association of Social Psychiatry (CASP)/ l'Association Canadienne de Psychiatrie Sociale (ACPS): A Rich Past and a Bold Future



Vincenzo Di Nicola

**Prof. Vincenzo Di Nicola, MPhil, MD, PhD, FRCPC, DFAPA**

*President, CASP/ACPS*

*Professor, Department of Psychiatry & Addictions*

*University of Montreal*

**The Canadian Association of Social Psychiatry/l'Association Canadienne de Psychiatrie Sociale (CASP/ACPS)** has been admitted to the World Association of Social Psychiatry (WASP) with a warm welcome from WASP President Roy Kallivayalil and the Executive Committee. Reflecting Canada's two official languages, English and French, CASP/ACPS is a bilingual association with Founding Members across Canada, from Quebec in the East to Ontario in Central Canada, and British Columbia in the West.

Social Psychiatry has a rich history in Canada, with Alexander H. Leighton and Jane Murphy who are pioneers in epidemiology with the Stirling County Study, and Eric D. Wittkower, HBM Murphy and Raymond H. Prince, the founders of the Division of Social and Transcultural Psychiatry at McGill University. CASP was founded in the 1990s by myself as First Founding President with the support of then WASP President Eliot Sorel who co-presided the World Congress of Social Psychiatry in Vancouver, BC in 1998. After a successful World Congress, CASP lay dormant until it was renewed and reinvigorated this year with a new group of Founding Members and a newly-elected Executive Committee and Board of Directors serving a three-year term (2019-2022):

**CASP/ACPS Executive Director:** *Martine Dériger, Montreal, QC*

**Legal Counsellor:** *Maître Grace Nehme*

**Honorary Founding Member:** *Eliot Sorel, George Washington University, Washington, DC,*

### **CASP/ACPS Executive Committee**

*The CASP/ACPS Executive Committee consists of 5 members, serving three-year terms of office (2019-2022) elected by the CASP/ACPS general membership:*

- *President:* Vincenzo Di Nicola, Université de Montréal, Montréal, QC

- *Vice-President:* Manon Charbonneau, Université de Montréal, Sept-Îles, QC
- *Secretary-General:* Daphne Marussi, Université de Sherbrooke, Sherbrooke, QC
- *Treasurer:* Constantin Tranulis, Université de Montréal, Montréal, QC
- *Resident/Fellow Member:* Jonathan Lafontaine, R2, McGill University, Montréal, QC

### **CASP/ACPS Board of Directors**

*The CASP/ACPS Board of Directors consists of 14 members, 5 of whom are the CASP/ACPS Executive Committee, serving three-year terms of office (2019-2022) elected by the CASP/ACPS general membership:*

- *Pierre Beauséjour, Université de Sherbrooke, Sherbrooke, QC*
- *John Bradford, McMaster University, Grand Bend, ON*
- *K Sonu Gaind, University of Toronto, Toronto, ON*
- *Brian Greenfield, McGill University, Montréal, QC*
- *Michael Krausz, University of British Columbia, Vancouver, BC*
- *Alain Lésage, Université de Montréal, Montréal, QC*
- *Luc Morin, formerly of McGill University & Université de Montréal, Sherbrooke, QC*
- *Shery Zener, University of Toronto, Toronto, ON*
- *Resident/Fellow Member – Constanza Testart Aguirre, R1, Université de Montréal, Montréal, QC*

While psychiatry today struggles with its ongoing identity crisis, we have an embarrassment of riches and research traditions. Cultural Psychiatry has taken its place in the mainstream, with the notions of cultural competence and the cultural formulation now widely accepted and taught. Neuroscience is for many researchers the new synonym for psychiatry. And yet the social context of psychiatric disorders remains highly pertinent. The study of the social determinants of health is among the most robust research in the human sciences. The Global Mental Health Movement leads international public health with the slogan, "No health



without mental health.” In the domain of psychotherapies, many models have accepted some form of relational psychology where the social presentation of self, social relationships, and interpersonal stress are both risks and resources for mental health. With all these advances and in the light of the worldwide challenges of migration and borders, identity and belonging, Social Psychiatry in the 21<sup>st</sup> century is more crucially relevant than ever.

With this rich past, both in Canada and abroad, we now look forward to a bold future with a survey of our achievements so far and a symposium on defining social psychiatry in the 21<sup>st</sup> century. In my forthcoming overview (Di Nicola, 2019), I will outline the relevance of Social Psychiatry in responding to challenges of the *natural environment* (e.g., climate change), the *built environment* (e.g., the housing crisis and homelessness), and the *social environment* with the traditional values of belonging (attachment theory on a broader social level) confronting the contemporary challenges of the *virtual environment* (social media and artificial intelligence). A comprehensive psychiatry embracing “total health care” (Sorel, 2016) needs Social Psychiatry as a complement to the Global Mental Health Movement in order to give it a deeper and more textured view of social relationships interacting with all the environments we live in.

CASP/ACPS is eagerly preparing to participate at the 23<sup>rd</sup> World Congress of Social Psychiatry in Bucharest, Romania, October 25-28, 2019 where we have submitted a symposium offering a survey of Canadian projects in Social Psychiatry. With WASP President-Elect Rachid Bennegadi, I will also co-chair a symposium on defining Social Psychiatry in the 21<sup>st</sup> century with senior

WASP researchers from Africa, Asia, Europe, and North and South America.

We look forward to the next World Congress of Social Psychiatry in 2022. It’s been more than 20 years since Canada hosted the World Congress in Vancouver, BC in 1998 when Dr. Eliot Sorel and I were Congress Co-Presidents. Our renewed and re-invigorated CASP/ACPS enthusiastically accepts President Roy Kallivayalil’s invitation to submit our bid to host the 24<sup>th</sup> World Congress again here in Canada.

*Montreal, Quebec, Canada  
May 1, 2019*

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## The China Mental Health Survey



Yueqin Huang

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

On February 18, The Lancet Psychiatry online published the paper entitled “Prevalence of mental disorders in China: a cross-sectional epidemiological study”. The paper was published in March issue afterwards.

The China Mental Health Survey (CMHS) is the first nationally representative community-based survey on prevalence and service utilization of mental disorders in China. A two-stage field work procedure was carried to implement the diagnosis of mental disorders. We applied The definitions and criteria of the Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSM-IV) and International Classification of Diseases, Tenth Edition (ICD-10) to diagnose mood disorders, anxiety disorders, substance use disorders, impulsive-control disorder, schizophrenia and other psychotic disorders, eating disorders, and dementia. The Weighted lifetime prevalence of any disorder excluding dementia was 16.6%. Anxiety disorders were the most prevalent class of lifetime disorders (7.6%), followed by mood disorders (7.4%), substance use disorders (4.7%), impulse-control disorders (1.5%), schizophrenia and other psychotic disorders (0.7%), and eating disorders (0.1%). The Weighted 12-month prevalence of any disorder excluding dementia was 9.3%. The same pattern was shown for subcategorical disorders as for lifetime prevalence. The weighted prevalence of dementia for the population aged 65 years and older was 5.56%.

The result of CMHS was released by the National Health and Family Planning Committee (Ministry of Health) of China on the World Health Day, April 7, 2017. Afterwards, the Forum on Mental Health in China was held on April 19, 2019 in Beijing.



Forum of CMHS in Beijing

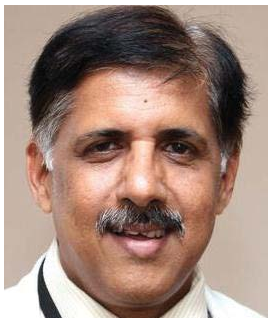
There were 80 participants including experts, governmental officers, and more than 30 media reporters. This forum has attracted the mainstream media's widespread attention, carrying on the report in succession. The result of CMHS is a great contribution to global mental health.

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## National Seminar on home based care for severe mental disorders in India



Roy Abraham Kallivayalil

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

This was held at the All India Institute of Medical Sciences (AIIMS) New Delhi on April 27, 2019. The theme was “Severe Mental Disorders- Symptomatic to Functional Recovery”. This was ably organised by Prof Rakesh Chadda and his team. Hearty **congratulations** to them!

Prof Roy Abraham Kallivayalil, President, World Association of Social Psychiatry was the Chief Guest and delivered the keynote address. He said families and local community have a great role in the management of severe mental disorders. Advice and support to them by mental health professionals is essential. Care has to be coupled with psychosocial support. This will reduce stigma and discrimination. Severe Mental Disorders (SMD) produce distress and disability in several aspects of life and will increase somatic co-morbidity. The role of primary care is very important. Although India is emerging as an economic power house, mental health care is often neglected. Indian families play a great caring role in SMDs and their role has to be acknowledged. The National Mental Health Survey in India (2016) has shown mental morbidity in 10.6% of the population with a life time prevalence of 13.7%. This makes investment in mental health an urgent priority in India. Kallivayalil also acknowledged the valuable role of the General Hospital Psychiatry Units, private sector and NGOs in the country.

Prof Randeep Guleria (Director, AIIMS) who spoke at the inaugural function said there cannot be health without mental health and called her greater priority for mental health care in India. Prof Rakesh Chadda welcomed the gathering and Prof Mamta Sood proposed a vote of thanks.

Prof Indira Sharma (President- IASP) spoke on “Home based care for SMDs- Indian experience”, Prof S Chakraborty



*National Seminar on home based care for severe mental disorders in India: Inaugural session. Seen on the dais are Prof Indira Sharma, Prof Randeep Guleria (Director AIIMS), Prof Roy Kallivayalil (President WASP) & Prof Rakesh Chadda.*

(Chandigarh) spoke on “SMDs- Needs and solutions” and Dr R Padmavati (SCARF- Chennai) gave an overview.

There were also invited lectures, Workshops and Forums.

Prof Roy Abraham Kallivayalil  
President, World Association of Social Psychiatry

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## Early career psychiatrists in Europe



**Mariana Pinto da Costa - Chair**  
United Kingdom

### **Mariana Pinto da Costa, MD**

*Unit for Social and Community Psychiatry (WHO Collaborating Centre for Mental Health Services Development), Queen Mary University of London, London, United Kingdom*  
mariana.pintodacosta@gmail.com



**Ozge Kilic - Co-chair**  
Turkey



**Dzimtry Krupchanka**  
Switzerland

It is with great pleasure that we announce the new Early Career Psychiatrists Committee of the European Psychiatry Association (EPA) that started working after the EPA Congress in Warsaw.

The ECPC activities fall into 4 main areas: Research, Communication and Publications, Meetings and Associations and Professional Development.

We develop every year an [Early Career Psychiatrists Programme](#) during the EPA Congress with attractive sessions tailored for ECPs. Further to the Congress, we offer the [Gaining Experience Programme](#) (providing ECPs an exchange opportunity abroad), we reach out through the [ECP KIT](#) – Keep in Touch (raising awareness about professional opportunities for ECPs). Check out our website to see more information about several other exciting opportunities we have for you.



**Olga Kazakova**  
Belarus



**Tomasz Gondek**  
Poland

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# UNIVERSAL HEALTH AND MENTAL HEALTH COVERAGE FOR ALL



Gabriel Ivbijaro

**Professor Gabriel Ivbijaro MBE**

MBBS, MMedSci, MA, PhD, FRCGP, FWACPsych, IDFAPA

**Medical Director, The Wood Street Medical Centre,  
London, UK**

**Professor, NOVA University, Lisbon, Portugal**

**Honorary Visiting Fellow, Faculty of Management, Law  
and Social Sciences, University of Bradford, UK**

**Chair, The World Dignity Project**

**Past President World Federation for Mental Health  
(WFMH)**

It is a pleasure to contribute to the GMHPN. A lot of good things have happened over the last few months and this is a testimony to the dedication of the global mental health community. I would also like to congratulate Professor Eliot Sorel for being voted one of the World Dignity Project Mental Health Champions 2018 with over 2000 votes cast.

The conference 'Universal Health and Mental Health Coverage for All: Connecting People and Sharing Perspectives' that took place in Malta from 12<sup>th</sup> to 14<sup>th</sup> December 2018 (<https://www.uhmfcongress2018.net/>) to mark Universal Health Coverage Day brought together a range of international experts and professionals from all continents of the world. The key message was that mental health is a global priority that must be funded and is the key to ensure successful global health delivery and the realisation of the SDG aspirations. A quote from one of the participant feedback forms was "this conference is different because it allows professionals, service users and carers to interact freely as equals – please we need more of this."

The World Dignity Project (<http://theworlddignityproject.org/>) will be working in partnership with Professor Jean-Luc Røelandt, Professor Pierre Thomas and Rania Chabane this year in Lille, France at a conference entitled 'Dignity and Equality in Mental Health for a Global Citizenship' from 18<sup>th</sup> to 20<sup>th</sup> December 2019 in collaboration with the French Psychiatric Society. The website will be launched in mid-May 2019, so watch this space.

Next year we will be inviting all the 2018 winners of The World Dignity Project Mental Health Champions Awards to present their work at the World Dignity Project Conference taking place in partnership with the University of San Diego USA from 11<sup>th</sup> to 13<sup>th</sup> June 2020 entitled 'Tackling Stigma, Mobilising Hope: Opening Doors to Quality Mental Health Care For All'. Why San Diego? Because it is the eighth-largest city in the United States, has a culturally diverse population, the nation's largest military



community, and is home to the busiest land border crossing in the world, through which approximately 70,000 cars and 20,000 pedestrians travel each day. The diversity of the population includes refugees and asylum seekers from around the world who are commonly coping with trauma and have limited access to mental health services. San Diego is an ideal location to discuss equality, dignity, and hope and we are very pleased that University of California San Diego (UCSD) Division of Global Health have confirmed their support participation.

I was also privileged to be a presenter at the 1<sup>st</sup> World Happiness Agora where I talked about the importance of ensuring that there is dignity for mental health service users worldwide (<https://www.youtube.com/watch?v=j5eHr3Eldn8&feature=youtu.be>). The Founder of this wonderful event Luis Gallardo said that, 'together we engaged with more than 45,000 participants and viewers of the live and recorded interviews and panels. More than 178 speakers shared their wisdom and more than 30 live events were celebrated all over the world, from Casablanca to Basel, from Costa Rica to China. That makes us the world's largest, most diverse and polycentric event focused on happiness & well-being'. My thanks to Kathryn Goetzke, Curator and Founder of iFred for inviting me.

## SAVE THE DATE!

Mark your calendars for these upcoming events:

SAT. - WED. MAY 18-22, 2019	<b>American Psychiatric Association (APA)</b> May 18-22, 2019 • Location: San Francisco
WED. - SUN. AUG. 21-24, 2019	<b>World Psychiatric Association (WPA)</b> August 21-24, 2019 • Location: Lisbon, Portugal
THU. - SUN. OCT. 3-6, 2019	<b>Institute on Psychiatric Services APA</b> October 3-6, 2019 • Location: New York City
FRI. - MON. OCT. 25-28, 2019	<b>World Association of Social Psychiatry (WASP)</b> October 25-28, 2019 • Location: Bucharest, Romania
WED. - FRI. DEC. 11-13, 2019	<b>Universal Health And Mental Health COVERAGE FOR ALL CONGRESS</b> December 11-13, 2019 • Location: Lille, France

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ON-DEMAND RISK UPDATE



DONNA VANDERPOOL, MBA, JD  
VICE PRESIDENT, RISK MANAGEMENT



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