



MENTAL HEALTH EUROPE



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KEY EVENTS FOR MHE MEMBERS: CAPACITY BUILDING SEMINAR ON EMPOWERMENT, GENERAL ASSEMBLY AND STANDING COMMITTEE MEETINGS

The 2009 MHE members' capacity building seminar will be held on Friday 12 June 2009. It will be a one-day meeting and will precede the MHE General Assembly that will take place in the morning of Saturday 13 June.

Theme of the seminar is EMPOWERMENT of relevant stakeholders in the mental health field: mental health service users, (mental) health professionals, politicians and policy-makers.

MHE members will receive the invitations for the seminar and the General Assembly by the end of April.

The following MHE Standing Committees will meet on 13 June as well:

- Finances Committee
- Mental Health and Human Rights Committee
- Membership and Accreditation Committee

The meetings will be held at the Euroflat Hotel in Brussels.

MHE will be able to help with the travel and accommodation expenses of around 60 MHE members.

I. MENTAL HEALTH EUROPE

NEWS FROM MHE

MHE Board Elections

The election procedure for the voting individual members to the Board has been finalised at the end of April. The full members are invited to elect 12 representatives to the Board. The deadline for returning the voting forms is 8 May 2009, so please make sure to send your voting form in due time.

REMINDER - Membership fees 2009

All MHE members have received an invitation to pay their membership fee for 2009. Please contact the MHE Secretariat should you not have received this invitation or should you wish additional information.

Keep in mind that MHE members will need to have paid their membership fee if they want to nominate themselves for the Board elections and if they want to participate in the capacity-building seminar and General Assembly in June!

National Focal Points Training Rounds 2009 accomplished

MHE organised 5 training rounds for National Focal Points (NFP)* from January until April 2009. In each of the regional rounds that were held in Vienna, Athens, Brussels, Copenhagen and Helsinki, representatives from 5-7 countries participated. Aim of the trainings was to provide the participants with tools to enable them to carry out their work as NFP most efficiently. During the training, a general introduction to EU institutions and policy-making processes at the EU level was given. Moreover the participants were updated on the latest policy developments in the field of mental health and social inclusion at the European level. The UN Convention for People with Disabilities and its link to mental health issues and the MHE European Parliament Elections Campaign 2009 were also presented. An important issue of the training was the lobbying of national/ regional/ local authorities in order to bring forward mental health related issues in the EU countries. Fundraising activities and funding opportunities were also discussed, as well as the importance of working with the media. In each training round, vivid and constructive discussions and exchange of best practices took place. MHE is very pleased with the outcome of the trainings and looks forward to further work with the NFPs.

For further information, please send an e-mail to Astrid Mechel, MHE's Social Policy Officer, at astrid.mechel@mhe-sme.org

* NFPs are intermediaries between MHE and its member organisations and other stakeholders in their respective country in cases where a) information from the European level needs to be disseminated at the national, regional and local level, as well as in cases where b) MHE needs input from its members working at the local, regional and national level in order to report back to the European level on specific issues of consultation.

MHE launches the 2009 European Elections Campaign

Mental Health Europe is launching a campaign to promote mental health and well-being in the run-up to the 2009 European Parliament elections. The campaign targets in particular the candidates who aim to become Members of European Parliament, as well as the political parties and the media.

The dates of the elections (4-7 June 2009) are approaching and MHE's aim is to influence the MEP candidates and raise their awareness on the importance of including mental health in their political agenda. Mental health and well-being represent a crucial aspect of everyone's

life, thus promoting and maintaining good mental health is the backbone for a competitive and healthy population and can ensure social cohesion. To better emphasize the importance of mental health and well-being, MHE prepared a Manifesto for the elections to put forward its key priorities and policy recommendations.

To read the full text of the Manifesto, please see the Annex to this Newsletter. The Manifesto will be available on the MHE website shortly.

Joint International Conference: Mental Health and Well-Being in the Workplace

On 17 and 18 March, Malgorzata Kmita, MHE President, attended the Joint International Conference on "Mental health and well-being in the workplace" in Berlin. The event was organised by the WHO / Regional Office for Europe together with the German Alliance for Mental Health. The aim of the conference was to address work related mental health issues, including identification of mental health risks and prevention of ill-health, stress, burnout, absenteeism at work. The conference also aimed to improve the understanding of social inclusion and employment, and to address labour market integration in Europe. It has been noted that in many European countries between 7% and 25% of absence from work has been due to mental health needs, including anxiety, depression and alcohol related issues. In the context of the current recession issues of insecurity, instability and volatile practices in the labour market have added extra fears that citizens have to face. The overall conclusion of the Conference was that positive mental health and well-being at work is not only a good business case but most importantly it is the human rights case. Skills in Open Dialogue are required to help employees and employers develop better insight into what constitutes positive Mental Health and Well-being at Work.

For further information about the Conference, please visit: <http://www.mental-wellbeing.net/>

MHE'S POLICY WORK

Towards a new psychiatric reform in Greece

After MHE expressed its concern about the future of the public mental health services system in Greece and in follow-up to the recent visit of Commissioner Špidla, some good results have been achieved as for the continuation of the psychiatric reform. More in details, according to the new agreement between the Greek government and the EU, the following commitments have been agreed:

- a new road map for the development and the completeness of the reform will be prepared by the end of June and a new steering and monitoring committee will be established by the EC in order to monitor the reform and to report its progress every 6 months;
- a relevant number of mental health professionals will be employed in Mental Health Centres;
- a strict timetable has been agreed and the completeness of the psychiatric reform has been assigned by the end of 2015;
- a new administrative and monitoring system will be established together with the evaluation system for all the mental health units;
- the government has taken the responsibility to pre-pay every 3 months all the necessary money to the NGOs through a budget line of the State budget ensuring 100% of the necessary funds at the beginning of every year;
- the funding of the Social cooperatives will be continued till the end of the 2013. A supporting unit will also be established and the government will take a number of supporting measures in order to promote the cooperation between the social cooperatives and the state;
- all the NGOs will be certified by the State and will sign a contract with the State.

To read the full MHE press release, please consult the following webpage: <http://www.mhe-sme.org/en/news-and-events/mhe-press-releases.html>

NEWS ON PROJECTS AND ACTIVITIES IN WHICH MHE IS INVOLVED

Latest issue of the ProMenPol Project's Newsletter

The latest issue of the ProMenPol Project is out and available on-line at <http://www.mentalhealthpromotion.net/?i=promenpol.en.news.714>.

ProMenPol (standing for Promoting and protecting mental health) is a 36-month project being undertaken by partners from Germany, Austria, Ireland, Finland, Estonia and Greece. Mental Health Europe is involved as associated partner and in particular it provides strategic advice on the EU policies in the field of mental health. The project is a co-ordination action funded by the European Commission under the 6th Framework Programme. The aim of this project is to identify useful and practical approaches to the promotion and protection of mental health. It will develop a systematic multidimensional approach to identifying and classifying effective tools for promoting mental health across the lifespan. ProMenPol focuses on tools that promote mental health for students in schools, the workplace and the older peoples residential homes.

For more information, please visit the ProMenPol website at:
<http://www.mentalhealthpromotion.net>

PROMETHEUS Project "Promoting quality of Social Services of General Interest"

Since the end of 2008, MHE is involved in the new Prometheus project "Promoting quality of Social Services of General Interest". The project is led by the European Platform for Rehabilitation and is running for 2 years (October 2008-September 2010). The overall objective of this project is to develop, validate and pilot the cross-sectoral and trans-national application of a quality assurance system for social services. The Prometheus project addresses the different aspects of quality: the definition of quality (quality framework and criteria), measurement (indicators), assessment (processes, procedures for self-assessment) and improvement of the quality of Social Services of General Interest (SSGI). Prometheus is based on the European Committee for Standardization procedures and EPR's European Quality in Social Services (EQUASS) initiative.

More information is available at: <http://prometheus.epr.eu>
MHE invites all its members to register at this website and to actively contribute in the members section!

UPDATE ON NEW ITEMS ON MHE WEBSITE

The MHE website has been updated with new information in the following sections:

- Homepage / MHE Response to European Commission Consultation on Health inequalities:
<http://www.mhe-sme.org/en.html>
- Homepage / MHE letter to MEPs from EPP Group calling on them to adopt the European Parliament report on the directive proposal in the field of non discrimination beyond employment:
<http://www.mhe-sme.org/en.html>
- Our work / Update of the French sections dedicated to the MHE policy areas:
 - Social Inclusion: <http://www.mhe-sme.org/fr/notre-travail/inclusion-sociale-et-sante-mentale.html>

- Disability : <http://www.mhe-sme.org/fr/notre-travail/handicap-et-sante-mentale.html>
- Human Rights: <http://www.mhe-sme.org/fr/notre-travail/droits-de-lhomme-et-sante-mentale.html>
- Publications:
 - MHE Response to European Commission Consultation on Health inequalities: <http://www.mhe-sme.org/en/publications/mhe-position-papers.html>

MHE REPRESENTATION AT VARIOUS MEETINGS

On 10 March, Josée Van Remoortel, Senior Policy Adviser, attended the Task Force on Disability at the Cabinet of Commissioner Špidla in Brussels.

On 17-18 March, Malgorzata Kmita, MHE President, participated in the conference "Tackling mental health and well-being at the workplace" in Berlin.

On 1 April, Mary Van Dievel, MHE Director, and Josée Van Remoortel attended a meeting with the project Coordinator of the PROMETHEUS Project, Brussels.

On 14 April, Astrid Mechel, Social Policy Officer, attended the meeting of the Fourth World European Committee – Intergroup for the fight against Poverty and Exclusion at the European Parliament, Brussels.

On 15 April, Mari Fresu, Health Policy Officer, represented MHE at the Steering Group Meeting of the Value+ Project, Brussels.

On 22 April, Josée Van Remoortel attended the Health Quest Policy Seminar, Brussels.

On 22-24 April, Mary Van Dievel and Astrid Mechel led the National Focal Points training for Estonia, Finland, Ireland, Latvia, Lithuania and UK in Helsinki.

On 24 April, Elisabeth Muschik, MHE Vice-President, participated at the Social Platform General Assembly, Brussels.

On the 27 April, Malgorzata Kmita and Mary Van Dievel attended the Round Table "Reducing the Psychosocial Impact of the Financial and Economic Crisis" at the European Commission in Brussels. On this occasion, Malgorzata Kmita gave a contribution.

On 27-29 April, Roselyne Bourgon attended the INGOs Conference of the Council of Europe, Strasbourg.

On 28 April, Josée Van Remoortel represented MHE at the Ad Hoc Experts Group on Deinstitutionalization at the Špidla Cabinet, Brussels.

On 28 April, Astrid Mechel participated at the Social Platform Social Services Working Group, Brussels.

On 29 April, Astrid Mechel attended the Conference "Together for Europe", Brussels.

NEWS FROM MHE MEMBER ORGANISATIONS

The Mental Health Action Week

From the 12 to the 18 April the Mental Health Foundation (MHF) organised a Mental Health Action Week. On Sunday 12, a national campaign was launched to raise awareness about the impact fear and anxiety can have on everyone's life. A report, titled "In the face of fear", was disseminated: it illustrates the need for good quality support for people struggling with anxiety. MHF also produced a special podcast for Mental Health Action Week with advice about how to overcome fear and anxiety.

For further information about the campaign:

<http://www.mentalhealth.org.uk/campaigns/mental-health-action-week-2009/>

To download the full report, please visit:

<http://www.mentalhealth.org.uk/campaigns/mental-health-action-week-2009/in-the-face-of-fear/>

"Network passenger": a new publication

The Institut Wallon pour la Santé Mentale (Belgium) published a new booklet. It resumes the reporting documents of the General Assembly organised at the end of November 2008 on the issue of mental health users.

The booklet is now available at:

http://www.iwsm.be/institut-wallon-sante-mentale_cahier.php?id=24

Seminar: "The participation of users"

On 25 February the Institut Wallon pour la Santé Mentale (Belgium), in collaboration with the Psychology Department of the University of Notre-Dame de la Paix (Namur, Belgium), organised a seminar titled "The participation of users". The event involved different professionals in the field of handicap and mental health. The debate was very useful for the development of a new and active program regarding the support of shared mental agreements, the dissemination of researches and scientific results and the involvement of users in the decision-making process.

More information on: <http://www.iwsm.be/institut-wallon-sante-mentale.php?id=14>

Conference of German Dachverband Gemeindepsychiatrie

The German Dachverband Gemeindepsychiatrie is holding a conference on "Promotion of Inclusion, Prevention of Exclusion – Change of Paradigm in the Communal Psychiatry" on 13 and 14 May 2009 in Kassel, Germany. The conference encompasses the academic, practitioners and user's perspective and an overview will be given on inclusion policies at the European level.

MHE Vice-President Elisabeth Muschik will attend the conference and express MHE's views on the issue.

More information on: www.psychiatrie.de/dachverband

II. EU INSTITUTIONS AND OTHER BODIES

European Year against Poverty and Social Exclusion 2010

2010 will be the European Year against poverty and social exclusion. The aim of the EY 2010 is to raise awareness on poverty and social exclusion in the European member states and to strengthen political commitment to enhance the social inclusion of vulnerable groups. The EY 2010 will be implemented through National Implementing Bodies (NIB) who will send in their national priority programmes by 15 May 2009 and who will be in charge of selecting projects related to the EY 2010. Major activities at the European level include media and communication events, a journalist competition, arts competition as well as two Focus Weeks (one in May 2010 and the other one in October 2010).

MHE is actively involved in the preparations of the EY 2010 in the European Commission's EU Stakeholders expert group and the activities of the European Anti-Poverty Network (EAPN).

For further information, please contact Astrid Mechel at astrid.mechel@mhe-sme.org

TellBarroso.eu

TellBarroso.eu is a simple web poll created by the initiative of the Center for European Studies which revolves around the basic theme: "Your opinion matters. What can Europe do for you?". In an effort to respond to European citizens' opinion and priorities, tellBarroso.eu offers the opportunity to participate in European decision making and constructing the future.

To participate, please visit: <http://www.tellbarroso.eu/en>

UN Convention on the Rights of Persons with Disabilities

The work concerning the ratification by the European Community of the UN Convention on the Rights is progressing: on 31 March, the European Parliament Committee on Employment and Social Affairs adopted a motion for a resolution approving of the ratification of the Convention in full by the European Community and the EU Member States. The motion calls on the Council to deposit the instrument for full ratification of the Convention before the next International Day of Persons with Disabilities (3 December 2009) and requests the European Commission to define the Community competencies in relation to the Convention on the basis of the articles of the Treaty on the European Communities. The motion calls for specific attention to be paid to development cooperation, health and consumer affairs. On 24 April, the European Parliament adopted the Report by Rumiana Jeleva MEP on the United Nations Convention on the Rights of Persons with Disabilities and the Optional Protocol. On her initiative, the European Parliament is calling on the European Commission and the Member States to report back every three years on the real implementation and the cases of violations that have been resolved.

For more information, please contact Rumiana Jeleva at rumiana.jeleva@europarl.europa.eu

The Status of Health in the EU: Towards a healthier Europe

A new Global Report on Health Status in the European Union was published. The report addresses migration, socio-economic conditions, education, demographic changes and covers most relevant diseases and disorders as well as health determinants and main policies developed at Community and Member State level. It represents an information tool for the Member States to establish in an efficient manner public health priorities as well as adopt and implement adequate policies and control tools to further improve the health conditions of their citizens.

The Summaries and the Report are available at the EUGLOREH project website: http://www.eugloreh.it/ActionPagina_995.do

A new era of EU youth policies

The Commission has adopted a new EU strategy for youth policy for the coming decade. According to surveys, education, employment, social inclusion and health are issues which most of all preoccupy today's young people. Europe's youth must also be empowered to benefit from opportunities such as civic and political participation, volunteering, creativity and entrepreneurship, sport and global engagement. To confront such challenges, and open up opportunities for all young people, the Commission is proposing a renewed EU youth strategy that sets out a wide-ranging response. The strategy "Youth – Investing and Empowering", which is a follow-up to the renewed social agenda announced by the European Commission in 2008, has the following goals:

- to create more opportunities for youth in education and employment,
- to improve access and full participation of all young people in society, and
- to foster solidarity between youth and society.

The Commission proposes to employ a cross-sectoral approach to address all youth related issues, with the new strategy outlining different actions to be pursued by the Commission and the Member States. As such, it constitutes a part of the EU's coordinated response to the current crisis.

Together with the adoption of the new strategy, the Commission published the First EU Youth Report, which consists of a compilation of data, statistics and brief analyses on the situation of young people in Europe.

For More information on EU youth policy, please visit the European Commission's Youth homepage: http://ec.europa.eu/youth/index_en.htm. To read the full report: [MEMO/09/202](#)

Scotland's Mental Health and its Context: Adults 2009

NHS Health Scotland has now analysed the available data for the previously established national set of adult mental health indicators for Scotland. This first systematic assessment of the mental health (mental health problems and mental wellbeing) and associated contextual factors of the adult population of Scotland was published February 2009.

The full report and a briefing paper are available on the ScotPHO website: <http://www.scotpho.org.uk/mentalhealthadults2009> and on the NHS Health Scotland website: www.healthscotland.com/scotlands-health/population/mental-health-indicators-index.aspx

For more information, please send an e-mail to Martin Taulbut, NHS Health Scotland Project Officer, at martin.aulbut@health.scot.nhs.uk

Peer Review Programme 2009 on Social Protection and Social Inclusion

Peer Reviews on Social Protection and Social Inclusion are a key instrument of the Social "Open Method of Coordination (OMC)". They enable an open discussion on social protection and social inclusion policies in the different EU Member States and aim to induce mutual learning processes. Peer Reviews take place in the form of expert workshops where primarily government specialists from selected participating countries exchange best practices in policy formulation and reform.

The following Peer Reviews in the field of mental health or social inclusion will take place in 2009:

- France, 5-6 May 2009: Alzheimer's and other related diseases: coping with behavioral disorders in the patient's home
- Norway, 29-30 October 2009: Developing well-targeted tools for the active inclusion of vulnerable people
- France, 3-4 December 2009: Measuring the impact of active inclusion and other policies to combat poverty and social exclusion

The full Peer Review Programme 2009 and more information is available at: http://www.peer-review-social-inclusion.eu/new-website?set_language=en

The Commission launches the new website "Be Healthy – Be Yourself"

The Commission set up a new website in youth friendly design targeted for the young people, which will be accessible in 22 language versions. The website is accessible from the EU Health Portal. It has three major parts: a conference page, a Youth Health competition page and a blog page which will be moderated by the European Youth Forum.

The aim of the website is to empower young people to have a real say about their health by offering them a space to air their views. This website will be used as a main source of information about the Youth Health Initiative. The initiative emphasises dialogue and involvement of young people in tackling the health issues that affect them and invites young people to be active partners in our work on health.

For more information, please visit: http://ec.europa.eu/health-eu/youth/index_en.htm

European Day on Solidarity and Cooperation between Generations

29 April 2009 has been the first "European Day on Solidarity and Cooperation between Generations", as proposed during the Slovenian Presidency. This day aimed at raising awareness about the need to promote intergenerational solidarity.

For more information including the list of activities organised across the EU to mark the first European Day on Solidarity between Generations, please visit the website: <http://www.age-platform.org/EN/spip.php?article686>

III. NEWS FROM OTHER (E)NGOs

WORLD AUTISM AWARENESS DAY

On the World Autism Day on 2 April, the World Health Organization reaffirmed its commitment to provide technical assistance to Member States to deliver integrated health services to people with autism and other mental and or developmental disorders of childhood. Currently, the vast majority of children with mental health needs in developing countries do not receive any treatment or care. These disorders are included as priority conditions in WHO's Mental Health Gap Action Programme 2008-2013, launched in 2008.

To read the full Mental Health Action Programme 2008-2013, please visit the webpage: www.who.int/mental_health/mhgap_final_english.pdf

IV. PUBLICATIONS

"Cognitive Impairment, Mental Health and Transport – Design with Everyone in Mind": A new OECD publication

The Organization for Economic and Development (OECD) issued a new publication "Cognitive Impairment, Mental Health and Transport – Design with Everyone in Mind". This publication is the result of the cooperation between OECD and the European Disability Forum, Inclusion Europe and Mental Health Europe. This publication is the first to deal with international transport policy issues related to cognitive impairment and mental health. It aims to help those who plan design and run transport systems and infrastructure to understand and find practical solutions to these issues for the benefit of the travelling public as a whole. Many of the solutions, such as transport staff training, are simple and low-cost, and, applied universally, would benefit the wider international community. Other steps need to be made regarding accessibility of transport information, which may include a re-designing of timetable

presentation, clearer audible and visual signage, and increased staff presence to help build users' confidence.

Josée Van Remoortel, MHE Senior Policy Adviser, was one of the co-authors of this publication.

To order this report online:

<http://www.oecdbookshop.org/oecd/display.asp?K=5KZ83RTGRLNP&CID=&LANG=fr>

European Anti Poverty Network Structural Funds Manual 2009-2011

The European Anti Poverty Network published a new manual designed for social inclusion NGOs. It focuses on how NGOs can be a critical voice in the development of structural funds and on the opportunities to use them for social inclusion projects. It also provides guidance in how to look to the next structural funds round (2014-2020).

To download the full version, please visit the website: <http://www.eapn.org/>

Civic Education for Media Professionals: A Training Manual

The Training manual offers essential knowledge on the relationship between media functions and active citizenship. The publication focuses on the underlying nexus of democracy, development and the media based on the fundamental principles of democracy and human rights that lie at the heart of UNESCO's mandate.

To download the full version, please visit the webpage: http://portal.unesco.org/ci/fr/ev.php-URL_ID=28482&URL_DO=DO_TOPIC&URL_SECTION=201.html

Social Protection and Social Inclusion in the Western Balkans

The European Commission published a series of reports on social protection and social inclusion in the Western Balkans.

To download the full reports, please visit the webpage:

http://www.seesoc.org.mk/index.php?option=com_content&view=article&id=61&Itemid=50

V. CONFERENCES

28 May 2009

European Seminar "The impact of the Economic crisis on tackling homelessness at local level", Brussels

For registration, please contact Ruth Owen from the FEANTSA secretariat at ruth.owen@feantsa.org

8-9 July 2009

European Conference "Be Healthy – Be Yourself", Brussels

For more information, please visit the webpage: http://ec.europa.eu/health-eu/youth/conference/index_en.htm

1-4 September 2009

13th European Symposium on Suicide and Suicidal Behaviour, Rome

For further information concerning the Congress, please visit the website www.esssb13.org or send an e-mail to organising@esssb13.org

28-29 September 2009

First Luxembourg Symposium "Mental Health & the Issues Facing Society: Rehabilitation, Social Involvement and Professional Integration", Mersch, Luxembourg

For more information, please visit: <http://www.social-psychiatry.eu/>

12-13 October 2009

International Conference "Its' time for change: Autism and Social Inclusion", Timisoara, Romania

For further information, please visit the following webpage: <http://www.community-living.info/index.php?page=235&news=353&pages=&archive=>

14-16 October 2009

First International E-Mental Health Summit 2009, Amsterdam

For more information, please send an e-mail to Marja van der Meulen at info@m2support.nl

29-30 October 2009

7th European Congress on Community Psychology, Paris

For further information, please visit: www.eccp-paris2009.com

18-20 November 2009

European SMES Seminar "Invisible Wounds and Vulnerability", Malta

For more information write to smeseu@smes-europa.org

15-17 April 2010

European Psychiatric Nursing Congress "Building Bridges", Prague

For further information, please send an e-mail to praguecongress@gmail.com or visit the following website: <http://www.horatio-web.eu/>

Do you wish to share information, announce something or make a contribution to the MHE Newsletter?

Please send your contributions to info@mhe-sme.org