



MENTAL HEALTH EUROPE



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MHE is very busy preparing its annual conference 2010, organised in collaboration with the Walloon Institute for Mental Health and the Flemish Association for Mental Health, and to be held in Brussels on 22-23 October.

Your contributions for the parallel sessions are still very welcome!

If you would like to receive the abstract form for your presentation please contact Yves Brand at yves.brand@mhe-sme.org.

The third National Focal Points training 2010 took place in Madrid on 15 and 16 April. It was hosted by the Spanish MHE member organisation Fundación Intrás whom we would like to thank again for the warm welcome and efficient organisation.

The next training is due to be held in Stockholm on 6-7 May and the last one in Tallinn on 10-11 June.

Let's hope the volcanic ashes will no longer cause problems for those National Focal Points traveling to Stockholm and Tallinn...

A big disappointment was the cancellation of the European Commission thematic conference on "Mental Health and Well-Being in Older People", which was scheduled to take place in Madrid on 19-20 April. Due to the volcanic eruptions in Iceland, the majority of the participants were not able to travel to Madrid and the Spanish Presidency, who co-hosted this event, decided to cancel the conference 2 days before its start.

New dates have been fixed in the meantime: 28-29 June 2010.

I. MENTAL HEALTH EUROPE

MHE NEWS AND POLICY WORK

National Focal Point training in Madrid

On 14-16 April 2010, Mental Health Europe organised the third National Focal Points* trainings in Madrid, with participants from Belgium, France, Italy, Portugal and Spain. The training was co-organised by MHE National Focal Point in Spain, Fundación INTRAS. Such as in the recent NFP trainings in Ljubljana and Bucharest, presentations were given by Mary Van Dievel, MHE Director, and Astrid Mechel, MHE Social Policy Officer, on the recent changes in the European Institutions due to the new Lisbon Treaty, as well as the developments in mental health, social and human rights policies. The NFPs explained their activities and exchanged their experiences. Juan Manuel Revuelta Pérez, from the permanent representation of the Valencia, gave a presentation on lobbying from a region's perspective. Furthermore, the participants visited the Fundación Manantial, a center for people with mental health problems which includes residences, psychosocial and labour rehabilitation structures and a daily centre. Labour integration measures include areas such as catering, gardening and a vocational orientation facility.

The next trainings for National Focal Points will be organised in Stockholm in May and in Tallinn in June 2010.

For further information, please contact Astrid Mechel, MHE 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.

REMINDER - MHE launched a survey on seclusion and restraints

In the frame of its Committee on "Mental Health and Human Rights", MHE prepared a survey on the situation of seclusion and restraints in the EU countries. Persons with mental health problems are often institutionalized against their will. Patients who exhibit violent behaviour towards staff or fellow patients and/or out-patients who are violent against family members are a challenge for clinical management. The options for coercive interventions in such situations are regulated by specific legal provisions which differ in the European countries. The objective of this survey is to gather data in order to identify whether basic human rights are legally protected, to raise awareness on this issue. Moreover, it aims to invite national governments to introduce positive legislation regarding rules of seclusion and/or restraints, also gathering some good practices in the EU Member States.

MHE encourages its members to fill the questionnaire which was sent by email on the 16 March 2010. MHE also invites its members to send the survey to heads of hospitals in their countries in order to get answers from the professionals' community. All the answers should be sent by 15 May 2010.

For more information on the survey on seclusion and restraints, please contact Roselyne Bourgon, Coordinator of MHE Committee on Mental Health and Human Rights at MHE Secretariat at Roselyne.bourgon@mhe-sme.org

NEWS ON MHE PROJECTS

HELPS project meeting Aalborg 2010 23-25 March

On 22-25 March MHE Senior Policy Adviser, Stijn Jannes, participated in the meeting for the European Network for Promoting the Health of Residents in Psychiatric and Social Care Institutions (HELPS) project, which was held in Aalborg, Denmark.

The aim of the project is to improve the physical health status of residents with mental disorders, mental disability or dependency living in social and health care institutions. Indeed, residents in health and social care Institutions have a poor physical health status resulting in reduced life expectancy. Giving the absence of specific policies to improve the health status of these groups of people, HELPS aims at bringing together a multi-disciplinary consortium to gather relevant knowledge in the field and identify best practices across Europe.

During the meeting the working groups reported about their activities. The HELPS toolkit to be used in the psychiatric and social care facilities of the European Member States was presented. The future steps of the project were also discussed together with the issues of implementation and monitoring strategies. The most important issues raised during the discussion were nutrition, physical activity, smoking, alcohol and drug prevention and the follow up by physicians and other mental health workers.

The Determine project comes to an end, Brussels, 21 April 2010

Last month the Determine project, in which Mental Health Europe was involved as a partner, has come to an end with a final conference and publication. The Determine initiative established a consortium bringing together more than 50 health bodies, including public health authorities, health promotion organisations and governments in order to tackle health inequalities by focussing on the social determinants and vulnerable groups.

The Determine project has received much appraise and feedback for its grass-root approach and general contribution to the understanding of the relation between social determinants and health inequalities.

Although the final conference in Brussels was a success, it was most unfortunate that the EU Spanish Council Presidency Experts' Conference on Health Inequalities and the Ministerial Panel, scheduled on the 21st and 22nd of April, had been cancelled due to the volcanic ash and flight cancellations. Therefore, the outcomes of the Determine project could not be presented on that occasion.

More information on the Determine project can be found at www.health-inequalities.eu

MHE REPRESENTATION AT VARIOUS MEETINGS

On 7 April, Mary Van Dievel, MHE Director, participated in the European Coalition for Community Living (ECCL) Advisory Meeting in London.

On 14 April, Colette Versporten and Preben Btandt, MHE Board members, attended the hearing "Ending homelessness is possible! How can the EU effectively contribute to the fight against homelessness?" at the European Parliament in Brussels.

On 14 April, Roselyne Bourgon, MHE Human Rights Officer, attended a meeting of NGOs with the UN Deputy High Commissioner Kyung-wha Kang at the UN Regional Office of the High Commissioner for Human Rights in Brussels.

On 14-16 April, Mary Van Dievel, and Astrid Mechel, MHE Social Policy Officer, held the National Focal Points Training in Madrid.

On 15-16 April, Roselyne Bourgon and Peter Kinderman, member of MHE Committee on "Mental Health and Human Rights", participated in the meeting of the Fundamental Rights Platform of the Fundamental Rights Agency in Vienna.

On 22 April, Mary Van Dievel, participated in the Social Platform General Assembly in Brussels.

On 26-27 April, Josée Van Remoortel, MHE Senior Policy Adviser, gave a presentation at the Organisation for Economic Co-operation and Development seminar in Paris.

On 28 April, Yves Brand, MHE Health Policy Officer, attended the European Public Health Alliance meeting on "Health priorities of the Spanish Presidency", held in Brussels.

NEWS FROM MHE MEMBER ORGANISATIONS

Launch of the Children and Young People's Mental Health Coalition (UK)

In response to concern about the high level of mental and emotional distress experienced by children and young people living in the UK, a coalition of charities launched a plan to protect and improve the mental health of young people up to the age of 25. The Children and Young People's Mental Health Coalition will seek to influence policy and practice on a range of issues and, in the first year, it will focus on four streams: the early years, building emotional resilience, reaching adulthood and seldom heard voices. The coalition's core members are MHE members MIND and the Mental Health Foundation.

To know more about the Coalition, please see

http://www.mind.org.uk/news/3165_launch_of_children_and_young_people_s_mental_health_coalition

Projekt Udenfor and the European Federation of National Organisations Working with the Homeless launched their campaign at the European Parliament

On 14 April Projekt Udenfor together with the European Federation of National Organisations Working with the Homeless (FEANTSA) launched their campaign at the European Parliament with a hearing entitled "Ending homelessness is possible! How can the EU effectively contribute to the fight against homelessness?". This event was co-organised with several MEPs involved in the field, including Liz Lynne, Britta Thomsen, Karima Delli, Ilda Figueiredo and Jacek Protasiewicz. The event debated ways in which the EU can facilitate effective action to tackle homelessness. On this occasion, the publication "Ending Homelessness: a Handbook for Policy Makers" was launched and the Projekt Udenfor held an exhibition of life-size sculptures of homeless people done by the Danish artist Jens Galschiøt.

II. EU INSTITUTIONS AND OTHER BODIES

A new Director General for Health and Consumers

On 31 March the College of Commissioners confirmed the appointment of Robert Madelin, Director General for Health and Consumers, as Director General for Information Society and Media. Mr. Madelin will replace Fabio Colasanti, the current Director General for Information Society and Media, who retired on 1 April 2010.

Robert Madelin's successor was also confirmed by the College of Commissioners: Paola Testori Coggi, who joined the Directorate General for Health and Consumer (DG SANCO) in 2007 as deputy Director General, will now take on the position of Director General. The 1 April 2010 was the official starting date of Ms. Testori-Coggi.

MHE congratulates Ms. Testori Coggi with her new position and looks forward to building a strong and fruitful working relationship.

New date for the Thematic Conference on "Mental Health and Well-being in Older People"

Due to the air traffic restrictions in the aftermath of the Icelandic volcano eruption, the conference 'Mental Health and Well being in Older People- Making it Happen' planned for 19 and 20 April 2010 in Madrid was postponed. The new date for the conference is 28-29 June 2010.

The conference, organised by the European Commission and the Ministry of Health and Social Affairs of Spain under the auspices of the Spanish Presidency of the Council of the European Union, will be the third in a series of invitation-only events covering mental health throughout the lifespan, in line with the priority areas of the European Pact for Mental Health and Well-being.

For more information on the Conference, please see

http://ec.europa.eu/health/mental_health/events/ev_20100419_en.htm

MHE participation in the 3rd Fundamental Rights Platform's meeting with Civil Society Organizations, 16 April 2010

On 15-16 April Mental Health Europe participated in the 3rd Fundamental Rights Platform meeting in Vienna. The meeting brought together around 150 representatives of civil society organisations from across the European Union. The participants discussed the human rights dimension of poverty and social exclusion, the theme of the European Year 2010. The participants were also invited to put forward ideas for the Agency's 2012 Work Programme and to discuss on the Lisbon Treaty and its implications for the protection of fundamental rights. On the 16th of April the Fundamental Rights Platform (FRP) elected the new Advisory Panel of the Platform. The Advisory Panel supports the work of the Fundamental Rights Agency's Director in organising and coordinating the FRP activities. MHE, ahead of the meeting, nominated a candidate for the Advisory Panel elections, Mr Peter Kinderman, who was reelected.

Peter Kinderman is Professor at the University of Liverpool (Division of Clinical Psychology) and has been very active in the field of human rights in the last years, being Chair of MHE Committee on Mental Health and Human Rights and MHE representative at the Fundamental Rights Platform.

MHE addresses its congratulations to Peter Kinderman for his reelection and wishes him good luck with his work within the Panel!

For more information, please contact Roselyne Bourgon, MHE Human Rights Officer and MHE representative at the Fundamental Rights Platform, at roselyne.bourgon@mhe-sme.org

To know more about the work of the FRA, please see the following link

http://fra.europa.eu/fraWebsite/home/home_en.htm

Joint Report on Social Protection and Social Inclusion 2010

The European Commission published its "2010 Joint Report on Social Protection and Social Inclusion". The report analyses the social impact of the economic and financial crisis. With 5 million more of unemployed from the outset of the crisis, income has dropped for many households, exposing them to poverty and indebtedness, while many people lost their homes. Migrants, younger and older workers, and those on temporary contracts, especially women, were particularly affected.

The health chapter is based on previous Joint Reports as well as reports from the World Health Organisation (WHO) and the Organisation for Economic Cooperation and Development (OECD). The related European Commission Communication recognizes how economic distress undermines mental and physical health and threatens to deepen health inequalities. The impact of the crisis varies with the initial health situations and the capacities of Member States to address the challenges. Increasing demand coupled with severe budget pressure gives new urgency to the efficiency of health care systems. The challenge is to improve efficiency while ensuring access for all to quality healthcare.

To read the full Joint Report 2010, the EC Communication as well as country background documents, go to: <http://ec.europa.eu/social/main.jsp?catId=757&langId=en>

Peer Reviews* on Social Inclusion and Social Protection 2010

The full Peer Review programme for 2010 is now available!

- 4-5 February 2010 in Spain: Modernising and activating measures relating to work incapacity (full report is available at <http://www.peer-review-social-inclusion.eu/peer-reviews/2009/modernising-and-activating-measures-relating-to-work-incapacity>)
- 27-28 May 2010 in Hungary: Promoting social inclusion of Roma children in a disadvantaged rural environment - the micro-region of Szécsény'
- 29 June 2010 in Romania: Achieving excellence in social service provision
- 30 September-1 October 2010 in Germany: Achieving quality long-term care in residential facilities
- 7-8 October 2010 in Spain: The programme for developing local plans for social inclusion in Catalonia
- 4-5 November 2010 in Portugal: Building a comprehensive and participative strategy on homelessness
- 18-19 November 2010 in Norway: Making a success of integrating immigrants into the labour market
- 2-3 December 2010 in Finland: The Finnish National Programme to reduce long-term homelessness
- 18-19 January 2011 United Kingdom: A good place to grow older – national/local agreement

For more information, please visit <http://www.peer-review-social-inclusion.eu/peer-reviews>

* 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 EU Member States and aim at inducing 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 reforms.

NGOs meeting with the UN Deputy High Commissioner Kyung-wha Kang, 14 April 2010, Brussels

MHE participated in a meeting gathering a wide-range of EU-based NGOs working in the field of human rights. The meeting was organised at the EU Regional Office of the UN High Commissioner for Human Rights. The aim of the meeting was to introduce the work of European NGOs and their main concerns to the Deputy High Commissioner Kyung-wha Kang. MHE had the opportunity to discuss about the main human rights concerns in the field of mental health especially the issues challenged in the UN Convention on the Rights of Persons with Disabilities. MHE also raised the point on the implementation of the Convention provisions which are of great importance in the field of mental health, with particular attention to Articles 14 and 15 dealing with the issues of liberty, security and torture. MHE called for a good implementation of the articles 12 (legal capacity) and 19 (life in the community for all people with disabilities). The Deputy High Commissioner expressed her deep interest in the field of human rights in the EU and encouraged NGOs in the field of disability and mental health to develop awareness raising campaigns in order to fight the stigma faced by people with mental health problems.

MHE will continue to collaborate with the UN Regional Office of High Commissioner for Human Rights in Brussels.

At this meeting MHE was represented by Roselyne Bourgon, Human Rights Officer.

For more information on the work of MHE on the UN Convention on the Rights of Persons with Disabilities, please contact her at roselyne.bourgon@mhe-sme.org

New Regional Director at the World Health Organisation European Region

On February 1st 2010 Zsuzsanna Jakab took up her post as Regional Director at the WHO European Region.

Mrs Jakab was appointed Director of the European Union (EU) European Centre for Disease Prevention and Control (ECDC) in March 2005. In 2002, she joined the Hungarian Ministry of Health where she became Secretary of State, responsible for managing the national implementation of EU policies and laws in the health field, administering the spending of EU financial assistance and managing Hungary's national public health programme.

Before joining the Hungarian government, she worked at the WHO Regional Office for Europe in Denmark for 11 years. In October 2000, Mrs Jakab was appointed Director of Administration and Management Support at the Regional Office.

For more information, please see http://www.euro.who.int/RC/20090915_1

III. EY FOR COMBATING POVERTY AND SOCIAL EXCLUSION

The Year 2010 is the European Year for Combating Poverty and Social Exclusion. The key objectives are to raise public awareness about these issues and renew the political commitment of the EU and its Member States to combat poverty and social exclusion. The EY 2010 aims to challenge stereotypes and collective perceptions of poverty to ensure everyone can play a full and active role in society.

MHE has created a new section in order to increase awareness about the link between mental health and poverty.

Research has shown clear links between mental health and poverty. People experiencing poverty are particularly vulnerable towards getting mental health problems, since due to financial hardship or not having a job frequently their social contacts are suffering and uncertainty about the future dominate their daily lives.

Visit the EY 2010 website at www.2010againstopoverty.eu

Visit the Social NGO Coalition's website for the EY 2010 at www.endpoverty.eu

Read the MHE message for the EY 2010 at <http://www.mhe-sme.org/en/publications/mhe-position-papers.html>

EY 2010 Ambassadors designated

Celebrities from various EU countries took the commitment of acting as ambassadors for the European Year 2010 for Combating Poverty and Social Exclusion. The ambassadors are supposed to participate in the key events of the EY 2010 in order to raise awareness on the issues of poverty and social exclusion.

The list of ambassadors is available at <http://www.2010againstopoverty.eu/ambassadors/?langid=en>

Focus week in Hungary

On 22 March, the opening event of the European Year in Hungary gave the floor to people facing poverty in the frame of the European Anti-Poverty Network (EAPN) Hungary's programme "Voices of poverty". A seminar on prevention and managing over-indebtedness concluded on the need to mobilise for a more responsible behaviour from the bank sector and integrate financial education into school programmes. EAPN held a press conference and presented its new report "Snapshots – recorded 2009" which compiles 60 interviews with families from different parts of the country. The main topics of the interviews and chapters of the report are: the impact of the economic crisis; financial provisions and services for children; basic and secondary education; over-indebtedness and credits; social assistance and public work.

Focus week in Malta

On 5-12 April, the Maltese EY 2010 Focus Week took place with a series of events. A hearing with the Social Affairs Committee in the Maltese Parliament was hosted by the speaker of the Parliament, where also "A Report about Poverty in Malta" produced by Jesuit Centre for Faith and Justice was launched. The report includes direct accounts from Maltese citizens and refugees on their experience of poverty and social exclusion.

IV. NEWS FROM OTHER (E)NGOs

2010 World Mental Health Day "Mental Health and Long-Term Illnesses"

The 2010 World Mental Health Day (10 October) will focus on the theme of "Mental Health and Long-Term Illnesses". Choosing this topic the World Federation for Mental Health (WFMH) highlights the existing relationship between physical and mental health well-being with a particular attention to the mental health impact of living with and managing a long-term condition such as cardiovascular disease, diabetes, respiratory disease or cancer. Although receiving specific treatments, people suffering from these diseases can develop mental health problems.

To know more about this initiative, please see <http://www.wfmh.org/>

The European Disability Forum meets the President of the European Council, Herman Van Rompuy, 16 April 2010, Brussels

On 16 April, the European Disability Forum (EDF) met the President of the European Council Herman Van Rompuy to ensure that the EU 2020 Strategy will include the Disability Pact in its flagship priorities. The Strategy will be adopted by the European Council on 16th of June 2010. EDF underlined the importance for the European Commission to synchronize its disability policies with Member States and stressed that the European Disability Pact would be the most adequate tool. Through this Pact, the Strategy would give new impetus to the social inclusion of persons with disabilities, recognizing disability as a cross cutting issue. The Pact will cover employment, social protection, education, growth and competitiveness and research. Recognising the mainstreaming of disability in the EU policies, Mr Van Rompuy stressed the necessity "to give more substance to social inclusion targets." Herman Van Rompuy also endorsed the "State of the Union on Disability" which would include a biennial meeting between the European Disability Forum, the President of the European Council, the President of the European Commission, and the President of the European Parliament to assess measures taken and report to the European Council.

For more information on this meeting, please visit the EDF website at http://www.edf-feph.org/Page_Generale.asp?DocID=13855&thebloc=24287

The Mental Disability Advocacy Center launched a project focusing on monitoring the UN Convention on the Rights of Persons with Disabilities

The Mental Disability Advocacy Center (MDAC) launched a one-year initiative in which it will seek to provide guidance to governments and NGOs on the effective implementation of Article 33 of the UN Convention on the Rights of Persons with Disabilities (CRPD), the provision which focuses on domestic implementation of the Convention. Through a grant by the UK Government Strategic Programme Fund, MDAC will develop practical guidelines and checklists to assist governments and NGOs on the obligations of States Parties to the CRPD under Article 33. A summary report for the UN Committee on the Rights of Persons with Disabilities will also be produced in order to assist the Committee in holding States Parties to account.

For further information, please see <http://www.mdac.info/en/mdac-launches-project-focusing-monitoring-un-conve>

4th European Patients Rights Day, Brussels, 18 April 2010

On the occasion of the 4th European Patients' Rights Day (18 April), the European Patients' Forum (EPF) reiterated its commitment to patient-centred EU health policy making. EPF called for a strong commitment of the European Institutions and the national governments to support this initiative and to contribute to the empowerment of patients throughout the European Union.

This year, EPF put particular emphasis on young patients, building on the work of its membership to date with young patient groups in different parts of Europe. The needs of young patients and their specificities were already recognised within the European Charter of Patients' Rights, which made clear that age influences the healthcare needs of a person. The charter was developed by the Active Citizen Network in 2002, which also organised the European Patients' Rights Day.

For more information, please visit the EPF website at www.eu-patient.eu

Mental Health in Family Medicine calls for papers (UK)

This year's World Mental Health Day, Sunday 10th October 2010, has adopted the important theme of promoting well-being by focusing on mental health and long-term physical illness. In response to this, the October 2010 issue of Mental Health in Family Medicine is dedicated to topics surrounding mental illness and long-term physical conditions. This peer reviewed, which focuses on mental health within the context of family medicine, primary care and the wider community, provides the opportunity to share researches, experiences and expertise to help advance well-being amongst people who suffer from co-morbid mental and physical health conditions.

Deadline for submissions is 1st June 2010.

To read the issues of Mental Health in Family Medicine, please see <http://www.ncbi.nlm.nih.gov/pmc/journals/968>

To know more about the World Mental health day, please visit the webpage <http://www.wfmh.org/00WorldMentalHealthDay.htm>

V. PUBLICATIONS

The new World Federation for Mental Health's publication on depression

The booklet "Depression: what you know can help you" provides the reader with information about depression, the signs and symptoms of the disease, the types of treatment and resources for finding help. Indeed, there is significant stigma associated with depression: people often believe that depression is a sign of weakness or laziness. Educational and outreach programs worldwide are working to change these perceptions and to help people better understand this serious illness.

To read and download the WFMH booklet, please follow the link <http://www.wfmh.org/00awareness.htm#DEPRESSION: WHAT YOU KNOW>

VI. CONFERENCES AND TRAININGS

20-22 May 2010

IMHCN Conference "Global mental health: developing values-driven services and evidence-based practice", Belgrade - Serbia

For more information on registrations, hotel information and logistics, please send an email to IAN-IMHCN_Conference@ian.org.rs

30 June – 3 July 2010

2010 Annual Social Firms UK and Europe Conference "Harnessing the power of business to change lives", Cambridge

For further information, please visit the Social Firms Europe website at http://www.socialfirmseurope.org/events/23rd_Social_Firms_Europe_CEFEC_Conference,_Cambridge_UK_4343.aspx

3-4 November 2010

II World Hearing Voices Congress & Festival, Nottinghamshire - England

For further information, please send an email to peterbullimore@yahoo.co.uk or jacquidillon333@aol.com

9-10 November 2010

IV IJJO International Conference "Building integrative juvenile justice systems: Approaches and methodologies regarding mental disorders and drugs misuse", Rome

For further information and queries, please contact roma2010@oijj.org or visit the website at www.ijjo.org

16-19 March 2011

IV World Congress on Women's Mental Health, Madrid

For further information, please see www.iawmh2011.com

All the Conferences and Events announced in the previous issues are available on the MHE website at <http://www.mhe-sme.org/en/news-and-events/forthcoming-events.html>

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