



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 autumn 2017 issue of our Newsletter...!

We are pleased to share with you global mental health and psychiatry news from around the world, across professions and across generations.

We were delighted to have had with us the President, Professor Dinesh Bhugra, the President-elect, Professor Helen Herrman of the World Psychiatric Association, the President of the American Psychiatric Association, Dr. Anita Everett, former APA President, Professor Michelle Riba, Professor David Ndeti of Kenya, and Dr Jennifer Severe who contributed brilliantly to our APA symposium on **Primary Care Psychiatry: Global Perspectives** at the APA annual scientific meeting in San Diego, California this past May. Professor Herrman was generous with her time and joined us briefly at our CLM reception following the symposium (*please see photo below*). Our CLM alumnus, Dr. Miguel Alampay, now serving our country in the Pacific, was able to join us as well.

Professor David Ndeti highlights some innovative programs on serving underserved populations in Africa while Professor Vincenzo Di Nicola is breaking new ground in comparative global mental health exploring Bulgaria and Brazil. Dr. Nur ul-Ein, a Pakistani colleague aspiring to do her specialty training in the United States, shares the pioneering global observership she did in Washington, DC, this past summer .

New Asia/Pacific developments in mental health and psychiatry in India, and the proper recognition of disabilities in China, are eloquently presented by Professors Roy Kallivayalil and Yueqin Huang respectively. This autumn issue of our newsletter concludes with two exciting new developments. They are the World Psychiatric Association Early Career Leadership team's plans for the next triennium presented by Dr. Mariana Pinto da Costa, and the launch of the unprecedented Elisabeth Pilkington Rațiu Mental Health Award of Romania with its first awardee, Professor Mircea Miclea of the Babes Bolyai University in Cluj, Romania.

Look forward to seeing you all either at the WPA Congress in Berlin this October and/or at the CLM holiday party in Washington, DC this December.

Eliot Sorel MD



Professor Helen Herrman WPA President-elect at the CLM APA reception, San Diego, CA, May 2017.



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GMHP Newsletter CLM/WPS Career, Leadership and Mentorship Program

Career, Leadership and Mentorship (CLM), a program for Residents Members and Early Career Psychiatrists was founded by Eliot Sorel, MD, with the generous support of the Washington Psychiatric Society, the Area 3 Council and the American Psychiatric Association. It was started in 2008. CLM generates educational, research, leadership and mentoring opportunities for our young colleagues to enhance the career development and leadership skills of the next generation of health leaders.

CLM

CAREER • LEADERSHIP • MENTORSHIP

Career, Leadership and Mentorship (CLM) is a program of the Washington Psychiatric Society.



Washington Psychiatric Society





David M Ndetel

INNOVATIVE APPROACH GENERATES SOLUTIONS FOR MENTAL HEALTH CHALLENGES IN MARGINALIZED COMMUNITIES

David M. Ndetei, MBChB, DPM, MRC Psych, FRC Psych, MD, DSc
Africa Mental Health Foundation

Mental and substance use disorders are the leading cause of years lost to disability (YLDs) worldwide, accounting for over a quarter of YLDs. The burden of mental and substance use disorders has increased by 37.6% between 1990 and 2010, largely driven by population growth and ageing¹ The approaches and structures currently in place to prevent, identify and treat mental disorders are not nearly sufficient to reduce the mounting burden associated with these disorders. A new paradigm for “mental health care” is urgently needed.



came up with the following solutions towards local mental health challenges.

Proposed solutions generated by the student teams focused on four main complex challenges: Sustainability (Growth and expansion) of existing Work Integration Social Enterprise (WISE), Participatory community mental health advocacy model, Community re-integration and family support for people with mental illness and promotion of rights of people living with mental illness and equal access to opportunities.

The Kenya 2017 Summer Institute was the first of a series of 3 summer institutes, i.e. Canada 2018 and Kenya 2019. By 2019, Global MINDS @ Western Initiative intends to have developed and tested innovative approaches in dealing with various complex mental health complex challenges in low resources settings in low middle income countries (Kenya) and marginalized communities in high resource settings (Canada).



Africa Mental Health Foundation, in partnership with Western University-Canada, hosted the Inaugural **Global Minds Incubator for Disruptive Solutions** at Western University (Global MINDS @ Western) Summer Institute Programme in May/June 2017. Global MINDS @ Western aims to create a culture of innovation based upon proven models of innovation in the business/social entrepreneurship fields.

This year, under the leadership of Dr. Arlene MacDougall, Western University, Canada (P.I) and Prof. Ndetei, Africa Mental Health Foundation (Co-P.I) 20 Kenyan and Canadian students and eight Kenyan and Canadian faculty members participated in the two week summer institute training in Machakos, Kenya. Under the mentorship and guidance of four local community partners, i.e. CREATE Kenya, Machakos Level 5 District Hospital, Users and Survivors of Psychiatry in Kenya (USP-K) and the National Council of People with Disabilities and their faculty members, the students (grouped in four teams)

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1. Whiteford, Harvey A., et al. “Global burden of disease attributable to mental and substance use disorders: findings from the Global Burden of Disease Study 2010.” *The Lancet* (2013): 1575-1586.
2. More Information on Global MINDS could be accessed via: <http://www.schulich.uwo.ca/globalminds/index.html>



Vincenzo Di Nicola

FROM BULGARIA TO BRAZIL: *Globalization and Global Mental Health*

Vincenzo Di Nicola, MPhil, MD, PhD, DFAPA

Professor of Psychiatry, University of Montreal

This summer, as co-founder and immediate past chair of the APA Caucus on Global Mental Health & Psychiatry (GMH), I had the opportunity to promote the GMH movement in two countries – Bulgaria and Brazil (see Di Nicola, 2012).

On my first visit to Bulgaria in June, I was invited to present on “Global Mental Health: Collaborative Care and Transdisciplinary Work in Community Mental Health” to the Department of Psychiatry of the Medical University of Plovdiv. I found the audience of medical students, residents and professors in psychiatry and neurology open-minded and looking for solutions to their patients’ problems and the difficulties they face as a health care system. I also met the child and adolescent psychiatry group there and later presented to the academic department of psychology at Sofia University on related themes.

Bulgaria is an ancient civilization that has been touched by empires from the Romans to the Russians, passing through a long domination by what my hosts poignantly described as the “Ottoman yoke.” Because of that, Bulgarian universities and medical schools have only been founded in the last century. What I discovered is a very old society that is reinventing itself. Emerging from the Soviet influence in medicine and health care, globalization in this post-communist society represents a struggle to maintain a universal health care system in the face of enterprising practitioners who do everything from clinical trials and research sponsored by the European Union to private practice. One of the core issues that preoccupies our Bulgarian colleagues is how to make a reasonable living within the competitive and somewhat closed state health care system while being open to the world which requires time and access to resources for training and research, for continuing medical education and integrating new practices. After speaking to psychiatrists and psychologists, my host, Prof. Drozdostoj Stoyanov, and I had the impression that the psychologists were perhaps more open to globalization and to

GMH. This is not surprising as one of the key values of GMH is transdisciplinarity.

In Brazil this August, where I have been visiting and consulting for a quarter of a century, I was invited by an ideal audience for the GMH movement: the RIS Program (Integrated Multi-Professional Residency in Collective Mental Health) at the UFRGS (Federal University of Rio Grande do Sul) in Porto Alegre in the southern state of Rio Grande do Sul. My topic was: “Global Mental Health: A New Transdisciplinary Movement Embraces Globalization.” The RIS Program trains people for community and collective mental health in a transdisciplinary model, which is embodied in the diverse professional backgrounds of its staff and trainees. The person who facilitated my invitation is Dr. Sandra Sales Fagundes, the former Secretary of Health who is committed to collective mental health and was responsible for the acculturation of Cuban physicians recruited to serve the Brazilian population. A key preoccupation that was voiced in this program was to seek training opportunities for their students abroad. We discussed practical barriers such as language and validation of credentials abroad and accreditation at home. The receptivity of the program and the trainees in particular was such that I have been invited to be a visiting professor there.

An interesting link between the two countries is biographical and ideological. In 2016, the Brazilian Senate impeached Dilma Rousseff, Brazil’s first female president, who is the daughter of a Bulgarian immigrant. Dilma, as everybody calls her in Brazil, succeeded Lula as President of Brazil and head of the Workers’ Party, and was the first social democratic government in Brazil since President João Goulart was deposed in civilian-military coup in 1964. What followed her impeachment is a government much more to the center-right on the political spectrum.

Let me offer a comparative analysis of my experiences in these two countries. Both countries are dealing with



the impact of globalization – economically, culturally, and in science and medicine (see Mills, 2013). Bulgaria, in the heart of Europe, struggled first under the Ottoman Empire and later as part of the Soviet Empire and now faces open markets and globalization. In South America, Brazil has gone from military dictatorship to neoliberal democracy to an experiment in social democracy and now back to neo-liberalism. Like Bulgaria, Brazil has experimented both with controlled or nationalist economies and now with more open or globalist economies. This has both direct and indirect impacts on health care. These factors notwithstanding, I was impressed by the openness and engagement of both groups in the work of the GMH movement.

BIOGRAPHY

Vincenzo Di Nicola, MD, PhD, FRCPC, DFAPA is Professor of Psychiatry at the University of Montreal, Co-founder and Past Chair of the APA GMH & Psychiatry Caucus, and President of the Quebec & Eastern Canada District Branch of the APA which will dedicate its annual scientific meeting to Global Mental Health with Prof. Eliot Sorel as keynote speaker, Montreal, January 19, 2018.

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Nur Ul-Ein, MBBS

GLOBAL OBSERVERSHIP: *Psychiatry and Public Health*

Nur Ul-Ein, MBBS

I recently had the opportunity to participate in a clinical observership at the George Washington University Hospital Psychiatry In-Patient Unit coupled with attending Global Health Systems lectures at the Milken Institute School of Public Health. This was made possible with the help and guidance of Dr. Eliot Sorel, as he was aware of my interest in the integration of Mental Health and Public Health. My rotation was 4 weeks in length.

From orientation day to my last day, the entire experience could be summed up in one word: seamless. It took only 15-20 minutes to get my badge on my first day and then I was directed up to the unit. The attending and resident both knew to expect me and I was introduced to both the medical students and the social worker. After rounds, the resident and the medical students took the time to take me around the unit and introduce me to the nurses and the other team's resident. Overall, after my first day I was aware of when and where I needed to be quite easily.

This was a new experience for me as I had never rotated in an inpatient psychiatry unit in the US before. A few things that come to mind is the abundance of resources provided to the patients, not just in terms of doctor-patient interaction, but also different forms of therapy and the hands-on nursing care. The patients at all times had someone available to address their concerns too. While there is always a safety risk in inpatient psychiatry, my time here was relatively uneventful, mostly as I mentioned before because all the patients' concerns were being dealt with adequately.

The lectures I attended in the Milken Institute were on global health systems performance. The content was interesting and informative, but also it makes one realize the discrepancies that exist around the world in healthcare being received. And while the data can be a disconcerting, it can also help derive solutions as well. I also attended a few didactic sessions with the resident that I was rotating with. I found that to be focused and helpful.

This *Global Health Observership* was, for me, a true learning experience, that helped build up interpersonal skills and enhance my medical knowledge of psychiatry and global health systems.

Everyone was welcoming and helpful. The resident taught me how to do interviews and supervised me doing some. The attending was always ready to answer any queries I had. Aside from the teaching aspect, the entire staff was nice; the nurses and social workers were always ready to help with any logistical concern; any new attending or resident I met would always stop to introduce themselves and ask how the experience was going.

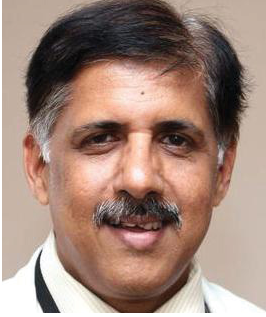
I would definitely recommend this experience to others as this was an opportunity to experience what would be expected of prospective residents when they start training in the US. I got a first-hand experience of what my responsibilities would be, what the attending would expect from me during rounds and how to present a long and complicated history in a concise manner. It was like doing a mock trial for a residency, which I think is particularly important for International Medical Graduates as we come from a different context so it is easier to integrate into the US system once we do start our training.

BIOGRAPHY

Dr. Nur Ul-Ein, MBBS is a 2016 graduate of CMH Lahore Medical College in Pakistan. She completed a 6 month internship at the Institute of Psychiatry, WHO Collaborating Center in Pakistan. She is now an aspiring applicant for a US Psychiatric Residency position. She is hoping to get matched at the George Washington University Program in Washington DC, Beth Israel Deaconess Medical Center Program, Boston MA or Nassau University Medical Center Program, NY.

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2. [Yee Wei Lim, MBBS, PhD¹; Audrey Chia, BA\(Hons\), PhD². Social Entrepreneurship: Improving Global Health. *JAMA*. 2016;315\(22\):2393-2394. doi:10.1001/jama.2016.4400](#)
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NEW WORLD: MENTAL HEALTH AND PSYCHIATRY HAVE A CRUCIAL ROLE

Professor Roy Abraham Kallivayalil

President, World Association of Social Psychiatry
National Vice-President, Indian Medical Association

Roy Abraham Kallivayalil

MS Alexander, consultant psychiatrist, Leeds and Fellow of the Faculty of Forensic Psychiatry of the Royal College of Psychiatrists, UK said, “Mental health and psychiatry have a very important and crucial role in shaping the new world in the current millennium.” He was delivering a Special Lecture at the Dept of Psychiatry, Pushpagiri Institute of Medical Sciences, Tiruvalla, India in July 2017. Use of new technology for management of emotional disorders by using Skype, interviewing the patient via internet, writing electronic prescriptions through computers enabling people to have unlimited access to the medical facility without ever going in person are being employed in many parts of the world. Using social messaging tools and media such as Twitter and TV for patients to contact doctors from far off places even without seeing them face to face are already in place. Facebook and Whatsapp are being increasingly used by doctors to communicate among themselves. He also wanted students to take up psychiatry as the first choice for post-graduation. They may go to USA, UK, Europe, Australia and other parts of

the world to learn the best practices in those countries, share the cultural values of India and come to back here. He said psychiatry is gaining more prominence in international sports and games with many world champions depending on psychiatry for mental strength and confidence. He lauded the Pushpagiri Institute and said, “It has become a mecca for training psychiatrists in India.”

Roy Abraham Kallivayalil, Secretary General of the World Psychiatric Association and President of the World Association of Social Psychiatry in his presidential address said, “Inclusion of mental health as one among the UN Sustainable Development Goals is a land mark.” Goal 3.4 specifically seeks to promote mental health and wellbeing and goal 3.5 calls for strengthening the prevention and treatment of substance abuse, including narcotic drug abuse and harmful use of alcohol. These are vital steps for a brave new world. Dr Joice Geo and Dr. Soumya P. Thomas also spoke at the meeting.



MS Alexander (Leeds, UK) delivering a lecture on “New world: Crucial role for Mental health and Psychiatry” Pushpagiri Institute of Medical Sciences, Thiruvalla, India on July 21, 2017. Also seen in the picture are Joice Geo, Roy Abraham Kallivayalil and Soumya P Thomas.



Yueqin Huang

DISABILITY PREVENTION DAY IN CHINA

Professor Yueqin Huang, MD, MPH, PhD
*Professor of Psychiatric Epidemiology
Institute of Mental Health, Peking University*

In July 2017, the State Council of China approved the establishment of “Disability Prevention Day” on August 25th every year beginning in 2017. This indicated the fact that the Chinese government has paid more and more attention to the people’s livelihood.

In September 2016, the general office of the State Council of China issued the National Disability Prevention Action Plan (2016-2020), which made arrangements for strengthening the prevention of disability, effectively reducing and controlling the occurrence and development of disability. It includes four aims: effective control of birth defects and developmental disabilities; efforts to prevent and control diseases-inducing disability; efforts are made to decrease injury-inducing disability; and significant improvement in rehabilitation services.

On February 2017, Premier Li Keqiang signed the State Council Decree No. 674th, promulgating the revised “Regulations on the education of the disabled”, to be implemented beginning May 1, 2017. The regulation on the adjustment of the education for the disabled career development goals and ideas, the development of educational undertakings for the disabled should be specified as: compulsory education, emphasis on vocational education, actively carrying out pre-school education, gradually developing higher secondary education. Education for disabled people should improve the quality of education, actively promote integrated education, and give priority to general education.

On February 2017, Premier Li Keqiang signed the State Council Decree No. 675th, publishing “Regulations on the rehabilitation of disability prevention and the disabled”, implemented beginning July 1, 2017. The regulations on the clear responsibilities at all levels of government include strengthening leadership on disability prevention and rehabilitation of persons with disabilities, organizing for dynamic monitoring and focusing on the prevention of major disability factors, especially in higher risk area, population, industry, units for priority intervention work, and the rational allocation of rehabilitation resources, establishing and improving the rehabilitation service system.

In order to play an important role of the world’s most populous country, Chinese government promises to push disability prevention continually. On the first Disability Prevention Day, according to the local conditions, Chinese government took a variety of forms to improve disability prevention activities.

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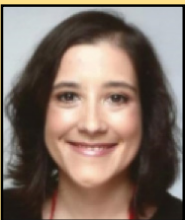
WPA ECP SECTION BOARD *New Triennium*

Mariana Pinto da Costa, MD
Hospital de Magalhães Lemos, Porto, Portugal
Queen Mary University of London, London, United Kingdom

Mariana Pinto da Costa

The Early Career Psychiatrists Section of the World Psychiatric Association aims to promote the role of early career psychiatrists in psychiatry in the world, address their shared needs and strengthen their role in the World Psychiatric Association (WPA).

The newly elected WPA ECP Section Board is about to start its work for the next triennium in Berlin. There are 8 board members representing 8 regions respecting the general WPA arrangement of countries.



WESTERN EUROPE

Marianna Pinto da Costa
Chair
Hospital de Magalhães Lemos, Porto, Portugal; Queen Mary University of London, London, United Kingdom



NORTH AFRICA AND MIDDLE EAST

Fairouz Tawfik
Co-Chair
Institute of Psychiatry, Faculty of Medicine, Ain Shams University, Cairo, Egypt



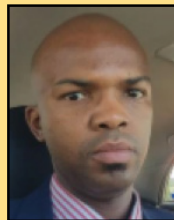
EASTERN EUROPE

Irena Rojnic Palavra
Psychiatric Hospital Sv. Ivan, Zagreb, Croatia



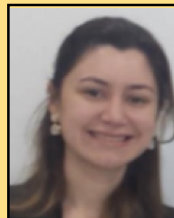
ASIA

Satti Raja
Psychiatric Division at Pambalah Batung General Hospital, South Kalimantan, Indonesia



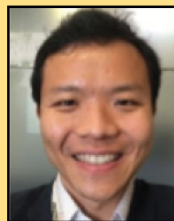
SOUTH AFRICA

Tando Melapi
Editor
South African Society of Psychiatrists (SASOP)



SOUTH AMERICA

Marianna Paim Santos
Secretary
Center for Drug and Alcohol Research Federal University of Rio Grande do Sul Hospital de Clinicas de Porto Alegre, Brazil



AUSTRALIA AND NEW ZEALAND

Paul Fung
Headspace Youth Early Psychosis Program (Western Sydney) Sydney, Australia



NORTH AMERICA

Hironori Kuga
Johns Hopkins Bloomberg School of Public Health, Baltimore, Maryland, United States of America

The new board aims to continue and improve the hard work and activities established by the previous board. We hope to succeed in making the section grow, establish international and interdisciplinary collaboration, make scientific research, organize expert events, deliver information, learn from each other, and be of help to our members worldwide.

We invite psychiatric trainees and early career psychiatrists to join us!

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Early Career Psychiatrists Section WPA Website http://www.wpa-net.org/detail.php?section_id=11&content_id=1703
Fiorillo, Andrea; Pinto da Costa, Mariana; Nakamae, Takashi; Puspanathan, Prashanth; Riese, Florian; Picon, Felipe; Elkholy, Hussien. Associations of early career psychiatrists worldwide: history, role, and future perspectives. Middle East Current Psychiatry: January 2016 - Volume 23 - Issue 1 - p 3-9 doi: 10.1097/01.XME.0000475421.97320.26



Doina Cozman

ELISABETH PILKINGTON RAȚIU MENTAL HEALTH AWARD FOR ROMANIA

Professor Doina Cozman
UMF Cluj-Napoca, Romania

The Mental Health Award for Romania was established by the Rațiu Family Foundation of London, U.K., in honor of Mrs. Elisabeth Pilkington Rațiu, who helped initiate, and served as Chair of the Kensington and Chelsea Branch of MIND, a mental health advocacy organization in London, U.K.

Elisabeth Pilkington Rațiu understood human suffering, lived it to the fullest extent in her soul and overcame it through a plethora of charitable actions she successfully took on throughout her lifetime. Elisabeth served her country in her youth for 2 years, as a nurse of the Red Cross in an Army hospital in Manchester. She further got involved in mental health actions in the London community, which prompted her election as a President of the “*Mind*” Association of Kensington and Chelsea.

Mrs. Pilkington Rațiu had a deep, ongoing interest in the predicament of the persons with mental disorders of any age, children, adolescents, elderly, terminally ill. She helped Romania by bravely joining the 1990 Presidential Campaign of her husband, the prominent activist for a democratic Romania, Ion Rațiu. Sensitive to the urgent medical needs of the Romanian population, Elisabeth established the Rațiu România Foundation in 1993 with the main goal of facilitating the treatment of children and youth with leukemia. After her passing, Rațiu Family Foundation of London decided to carry forth her example of involvement and commitment to persons with mental health issues, by coining the Award named after her.

THE AWARD

The recipient of the Award is chosen from among practitioners in the mental health field, in Romania, for her or his individual outstanding achievements in **research, services, education, and/or health policy**. Work in these areas, with a focus on children and adolescents, will be a priority, but the jury will also consider nominations related to the mental health of adults and the elderly. The Award is intended to contribute to eradicating shame, stigma, and discrimination against mental illness.

The Award will be presented annually, and will consist of 2500 Euros directed toward attendance at a relevant international congress. The Awardee will be expected to share the lessons learned at that congress in a lecture to be given at a later date at a professional meeting in Romania and be catalytic for innovation and the development of Romanian mental health services, research, training, and health policies.

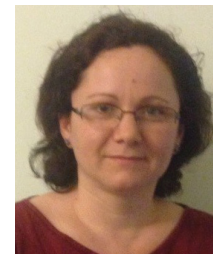
AWARD JURY:



Prof. Eliot Sorel
GWU-Washington,
DC, USA, Chair



Prof. Doina Cozman
UMF Cluj-Napoca,
Romania



Conf. Florina Rad
UMF Bucuresti,
Romania



The Jury elected the first recipient of the Elisabeth Pilkington Rațiu Mental Health Award for Romania in the person of Professor Mircea Miclea, out of 11 candidates recommended by Romanian mental health professionals. We point out that the first runner – up of the Award was Dr. Alexandru Paziuc, President of the Romanian Association of Social Psychiatry, and the second runner – up was Dr. Laura Bîrdeanu, founder of the Mental Health Clinic Tg. Jiu for children with autism.

Mircea Miclea, the first recipient of the Elisabeth Pilkington Rațiu Mental Health Award for Romania, is a Professor in the Department of Psychology of the Babes-Bolyai University since 1996. He is a PhD in Psychology since 1995. He was the youngest Professor and Head of Department in the Babes-Bolyai University (at age 33). He held key academic and state positions: Chancellor of the Babes-Bolyai University (2001-2004) and Minister of Education (2004-2005).



Mircea Miclea

psychology research and combining it with psychotherapy, therefore adapting psychology education to contemporary needs and demands of modern technology and rekindling the tradition of the Cluj School of Psychology.

During his mandate as Minister of Education and Research (2004-2005), Professor Mircea Miclea supported scientific progress and significantly facilitated access to information by developing state of the art graduate educational programs of mental health in accordance with the World Health Organization standards of mental health prevention².

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2. WHO (2004). *Prevention of Mental Disorders: effective interventions and policy options: summary report*. Geneva, World Health Organization

SAVE THE DATE

2017 WPS Annual Meeting

MONDAY, NOVEMBER 27, 2017

6:00 PM Reception
6:30 PM Annual Meeting
7:30 PM Board Meeting

The University Club
1135 16th Street NW
Washington DC, 20036

For more information, email admin@dcpsych.org

SAVE THE DATE

EUROPE



WPA World Congress Berlin
October 8–12, 2017 | Messe Berlin, Germany
www.wpaberlin2017.com

UNITED STATES



APA Institute on Psychiatric Service
October 19–22, 2017 | New Orleans, Louisiana
www.psychiatry.org/psychiatrists/meetings/ips-the-mental-health-services-conference



Brain, Behavior & Mental Health: A Way Forward
NIMH Health Group program
Tuesday, November 28, 2017 | 6:00 pm - 9:00 pm
Cosmos Club | 2121 Massachusetts Ave NW, Washington, DC 20008



CLM Mind Games & CLM/WPS DC Chapter Holiday Party
Thursday, December 7, 2017 | 6:30-9:30 pm
The Colonnade