



CITTADINANZA

in collaboration with the World Health Organization promotes

4 DAYS OF INTERNATIONAL COOPERATION

**STRENGTHENING
THE MENTAL HEALTH SYSTEMS IN LOW
AND MIDDLE INCOME COUNTRIES**

**Rimini · Hotel Continental
15 · 18 April 2008**

THE PROBLEM

The World Health Organization (WHO) estimates that today some 450 million people suffer from a mental or behavioural disorder; one in four people experience a mental or a behavioural disorder sometimes in their life span; 13% of the Global Burden of Disease is due to mental illness, an impact larger than cancer or cardiovascular diseases.

Mental illness is found to be much worse in areas of dire poverty. In low and medium income countries people with mental disorders do not receive adequate care, due to the absence of a mental health policy and operational plans, the lack of a mental health legislation, limited human resources and insufficient financial resources.

WHO-AIMS

To provide effective and comprehensive solutions and to address the gap in available assessment tools, especially in low and middle income countries, WHO developed the Assessment Instrument for Mental Health Systems (WHO-AIMS). This instrument allows Ministries of Health to have a clear picture of their mental health systems, by highlighting strengths and weaknesses; and to develop information-based mental health plans that include short and medium term objectives. Over 60 countries have already adopted the WHO-AIMS.



STRENGTHENING THE MENTAL HEALTH SYSTEMS IN LOW AND MIDDLE INCOME COUNTRIES

4 DAYS OF INTERNATIONAL COOPERATION

From 2008 to 2010, representatives of 40 low and medium income countries that have accomplished the WHO-AIMS assessment meet in Rimini to present and discuss their projects aimed to develop and improve their mental health systems. They seek collaborations and support from international cooperation organizations, donors and mental health professionals. The meetings provide a support to those countries in the process of moving from the analysis of the situation to the concrete realization of mental health reforms.

THE OBJECTIVES

1. To review the WHO-AIMS data in participating countries;
2. To identify strengths and weaknesses of the mental health system within the countries;
3. To start planning improving strategies and specific activities to strengthen the mental health system within the country, based on WHO-AIMS results.
4. To assess and identify resources needed to successfully implement the mental health activities and strategy, proposed by the countries themselves.
5. To learn from experiences in other countries.
6. To establish a network for the development of new co-operation projects between Mental Health Institutions in the AIMS countries and the various actors from the international co-operation scenario present at the meeting (NGOs, International Agencies, Donors, Italian and International Institutions and Social and Health Services).



15th April 2008

8.30 / 9.00

Welcome

Local Authorities, Emilia-Romagna Region, Ministry of Health, WHO, Cittadinanza

9.00 / 9.15

Rationale and objectives for the meeting "Strengthening Mental Health Systems in Low and Middle Income Countries".

Anita Marini

9.15 / 10.00

Investing in Mental Health.

Benedetto Saraceno

10.00 / 10.45

WHO-AIMS and preliminary findings from 42 countries.

Shekhar Saxena, Jodi Morris

10.45 / 11.00

Organisation and logistics of the meeting, WHO and Cittadinanza

11.00 / 11.30

Coffee break

11.30 / 13.15

Presentation by 5 countries: the country context, strengths and weaknesses of their mental health systems based on WHO-AIMS results; brief outline of their project proposal to strengthen the mental health system.

Azerbaijan, Moldova, Albania, Tunisia, Egypt.

13.15 / 14.45

Lunch

14.45 / 15.30

Panel discussion

Benedetto Saraceno, Antonio Lora, Devora Kestel, Anita Marini

15.30 / 17.00

5 Parallel Sessions:

Azerbaijan, Moldova, Albania, Tunisia, Egypt.

In each parallel session country representatives will present in greater detail their project proposal. Sessions will be facilitated by experts in mental health systems development. The working groups will include: NGOs, Italian Mental Health professionals, other International Agencies and potential donors.

19.30

Welcome Evening



16th April 2008

9.00 / 10.45

Presentation by 5 countries: the country context, strengths and weaknesses of their mental health systems based on WHO-AIMS results; brief outline of their project proposals.

Burundi, Benin, Ghana, Uganda, Jamaica.

10.45 / 11.15

Coffee break

11.15 / 12.00

Panel discussion

Benedetto Saraceno, Chris Underhill, Alan Flisher, Jodi Morris

12.00 / 12.50

Presentation by NGOs:

Medici con l'Africa Cuamm, HealthNet TPO, GRT

Presentation by a donor:

Futurgem

12.50 / 13.00

Open discussion

13.00 / 14.30

Lunch

14.30 / 16.30

5 Parallel Working Group Sessions: Burundi, Benin, Ghana, Uganda, Jamaica.

In each parallel session country representatives will present in greater detail their project proposal. Sessions will be facilitated by experts in mental health systems development. The working groups will include: NGOs, Italian Mental Health professionals, other International Agencies and potential donors.

16.30 / 17.00

Coffee info-market



17th April 2008

9.00 / 10.45

Presentation by 5 countries: the country context, strengths and weaknesses of their mental health systems based on WHO-AIMS results; brief outline of their project proposals.

Thailand, Bangladesh, China-Hunan, Mongolia, West Bank-Gaza.

10.45 / 11:15

Coffee break

11.15 / 12.00

Panel discussion

Shekhar Saxena, Crick Lund, Sudipto Chatterjee

12.00 / 12.50

Presentations by NGOs:

AIFO, Basic Needs

12.50 / 13.00

Open discussion

13.00 / 14.30

Lunch

14.30 / 16.30

5 Parallel Sessions: Thailand, Bangladesh, China-Hunan, Mongolia, West Bank-Gaza.

In each parallel session country representatives will present in greater detail their project proposal. Sessions will be facilitated by experts in mental health systems development. The working groups will include: NGOs, Italian Mental Health professionals, other International Agencies and potential donors.

16.30 / 17.00

Coffee break info market



18th April 2008

9.00 / 11.00

Each country presents the impact of the group sessions and panel discussions on their original project proposals.

11.00 / 11.30

Coffee break

11.30 / 12.00

Comments and expression of interest about the presented project proposals.

12.00 / 13.00

Closing session: wrap-up by WHO and Cittadinanza.



Participating Countries

Albania, *Petro Mersini; Elies Harapi*

Azerbaijan, *Sevil Asadova, Garay Garaybeli*

Bangladesh, *Sarker Ruhul Amin, MD. Faruq Alam*

Benin, *Gregoire Gansou, Dosou Togbe*

Burundi, *Miburo Joceline, Herman Ndayisaba*

China-Hunan, *Jun Yan*

Egypt, *Nasser Loza, Fahmy Youssef*

Ghana, *Akwasi Osei, Angela Ofori-Atta*

Jamaica, *Earl Wright, Wendel Abel*

Moldova, *Nacu Anatol, Boder-scova Larisa*

Mongolia, *Tsetsegdary Gombodorj, Khishigsuren Zuunnast*

Thailand, *Phunnapa Kittirattana-paiboon, Suparat Ekasawin*

Tunisia, *Saida Douki Dedieu, Masmoudi Nebli Mounira*

Uganda, *Sheila Ndyanabangi, Joshua Ssebunnya*

West Bank - Gaza, *Bassam Ashhab, Rajiah Abu Sway*

Panelists and discussants

Sudipto Chatterjee

The Sangath Society, Goa, India.

Alan Fisher

Director, Child and Adolescent Mental Health and Psychiatry Department - Researcher and Professor of Psychiatry and Mental Health, University of Cape Town, Groote Schuur Hospital, Cape Town, South Africa.

John Jenkins

Mental Health Project Manager, WHO Country Office West Bank and Gaza.

Devora Kestel

Subregional Advisor Mental Health PAHO - AMRO.

Antonio Lora

Mental Health Services Evaluation Advisor to the Regione Lombardia, Dept. of Health. SIEP Chairman (Psychiatric Epidemiology Italian Society). Consultant to WHO AIMS project and WHO, Dept. Mental Health and Substance Abuse.

Crick Lund

Project Coordinator, Mental health and Poverty Project, Dept. of Psychiatry and Mental health, University of Cape Town, South Africa.

Anita Marini

Scientific Director, Cittadinanza NGO and Project Coordinator.

Jodi Morris

WHO Technical Officer, Mental Health: Evidence and Research, Dept. of Mental Health and Substance Abuse.

Benedetto Saraceno

WHO Director of the Mental Health and Substance Abuse Dept. WHO Acting Director of the Chronic Diseases and Health Promotion Dept.

Shekhar Saxena

WHO, Coordinator Mental Health: Evidence and Research, Dept. of Mental Health and Substance Abuse.

Chris Underhill

Basic Needs INGO, founding Director.

Scientific Board

Benedetto Saraceno

Shekhar Saxena

Anita Marini

Antonio Lora

Jodi Morris

Other Participants

The meeting is open to International and Italian NGOs, Italian mental health services, donors and mental health specialists.

Registration

Participants can register by filling-in the registration form and email to info@cittadinanza.org or fax to +39.0541.57684 by **28 March 2008**. The participation is free of charge, participants should provide for their travel and accommodation.

thanks to



scm e group

SERVIZIO SANITARIO REGIONALE
EMILIA-ROMAGNA
Azienda Unità Sanitaria Locale di Rimini



ORGANISED BY



cittadinanza
AI DISABILI MENTALI IN POVERTA'



**World Health
Organization**

UNDER THE AUSPICES OF



Ministero della Salute

 **Regione Emilia-Romagna**



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NPPA INTERREG - CARDS - PHARE



Comune di Rimini



CITTADINANZA onlus

Established in 1999 in Rimini, Cittadinanza develops and supports psychiatric rehabilitation and psychosocial projects in low income countries.

It operates with a public health approach and with the aim of promoting and defending the rights of those persons with mental disorders and also their families.

via Mantegazza, 8 · 47900 RIMINI · tel/fax +39 0541 57684
info@cittadinanza.org · www.cittadinanza.org